

**WELL
EVERY
DAY**

BY SHOPRITE®



Stay Cool & Fuel

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One of the best parts about summer is that simplicity can be the star! The grill gives flavor to your favorite proteins and seasonal produce shines in vegetable side dishes and fruit-forward desserts.

In this book you will find no shortage of flavors, and we are making sure you can get food out with plenty of time to make summer memories. Be inspired by a campfire classic to make an easy brunch for a crowd with our Sheet Pan S'mores Pancakes on page 1. For a main course that will wow try the Citrus Grilled Lobster with Pecan and Radish Salad on page 5. And summer needs sweet treats which come perfectly portioned in our Creamsicle Cheesecakes and Mini Dipped Ice Cream cones.

We want to make your summer easy so take a look at the Wellness Partner tips for each recipe. You'll find ideas to adapt them to different diets and lifestyles, and check out our own brands items that will help keep things delicious and cost conscious! ShopRite is always here to make sure you stay cool while you fuel.



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Sheet-Pan S'mores Pancake

PREP TIME: 15 MIN. **BAKE/BROIL:** 16 MIN. **SERVES:** 6

3 cups protein pancake mix

$\frac{3}{4}$ cup **Bowl & Basket** semi-sweet chocolate chips, divided

1 cup **Bowl & Basket** mini marshmallows

$\frac{1}{2}$ cup coarsely crushed **Bowl & Basket** graham crackers

$\frac{1}{3}$ cup oat milk

1. Adjust oven rack to middle position; preheat oven to 425°. Spray rimmed baking pan with cooking spray.
2. In large bowl, whisk pancake mix and 2 cups water; fold in $\frac{1}{2}$ cup chocolate chips. Pour pancake batter into prepared pan to make 1 large pancake; bake 15 minutes or until golden brown and set. Preheat broiler to high.
3. Sprinkle pancake with marshmallows and graham crackers; broil 1 minute or until marshmallows are golden brown.
4. In small saucepan, heat milk over medium heat 2 minutes or until tiny bubbles appear around edges of pan; remove from heat and add remaining $\frac{1}{4}$ cup chocolate chips. Let stand 2 minutes; whisk until smooth. Makes about $\frac{1}{2}$ cup.
5. Cut pancake into 12 rectangles; serve drizzled with chocolate sauce.



Wellness Partner Tip

Switch the pancake mix to gluten-free, keto or plant-based to make this work for any lifestyle.

NUTRITION FACTS

Per Serving (2 pancakes, 1 tablespoon plus 1 teaspoon chocolate sauce): 467 Calories, 15g Fat, 7g Saturated Fat, 60mg Cholesterol, 373mg Sodium, 67g Carbohydrates, 5g Fiber, 29g Sugars, 29g Added Sugars, 17g Protein

Air Fryer Avocado Egg Rolls

PREP TIME: 20 MIN. **AIR FRY:** 16 MIN. **SERVES:** 8

- 2 **Wholesome Pantry Organic** avocados
- ½ cup **Wholesome Pantry Organic** froze corn, thawed
- ¼ cup chopped red onion
- 2 tablespoons chopped sun-dried tomatoes (not in oil)
- 1 tablespoon **Wholesome Pantry Organic** fresh cilantro
- 1 tablespoon **Bowl & Basket** less sodium taco seasoning
- 8 egg roll wrappers
- ½ cup **Bowl & Basket** plain nonfat Greek yogurt
- 1 tablespoon fresh lime juice

1. Preheat 3-quart air fryer to 400° for 5 minutes. In large bowl, toss avocados, corn, onion, tomatoes, cilantro and 1 teaspoon seasoning. Makes about 2½ cups.
2. Place wrappers on work surface with 1 corner of each facing you; place heaping ¼ cup avocado mixture in center of each wrapper. Brush edges of wrappers with water; fold bottom corner over filling, roll up tightly twice, fold in sides and roll up tightly. Spray egg rolls with cooking spray.
3. In 2 batches, air fry egg rolls 8 minutes or until golden brown and crisp, turning once.
4. In small bowl, whisk yogurt, lime juice and remaining 2 teaspoons seasoning. Makes about ½ cup.
5. Serve egg rolls with yogurt mixture for dipping.



Wellness Partner Tip

A handheld way to enjoy the flavors of guacamole poolside.

NUTRITION FACTS

Per Serving (1 egg roll, 1 tablespoon dip): 178 Calories, 8g Fat (1g Saturated), 1mg Cholesterol, 129mg Sodium, 23g Carbohydrates, 4g Fiber, 2g Sugars, 0g Added Sugars, 6g Protein

Chicken Sausage-Stuffed Zucchini

PREP TIME: 25 MIN. **GRILL:** 10 MIN. **SERVES:** 4

- 2 medium zucchini (about 1½ pounds), ends trimmed, cut lengthwise in half
- 2 tablespoons **Bowl & Basket** extra virgin olive oil
- ½ medium yellow onion, thinly sliced
- ¾ (11-ounce) package cooked sweet Italian-style chicken sausage (3 sausages), chopped
- 2 garlic cloves, minced
- 1 cup unsalted **Wholesome Pantry Organic** chicken stock
- 1 cup **Bowl & Basket** chicken stuffing mix
- ½ cup plus 1 tablespoon **Bowl & Basket** Specialty grated Parmesan cheese
- 1 tablespoon **Wholesome Pantry Organic** chopped fresh basil

1. Prepare outdoor grill for direct grilling over medium-high heat. With small spoon, leaving about ½-inch wall, scoop out inside portion of each zucchini half; coarsely chop zucchini pulp.
2. In large skillet, heat oil over medium-high heat. Add onion; cook and stir 4 minutes or until tender-crisp. Add sausage; cook and stir 3 minutes or until browned. Add garlic and zucchini pulp; cook and stir 2 minutes or until fragrant and tender. Add stock; heat to a simmer. Add stuffing, ½ cup cheese and basil; cook and stir 1 minute or until liquid is absorbed. Makes about 2½ cups.
3. Spray both sides of zucchini with cooking spray; sprinkle with ¼ teaspoon each salt and pepper. Place zucchini, cut side down, on hot grill rack; cover and cook 5 minutes or until grill marks appear, turning once.
4. Fill zucchini with sausage mixture and sprinkle with remaining 1 tablespoon cheese; cover and cook 5 minutes or until heated through and zucchini is tender.



Wellness Partner Tip

Minimal carbohydrates and maximum flavor makes this a perfect diabetic-friendly dish.

NUTRITION FACTS

Per Serving serving (1 stuffed zucchini): 275 Calories, 14g Fat, 3g Saturated Fat, 48mg Cholesterol, 935mg Sodium, 21g Carbohydrates, 2g Fiber, 5g Sugars, 2g Added Sugars, 17g Protein

Grilled Portobello BLT

PREP TIME: 15 MIN. GRILL: 10 MIN. SERVES: 4

- 2 (12-inch) wooden skewers
- ½ cup **Wholesome Pantry Organic** maple syrup
- 3 tablespoons less sodium soy sauce
- 3 tablespoons **Bowl & Basket** extra virgin olive oil
- 1 tablespoon **Wholesome Pantry Organic** smoked paprika
- 3 large **Wholesome Pantry Organic** Portobello mushrooms
- 2 **Bowl & Basket** garlic cloves
- ½ cup **Bowl & Basket Specialty** Plant-Based Spread & Dressing
- 3 tablespoons finely chopped cucumber
- 8 slices sandwich bread
- 8 Bibb lettuce leaves
- 2 medium tomatoes, thinly sliced

1. Prepare outdoor grill for direct grilling over medium-high heat; soak skewers in water 20 minutes. In large bowl, whisk syrup, soy sauce, oil, paprika, and 1 teaspoon each salt and pepper. Place mushrooms in large, zip-top plastic bag; add syrup mixture and seal bag, pressing out excess air. Massage mushrooms in bag to coat; let stand 20 minutes.
2. In small bowl, stir garlic, mayonnaise and cucumber; cover and refrigerate. Makes about ⅔ cup.
3. Remove mushrooms from marinade; discard marinade. Thread mushrooms onto skewers and place on hot grill rack; cover and cook 10 minutes or until tender, turning once. During last 2 minutes of cooking, place bread on hot grill rack; cover and cook 2 minutes or until toasted.
4. Spread 1 side of bread slices with garlic mixture. Place 4 slices bread, garlic mixture side up, on work surface; top with mushrooms, lettuce, tomatoes and remaining 4 bread slices, garlic mixture side down. Makes 4 sandwiches.



Wellness Partner Tip

Pack-in the plants by using “meaty” mushrooms as a “burger”.

NUTRITION FACTS

Per serving (1 sandwich): 375 Calories, 16g Fat, 3g Saturated Fat, 7mg Cholesterol, 1050mg Sodium, 52g Carbohydrates, 4g Fiber, 26g Sugars, 20g Added Sugars, 8g Protein

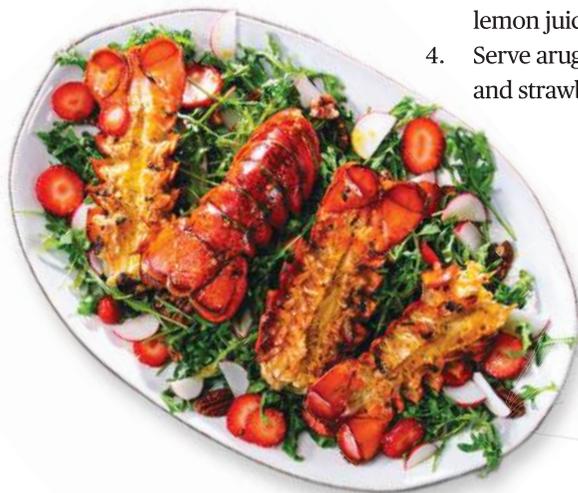
Citrus Grilled Lobster



PREP TIME: 20 MIN. **GRILL:** 10 MIN. **SERVES:** 4

- ¼ cup fresh lemon juice*
- ¼ cup **Wholesome Pantry Organic** orange juice*
- 1 teaspoon lemon zest*
- 1 teaspoon orange zest*
- 3 tablespoons **Bowl & Basket** extra virgin olive oil*
- 4 lobster tails (about 6 ounces each)*
- 1 package (5 ounces) **Wholesome Pantry Organic** arugula*
- ½ cup **Bowl & Basket Specialty** chopped pecans*
- ½ cup thinly sliced radishes*
- 1 cup thinly sliced strawberries*

1. In large bowl, whisk lemon juice, orange juice, lemon zest, orange zest and ¼ teaspoon fresh ground pepper; whisking constantly, slowly drizzle in oil until emulsified. With scissors, cut underside of tails lengthwise down center; with fingers, spread apart slightly to expose meat. Transfer ½ the lemon juice mixture to small bowl; brush over meat and let stand 20 minutes.
2. Prepare outdoor grill for direct grilling over medium-high heat. Place tails, cut side up, on hot grill rack; cover and cook 10 minutes or until meat turns opaque throughout and internal temperature reaches 145°, turning once.
3. Add arugula, pecans and radishes to remaining lemon juice mixture; toss. Makes about 8 cups.
4. Serve arugula salad topped with lobster tails and strawberries.



Wellness Partner Tip

Highlight this impressive protein with colorful citrus flavors.

NUTRITION FACTS

Per serving (1 lobster tail, 2 cups salad): 300 Calories, 21g Fat (2g Saturated), 61mg Cholesterol, 358mg Sodium, 11g Carbohydrates, 3g Fiber, 5g Sugars, 0g Added Sugars, 20g Protein

Air Fryer Falafel Pitas

PREP TIME: 20 MIN. **AIR FRY:** 16 MIN. **SERVES:** 4

1 ½ cans (15.5 ounces each)

Wholesome Pantry Organic

garbanzo beans, drained and rinsed

2 **Bowl & Basket** garlic cloves, chopped

1 small jalapeño pepper,
coarsely chopped

½ cup **Wholesome Pantry Organic**
fresh cilantro leaves

½ cup **Wholesome Pantry Organic**
fresh parsley leaves

3 tablespoons **Bowl & Basket**
all-purpose flour

1 teaspoon **Bowl & Basket**
ground cumin

½ teaspoon **Bowl & Basket**
baking soda

4 100% whole wheat pita pocket thins

½ cup plain nonfat **Bowl & Basket**
Greek yogurt
Chopped Roma tomato, thinly
sliced cucumber, thinly sliced
red onion and/or lemon wedges
for garnish (optional)

1. In food processor, pulse garbanzo beans, garlic, jalapeño pepper, cilantro, parsley, flour, cumin, baking soda and ¼ teaspoon black pepper until incorporated and sticks together when squeezed in palm of hand. Transfer garbanzo bean mixture to medium bowl; cover and refrigerate at least 1 hour or up to overnight. Makes about 1¾ cups.
2. Line rimmed baking pan with parchment paper. Using 2 small spoons, drop garbanzo bean mixture into 2¼-inch mounds on prepared pan, then shape into 1¾-inch balls; freeze 20 minutes. Makes 12 falafel.
3. Preheat 3-quart air fryer to 400° for 5 minutes; spray falafel with cooking spray. In 2 batches, air fry falafel 8 minutes or until golden brown and crisp.
4. Serve falafel in pita pockets drizzled with yogurt and topped with tomato, cucumber and/or onion, if desired; squeeze lemon wedges over pitas, if desired.

Wellness Partner Tip

Keep the kitchen cool with this plant-based protein pita.

NUTRITION FACTS

Per serving (1 pita): 297 Calories, 3g Fat (0g Saturated), 1mg Cholesterol, 530mg Sodium, 52g Carbohydrates, 15g Fiber, 3g Sugars, 2g Added Sugars, 18g Protein

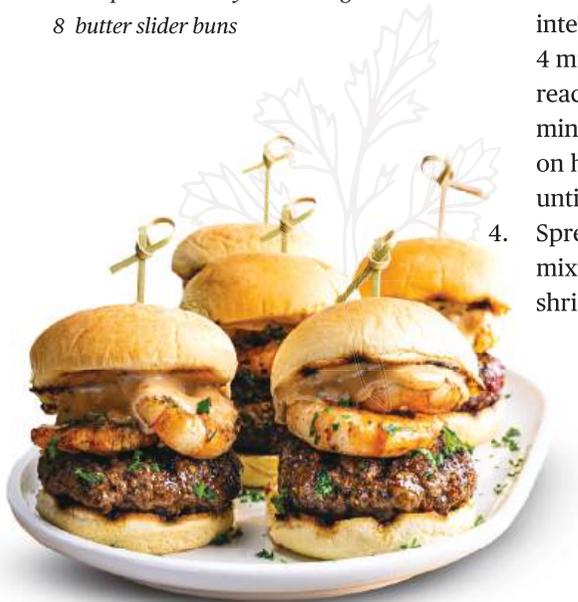


Surf and Turf Sliders

PREP TIME: 20 MIN. GRILL: 8 MIN. SERVES: 4

- ¼ cup mayonnaise*
- 2 tablespoons **Bowl & Basket** steak sauce*
- 1 pound ground bison*
- 2 teaspoons **Bowl & Basket** steak seasoning*
- 1 pound raw **Bowl & Basket** raw EZ-peel extra jumbo shrimp*
- 2 tablespoons **Bowl & Basket** extra virgin olive oil*
- 2 teaspoons Old Bay® seasoning*
- 8 butter slider buns*

1. Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, whisk mayonnaise and steak sauce.
2. In large bowl, gently mix bison and steak seasoning until combined; do not overmix. Form bison mixture into 8 patties; make shallow indentation in center of each patty. In large bowl, toss shrimp, oil and Old Bay seasoning.
3. Place patties and shrimp on hot grill rack; cover and cook patties 8 minutes or until internal temperature reaches 160° and shrimp 4 minutes or until internal temperature reaches 145°, turning once. During last minute of cooking, place buns, cut side down, on hot grill rack; cover and cook 1 minute or until toasted.
4. Spread cut sides of top buns with mayonnaise mixture; serve sliders in buns topped with shrimp. Makes 8 sliders.



Wellness Partner Tip

These perfectly portioned sliders are a great way to indulge in a restaurant classic.

NUTRITION FACTS

Per serving (2 sliders): 653 Calories, 33g Fat, 9g Saturated Fat, 237mg Cholesterol, 1409mg Sodium, 38g Carbohydrates, 2g Fiber, 7g Sugars, 7g Added Sugars, 47g Protein

Grilled Clam & Crab Bake Foil-Packets

PREP TIME: 25 MIN. **GRILL:** 20 MIN. **SERVES:** 6

4 Bowl & Basket garlic cloves, minced
 ¼ cup fresh lemon juice plus lemon wedges for garnish
 ¼ cup buttery spread with olive oil, melted
 1 tablespoon **Wholesome Pantry Organic** chopped fresh parsley plus additional for serving
 2 teaspoons lemon zest
 1½ pounds crab claws (about 8 claws)
 1½ pounds Littleneck clams, rinsed
 1½ pounds small, **Bowl & Basket** redskin potatoes, quartered
 3 ears fresh corn, shucked and cut crosswise into thirds
 2 small zucchini, cut crosswise into ½-inch rounds
 1 medium red onion, coarsely chopped

1. Prepare outdoor grill for direct grilling over high heat; arrange 1 (18 x 36-inch) sheet heavy-duty foil horizontally on work surface.
2. In large bowl, stir garlic, lemon juice, buttery spread, parsley, lemon zest and ¼ cup water; add remaining ingredients, toss and transfer to center of foil sheet. Fold and tightly crimp top and bottom sides of foil over clam mixture; fold and tightly crimp both ends of foil. Place packet on hot grill rack; cover and cook 20 minutes or until clam shells open.
3. Serve clam & crab bake sprinkled with parsley and garnished with lemon wedges. Makes about 15 cups.

Wellness Partner Tip

Swap the parsley and lemon with cilantro and lime for a varied flavor profile.



NUTRITION FACTS

Per serving (2½ cups): 266 Calories, 7g Fat (2g Saturated), 55mg Cholesterol, 559mg Sodium, 35g Carbohydrates, 4g Fiber, 4g Sugars, 0g Added Sugars, 17g Protein

Orange Creamsicle Cheesecakes

PREP TIME: 15 MIN. **SERVES:** 4

2 whole sheets **Bowl & Basket** low fat graham crackers

1 tablespoon **Wholesome Pantry Organic** unsalted butter, melted

$\frac{3}{4}$ (8-ounce) package **Bowl & Basket** Neufchatel cheese, softened

$\frac{1}{4}$ cup powdered sugar

2 tablespoons fresh orange juice

1 teaspoon orange zest plus additional for garnish (optional)

$\frac{1}{2}$ cup plus $\frac{1}{2}$ cup coconut whipped topping, divided

1. In food processor, pulse graham crackers until small crumbs remain. In medium bowl, combine graham cracker crumbs and butter; press into bottom of 4 (9-ounce) stemless wine glasses.
2. In medium bowl, with mixer on low speed, beat cheese, sugar, orange juice and orange zest 2 minutes or until light and fluffy; fold in $\frac{1}{2}$ cup whipped topping. Makes about $1\frac{1}{4}$ cups.
3. Divide cheese mixture into glasses; cover and refrigerate 1 hour.
4. Serve cheesecakes topped with remaining $\frac{1}{2}$ cup whipped topping and orange zest, if desired.

Chef tip: If stemless wine glasses are unavailable, assemble in other clear vessels, such as mini glass jars.

Wellness Partner Tip

Use a non-dairy butter and cream cheese to make this dessert plant-based.



NUTRITION FACTS

Per serving: (1 cheesecake): 246 Calories, 16g Fat (10g Saturated), 39mg Cholesterol, 191mg Sodium, 23g Carbohydrates, 1g Fiber, 14g Sugars, 12g Added Sugars, 4g Protein

Hand-Dipped Mini Ice Cream Cones

PREP TIME: 20 MIN. MICROWAVE: 1 MIN. 30 SEC. SERVES: 4



$\frac{1}{2}$ cup **Bowl & Basket** white chocolate chips
 8 mini cup ice cream cones
 $\frac{1}{2}$ cup white chocolate chips
 2 tablespoons **Wholesome Pantry** **Organic** coconut oil
 $1\frac{1}{2}$ teaspoons **Bowl & Basket** rainbow sprinkles

Wellness Partner Tip

These tiny treats can be customized using your favorite ice creams and candy coatings!

1. Line rimmed baking pan with parchment paper; place in freezer. Scoop 2 tablespoons ice cream into each mini cup and stand upright on prepared pan in freezer; freeze at least 2 hours or up to overnight.
2. In small microwave-safe bowl, heat chocolate chips and coconut oil in microwave oven on high 1 minute 30 seconds or until melted, stirring every 30 seconds.
3. Dip ice cream in chocolate mixture to completely cover, allowing excess to drip off; immediately sprinkle with sprinkles. Serve immediately or freeze in airtight container for up to 1 month.

NUTRITION FACTS

Per serving (2 ice cream cones): 215 Calories, 14g Fat, 7g Saturated Fat, 17mg Cholesterol, 45mg Sodium, 21g Carbohydrates, 0g Fiber, 16g Sugars, 15g Added Sugars, 1g Protein

Fresh Now

Meal inspiration comes easy with these great ShopRite own brands products!



Plant-based pairings

From bean-based pasta salads, to veggie-rich sides it's easy for veggies to appear at your summer celebrations!



Organic Grilling

Looking to make more organic ingredient choices for your grilling needs this summer? Wholesome Pantry has you covered!



Refreshing Summer Sipping

Stay hydrated with fun flavors of seltzers or be your own mocktail mixologist!





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