

WINTER ISSUE

WELL EVERY DAY

BY SHOPRITE®



Recipes. Refreshed.

We're here to make refreshing your routine in the first few months of the year exciting! There doesn't need to be the dread of boring flavors and feelings of hunger when you take a look at what we're bringing you with these recipes. Adopting new food-focused habits can be fun if the meals are delicious, fast and most of all make you feel your best.

Maybe you're looking to eat more vegetables? Not a problem when they're part of this warm and hearty salad found on page 2. Trying to incorporate heart-healthy fish? The global flavors of the Brazilian Shrimp and Cod stew or Moroccan Fish Tagine on page 7 will send your taste buds on a trip! Looking to satisfy a sweet tooth and bank some nutritional benefits? A probiotic-packed float on page 9 has you covered.

We also have product suggestions and tips for how to include some of our delicious and affordable own brands items into your wellness journey. As always, wherever you find yourself on that journey, ShopRite Wellness Partners are here to help.

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Mediterranean Crostini Snacks

PREP TIME: 15 MIN. **GRILLING:** 3 MIN. **SERVES:** 8

$\frac{1}{2}$ (14-ounce) **Bowl & Basket** French baguette, sliced $\frac{1}{2}$ -inch-thick crosswise into 16 pieces
 2 tablespoons **Bowl & Basket** olive oil
 1 **Bowl & Basket** garlic clove, halved crosswise
 $\frac{1}{2}$ cup hummus
 $\frac{1}{3}$ cup **esti** tzatziki sauce
 16 jarred quartered and marinated artichoke hearts in oil, drained
 2 tablespoons coarsely chopped pitted Kalamata olives
 1 tablespoon **Wholesome Pantry** Organic thinly sliced fresh basil

1. Prepare indoor or outdoor grill for direct grilling over medium heat. Brush both sides of baguette slices with oil; rub with cut sides of garlic. Place baguette slices on hot grill rack; cover and cook 3 minutes or until grill marks appear, turning once.
2. Spread baguette slices with hummus; top with tzatziki sauce, artichokes, olives and basil.

Wellness Partner Tip

For a veggie-twist sub thick-sliced grilled zucchini or cucumbers for the baguette.



NUTRITION FACTS

Per Serving serving (2 crostini): 155 Calories, 8g Fat, 1g Saturated Fat, 1mg Cholesterol, 336mg Sodium, 16g Carbohydrates, 1g Fiber, 1g Sugars, 1g Added Sugars, 4g Protein



Roasted Vegetable and Lentil Salad

PREP TIME: 15 MIN. ROAST: 30 MIN. SERVES: 4

- 1 large **Wholesome Pantry Organic** carrot, chopped
- 1 medium fennel bulb, cut into 1-inch pieces, plus fronds for garnish (optional)
- 1 small **Bowl & Basket** red onion, halved and chopped
- 2 cups cauliflower florets
- ¼ cup **Bowl & Basket** olive oil, divided
- 1 cup packed chopped kale
- 1 tablespoon **Wholesome Pantry Organic** fresh lemon juice
- 1 tablespoon **Wholesome Pantry Organic** maple syrup
- 1 can (15 ounces) drained and rinsed **Bowl & Basket** brown lentils
- ½ (8-ounce) package fresh Italian style cashew milk mozzarella, crumbled
- ½ cup **Bowl & Basket** chopped roasted unsalted cashews

1. Preheat oven to 425°; line rimmed baking pan with nonstick foil. In large bowl, toss carrot, fennel, onion, cauliflower, 2 tablespoons oil, ½ teaspoon kosher salt and ¼ teaspoon fresh cracked black pepper; spread on prepared pan and roast 20 minutes, stirring once.
2. Stir kale into vegetable mixture; roast 10 minutes or until vegetables are golden brown and tender, stirring once. Makes about 5½ cups.
3. In same large bowl, whisk lemon juice, syrup, ¼ teaspoon each kosher salt and fresh cracked black pepper, and remaining 2 tablespoons oil; fold in lentils and vegetable mixture. Makes about 7 cups.
4. Serve salad sprinkled with mozzarella and cashews garnished with fronds, if desired.



Wellness Partner Tip

Great for a make-ahead way to get half your daily dose of fiber.

NUTRITION FACTS

Per serving serving (1 3/4 cups): 459 Calories, 27g Fat, 7g Saturated Fat, 0mg Cholesterol, 514mg Sodium, 41g Carbohydrates, 13g Fiber, 10g Sugars, 3g Added Sugars, 15g Protein

Air Fryer Smoky Chili Salmon Bites

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

- ¼ cup **Bowl & Basket** mayonnaise
- 2 tablespoons chili garlic sauce
- ¼ cup **Bowl & Basket** olive oil
- 2 tablespoons packed **Bowl & Basket** brown sugar
- 1 tablespoon smokehouse maple seasoning
- 4 **Bowl & Basket** salmon fillets, skin removed, if necessary, cut into 1-inch pieces (about 5 ounces each)
- 2 tablespoons sliced green onions
- 2 teaspoons **Bowl & Basket** sesame seeds

1. Preheat 3-quart or larger air fryer to 375° for 5 minutes. In medium bowl, stir mayonnaise and sauce.
 2. In large bowl, whisk oil, sugar and seasoning; add salmon and gently toss. In 2 batches, air fry salmon 5 minutes or until internal temperature reaches 145°. Add salmon to mayonnaise mixture; gently toss. Makes about 3 cups.
 3. Serve salmon sprinkled with onions and sesame seeds.
- Serve salmon bites with cooked white rice and sautéed fresh green beans or baby spinach.

Wellness Partner Tip

Perfect protein topper for salads and grain-bowls.



NUTRITION FACTS

Per serving (3/4 cup): 483 Calories, 35g Fat, 5g Saturated Fat, 95mg Cholesterol, 650mg Sodium, 10g Carbohydrates, 0g Fiber, 11g Sugars, 7g Added Sugars, 33g Protein

Plant-Based “Beef” Stroganoff

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

- 2 tablespoons **Wholesome Pantry Organic** plant-based butter
- 1 medium **Bowl & Basket** yellow onion, halved and thinly sliced
- 1 package (8 ounces) sliced **Bowl & Basket** baby bella mushrooms
- 3 **Bowl & Basket** garlic cloves, minced
- 1 package **Gardein** (16 ounces) plant-based ground
- 1 container (32 ounces) low sodium vegetable broth
- 1 package (8.8 ounces) **Wholesome Pantry Organic** chickpea rotini
- 2 tablespoons fresh **Wholesome Pantry Organic** lemon juice
- 2 tablespoons less sodium soy sauce
- 2 teaspoons **Bowl & Basket** Dijon mustard
- 1 teaspoon **Wholesome Pantry Organic** chopped fresh thyme
- ¼ cup plant-based sour cream
- Chopped **Wholesome Pantry Organic** fresh curly parsley for garnish (optional)

1. In large skillet, heat butter over medium-high heat. Add onion; cook and stir 4 minutes or until tender. Add mushrooms and garlic; cook and stir 4 minutes or until tender. Add plant-based grounds; cook and stir 5 minutes or until browned, breaking up grounds with side of spoon. Stir in broth, rotini, lemon juice, soy sauce, mustard and thyme; cover, cook and stir 12 minutes or until rotini is al dente and liquid is reduced to a sauce. Remove from heat; stir in sour cream. Makes about 6 cups.
2. Serve stroganoff sprinkled with parsley, if desired.

Wellness Partner Tip
Swap soy-sauce for coconut aminos for a lower-sodium dish.



NUTRITION FACTS
Per serving (1½ cups): 598 Calories, 29g Fat, 9g Saturated Fat, 0mg Cholesterol, 952mg Sodium, 52g Carbohydrates, 8g Fiber, 7g Sugars, 0g Added Sugars, 38g Protein

Roasted Squash and Pepper Baked Ziti with Liquid Mozzarella

PREP TIME: 15 MIN. BAKE: 30 MIN. SERVES: 4

- ½ (1-pound) box **Bowl & Basket** ziti pasta
- 2 tablespoons **Bowl & Basket** olive oil
- 2 medium orange and/or red bell peppers, halved and thinly sliced
- 1 small **Bowl & Basket** red onion, halved and thinly sliced
- 1 medium yellow squash, halved lengthwise and thinly sliced crosswise
- 1 medium zucchini, halved lengthwise and thinly sliced crosswise
- 1 jar (25 ounces) **Bowl & Basket Specialty** low sodium marinara pasta sauce
- ½ (16-ounce) container liquid vegan pizza mozzarella
- Thinly sliced **Wholesome Pantry Organic** fresh basil for garnish (optional)

Wellness Partner Tip
A meatless main or a freezer-friendly side with your favorite lean protein.



1. Preheat oven to 400°; spray 13 x 9-inch baking dish with cooking spray. Prepare ziti as label directs; drain, return to saucepot and cover.
2. In large skillet, heat oil over medium-high heat. Add peppers and onion; cook and stir 5 minutes or until tender. Add squash and zucchini; cook and stir 4 minutes or until tender. Add vegetable mixture to ziti; gently stir in marinara and ½ teaspoon kosher salt.
3. Spread ziti mixture in prepared dish; drizzle with liquid mozzarella. Bake ziti 30 minutes or until heated through and top is golden brown. Makes about 10 cups.
4. Serve ziti sprinkled with basil, if desired.

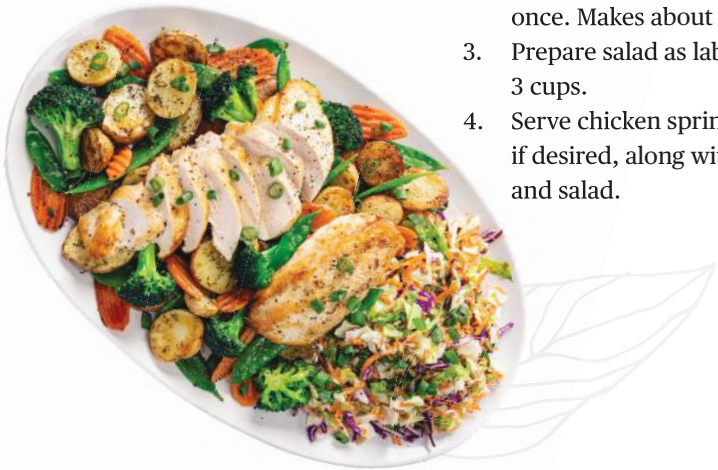
NUTRITION FACTS
Per serving (2½ cups): 552 Calories, 25g Fat, 3g Saturated Fat, 0mg Cholesterol, 859mg Sodium, 69g Carbohydrates, 6g Fiber, 15g Sugars, 4g Added Sugars, 13g Protein

White Balsamic Sheet-Pan Chicken

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

- 2 large **Bowl & Basket** boneless, skinless chicken breasts (about 1 pound)
- ½ cup white balsamic shallot vinaigrette
- 1 bag (12 ounces) refrigerated **Bowl & Basket** stir-fry vegetable blend
- 1 package (16 ounces) savory-herb microwaveable potatoes, halved
- 1 tablespoon **Bowl & Basket** olive oil
- 1 bag (10.6 ounces) sunflower crisp chopped salad kit
- 4 scallions, thinly sliced for garnish (optional)

1. Place chicken in large zip-top plastic bag; pour vinaigrette over chicken. Seal bag, pressing out excess air; let stand 45 minutes at room temperature.
2. Preheat oven to 375°; line 2 rimmed baking pans with parchment paper. On 1 prepared pan, toss vegetable blend, potatoes with seasoning packet, oil, and ¼ teaspoon each salt and pepper. Remove chicken from marinade; discard marinade. Place chicken on second prepared pan. Bake chicken and vegetables 25 minutes or until internal temperature of chicken reaches 165°, vegetables are tender-crisp and potatoes are tender, stirring vegetable-potato mixture once. Makes about 5 cups vegetables.
3. Prepare salad as label directs. Makes about 3 cups.
4. Serve chicken sprinkled with scallions, if desired, along with vegetable mixture and salad.



Wellness Partner Tip

Sub-in different veggie blends and dressing to change-up this dish.

NUTRITION FACTS

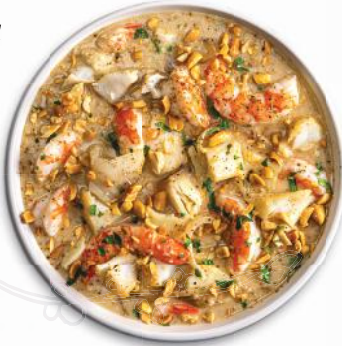
Per serving (1 piece): 331 Calories, 19g Fat, 9g Saturated Fat, 104mg Cholesterol, 725mg Sodium, 19g Carbohydrates, 5g Fiber, 7g Sugars, 0g Added Sugars, 26g Protein

Brazilian Shrimp & Cod Stew

PREP TIME: 15 MIN. COOK: 20 MIN. SERVES: 4

- 1 can (13.66 ounces) **Bowl & Basket** unsweetened coconut milk
- 4 (1/2-inch-thick) slices **Bowl & Basket** French baguette, torn into ½-inch pieces
- ½ cup **Wholesome Pantry Organic** raw cashews
- 2 tablespoons **Bowl & Basket** olive oil, divided
- 1 pound raw 21-25 count tail-off peeled and deveined shrimp, thawed if necessary
- 1 large **Bowl & Basket** yellow onion, halved and thinly sliced
- 4 **Bowl & Basket** garlic cloves, minced
- ½ teaspoon grated fresh ginger
- 1 cup vegetable stock
- ½ pound **Bowl & Basket Specialty** skinless cod fillets, cut into 2-inch pieces
- ¼ cup **Bowl & Basket** chopped roasted unsalted peanuts
- 1 tablespoon chopped **Wholesome Pantry Organic** fresh cilantro

1. In medium bowl, combine milk and baguette; cover with plastic wrap and let stand 20 minutes.
2. In food processor, pulse cashews until small crumbs remain.
3. In large skillet, heat 1 tablespoon oil over medium-high heat. Add shrimp; cook 4 minutes, turning once. Transfer shrimp to plate.
4. Mash milk mixture with back of fork. Add onion and remaining 1 tablespoon oil to skillet; cook and stir 5 minutes or until tender. Add garlic and ginger; cook and stir 1 minute or until fragrant. Stir in stock, milk mixture, cashews, and salt and pepper to taste; reduce heat to low. Cook and stir 5 minutes or until slightly thickened. Add cod; cook and stir 3 minutes. Add shrimp; cook and stir 2 minutes or until heated through, internal temperature of cod reaches 145° and shrimp turn opaque throughout. Makes about 7 cups.
5. Serve stew sprinkled with peanuts and cilantro.



Wellness Partner Tip

Use low sodium stock and whole grain bread for an even heart-healthier stew.

NUTRITION FACTS

Per serving (1 3/4 cups): 594 Calories, 42g Fat, 22g Saturated Fat, 203mg Cholesterol, 1072mg Sodium, 22g Carbohydrates, 2g Fiber, 4g Sugars, 1g Added Sugars, 37g Protein

Moroccan Fish Tagine

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

- 3 tablespoons **Bowl & Basket** olive oil, divided
- 2 tablespoons fresh **Wholesome Pantry Organic** lemon juice, divided
- 1 tablespoon **Wholesome Pantry Organic** chopped fresh parsley plus additional for garnish (optional)
- ½ teaspoon **Bowl & Basket** ground cumin
- ½ teaspoon **Bowl & Basket** ground paprika
- ¼ teaspoon ground ginger
- 4 skinless **Bowl & Basket Specialty** cod fillets (about 1¼ pounds)
- 2 medium green and/or red bell peppers, halved and thinly sliced
- 1 large **Wholesome Pantry Organic** carrot, chopped
- 1 large **Bowl & Basket** yellow onion, halved and thinly sliced
- 4 **Bowl & Basket** garlic cloves, minced
- 1 pound **Bowl & Basket Specialty** baby red potatoes, quartered
- 1 can (14.5 ounces) fire-roasted diced tomatoes
- ½ teaspoon **Wholesome Pantry Organic** lemon zest
- ½ cup drained pitted whole Castelvetrano olives

NUTRITION FACTS

Per serving (1 fillet, 1 3/4 cups vegetables): 370 Calories, 14g Fat, 2g Saturated Fat, 54mg Cholesterol, 952mg Sodium, 33g Carbohydrates, 6g Fiber, 8g Sugars, 0g Added Sugars, 27g Protein

1. In small bowl, whisk 1 tablespoon oil, 1 tablespoon lemon juice, parsley, cumin, paprika and ginger. Place cod in wide, shallow dish, and brush both sides with oil mixture; cover with plastic wrap and refrigerate 30 minutes.
2. In large high-sided skillet or cast-iron skillet, heat remaining 2 tablespoons oil over medium heat. Add bell peppers, carrot and onion; cook and stir 5 minutes or until tender. Add garlic, ½ teaspoon kosher salt and ¼ teaspoon black pepper; cook and stir 1 minute or until fragrant. Add potatoes, tomatoes with their juice, lemon zest, 2 cups water and remaining 1 tablespoon lemon juice; heat to a simmer. Cook and stir 20 minutes or until potatoes are tender.
3. Add cod and olives to skillet; cover and cook 7 minutes or until internal temperature of cod reaches 145°. Makes about 9 cups.
4. Serve tagine sprinkled with parsley, if desired.



Wellness Partner Tip

Try fresh tomatoes and reduced sodium olives if you're watching your salt intake.

Butter-Pecan Cream Float

PREP TIME: 5 MIN. SERVES: 4

- 2 cups keto butter pecan ice cream

4 cans (12 fluid ounces each)

Olipop® Cream Soda

1 cup zero sugar whipped topping

¼ cup Bowl & Basket chopped pecans
1. Divide ice cream into 4 (16-ounce) glasses.

Slowly add soda; top with whipped topping and pecans.



Wellness Partner Tip

For a lower sugar version top the soda with whipped topping and still enjoy your simpler sweet treat.



NUTRITION FACTS

Per serving (1 float): 393 Calories, 33g Fat, 15g Saturated Fat, 91mg Cholesterol, 24mg Sodium, 40g Carbohydrates, 9g Fiber, 2g Sugars, 2g Added Sugars, 1g Protein

Strawberry-Chocolate Bar Parfaits

PREP TIME: 10 MIN. SERVES: 4

- 2 cups ½-inch cubed angel food cake

1 cup chopped fresh strawberries

1 cup whipped topping, thawed

4 packages (1.76 ounces each)

Strawberry Greek Yogurt Bar in Chocolatey Coating, cut into ½-inch pieces

2 tablespoons mini chocolate chips
1. In 4 (8-ounce) glasses, layer ¼ cup cake, and 2 tablespoons each strawberries and whipped topping; repeat layers once. Top with yogurt bars and chocolate chips.



Wellness Partner Tip

Leave out the cake and sub vanilla Greek yogurt for whipped topping for a sweet and protein-packed breakfast.

NUTRITION FACTS

Per serving (1 parfait): 321 Calories, 11g Fat, 9g Saturated Fat, 25mg Cholesterol, 74mg Sodium, 48g Carbohydrates, 2g Fiber, 35g Sugars, 32g Added Sugars, 10g Protein

Fresh Now

Refresh your routine with heart healthy and meatless products found throughout ShopRite's own brands!



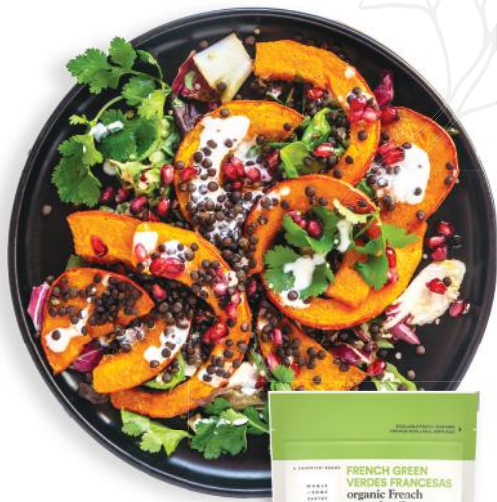
Wellness Teas
Warm-up with wellness teas. Make it a self-care ritual to cozy-up daily with a cup that will benefit your body and mind!



Frozen Fish
Stocking your freezer with fish filets that are ready for the air-fryer or oven is a great way to have heart-healthy proteins on hand.



Chickpea Pasta
Pump-up your pasta dinners with plant-goodness chickpea protein and fiber your family will love.



Lentils
Dried, canned or ready to heat and eat wholesome pantry legumes are a way to boost your plant intake in an easy and affordable way.



Plant-goodness Proteins
Make your favorite dishes meatless by swapping in our plant-goodness nuggets, burgers and crumbles.



Frozen Fruit Blends
Easy to blend into smoothies or thaw overnight and top your oatmeal for antioxidants and filling fiber to start your day.

Get Inspired.

Then dig in.

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