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Family Meals Month





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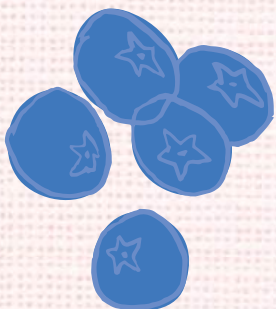
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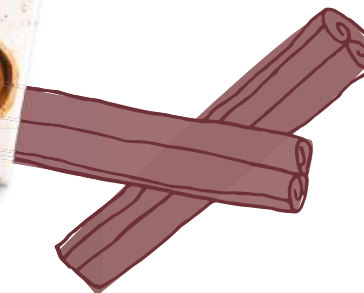


Apple Streusel Pancake Bread

HANDS-ON: 15 MIN. BAKE: 55 MIN. SERVES: 10

- 2 cups protein pancake mix, divided, plus additional for dusting
- 1 cup rolled oats, divided
- ½ cup unsalted butter (1 stick), 4 tablespoons softened, 4 tablespoons melted, divided
- 2 cups finely chopped Gala apples, divided
- ¼ cup pure maple syrup, divided
- 2 large eggs
- ¾ cup unsweetened almond milk
- ½ cup plain nonfat Greek yogurt
- 3 tablespoons vanilla protein powder
- ½ teaspoon ground cinnamon

1. Preheat oven to 350°. Spray 9 x 5-inch loaf pan with cooking spray; dust bottom and sides of pan with pancake mix. In medium bowl, stir ¼ cup pancake mix, ½ cup oats and 4 tablespoons softened butter until coarse crumbs form. Makes about ¾ cup topping.
2. In small bowl, stir ½ cup apples and 1 tablespoon syrup. Makes about ½ cup apple mixture.
3. In large bowl, whisk eggs, milk, yogurt, protein powder, cinnamon, and remaining 4 tablespoons melted butter and 3 tablespoons syrup until smooth. Stir in remaining 1¾ cups pancake mix and ½ cup oats; fold in remaining 1½ cups apples. Makes about 5 cups batter.
4. Spread batter in prepared pan; spoon apple mixture over batter and sprinkle with topping. Bake bread 55 minutes or until toothpick inserted in center comes out clean and top is golden brown. Cool bread in pan on wire rack 10 minutes; run a small knife around edge of pan to loosen and invert onto rack to cool completely.
5. Cut bread into 10 (¾-inch-thick) slices.



NUTRITION FACTS

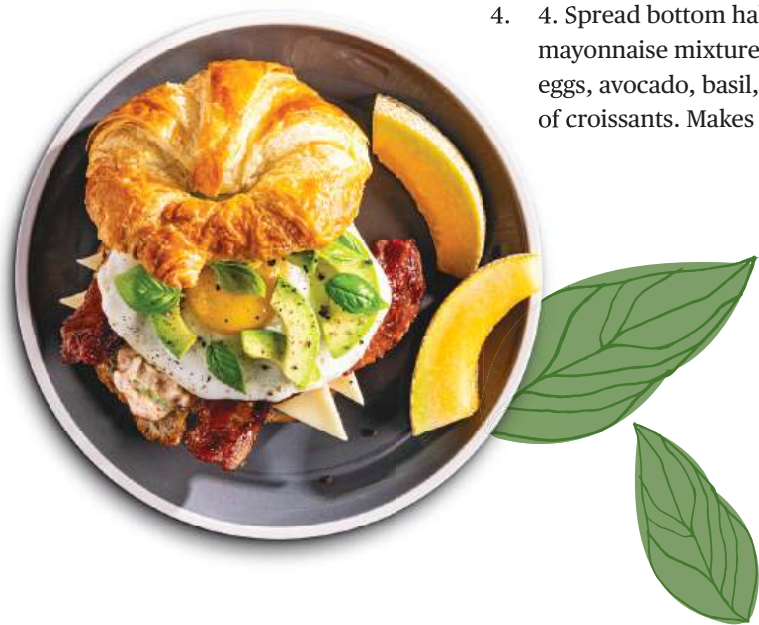
Per serving (1 slice): 283 Calories, 12g Fat, 7g Saturated Fat, 68mg Cholesterol, 253mg Sodium, 29g Carbohydrates, 4g Fiber, 11g Sugars, 6g Added Sugars, 15g Protein

Croissant Breakfast Sandwich

PREP: 10 MIN. COOK: 23 MIN. SERVES: 4

- ½ cup mayonnaise
- 1 tablespoon chopped fresh basil plus additional for serving (optional)
- ½ teaspoon smoked paprika
- 8 slices Oscar Mayer® Center Cut Thick Sliced Bacon
- 2 tablespoons pure maple syrup
- 4 large eggs
- 4 large all butter croissants, halved horizontally
- 4 slices sharp white Cheddar cheese, halved
- 1 medium avocado, peeled, pitted and sliced

1. Preheat oven to 400°; line large rimmed baking pan with parchment paper or foil. In small bowl, whisk mayonnaise, basil and paprika. Makes about ½ cup mayonnaise mixture.
2. Arrange bacon in single layer on prepared pan; bake 20 minutes or until bacon is beginning to brown, rotating pan halfway through baking. Carefully remove pan from oven; carefully drain off drippings from pan. Drizzle bacon with syrup; bake 3 minutes or until desired doneness.
3. In large, nonstick skillet sprayed with cooking spray, cook eggs over medium heat 3 minutes or to desired doneness, turning once.
4. Spread bottom halves of croissants with mayonnaise mixture; top with cheese, bacon, eggs, avocado, basil, if desired, and top halves of croissants. Makes 4 sandwiches.



NUTRITION FACTS

Per serving (1 scramble cup): 338 Calories, 23g Fat, 4g Saturated Fat, 398mg Cholesterol, 541mg Sodium, 4g Carbohydrates, 1g Fiber, 2g Sugars, 0g Added Sugars, 19g Protein

Smoked Salmon Bagels

PREP: 10 MIN. SERVES: 6

- 1 package (8 ounces) whipped cream cheese
- 1 package (4 ounces) smoked salmon
- 1 package (11.57 ounces) everything seasoned salad chopped kit
- ¼ cup sliced English cucumber
- ¼ cup sliced red onion
- 6 everything bagels

1. Place cream cheese on cutting board. Top cream cheese with salmon, salad kit, cucumber and onion; chop ingredients until well combined and about ¼-inch in size. Makes about 4 cups cream cheese mixture.
2. Toast bagels; fill with cream cheese mixture. Makes 6 sandwiches.



NUTRITION FACTS

Per serving (1 sandwich): 478 Calories, 24g Fat, 9g Saturated Fat, 43mg Cholesterol, 688mg Sodium, 53g Carbohydrates, 6g Fiber, 6g Sugars, 2g Added Sugars, 16g Protein

Pita Pizza Paninis

PREP: 10 MIN. COOK: 10 MIN. SERVES: 4

- 2 tablespoons olive oil
- 2 teaspoons Italian seasoning
- 1 package (9 ounces) flax, oat bran & whole wheat lavash bread (4 pieces)
- 1 cup pizza sauce
- 2 cups shredded low-moisture part-skim mozzarella cheese
- Favorite pizza toppings such as chopped bell pepper, chopped onions, chopped pineapple, pepperoni, sliced mushrooms and/or sliced olives
- Creamy Caesar or ranch dressing for serving (optional)

1. In small bowl, stir oil and seasoning; brush over both sides of bread. Leaving 1-inch border, top bread with sauce, cheese and toppings, if desired; fold short sides of bread over filling into thirds.
2. Preheat grill pan over medium-high heat. In batches, cook panini, seam side down, 5 minutes or until bread is crisp and cheese is melted, pressing down occasionally with large spatula and turning once. Makes 4 panini.
3. Serve panini with dressing, if desired.



NUTRITION FACTS

Per serving (1 panini): 378 Calories, 22g Fat, 7g Saturated Fat, 37mg Cholesterol, 1157mg Sodium, 26g Carbohydrates, 8g Fiber, 5g Sugars, 1g Added Sugars, 24g Protein

Chicken Caesar-Club Salad

PREP TIME: 25 MIN. SERVES: 4

- 3 Banquet® Mega Original Crispy Chicken Filets
- 3 slices uncured chicken bacon
- 8 cups romaine blend leafy greens
- 2 refrigerated hard-cooked peeled eggs, chopped
- 1 medium avocado, peeled, pitted and chopped
- 1 cup cheese & garlic croutons
- 1 cup cherry tomatoes, quartered
- ½ cup shredded Parmesan cheese
- ½ cup creamy Caesar dressing

1. Prepare chicken filets and bacon as labels direct; cool slightly and cut into ½-inch pieces.
2. Divide greens over 4 large plates; top with eggs, avocado, croutons, tomatoes, cheese, chicken and bacon. Drizzle salads with dressing; sprinkle with 1 teaspoon pepper. Makes 4 salads.



NUTRITION FACTS

Per serving (1 salad): 630 Calories, 45g Fat, 9g Saturated Fat, 161mg Cholesterol, 1287mg Sodium, 35g Carbohydrates, 6g Fiber, 4g Sugars, 1g Added Sugars, 25g Protein

Cuban Churrasco and Chimichurri

PREP: 15 MIN. GRILL: 8 MIN. SERVES: 6

- 1 cup mojo criollo marinade
- 2 teaspoons dried oregano, divided
- 1 teaspoon fresh lime zest
- 1 teaspoon fresh orange zest
- 2 pounds flank steak, cut crosswise into 6 equal-sized pieces
- 3 garlic cloves
- 2 green onions, chopped
- 1 cup loosely packed fresh parsley sprigs
- ½ cup loosely packed fresh cilantro sprigs
- 2 tablespoons white wine vinegar
- 1 tablespoon fresh lime juice
- ½ teaspoon kosher salt
- ½ cup olive oil

1. In small bowl, whisk marinade, 1 teaspoon oregano, lime zest and orange zest. Place steaks in large zip-top plastic bag; pour marinade mixture over steak. Seal bag, pressing out excess air; massage steak in bag to coat. Refrigerate steak at least 4 or up to 10 hours.
2. In food processor with knife blade attached or blender, purée garlic, onions, parsley, cilantro, vinegar, lime juice, salt and remaining 1 teaspoon oregano; with processor running, slowly pour oil through feed tube and purée until emulsified. Makes about 1 cup chimichurri.
3. Prepare outdoor grill for direct grilling over high heat. Remove steaks from marinade; discard marinade. Place steaks on hot grill rack; cover and cook 8 minutes or until internal temperature reaches 135° for medium-rare, turning once. Transfer steaks to cutting board; tent with foil and let stand 5 minutes. (Internal temperature will rise to 145° upon standing.)
4. Slice steaks against the grain; serve with chimichurri.



NUTRITION FACTS

Per serving (1 piece steak, 2 1/2 tablespoons chimichurri): 333 Calories, 21g Fat, 5g Saturated Fat, 86mg Cholesterol, 522mg Sodium, 4g Carbohydrates, 1g Fiber, 0g Sugars, 0g Added Sugars, 31g Protein

Bacon-Wrapped Meatloaf Skewers

PREP: 15 MIN. BAKE: 25 MIN. SERVES: 4

8 (8-inch) wooden skewers
1 large egg
1 pound 85% lean ground beef
2 garlic cloves, minced
½ cup plain breadcrumbs
⅓ cup minced yellow onion
1 tablespoon finely chopped fresh parsley plus additional for garnish (optional)
½ teaspoon kosher salt
8 slices thick-cut applewood smoked bacon
2 tablespoons hot honey
Spicy tomato ketchup for serving (optional)

1. Preheat oven to 425°; line rimmed baking pan with parchment paper. Soak skewers in water 20 minutes.
2. In small bowl, whisk egg. In large bowl, gently mix ground beef, garlic, breadcrumbs, onion, parsley, salt, ½ teaspoon pepper and egg; form into 8 (1½ x 4-inch) loaves, about ⅓ cup each. Wrap 1 slice bacon around each loaf; place on prepared pan, tucking ends of bacon under loaves to secure. Insert a skewer lengthwise through the center of each loaf; bake 20 minutes or until starting to crisp. Carefully drain drippings from pan; brush bacon with hot honey and bake 5 minutes or until internal temperature of loaves reaches 160° and bacon is crisp, turning once. Makes 8 meatloaf skewers.
3. Serve meatloaf skewers garnished with parsley along with ketchup, if desired.



NUTRITION FACTS

Per serving (2 meatloaf skewers): 417 Calories, 24g Fat, 8g Saturated Fat, 133mg Cholesterol, 843mg Sodium, 19g Carbohydrates, 1g Fiber, 8g Sugars, 1g Added Sugars, 32g Protein

Chicken Sausage & Pesto Manicotti

PREP: 25 MIN. COOK: 20 MIN. SERVES: 6

12 pieces Barilla® Manicotti
1 package (14 ounces) Italian chicken sausage with cheese & garlic, casings removed
1 package (16 ounces) whole milk ricotta cheese, divided
1 jar (6.2 ounces) Barilla® Creamy Genovese Pesto Sauce, divided
Fresh torn basil leaves and/or cracked black pepper for serving (optional)

1. Preheat oven to 450°. Prepare manicotti as label directs; reserve 1 cup cooking water, drain, return to saucepot and cover.
2. In large nonstick skillet, cook and stir sausage over medium-high heat 6 minutes or until browned; reduce heat to medium-low. Add ½ the cheese and 2 tablespoons pesto; cook and stir 2 minutes or until combined. Makes 3½ cups filling.
3. In medium bowl, whisk remaining pesto and reserved cooking water. Makes about 1½ cups pesto mixture.
4. In bottom of 11 x 7-inch baking dish, spread ½ cup pesto mixture. Fill manicotti with filling and place in prepared dish; pour remaining pesto mixture over manicotti and dollop with remaining cheese. Bake manicotti 20 minutes or until cheese is starting to brown. Makes 12 stuffed manicotti.
5. Serve manicotti garnished with basil and/or pepper, if desired.



NUTRITION FACTS

Per serving (2 stuffed manicotti): 535 Calories, 32g Fat, 10g Saturated Fat, 113mg Cholesterol, 1019mg Sodium, 35g Carbohydrates, 4g Fiber, 5g Sugars, 0g Added Sugars, 29g Protein

Quick Scalloped Potato Lasagna

PREP: 25 MIN. **BAKE:** 45 MIN. **SERVES:** 12

2 boxes (24 ounces each) Stouffer's® Sides Scalloped Potatoes

2 large eggs

1 container (16 ounces) part-skim ricotta cheese

2 cups shredded Parmesan cheese, divided

3 cubes frozen Dorot® Gardens Crushed Garlic, thawed

2 pounds 99% lean ground turkey

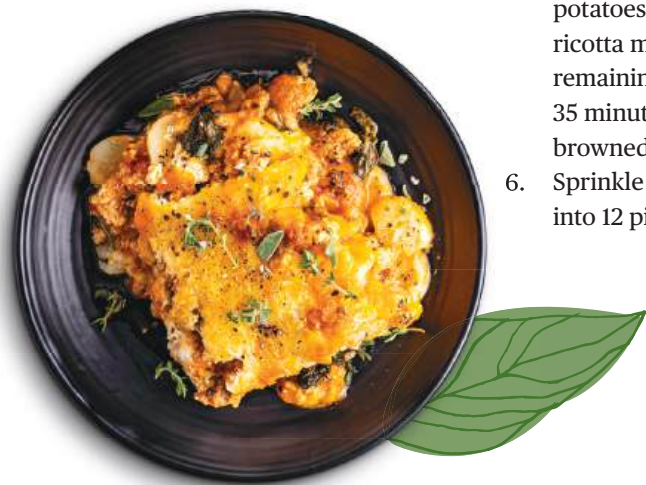
4 cups packed baby spinach

1 tablespoon Italian seasoning

1 jar (24 ounces) marinara sauce, divided

Chopped fresh herbs such as sage and/or thyme for garnish (optional)

1. Preheat oven to 400°; spray 13 x 9-inch baking dish with cooking spray. Prepare scalloped potatoes as label directs; cool slightly.
2. In medium bowl, whisk eggs; stir in ricotta cheese, 1 cup Parmesan cheese, garlic and 1 teaspoon pepper. Makes about 3 cups ricotta mixture.
3. Heat large, nonstick saucepan over medium-high heat. Add turkey; cook 6 minutes or until browned, breaking up turkey with side of spoon. Add spinach and seasoning; cook and stir 1 minute or until wilted.
4. Add 2 cups sauce; cook and stir 3 minutes or until slightly thickened. Makes about 4 cups turkey mixture.
5. Spread remaining ½ cup sauce on bottom of prepared dish. Layer ½ the scalloped potatoes, 2 cups turkey mixture and 1½ cups ricotta mixture; repeat layers once. Top with remaining 1 cup Parmesan cheese; bake 35 minutes or until edges bubble and top is browned. Let stand 10 minutes before cutting.
6. Sprinkle lasagna with herbs, if desired; cut into 12 pieces.



NUTRITION FACTS

Per serving (1 piece): 384 Calories, 19g Fat, 6g Saturated Fat, 95mg Cholesterol, 1006mg Sodium, 22g Carbohydrates, 1g Fiber, 4g Sugars, 0g Added Sugars, 33g Protein

Thai Basil Chicken Stir-Fry

PREP: 15 MIN. **COOK:** 10 MIN. **SERVES:** 4

1 tablespoon toasted sesame oil
1½ pounds boneless, skinless chicken breasts, cut into 1-inch pieces

2 cups coarsely chopped fresh green beans

1 red bell pepper, chopped

1 cup sliced shallots

3 cubes frozen Dorot® Gardens Crushed Ginger, thawed

2 cubes frozen Dorot® Gardens Crushed Garlic, thawed

¼ cup gluten-free oyster sauce

1 tablespoon gluten-free fish sauce

1 cup chopped fresh Thai basil or Italian basil

Lime wedges, crispy shallots and/or crushed red pepper flakes for garnish (optional)

1. In large skillet, heat oil over medium-high heat. Add chicken; cook and stir 5 minutes or until browned. Add beans; cook and stir 3 minutes or until internal temperature of chicken reaches 165°. Add pepper and shallots; cook and stir 1 minute or until vegetables are tender-crisp. Add ginger, garlic, oyster sauce and fish sauce; cook and stir gently 30 seconds or until heated through. Fold in basil. Makes about 6 cups stir-fry.
2. Serve stir-fry garnished with lime wedges, crispy shallots and/or crushed red pepper flakes, if desired.



NUTRITION FACTS

Per serving serving (1 1/2 cups): 300 Calories, 8g Fat, 2g Saturated Fat, 94mg Cholesterol, 1275mg Sodium, 19g Carbohydrates, 3g Fiber, 10g Sugars, 4g Added Sugars, 37g Protein

One-Pan Arroz con Pollo Verde

PREP: 15 MIN. COOK: 30 MIN. SERVES: 4

3 garlic cloves
1 jalapeño pepper, halved lengthwise, seeded and stemmed
2 cups unsalted chicken stock
1 cup chopped fresh cilantro plus additional for garnish (optional)
1 cup salsa verde
2 tablespoons fresh lime juice
1 teaspoon fresh lime zest
1½ pounds boneless, skinless chicken thighs, cut into 2-inch pieces
1½ teaspoons ground cumin
½ teaspoon kosher salt
2 tablespoons olive oil
1 cup chopped white onion
2 cups dry long grain white rice
½ cup chopped carrots
½ cup chopped red bell pepper
½ cup frozen green peas
Thinly sliced radishes for garnish (optional)

1. In blender, purée garlic, jalapeño, stock, cilantro, salsa verde, lime juice and lime zest until smooth. Makes about 3½ cups garlic mixture.
2. Pat chicken dry; sprinkle both sides with cumin, salt and ½ teaspoon black pepper. In large, high-sided skillet, heat oil over medium-high heat. Add chicken; cook 5 minutes or until browned, turning once. Add onion; cook and stir 3 minutes. Add rice, carrots, bell pepper and peas; cook and stir 5 minutes or until rice is lightly toasted. Increase heat to high; stir in garlic mixture and heat to a boil, stirring occasionally. Reduce heat to low; cover and cook 15 minutes or until rice is tender. Remove skillet from heat; let stand 5 minutes. Fluff rice with fork. Makes about 7 cups Arroz con Pollo Verde.
3. Serve Arroz con Pollo Verde garnished with radishes and/or cilantro, if desired.



NUTRITION FACTS

Per serving (1 3/4 cups Arroz con Pollo Verde): 573 Calories, 19g Fat, 4g Saturated Fat, 159mg Cholesterol, 809mg Sodium, 60g Carbohydrates, 5g Fiber, 7g Sugars, 0g Added Sugars, 40g Protein

Peppery Rigatoni alla Crema

PREP: 5 MIN. COOK: 18 MIN. SERVES: 8

1 can (12 ounces) evaporated milk
1 box (16 ounces) Barilla® Rigatoni
1 cup shredded aged Italian cheese blend
Chopped fresh basil (optional)



1. In large skillet, heat milk, 3½ cups water and ½ teaspoon salt to a boil over medium-high heat, stirring occasionally. Add rigatoni; heat to a simmer, stirring occasionally. Reduce heat to low; cover and cook 12 minutes or until rigatoni is al dente, stirring occasionally. Stir in cheese, 2 teaspoons fresh ground black pepper and basil, if desired; cook and stir 1 minute or until cheese is melted. Makes about 8 cups.

NUTRITION FACTS

Per serving serving (1 cup): 319 Calories, 8g Fat, 4g Saturated Fat, 22mg Cholesterol, 291mg Sodium, 47g Carbohydrates, 0g Fiber, 6g Sugars, 0g Added Sugars, 14g Protein

Fro-Yo Tea Floats

PREP: 5 MIN. SERVES: 8

8 slices fresh yellow peach, divided
2 teaspoons finely chopped fresh ginger, divided
3 cups Gold Peak® Sweet Tea, chilled, divided
Ice
1 cup low-fat vanilla frozen yogurt, divided

1. In cocktail shaker, muddle 3 peach slices and 1 teaspoon ginger with muddler or large wooden spoon handle; add 1½ cups tea. Fill shaker halfway with ice; cover and shake vigorously. Strain tea mixture into 1 (16-ounce) glass; top with ½ cup frozen yogurt. Repeat to make second float. Makes 2 floats.
2. Serve floats garnished with remaining 2 peach slices.



NUTRITION FACTS

Per serving serving (1 float): 233 Calories, 1g Fat, 1g Saturated Fat, 4mg Cholesterol, 56mg Sodium, 53g Carbohydrates, 0g Fiber, 48g Sugars, 41g Added Sugars, 3g Protein

Classic Monster Cookies

PREP: 10 MIN. **BAKE:** 18 MIN. **SERVES:** 16

1¼ cups all-purpose flour
1 teaspoon cornstarch
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon sea salt
¾ cup light brown sugar
½ cup unsalted butter, softened
1 large egg
½ cup crunchy peanut butter
1½ teaspoons vanilla extract
1 cup old-fashioned rolled oats
¾ cup favorite chocolate chips and/or white chocolate chips
¾ cup favorite colored candy-coated chocolate candies

1. Adjust 2 oven racks to upper and lower positions; preheat oven to 325°. Line 2 rimmed baking pans with parchment paper. In medium bowl, whisk flour, cornstarch, baking powder, baking soda and salt. In large bowl, with mixer on medium speed, beat sugar and butter 2 minutes or until light and fluffy, scraping bowl occasionally with rubber spatula. Add egg, peanut butter and vanilla extract; beat 2 minutes or until well combined. Scrape down bowl; reduce speed to low. Gradually add flour mixture, beating 1 minute or until well combined. Stir in oats, chocolate chips and candies. Makes about 4 cups dough.
2. Using 2 spoons, drop about ¼ cup dough, 2 inches apart, on prepared baking pans; press with back of spoon to flatten and bake 18 minutes or until edges of cookies are golden brown, turning pans and rotating pans between upper and lower racks halfway through baking. Cool cookies on pans 1 minute, then transfer to wire rack to cool completely. Makes about 16 cookies.



NUTRITION FACTS

Per serving (1 cookie): 275 Calories, 15g Fat, 7g Saturated Fat, 28mg Cholesterol, 76mg Sodium, 34g Carbohydrates, 2g Fiber, 20g Sugars, 14g Added Sugars, 5g Protein

Tres Leches Cake

PREP: 25 MIN. **BAKE:** 25 MIN. **SERVES:** 15

1½ cups gluten-free all-purpose flour
1 teaspoon baking powder
1 cup aquafaba (liquid from canned chickpeas), divided
1 cup granular sugar replacement
½ cup 100% coconut oil, melted and cooled slightly
1 teaspoon vanilla extract
1½ cups unsweetened almond milk
1 cup unsweetened almond + coconut creamer
1 cup unsweetened refrigerated coconut milk
1 teaspoon almond extract
½ cup confectioner's sugar replacement
⅛ teaspoon cream of tartar
Thinly sliced kiwi, mango, pineapple and/or strawberries for garnish (optional)

1. Preheat oven to 325°; spray 13 x 9-inch baking dish with coconut oil cooking spray. In medium bowl, whisk flour and baking powder.
2. In large bowl, with mixer on medium-high speed, beat ½ cup aquafaba 2 minutes; slowly add granular sugar replacement and beat on high 3 minutes or until stiff peaks form. Add oil and vanilla extract; beat on medium-high 1 minute or until incorporated. Gently fold in flour mixture. Spread batter into prepared dish; bake 25 minutes or until golden brown and toothpick inserted in center comes out clean. Cool 30 minutes in dish on wire rack.
3. With fork, poke holes all over cake. In large bowl, whisk almond milk, creamer, coconut milk and almond extract. Pour milk mixture over cake; cover and refrigerate overnight.
4. In large bowl, with mixer on high speed, beat confectioner's sugar replacement, cream of tartar and remaining ½ cup aquafaba 5 minutes or until soft peaks form. Makes about 4 cups aquafaba mixture.
5. Cut cake into 15 pieces; serve topped with whipped aquafaba mixture and fruit, if desired.



NUTRITION FACTS

Per serving (1 piece): 126 Calories, 9g Fat, 6g Saturated Fat, 0mg Cholesterol, 56mg Sodium, 27g Carbohydrates, 0g Fiber, 0g Sugars, 0g Added Sugars, 1g Protein



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