



Lemon Ricotta Pasta

Serves 4. Prep time: 20 minutes.

1 16-ounce package whole wheat linguine	2 tablespoons lemon zest
1 ½ cup part-skim ricotta cheese	2 tablespoons lemon juice
½ cup reserved pasta water	½ teaspoon red pepper flakes
2 tablespoons chopped fresh garlic	½ teaspoon sea salt
	⅔ cup grated Parmesan
	½ cup chopped chives

Preparation

Cook pasta al dente in salted water according to package directions. Reserve ½ cup of the pasta cooking water, and drain the linguine in a colander, shaking to remove any excess water.

Mix the ricotta, reserved pasta liquid, garlic, lemon juice, lemon zest, red pepper flakes and salt in a serving bowl. Toss with the warm pasta, top with grated Parmesan and chives. Serve immediately.

Lemon Ricotta Pasta

Ingredient checklist

PRODUCE

- Garlic
- Lemon
- Chives

GROCERY

- Whole wheat linguine

REFRIGERATED/DAIRY

- Ricotta
- Parmesan

SPICES/SEASONINGS

- Red pepper flakes
- Sea salt

Serving suggestion

Create your own variations on this quick weeknight meal. Sauté asparagus, red onions and snap peas and toss with pasta and sauce. Or top sautéed julienned zucchini strips with the ricotta and lemon sauce, for a gluten-free dish.

Nutritional information per serving

390 calories	47 g. carbohydrate
13 g. fat	1 g. fiber
95 mg. cholesterol	20 g. protein
250 mg. sodium	

The nutritional values and information provided are approximations.



Curried Chicken Salad

Serves 6. Prep time: 15 minutes.

¼ cup mayonnaise	1 cup chopped pitted dates
½ cup plain nonfat Greek yogurt	1 cup sliced green onions
1 ½ tablespoons curry powder	2 cups quartered grapes
1 teaspoon sea salt	1 bag prewashed salad greens
4 cups cooked shredded chicken breast	½ cup sliced almonds

Preparation

Mix together the mayonnaise, yogurt, curry powder and sea salt. Toss with the chicken, dates, onions and grapes. Place a scoop of salad on a bed of greens on each serving plate, and top with sliced almonds.

Curried Chicken Salad

Ingredient checklist

PRODUCE

- Green onions
- Grapes
- Bagged salad greens

BULK

- Pitted dates
- Sliced almonds

GROCERY

- Mayonnaise

REFRIGERATED

- Nonfat Greek yogurt

MEAT/SEAFOOD

- Cooked chicken breast

SPICES/SEASONINGS

- Curry powder
- Sea salt

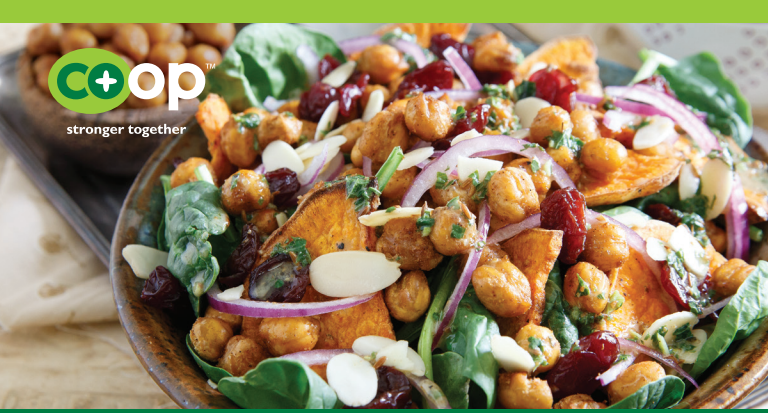
Serving suggestion

Mildly curried and slightly sweet, this salad makes a delicious sandwich, wrapped in sturdy lettuce leaves or stuffed in a whole-wheat pita. Or serve with whole wheat crackers or lightly toasted baguette slices as an appetizer.

Nutritional information per serving

350 calories	29 g. carbohydrate
17 g. fat	4 g. fiber
110 mg. cholesterol	25 g. protein
540 mg. sodium	

The nutritional values and information provided are approximations.



Autumn Salad with Spicy Chickpeas

Serves 6. Prep time: 15 minutes active; 1 hour 10 minutes total.

Dressing:

1/2 teaspoon Dijon mustard
1/4 cup olive oil
1/2 teaspoon lemon juice
1 teaspoons sherry vinegar
1/2 tablespoon finely chopped fresh mint

Salad:

1 12-ounce can chickpeas, rinsed and drained
4 tablespoons olive oil, divided
1 teaspoon cumin

1 teaspoon chili powder
1/2 teaspoon cayenne
1 tablespoon minced garlic
1 1/2 teaspoons sea salt, divided
3 sweet potatoes, peeled
1/2 teaspoon black pepper
1 package prewashed spinach
1/3 cup sliced almonds
1/3 cup dried cranberries
1/3 cup thinly-sliced red onion
3 ounces crumbled goat cheese (optional)

Preparation

Heat oven to 400 degrees F. While the oven heats, whisk together the mustard, olive oil, lemon juice and vinegar. Add the mint; season with salt and pepper to taste.

Line two sheet pans with parchment paper. Toss chickpeas with 2 tablespoons olive oil, spices, garlic and 1/2 teaspoon salt; pour onto a sheet pan and roast in the oven for 20 minutes. While the chickpeas roast, halve the sweet potatoes and cut crosswise into half-moons. Toss with remaining olive oil, salt and black pepper. Spread onto the second pan. Set timer for an additional 20 minutes and roast until potatoes are done and chickpeas are crisp.

Arrange spinach on a platter; top with prepared veggies, chickpeas, almonds and cranberries, and sprinkle with goat cheese if desired.

Autumn Salad with Spicy Chickpeas

Ingredient checklist

PRODUCE

- Lemon
- Mint
- Garlic
- Sweet potatoes
- Prewashed spinach
- Red onion

BULK

- Sliced almonds
- Dried cranberries

GROCERY

- Dijon mustard
- Olive oil
- Sherry vinegar
- Canned chickpeas

REFRIGERATED

- Goat cheese (optional)

SPICES/SEASONINGS

- Cumin
- Chili powder
- Cayenne
- Sea salt
- Black pepper

Serving suggestion

This celebratory autumn salad makes a spectacular presentation on a colorful platter, surrounded with toasted triangles of pita cheese and an assortment of olives. You'll want to roast extra spicy chickpeas, since these are an addictive snack all by themselves.

Nutritional information per serving

390 calories	31 g. carbohydrate
24 g. fat	15 g. fiber
5 mg. cholesterol	15 g. protein
770 mg. sodium	

The nutritional values and information provided are approximations.



RUSH HOUR RECIPES

Hearty Kale and White Bean Stew

Serves 6. Prep time: 20 minutes active; 50 minutes total.

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|--------------------------------------|-----------------------------------------|
| 2 cups diced red onion | 1 12-ounce can white beans |
| 2 cups diced carrot | 1 14.5-ounce can diced tomatoes |
| 2 tablespoons minced garlic | 2 tablespoons Dijon mustard |
| 2 cups diced peeled butternut squash | 1 teaspoon chopped fresh rosemary |
| 2 cups sliced button mushrooms | 1 teaspoon red pepper flakes |
| 3 tablespoons olive oil | 1 cup shredded Romano cheese (optional) |
| 4 cups vegetable or chicken stock | |
| 4 cups chopped kale, stems removed | |

Preparation

Heat the olive oil in a large frying pan, add the onions, carrots, garlic, squash and mushrooms and sauté for 5-10 minutes. Transfer the vegetables to an 8-quart stock pot and add the stock, kale, beans, tomatoes, Dijon mustard, fresh rosemary and red pepper flakes. Cover the pot and let cook for additional 20 minutes or until the kale is soft. Top with shredded Romano cheese if desired before serving.

Hearty Kale and White Bean Stew

Ingredient checklist

PRODUCE

- Red onion
- Carrot
- Garlic
- Butternut squash
- Button mushrooms
- Kale
- Rosemary

GROCERY

- Olive oil
- Vegetable or chicken stock
- Canned white beans
- Canned diced tomatoes
- Dijon mustard

REFRIGERATED/DAIRY

- Romano cheese (optional)

SPICES/SEASONINGS

- Red pepper flakes

Serving suggestion

Hearty autumn vegetables plus dark green kale make for a beautiful warming bowl of stew. Serve with brown bread or rye crackers.

Nutritional information per serving

330 calories	41 g. carbohydrate
15 g. fat	7 g. fiber
25 mg. cholesterol	15 g. protein
910 mg. sodium	

The nutritional values and information provided are approximations.