

GATHERINGS

Healthy 2022

WEEKNIGHT DINNERS

page 50



Fresh Breakfast Ideas page 10

Flavorful Salads page 26

Back-to-Work Snacks page 35

**PRICE
CHOPPER**

Start fresh.

New year, new foods! Whether or not you made a resolution, the start of a new year is a welcome opportunity to switch up your normal routine. We have lots of ideas for you to include in your upcoming meal plans – breakfast, salads, snacks, and plenty of dinners (hello, leftovers for lunch the next day!).

While the definition for “healthy” may vary from person to person, you’re on the right track if you’re choosing fresh ingredients from your local Price Chopper and hand-preparing them at home for you and your loved ones.

May your year be full of good health and good food.

CONTENTS

10 Fresh Breakfast Ideas



Morning Glory Muffins



Mini Mediterranean Frittata



Cottage Cheese Breakfast Bowl



Breakfast-Style Snack Board



Spanish Potato Omelet Bites



Peanut Butter & Jelly Breakfast Tarts



Kale, Tomato & Feta Breakfast Sandwich Cups



Egg-vocado



Ricotta Toast Bowl

26 Flavorful Salads



Spring Strawberry Salad Cups



Rainbow Swiss Chard Caesar Salad



Baby Greens & Salmon Salad



Pear & Gorgonzola Salad



Cocoa-Chia Almond Snack Mix



Ranch-Spiced Crispy Garbanzo Beans

35 Back-to-Work Snacks

Flip to page 39 to find bonus grab-and-go snack ideas to keep handy at your desk.

Just add them to your shopping list or to your cart at shop.mypricechopper.com

50 Weeknight Dinners



Banana Split Skewers



No-Bake Peanutty Date Energy Bars



Slow Cooker Balsamic Pot Roast



Mediterranean Tuna Melt



Tomato-Garlic Poached Chicken



Greek Sheet-Pan KC Strip Steak with Roasted Tomatoes, Artichokes & Fingerlings



Cheddar & Ale Soup



Seared Scallops with Black Bean Relish



One-Pot Smoky Shrimp Linguine

68 Kids Club



We want to see what you create! Tag us on Instagram using **#mypricechopper** and let us know which recipes you tried.



Sheet-Pan Chicken Parmesan with Roasted Lemon-Garlic Broccoli



Honey Mustard-Pecan Crusted Cod



Slow Cooker BBQ Pulled Pork Bowl



Crunchy Parmesan Cod with Garlic Roasted Veggies



Shamrock Rice Crispies



SAUSAGE TORTELLINI SOUP

PREP TIME: 15 minutes | COOK TIME: 23 minutes | SERVINGS: 8

INGREDIENTS

- 1 lb Italian sausage
- 1 onion, *chopped*
- 1 garlic clove, *crushed*
- 2 (14.5oz) cans chicken broth
- 2 (14.5oz) cans Red Gold® Diced Tomatoes **or**
- 1 (28oz) can Red Gold® Diced Tomatoes
- 1 (15.5oz) can Bush's® Cannellini Beans **or** Great Northern Beans, *rinsed and drained*
- ½ tsp dried oregano
- ½ tsp dried marjoram
- ¼ tsp crushed red pepper
- 1 pkg three cheese tortellini, *cooked and drained*
- 3 Tbsp fresh parsley, *chopped*

INSTRUCTIONS

1. In a large saucepan brown sausage. Stir in onion and garlic; cook until onion is soft, about 3 minutes. Drain off excess fat.
2. Stir in chicken broth, diced tomatoes, beans, oregano, marjoram, red pepper and tortellini; bring to a boil. Lower heat and simmer for 15 to 20 minutes. Sprinkle with parsley on top of each serving.



ITALIAN BRUSCHETTA

PREP TIME: 15 minutes | SERVINGS: 6

INGREDIENTS

- 1 can (15.8oz) Bush's® Great Northern Beans, *rinsed and drained*
- 1 (14.5oz) can Red Gold® Diced Tomatoes
- 2 Tbsp chopped fresh basil
- 2 Tbsp olive oil
- 1 clove garlic, *chopped*
- ¼ tsp black pepper or red pepper flakes
- 24 slices (½-inch thick) French or Italian bread, *grilled or lightly toasted**

INSTRUCTIONS

1. In a medium bowl, combine all ingredients except bread; mix well.
2. Spoon mixture on bread and serve.





Cheers to protein!

Made with
cottage
cheese!

Start the New Year strong with the protein-packed power of real dairy in our **Blueberry Cottage Cheese Smoothie Bowl**.

INGREDIENTS

1 cup frozen blueberries
½ medium banana, frozen
¼ cup cottage cheese
½ cup milk
2 dates, room temperature and pitted
*Optional Toppings: granola, fresh blueberries,
fresh banana, chia seeds, nut butter*

DIRECTIONS

1. Add frozen blueberries, banana, cottage cheese, milk, and pitted dates to blender and blend until smooth, scraping down the sides of the blender as needed.
2. Serve immediately into a small bowl with the toppings of your choice.

Find more nutritious and delicious recipes at usdairy.com

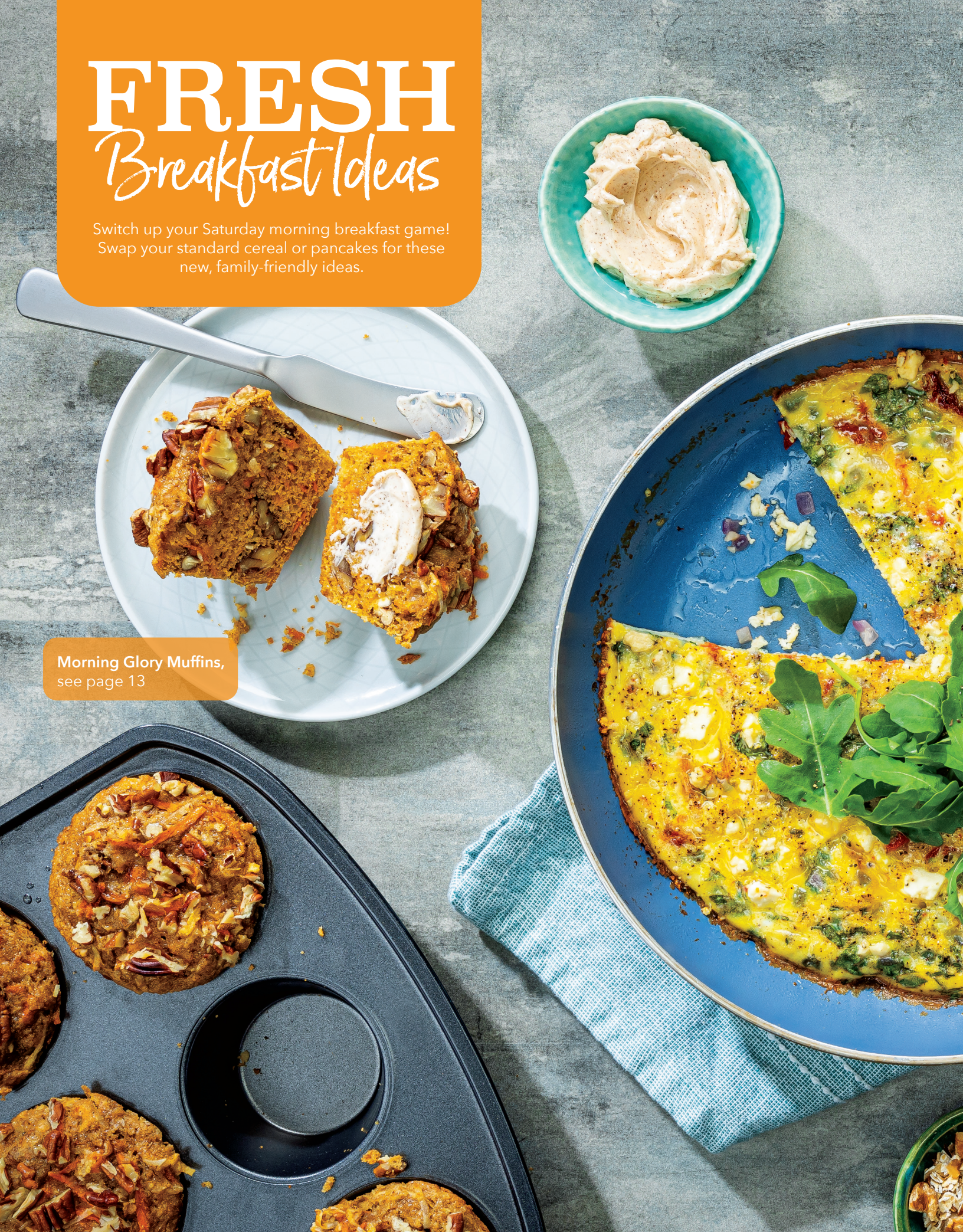


FRESH

Breakfast Ideas

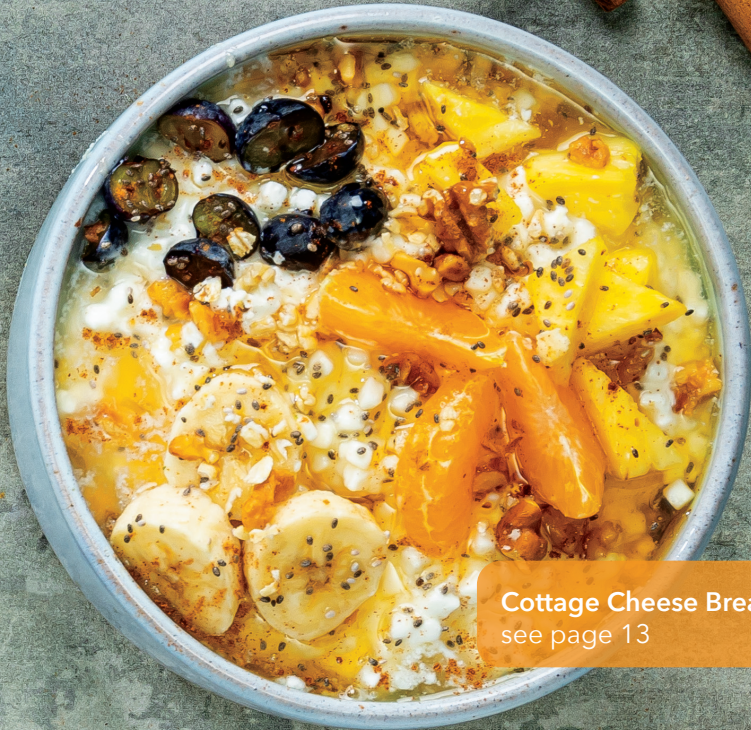
Switch up your Saturday morning breakfast game!
Swap your standard cereal or pancakes for these
new, family-friendly ideas.

Morning Glory Muffins,
see page 13





Mini Mediterranean Frittata,
see page 13



Cottage Cheese Breakfast Bowl,
see page 13



Morning Glory MUFFINS

INGREDIENTS

- Nonstick cooking spray
- 1 cup whole wheat flour
- ½ cup granulated sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp salt
- 2 large eggs
- ½ cup canned undrained crushed pineapple
- 2 tbsp vegetable oil
- 1 medium Granny Smith apple, peeled, halved, cored, and grated on largest holes of box grater
- ½ cup chopped pecans
- ½ cup loosely packed shredded carrots
- ¼ cup unsweetened shredded coconut

DIRECTIONS

1. Preheat oven to 350°; spray 12-cup standard muffin pan with cooking spray.
2. In medium bowl, whisk flour, sugar, baking powder, baking soda, cinnamon, and salt. In large bowl, whisk eggs, pineapple, and oil; stir in flour mixture until just combined. Fold in apple, pecans, carrots, and coconut; divide batter into prepared pan.
3. Bake muffins 20 minutes or until toothpick inserted in center of muffins comes out clean; cool 10 minutes then transfer to wire rack to cool completely.

Mini Mediterranean FRITTATA

INGREDIENTS

- 4 large eggs
- ¼ cup reduced fat milk
- 2 tbsp chopped sun-dried tomatoes (not in oil)
- 2 tsp chopped fresh basil
- ½ tsp kosher salt
- ¼ tsp ground black pepper
- Nonstick cooking spray
- 1 garlic clove, minced
- 2 tablespoons finely chopped red onion
- 2 tablespoons crumbled tomato and basil feta cheese

DIRECTIONS

1. Preheat oven to 375°. In medium bowl, whisk eggs, milk, tomatoes, basil, salt, and pepper. Makes about 2 cups.
2. Spray 6-inch oven-safe nonstick skillet with cooking spray; heat over medium-high heat. Add garlic and onion; cook 1 minute or until fragrant, stirring frequently. Remove skillet from heat; add egg mixture and sprinkle with cheese. Bake frittata 15 minutes or until eggs are set.
3. Cut frittata into 4 slices to serve.

NOTE Toss ½ cup baby arugula, 1½ teaspoons fresh lemon juice, and ¼ teaspoon oil in a small bowl; serve with or over frittata.

Cottage Cheese BREAKFAST BOWL

INGREDIENTS

- ¼ cup chopped walnuts
- ¼ cup old-fashioned rolled oats
- 2 cups low-fat cottage cheese
- 1 clementine, peeled and separated
- 1 ripe banana, peeled and thinly sliced crosswise
- ½ cup chopped fresh pineapple
- ½ cup fresh blueberries, halved lengthwise
- 2 tbsp honey
- 1 tsp chia seeds
- ½ tsp ground cinnamon

DIRECTIONS

1. In large skillet, toast walnuts and oats over medium-high heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.
2. Divide cottage cheese into 4 bowls; top with clementine, banana, pineapple, and blueberries. Drizzle bowls with honey; sprinkle with chia seeds, cinnamon, and walnut mixture.

Healthy BREAKFAST IDEAS

Start your day off right with these five simple breakfast combinations that will fill you up without weighing you down.

AVOCADO + EGG + WHOLE GRAIN BREAD

This makes a satisfying breakfast sandwich packed with healthy fats and antioxidants.

OATMEAL + BANANA + WALNUTS + ZUCCHINI

Add shredded zucchini to an oatmeal dish for an extra serving of veggies. Top this protein and fiber-filled meal with cinnamon for heightened flavors.

OATS + MIXED BERRIES + YOGURT

Combine digestion-friendly oats and nutrient-rich berries in fat-free yogurt containing calcium and protein for the ultimate power breakfast.

WHOLE WHEAT WRAP + PRESERVES + COTTAGE CHEESE + NUTS

In a whole-wheat wrap, place vitamin-rich fruit-only preserves, low-fat cottage cheese, and protein-packed nuts. These can be assembled the night before frenzied mornings.

QUINOA + BLUE BERRIES + SLICED ALMONDS + MILK

Start your morning with a protein-packed power bowl containing quinoa, almonds, berries, and coconut or almond milk. Add a bit of honey, vanilla, or cinnamon for extra flavor.



Breakfast-Style SNACK BOARD

INGREDIENTS

- 1 (12-ounce) package pork sausage links
- 8 slices turkey bacon, cut into 1-inch pieces
- 24 frozen mini pancakes
- 1 (6-ounce) package raspberries
- 12 Spanish Potato Omelet Bites (see recipe at right)
- 2 bananas, peeled and sliced crosswise
- 1 medium Fuji apple, cored and thinly sliced
- 1 cup chopped cantaloupe
- $\frac{3}{4}$ cup blueberries
- $\frac{1}{2}$ cup chocolate hazelnut spread
- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{2}$ cup whipped topping
- $\frac{1}{3}$ cup strawberry preserves

DIRECTIONS

1. In large nonstick skillet, cook sausage over medium-high heat 8 minutes or until internal temperature reaches 160°, turning frequently; transfer to paper towel-lined plate.
2. In same skillet, cook bacon over medium-high heat 5 minutes or until crisp, stirring occasionally.
3. Prepare pancakes as label directs.
4. Arrange raspberries, omelet bites, bananas, apple, cantaloupe, blueberries, sausage, bacon, and pancakes on large serving platter; serve with spread, syrup, peanut butter, whipped topping, and preserves.

Spanish Potato OMELET BITES

INGREDIENTS

- 5 large eggs
- 5 large egg whites
- $\frac{1}{2}$ cup fat-free milk
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp ground black pepper
- 1½ tsp olive oil
- 1 medium red bell pepper, chopped
- 2 cups refrigerated diced potatoes with onion
- 1 garlic clove, minced
- 1 tbsp chopped fresh thyme
- $\frac{1}{2}$ tsp smoked paprika
- $\frac{3}{4}$ cup shredded reduced fat Cheddar cheese

DIRECTIONS

1. Prepare outdoor grill for indirect grilling over medium-high heat. Line 9-inch square baking dish with nonstick foil so that foil extends about 2 inches over sides of pan.
2. In medium bowl, whisk eggs, egg whites, milk, salt, and black pepper.
3. In large skillet, heat oil over medium-high heat. Add bell pepper and potatoes; cover and cook 10 minutes, adding 1/3 cup water after 6 minutes. Add garlic, thyme, and paprika; cook, uncovered, 3 minutes, stirring occasionally. Spread potato mixture in prepared dish; add egg mixture and sprinkle with cheese.
4. Place baking dish on hot grill rack over unlit side of grill; cover and cook 40 minutes or until center is set and internal temperature reaches 160°. Cool 10 minutes; lift egg mixture out of pan using foil sides. Remove foil; cut into 16 squares.





Peanut Butter & Jelly BREAKFAST TARTS

INGREDIENTS

- 1 (15-ounce) package refrigerated pie crusts
- All-purpose flour for dusting
- ½ cup creamy peanut butter
- ¼ cup raspberry fruit spread
- 1 large egg
- ½ cup powdered sugar
- 1 tbsp whole milk
- 1 tbsp finely crushed honey graham crackers

DIRECTIONS

1. Preheat oven to 375°; line rimmed baking pan with parchment paper. Soften pie crusts as label directs.
2. Lightly dust work surface with flour; unroll pie crusts. With knife, cut 4 (3½ x 3-inch) rectangles from each pie crust. Gather dough scraps; with rolling pin, roll out scraps and cut 4 more rectangles. Place about 1 heaping tablespoon peanut butter and 2 teaspoons preserves in center of 6 rectangles; top each with remaining 6 rectangles, seal edges with fork and place on prepared pan.
3. In small bowl, whisk egg; brush over tarts. With paring knife, cut 2 small slits in top of each tart; bake 25 minutes or until golden brown. Makes 4 tarts.
4. In small bowl, whisk sugar and milk; carefully spread over tarts and sprinkle with graham cracker crumbs.

Kale, Tomato & Feta BREAKFAST SANDWICH CUPS

INGREDIENTS

- Nonstick cooking spray
- 8 large egg whites
- 4 large eggs
- 2 tsp Dijon mustard
- ½ tsp salt
- ¼ tsp ground black pepper
- 6 100% whole wheat English muffins, split
- ¼ cup unsalted butter, melted
- ½ cup quartered cherry tomatoes
- ½ cup coarsely chopped baby kale
- ½ cup crumbled feta cheese
- Chopped fresh parsley and/or hot sauce, optional

DIRECTIONS

1. Spray 12 standard muffin cups with cooking spray. In medium bowl, whisk egg whites, eggs, mustard, salt, and pepper.
2. On work surface, with rolling pin, roll muffin halves until thin and flexible; line muffin cups with muffin halves and brush with butter. Divide kale, tomatoes, and egg mixture into cups; refrigerate overnight.
3. Preheat oven to 350°. Sprinkle breakfast cups with cheese; bake 20 minutes or until internal temperature reaches 160°. Serve garnished with parsley along with hot sauce, if desired. Makes 12 cups.

NOTE Prepared cups can be wrapped individually in plastic wrap and frozen in freezer-safe zip-top plastic bag up to 2 months. Reheat cups directly on oven or toaster oven rack at 400° for 15 to 20 minutes (or wrap in damp paper towel and microwave on high 1 minute), or until heated through and internal temperature reaches 160°.



EGG-VOCADO

INGREDIENTS

- 1 large avocado
- 2 large eggs
- ¼ cup shredded sharp Cheddar cheese
- 1 pinch salt
- 2 slices fully cooked bacon, chopped
- Hot sauce, chopped fresh cilantro and cracked black pepper for garnish

DIRECTIONS

1. Preheat oven to 425°. Cut avocado lengthwise in half; remove pit. With spoon, scoop out a small amount from cavity of each avocado half.
2. In oven-safe skillet or dish, place avocado halves, cut side up, on sheet of aluminum foil; form foil around sides of avocado halves to prop up and hold level.
3. Crack 1 egg into small bowl; carefully pour into cavity of 1 avocado half. Repeat with remaining egg and avocado half. Sprinkle avocado halves with cheese, salt, and bacon.
4. Bake 12 minutes or until eggs are set. Garnish with hot sauce, cilantro, and pepper.

Ricotta Toast BOWL

INGREDIENTS

- 1 cup ricotta cheese
- 2 tbsp finely shredded Parmesan cheese plus additional for garnish, optional
- ¼ tsp cracked black pepper plus additional for garnish, optional
- 4 slices bacon, chopped
- 1 tbsp olive oil
- 4 (½-inch-thick) slices rustic Italian bread, torn into 1-inch pieces
- 4 large eggs
- 1 cup halved cherry tomatoes
- 1 tbsp chopped fresh chives

DIRECTIONS

1. In medium bowl, stir ricotta cheese, Parmesan cheese, and pepper.
2. In large skillet, cook bacon over medium-high heat 5 minutes or until crisp, stirring occasionally; with slotted spoon, transfer to paper towel-lined plate. Drain drippings from skillet.
3. In same skillet, heat oil over medium heat; add bread and cook 5 minutes or until bread is golden brown and crisp on all sides, stirring frequently.
4. Bring large saucepot of water to a boil over high heat. With spoon, carefully lower eggs into water; reduce heat to medium-low and simmer eggs 6 minutes. With slotted spoon, transfer eggs to small bowl of cool water; peel.
5. Divide toast pieces into 4 bowls; dollop with ricotta-Parmesan mixture. Top bowls with eggs, bacon, tomatoes, and chives; garnish with additional Parmesan and pepper.



flavorful SALADS



SPRING STRAWBERRY SALAD CUPS

INGREDIENTS

- 2 tbsp white balsamic vinegar
- 1 tbsp minced shallots
- 1 tbsp honey
- 1 tbsp poppy seeds
- 2 tsp olive oil
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 tbsp crumbled goat cheese
- 2 cups sliced strawberries
- 4 asparagus spears, thinly bias-sliced
- 6 cups spring mix lettuce
- 3 tbsp unsalted toasted sliced almonds

DIRECTIONS

1. In medium bowl, whisk vinegar, shallots, honey, poppy seeds, oil, salt, and pepper. Makes about ½ cup.
2. In 4 (24-ounce) wide-mouth glass jars with lids, layer vinegar mixture, cheese, strawberries, asparagus, lettuce, and almonds; close jars with lids and refrigerate up to 1 day. Shake jars vigorously before serving.

RAINBOW SWISS CHARD CAESAR SALAD

INGREDIENTS

PICKLED RED ONION

- ½ cup apple cider vinegar
- 1 tbsp granulated sugar
- 2 tsp kosher salt
- 1 cup thinly sliced red onion

SALAD

- 8 cups chopped rainbow Swiss chard
- 2 cups halved grape tomatoes
- ¾ cup Caesar salad dressing
- ½ tsp black pepper
- 1 cup sea salt chickpea snacks
- 1 cup shaved Parmesan cheese

DIRECTIONS

PICKLED RED ONION

1. In medium bowl, whisk vinegar, sugar, salt, and 1 cup water until sugar dissolves; stir in onion. Cover and let stand 1 hour; drain. Makes about ¾ cup.

SALAD

2. In large bowl, toss Swiss chard, tomatoes, dressing, pepper, and pickled onion. Makes about 8 cups.
3. Serve salad topped with chickpeas and Parmesan cheese.



BABY GREENS & SALMON SALAD

INGREDIENTS

- 1 skinless salmon fillet (about 24 ounces)
- 2 tsp Himalayan pink salt with black pepper and garlic all purpose seasoning
- 4 large eggs
- 6 cups packed baby greens such as arugula, red leaf lettuce and baby spinach
- 1 cup sugar snap peas, halved on bias
- ½ cup lemon Dijon vinaigrette

DIRECTIONS

1. Preheat oven to 375°; line rimmed baking pan with parchment paper. Place salmon on prepared pan and sprinkle with seasoning; bake 20 minutes or until internal temperature reaches 145°. Transfer to cutting board and let stand 10 minutes; flake into 2-inch pieces with fork.
2. Fill medium bowl with ice and cold water. In medium saucepot, heat 6 cups water to a boil over high heat; with spoon, carefully lower eggs into water. Reduce heat to medium; gently simmer 7 minutes. With slotted spoon, transfer eggs to ice water; once cool, peel and cut lengthwise in half.
3. In large bowl, toss greens, snap peas, and vinaigrette. Makes about 6 cups.
4. Serve greens mixture topped with salmon and eggs.



PEAR & GORGONZOLA SALAD

INGREDIENTS

- 8 slices bacon
- ¼ cup extra virgin olive oil
- 2 tbsp minced shallot
- 1½ tbsp balsamic vinegar
- ½ tsp Dijon mustard
- ¼ tsp salt
- ⅛ tsp ground black pepper
- 1 (10-ounce) package baby spinach
- 1 (4- to 5-ounce) container crumbled Gorgonzola cheese
- 2 medium Bosc pears, cored and thinly sliced

DIRECTIONS

1. In large skillet, cook bacon over medium heat 10 minutes or until crisp. Transfer to paper towels to drain. When bacon is cool enough to handle, crumble into 1-inch pieces.
2. Meanwhile, in medium bowl, whisk together oil, shallot, vinegar, mustard, salt, and pepper until well blended.
3. In large salad bowl, toss spinach with dressing until combined. To serve, evenly divide spinach mixture over 8 salad plates; top with cheese, pears and bacon.

NOTE Vinaigrette can be prepared and refrigerated up to 3 days in advance.



back-to-work **SNACKS**

Whether you're back in the office after working from home for a time or returning after the holiday season, these tasty snacks will help with afternoon cravings.

COCOA-CHIA ALMOND SNACK MIX

INGREDIENTS

- 1 cup raw almonds
- 1 tbsp chia seeds
- 1 tbsp clover honey
- 1 tbsp unsweetened cocoa powder
- ½ tsp ground cinnamon
- ½ tsp pure vanilla extract
- ⅛ tsp salt
- 1 cup whole-grain squares cereal (such as Quaker® Oatmeal Squares)
- ¼ cup unsweetened dried cherries, chopped
- ¼ cup roasted pepitas

DIRECTIONS

1. Preheat oven to 350°; line rimmed baking pan with parchment paper.
2. In medium bowl, stir almonds, chia seeds, honey, cocoa powder, cinnamon, vanilla extract, and salt until almonds are well coated; spread on prepared pan and bake 10 minutes, stirring once halfway through. Cool 20 minutes.
3. In same medium bowl, toss cereal, dried cherries, pepitas, and almond mixture; store in an airtight container up to 1 week. Makes about 2 cups.



RANCH-SPICED CRISPY GARBANZO BEANS

INGREDIENTS

- 2 (15.5-ounce) cans no salt added garbanzo beans, drained, rinsed and patted dry
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp fine sea salt
- 1 tsp dried chives
- 1 tsp dried dill
- 1 tsp dried parsley

DIRECTIONS

1. Preheat oven to 400°; adjust 2 oven racks to center and next lower positions. In large bowl, toss beans, oil, garlic powder, onion powder, and salt; spread in single layer on 2 rimmed baking pans and bake 25 minutes.
2. In small bowl, stir chives, dill, and parsley; stir into bean mixture and bake 15 minutes or until golden brown and crisp. Makes about 2½ cups.



BANANA SPLIT SKEWERS

INGREDIENTS

- 2 bananas, each cut crosswise into 8 (1-inch) pieces
- 8 (1 ½-inch) pieces fresh pineapple
- 4 fresh strawberries, hulled and halved
- 8 (6-inch) wooden skewers
- ½ cup dark chocolate chips
- ¼ cup chopped unsalted dry roasted peanuts

DIRECTIONS

1. Line rimmed baking pan with parchment paper. Alternately thread bananas, pineapple, and strawberries onto skewers; place skewers on prepared pan.
2. In small saucepan, cook chocolate over low heat 3 minutes or just until melted, stirring occasionally. Drizzle chocolate over skewers and sprinkle with peanuts; refrigerate 20 minutes or until chocolate hardens.





NO-BAKE PEANUTTY DATE ENERGY BARS

INGREDIENTS

- 1 cup pitted dates
- ½ cup creamy natural peanut butter
- 2 tbsp pure maple syrup
- 1 tsp pure vanilla extract
- ¾ cup old-fashioned oats
- ½ cup dry-roasted peanuts
- ½ cup roasted salted pepitas
- 2 tbsp chia seeds
- 2 tbsp unsweetened dried cherries

DIRECTIONS

1. Line rimmed baking pan with wax paper. In small bowl, add dates; cover with hot water. Let dates stand 10 minutes; drain.
2. In food processor with knife blade attached, purée dates, peanut butter, syrup, and vanilla extract, scraping down bowl occasionally. Add remaining ingredients; pulse just until combined.
3. Transfer date mixture to prepared pan; with hands, press to about ¾-inch thick and refrigerate 1 hour or until firm. Cut date mixture into 15 bars; refrigerate, separated with wax paper, in an air-tight container up to 1 week.

5 MORE WAYS TO SNACK BETTER

1 UNSALTED NUTS

Peanuts, cashews, and walnuts add protein and healthy unsaturated fats to your diet. Remember to choose unsalted varieties to keep your sodium intake down.

2 KALE CHIPS

When you're craving potato chips, this is a better choice with about 30% less carbs. Kale is also one of the most nutrient-dense foods on the planet.

3 AIR-POPPED POPCORN

Look for options that have no artificial flavors, colors, or sweeteners and do not list sugar as the first ingredient. They're a healthier way to snack, but be sure to pay attention to portion size!

4 EDAMAME

A protein-packed option that will keep you full for long periods of time. Look for frozen shelled edamame in the freezer section for easy preparation.

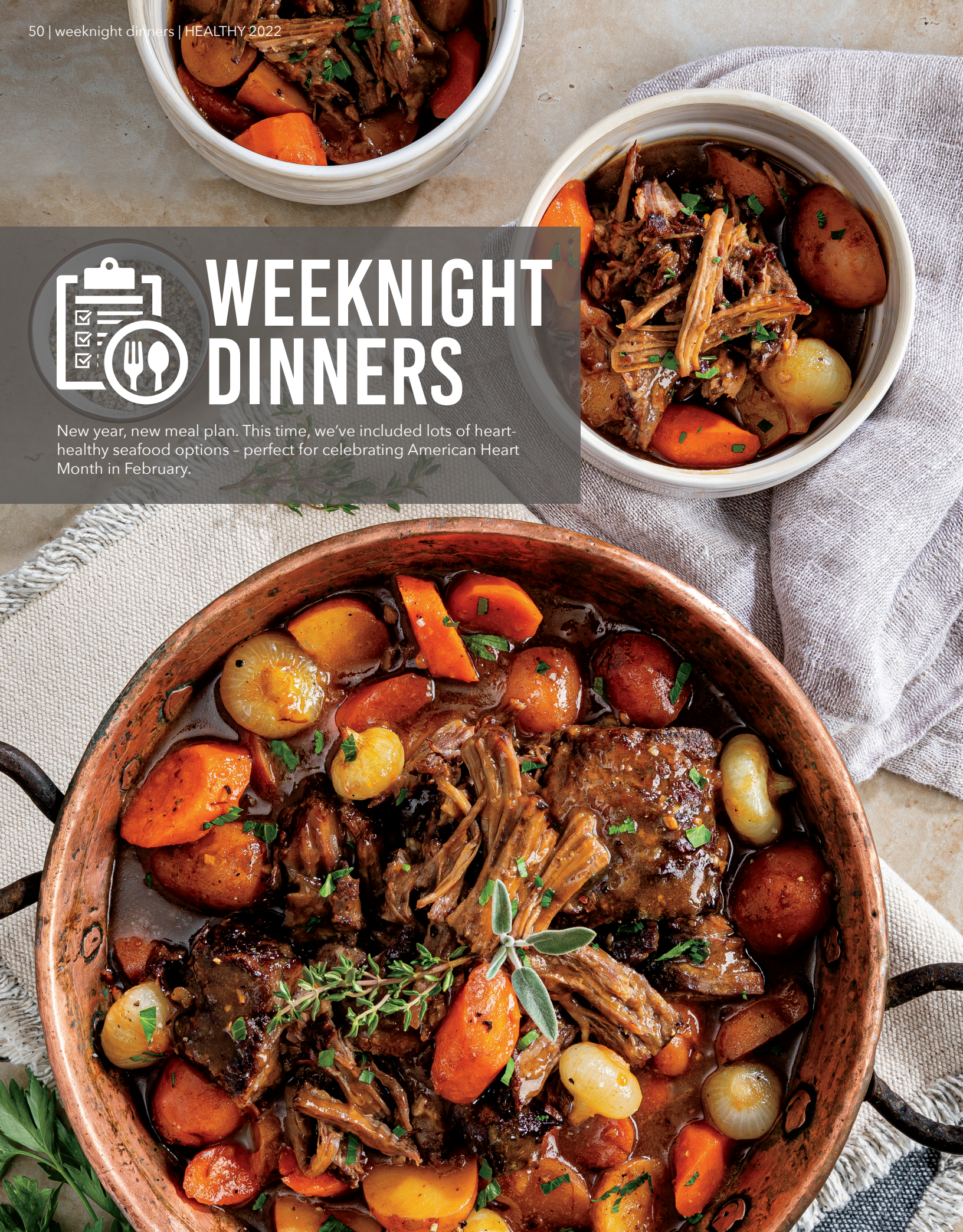
5 STRING CHEESE

A low-carb way to beat those hunger pains. Consider choosing the reduced fat version to keep the calorie count down.



WEEKNIGHT DINNERS

New year, new meal plan. This time, we've included lots of heart-healthy seafood options - perfect for celebrating American Heart Month in February.



SLOW COOKER BALSAMIC POT ROAST

PREP 20 min
SLOW COOK 5 hr

INGREDIENTS

- 3 garlic cloves, minced
- $\frac{3}{4}$ cup balsamic vinegar
- $\frac{3}{4}$ cup beef stock
- $\frac{1}{4}$ cup honey
- 1 tsp orange zest
- 3 pound boneless beef chuck roast
- 1 tsp kosher salt
- $\frac{1}{2}$ tsp ground black pepper
- 1 pound red potatoes, quartered
- 4 medium carrots, chopped
- $1\frac{1}{2}$ cups fresh or frozen pearl onions, thawed if necessary
- Chopped fresh chives, sage and/or thyme for garnish, optional

DIRECTIONS

1. In medium bowl, whisk garlic, vinegar, stock, honey, and orange zest. Rub roast with salt and pepper.
2. In 5- to 6-quart slow cooker, add potatoes, carrots, and onions; place roast on top of vegetables. Pour garlic mixture over roast; cover and cook on high 5 hours or low 10 hours or until beef is very tender and falls apart.
3. Slice beef; serve garnished with herbs, if desired.

MEDITERRANEAN TUNA MELT

PREP 10 min
COOK 12 min

INGREDIENTS

- 1 (12-ounce) can white albacore tuna in water, drained
- 3 canned whole artichokes, chopped
- 3 tbsp chopped sun-dried tomatoes (not in oil)
- 3 tbsp favorite hummus
- 1 tbsp fresh lemon juice
- $\frac{1}{4}$ tsp freshly ground black pepper
- $\frac{1}{2}$ cup fresh baby spinach leaves
- 2 slices provolone cheese, cut in half
- 4 whole-grain tortillas
- Nonstick cooking spray



DIRECTIONS

1. In medium bowl, flake tuna with fork; stir in artichokes, sun-dried tomatoes, hummus, lemon juice, and pepper. Divide tuna mixture, spinach, and cheese onto half of each tortilla; fold other half of tortilla over filling.
2. Spray large skillet with cooking spray; heat over medium heat. In 2 batches, add melts and cook 6 minutes or until browned and cheese is melted, turning once. Cut melts into triangles.



TOMATO-GARLIC POACHED CHICKEN

PREP 15 min
COOK 25 min

INGREDIENTS

- 1 tbsp olive oil
- 1 pint grape tomatoes
- 4 garlic cloves, thinly sliced
- 2 tbsp chopped fresh basil plus additional for garnish, optional
- 2 cups unsalted chicken stock
- 1 cup Marsala wine
- $1\frac{1}{2}$ tsp kosher salt
- 4 boneless, skinless chicken breasts (about 5 ounces each)

DIRECTIONS

1. In large skillet with 2-inch-high sides, heat oil over high heat. Add tomatoes; cook 3 minutes or until lightly browned, stirring occasionally. Add garlic and basil; cook 30 seconds or until fragrant, stirring frequently. Add stock, wine, and salt; heat to a boil. Reduce heat to medium-low; add chicken. Cover and cook 20 minutes or until internal temperature of chicken reaches 165°; transfer chicken to cutting board.
2. Strain tomato mixture in skillet through fine-mesh strainer and reserve; discard liquid.
3. Thinly slice chicken crosswise; serve with reserved tomato mixture garnished with basil, if desired.



GREEK SHEET-PAN KC STRIP STEAK WITH ROASTED TOMATOES, ARTICHOKES & FINGERLINGS

PREP 20 min
ROAST/BROIL 35 min

INGREDIENTS

- 2 garlic cloves, minced
- ¼ cup plain nonfat Greek yogurt
- 1 tbsp plus 2 teaspoons olive oil
- 1 tbsp fresh lemon juice
- 1 tbsp honey
- 1 tbsp red wine vinegar
- 2 tsp chopped fresh oregano
- ¾ tsp salt
- ¼ tsp ground black pepper
- 1¼ pounds KC Pride KC strip steak
- Nonstick cooking spray
- 1 pound yellow fingerling potatoes, halved lengthwise
- 1 pint grape tomatoes
- ½ cup drained quartered artichoke hearts in water

DIRECTIONS

1. In small bowl, whisk garlic, yogurt, 1 tablespoon oil, lemon juice, honey, vinegar, oregano, ¼ teaspoon salt, and pepper. Place steak in large zip-top plastic bag; pour garlic mixture over steak. Seal bag, pressing out excess air; refrigerate at least 1 hour or up to 8 hours.
2. Preheat oven to 400°; spray rimmed baking pan with cooking spray. In large bowl, toss potatoes, 1 teaspoon oil, and ¼ teaspoon salt; spread in single layer on prepared pan and roast 15 minutes.
3. In medium bowl, toss tomatoes, artichoke hearts, remaining 1 teaspoon oil, and ¼ teaspoon salt. Push potatoes to 1 side of pan; place vegetables on opposite side and roast 5 minutes.
4. Remove steak from marinade; discard marinade. Push potatoes and vegetables to 1 side of pan; place steaks on opposite side and roast 12 minutes. Turn broiler to high. Broil steak, potatoes, and vegetables 3 minutes or until internal temperature of steak reaches 135° for medium-rare, turning steak and stirring vegetables once. Transfer steak to cutting board; tent with foil and let stand 5 minutes. (Internal temperature will rise to 145° upon standing.)
5. Slice steak against the grain; serve with potatoes and vegetables. Makes about 5 cups potatoes and vegetables.

CHEDDAR & ALE SOUP

PREP 10 min
SLOW COOK 25 min

INGREDIENTS

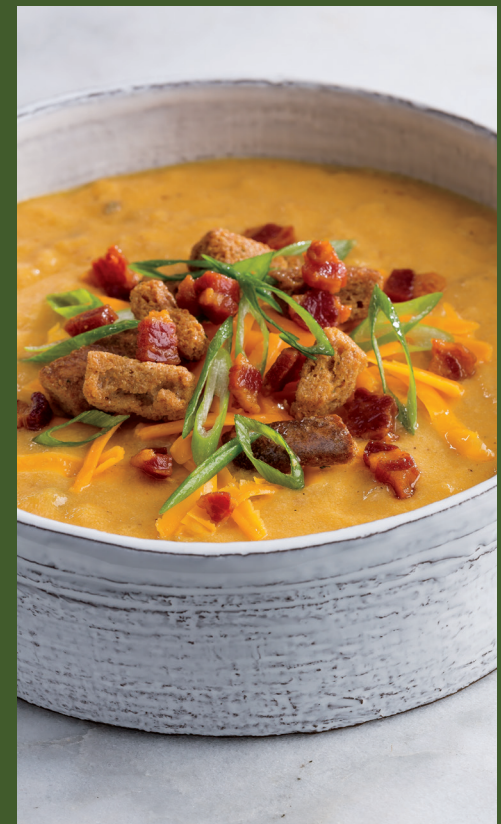
- ½ cup unsalted butter (1 stick)
- ½ cup all-purpose flour
- 3 (14-ounce) cans less-sodium chicken broth
- 1 (12-ounce) bottle pale ale
- 1 pint half and half
- 1 tsp salt
- ½ tsp garlic powder
- 4 cups shredded sharp Cheddar cheese

DIRECTIONS

1. In large saucepot, melt butter over medium heat; whisk in flour until incorporated. Reduce heat to low and cook 5 minutes, whisking occasionally. Stir in broth, ale, half and half, salt, and garlic powder. Increase heat to medium-high; cook until mixture simmers, stirring occasionally.
2. Reduce heat to medium-low; cook 8 minutes or until mixture is creamy and thickens slightly, stir-ring occasionally. Remove saucepot from heat. Gradually whisk in cheese, stirring until smooth. Makes about 10 cups.

NOTE Add a dash or 2 of hot sauce for an interesting twist to this creamy soup.

Top it off to your liking with bacon bits, additional shredded cheese, croutons or sliced green onions.



SEARED SCALLOPS WITH BLACK BEAN RELISH

PREP 30 min
COOK 8 min

INGREDIENTS

BLACK BEAN RELISH

- 5½ pounds canned black beans, rinsed and drained
- 1 large red onion, diced
- 1½ quarts thawed frozen corn
- 1½ cups drained and chopped roasted red peppers
- ½ cup chopped fresh cilantro leaves
- ¼ cup finely chopped jalapeño peppers
- 2 tbsp minced garlic cloves
- ¾ cup distilled white vinegar
- ¾ cup extra virgin olive oil
- ¾ cup fresh lime juice
- 6 medium avocados, peeled, pitted, and diced
- Kosher salt and ground black pepper to taste

SEARED SCALLOPS

- 1¼ cups extra virgin olive oil
- 6 tbsp fresh lime juice
- 2 tbsp minced garlic cloves
- 72 fresh dry or frozen large sea scallops, thawed if necessary, patted dry
- Kosher salt and ground black pepper to taste
- Fresh chives

DIRECTIONS

BLACK BEAN RELISH

1. In large bowl, combine beans, onion, corn, red peppers, cilantro, jalapeños, and garlic. In medium bowl, combine vinegar, oil, and lime juice. Pour vinegar mixture over bean mixture and toss to combine; fold in avocado, salt, and pepper. Cover and refrigerate.

SEARED SCALLOPS

2. In large bowl, combine ¾ cup oil, lime juice, and garlic. Place scallops in 9 x 13-inch dish; pour lime juice mixture over scallops; cover and refrigerate 10 minutes. Transfer scallops to separate container and discard marinade.
3. Sauté scallops in some remaining oil 4 minutes or until golden brown, turning once. Serve over bean mixture garnished with chives.



ONE-POT SMOKY SHRIMP LINGUINE

PREP 10 min
COOK 15 min

INGREDIENTS

- 1 pound raw 21-25 count peeled and deveined shrimp
- 1 tbsp less-sodium soy sauce
- ½ tsp smoked paprika
- 1 tbsp olive oil
- ½ (16-ounce) package linguine pasta, broken in half
- 3 cups vegetable stock
- 1 large egg yolk
- ¼ cup whole milk
- ¼ cup grated Parmesan cheese plus additional for garnish
- 2 tbsp chopped fresh parsley

DIRECTIONS

1. In large bowl, toss shrimp, soy sauce, and paprika; let stand 5 minutes.
2. In high-sided large skillet, heat oil over medium-high heat. Add shrimp mixture; cook 3 minutes or until shrimp turn opaque throughout, turning once. Transfer shrimp to bowl; cover loosely to keep warm.
3. In same skillet, heat pasta and stock to a boil over medium-high heat. Reduce heat to low; cover and cook 8 minutes or until pasta is al dente and stock is reduced to a thin sauce, stirring occasionally. Stir in egg yolk and milk; cook 2 minutes or until sauce thickens slightly, stirring constantly. Remove from heat; gradually stir in cheese, then shrimp.
4. Serve pasta sprinkled with parsley and cheese.



SHEET-PAN CHICKEN PARMESAN WITH ROASTED LEMON-GARLIC BROCCOLI

PREP 25 min
ROAST 15 min

INGREDIENTS

- Nonstick olive oil cooking spray
- ½ cup panko breadcrumbs
- ¼ cup grated Parmesan cheese
- 1 tbsp oregano
- 2 tsp garlic powder
- ¼ tsp black pepper
- 4 thin-sliced chicken breasts (about 4- to 5-ounces each)
- 2 tbsp olive oil
- 4 cups broccoli florets
- ¼ tsp salt
- ½ cup lower sodium marinara sauce
- ½ cup shredded part-skim mozzarella cheese
- 1½ tbsp fresh lemon juice

DIRECTIONS

1. Preheat oven to 425°; spray rimmed baking pan with cooking spray. In shallow dish, stir bread-crumbs, Parmesan cheese, oregano, 1 teaspoon garlic powder, and pepper.
2. Brush chicken with 1 tablespoon oil, then dredge in breadcrumb mixture to coat both sides; place on prepared pan. Discard any remaining breadcrumb mixture.
3. In large bowl, toss broccoli, salt, remaining 1 teaspoon garlic powder, and 1 tablespoon oil; arrange in single layer around chicken.
4. Roast chicken and broccoli 10 minutes or until internal temperature of chicken reaches 165°. Spoon marinara sauce over chicken and sprinkle with mozzarella cheese; roast 5 minutes or until cheese melts. Drizzle broccoli with lemon juice. Makes about 2½ cups broccoli.

NOTE Serve chicken and broccoli with cooked whole grain pasta, brown rice, or quinoa.

HONEY MUSTARD- PECAN CRUSTED COD

PREP 20 min
BAKE 13 min

INGREDIENTS

- Nonstick cooking spray
- 1 cup chopped pecans
- ½ cup panko breadcrumbs
- 3 tbsp chopped fresh parsley
- 8 skinless cod fillets (about 5 ounces each)
- 1 tsp salt
- 1 tsp black pepper
- ½ cup honey mustard
- 3 large carrots, thinly sliced diagonally
- 1 small leek, halved lengthwise, then sliced crosswise (about ½ cup)
- 1 small red onion, thinly sliced
- 2 tbsp olive oil

DIRECTIONS

1. Preheat oven to 375°; spray 2 rimmed baking pans with cooking spray. In wide, shallow dish, stir pecans, breadcrumbs, and 2 tablespoons parsley. Place cod in single layer on 1 prepared pan; sprinkle with ½ teaspoon each salt and pepper. Brush cod with honey mustard; press pecan mixture into cod.
2. On second prepared pan, toss carrots, leek, onion, oil, remaining 1 tablespoon parsley, and ½ teaspoon each salt and pepper; bake cod and vegetables 13 minutes or until internal temperature of cod reaches 145° and vegetables are tender-crisp, stirring vegetables once. Makes about 5¼ cups vegetables.
3. Serve cod with vegetables.



SLOW COOKER BBQ PULLED PORK BOWL

PREP 25 min
SLOW COOK 4 hr

INGREDIENTS

- 1 garlic clove, minced
- ½ cup barbeque sauce
- 1 pound boneless pork loin end roast
- 2 medium carrots, peeled and chopped
- 1 small jalapeño, thinly sliced
- ½ cup fresh or frozen corn kernels
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp ground black pepper
- ⅓ cup plain nonfat Greek yogurt
- 2 tbsp yellow mustard
- 1 tbsp honey
- 2 cups prepared quick-cooking brown rice
- 2 green onions, thinly sliced
- 1 avocado, peeled, pitted, and sliced
- ½ cup shredded red cabbage

DIRECTIONS

1. In small bowl, whisk garlic, barbeque sauce, and ½ cup water. In 5- to 6-quart slow cooker, add pork; pour barbeque sauce mixture over pork. Cover and cook on high 4 hours or low 8 hours or until pork is very tender. With 2 forks, shred pork in slow cooker. Makes about 2½ cups.
2. Preheat oven to 400°. In medium bowl, toss carrots, jalapeño, corn, oil, salt, and pepper to combine; spread in single layer on rimmed baking pan. Roast vegetables 25 minutes or until golden brown and tender.
3. In small bowl, stir yogurt, mustard, and honey until combined.
4. Divide rice into 4 bowls; top with onions, avocado, cabbage, pork mixture, and roasted vegetables, and drizzle with yogurt mixture.



CRUNCHY PARMESAN COD WITH GARLIC ROASTED VEGGIES

PREP 20 min
ROAST 18 min

INGREDIENTS

- 8 garlic cloves, chopped
- 1 (12-ounce) bag baby carrots, halved lengthwise
- 1 (12-ounce) bag trimmed green beans
- 2 tbsp olive oil
- ¼ tsp salt
- 1 tsp ground black pepper
- ½ cup panko breadcrumbs
- ½ cup shredded Parmesan cheese
- 1 large egg
- ¼ cup cornstarch
- 1½ pounds cod fillets, cut crosswise into 1 x 3-inch pieces
- Nonstick cooking spray

DIRECTIONS

1. Position oven rack to the center position; preheat oven to 425°. Place a rimmed baking pan on oven rack; preheat 10 minutes. In large bowl, toss garlic, carrots, beans, oil, salt, and ½ teaspoon pepper.
2. In a wide, shallow dish, stir breadcrumbs, cheese, and remaining ½ teaspoon pepper. In a separate shallow dish, whisk egg and 1 tablespoon water; place cornstarch in the third wide, shallow dish. Dip cod in cornstarch, then dip in egg mixture and breadcrumb mixture to coat, pressing lightly so coating adheres; place on a large plate.
3. Spray the hot pan with cooking spray. Place cod on 1 side of prepared pan; spread vegetables in a single layer on opposite side of the pan. Roast cod and vegetables for 15 minutes or until internal temperature of cod reaches 145°. Turn broiler to high; broil 3 minutes or until cod is crisp and golden brown.

POMPEIAN HELPS YOU EAT AND LIVE WELL THIS HOLIDAY SEASON

BEEF TENDERLOIN WITH DEMI GLACE AND CRISP VEGETABLES

8 SERVINGS

INGREDIENTS

2 Tablespoons **Pompeian Robust Extra Virgin Olive Oil**
2 teaspoons kosher salt
2 teaspoons freshly cracked black pepper
1 lbs. peeled pearl onions
4 lbs. haricots verts
2 Tablespoons **Pompeian Organic Extra Virgin Olive Oil**
1/2 cup walnuts
1/2 cup watercress

PREPARATION

1. Preheat oven to 350 °F.
2. Bring a cast iron skillet to medium-high heat and lightly brush tenderloin with **Pompeian Robust Extra Virgin Olive Oil**. Season with kosher salt and pepper, then sear the tenderloin until evenly browned all over. You may have to keep turning to ensure that the meat is browned on all sides.
3. Remove tenderloin from heat and place directly into the oven with pearl onions. Roast for 15 minutes per pound for a perfect medium-rare (approximately 1 hour), remove from oven and allow to rest for 10 minutes before slicing.
4. Steam haricots verts for 5-8 minutes and arrange around sliced tenderloin and pearl onions on a platter. Drizzle with **Pompeian Organic Extra Virgin Olive Oil**, walnuts, watercress and serve.



MARINADES

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Kale Cobb Salad

Prep: 15 mins

Cooking: 10 mins

Yield: 4

Ingredients

4 Eggland's Best eggs, large
4 tablespoons crumbled blue cheese
1 lemon, juiced, about 3 tablespoons
2 tablespoons extra virgin olive oil
1/4 teaspoon sea salt
1/2 teaspoon black pepper

8 cups finely chopped kale leaves (stems removed)

1 cup grape tomatoes, cut in half
1 avocado, cubed
2 pieces uncured turkey bacon, cooked and chopped

Preparation

1. Hard boil the Eggland's Best eggs: Add eggs to a 1-quart pot filled with cold water, bring to a boil, cover, and remove from heat. Let sit for 8 minutes and then put eggs in ice water for 2 minutes. Peel the eggs and cut each egg into quarters.
2. Mix together cheese, lemon juice, oil, salt, and pepper.
3. Toss the cheese dressing with kale, tomatoes, avocado, bacon, and eggs.

...beyond taste!!

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sparkling
water

0-CALORIE 0-SWEETENER 0-SODIUM = INNOCENT!



Shamrock Rice Crispies

INGREDIENTS

- Nonstick cooking spray
- 3 cups rice cereal
- 6 tbsp maple syrup
- ¼ cup almond butter
- 1 tbsp coconut oil
- 6 drops natural green food coloring (see Note)

DIRECTIONS

1. Spray 13 x 9-inch baking dish with cooking spray; line with parchment paper with overhanging sides. In large bowl, add cereal.
2. In small saucepot, stir syrup, almond butter, and coconut oil; cook over medium-high heat 5 minutes or until melted. Remove from heat; stir in food coloring. Pour syrup mixture over cereal; with wooden spoon, stir until well combined. Press mixture into prepared pan; let cool.
3. Lift parchment paper with rice crispie from pan and place on cutting board; with 3-inch shamrock-shaped cutter, cut out crispies. Makes 12 crispies.

NOTE To make natural green food coloring: Place 1 cup fresh spinach in small saucepot; add water to cover. Heat to boil over high heat; reduce heat to low, cover and simmer 5 minutes. Drain spinach and process with 3 tablespoons water in food processor until smooth (add 1 tablespoon water at a time if mixture clumps together); strain through fine-mesh strainer. Discard solids; refrigerate food coloring in airtight container up to 3 days.

