

## WHAT'S FOR SUPPER?

# Chicken & Artichoke Pasta

MAKES 4 SERVINGS  
Preparation time: 30 mins

8-10 oz. pasta, any kind  
4 T. olive oil, divided  
2 T. lemon juice  
¼ tsp. salt  
1 medium onion, diced  
1 lb. boneless, skinless chicken thigh or breast, cubed  
1 small-medium red pepper, diced  
1 14-oz. can artichoke hearts, drained and quartered  
2 oz. (½ c.) grated Romano cheese, divided  
OPTION: parsley, for garnish

1. Cook pasta according to package instructions. Drain and return to pot.
2. Mix 2 T. of the olive oil with the lemon juice and salt. Pour over the pasta and stir. Set aside.
3. Warm 2 T. of the olive oil in a large skillet over medium heat. Add the onion and sauté 5 minutes.
4. Add the chicken and pepper to the cooking onion, and continue cooking for 6-8 more minutes, until the chicken is cooked through.
5. Stir the artichokes into the meat and vegetables, and cook for 1-2 more minutes, until heated through.
6. Drain off any extra liquid from the meat and vegetable pan, and then stir the meat and vegetables into the pasta, along with ¼ c. of the Romano.
7. Serve garnished with more cheese and parsley, if using.

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**MENU SUGGESTION:** Serve with boiled green beans or steamed broccoli.

### NUTRITION TIP:

Artichoke hearts contain two antioxidant phytonutrients called *cynarin* and *silymarin*, both of which strengthen and protect the liver.

### GLUTEN-FREE OPTION

## SHOPPING LIST

### PRODUCE

- 1 onion
- 1 red pepper
- 1 lemon
- OPTION: parsley

### BULK/GROCERY

- 8-10 oz. pasta, any kind (regular or gluten-free)
- olive oil
- 1 14-oz. can artichoke hearts

### DAIRY

- 2 oz. Romano cheese

### MEAT/SEAFOOD

- 1 lb. boneless skinless chicken thigh or breast

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MINNEAPOLIS MN 55405

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## WHAT'S FOR SUPPER?

# Stuffed Portobello Mushrooms

MAKES 4 SERVINGS  
Total Preparation time: 45 mins

*These savory stuffed mushrooms can be made with walnuts instead of hazelnuts if you prefer.*

4 large portobello mushrooms, stems removed  
1/4 c. bread crumbs  
1/2 c. hazelnuts, finely chopped  
1 c. Gruyère cheese, grated (4 oz.)  
1/2 tsp. salt  
1/2 tsp. dried sage  
2 T. olive oil or softened butter

1. Preheat oven to 400°F.
2. Place mushrooms underside up on a parchment lined baking sheet.
3. In a small mixing bowl, combine the bread crumbs, nuts, cheese, salt, and sage. Mix well. Add the olive oil or softened butter and mix with your hands so the breadcrumbs are moist.
4. Spoon stuffing evenly over each mushroom. Cover the pan with foil or a lid, and bake for 20 minutes. Remove cover and continue cooking for another 15 minutes.

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**MENU SUGGESTION:** Serve with roasted Brussels sprouts.

### NUTRITION TIP:

Hazelnuts are great source of cardio-protective nutrients, including vitamin E, B vitamins and an amino acid called *arginine*, which relaxes blood vessels.

### VEGETARIAN/GLUTEN-FREE OPTION

## SHOPPING LIST

### PRODUCE

- 4 large portobello mushrooms

### GROCERY/BULK

- bread crumbs (regular or gluten-free)
- hazelnuts

### DAIRY

- 4 oz. Gruyère cheese

### HERBS/SPICES

- dried sage

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## WHAT'S FOR SUPPER?

# Easy Turkey Enchiladas

MAKES 4 SERVINGS  
Total Preparation time: 35 mins

*Feel free to use leftover roast turkey instead of the ground turkey -- just cut it into bite-size chunks. Red and green salsas are both good here; choose your favorite.*

- 1 T. olive oil
- 1 medium onion, diced
- 1 lb. ground turkey thigh
- 1 medium zucchini, diced
- 2 cloves garlic, chopped
- 1 tsp. salt
- ½ tsp. chili powder
- 1 tsp. cumin
- 6 oz. grated Jack-style cheese, divided
- 8 corn tortillas
- 2 c. salsa

1. Preheat oven to 375°F. Lightly oil a baking dish.
2. Warm the olive oil in a large skillet over medium heat. Add the onion and sauté 5 minutes.
3. Add the turkey, zucchini, and garlic to the cooking onion. Sprinkle with salt, chili powder, and cumin. Continue cooking 8-9 minutes, stirring often, until the turkey is cooked. (If you're using leftover turkey, decrease cooking time to 4-5 minutes, until the zucchini is soft).
4. Stir half of the cheese into the turkey and vegetable mixture.
5. Fill each of the corn tortillas with the turkey mixture and fold together. Place the seam side down in the baking dish.
6. Pour the salsa over the enchiladas and top with the remaining cheese. Bake for 15 minutes.

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### MENU SUGGESTION:

Serve with a big green salad.

### NUTRITION TIP:

Turkey is a great source of selenium, a mineral that works with vitamins C and E, and helps prevent damage to our blood vessels.

GLUTEN-FREE

## SHOPPING LIST

### PRODUCE

- 1 medium onion
- 1 medium zucchini
- garlic

### GROCERY/BULK

- corn tortillas
- 16 oz. salsa

### DAIRY

- 6 oz. Jack-style cheese

### MEAT/SEAFOOD

- 1 lb. ground turkey thigh, if not using leftover turkey

### HERBS/SPICES

- chili powder
- cumin

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