

WHAT'S FOR SUPPER?

Tex-Mex Grilled Cheese Sandwiches

MAKES 4 SERVINGS
Preparation time: 25 mins

Poblano peppers are milder than hot peppers, but do still have a little "kick" of heat to them.

1 T. olive oil
2 poblano peppers, sliced
6-8 oz. Colby or Jack-style cheese, grated
1 avocado, cut into small cubes
8 slices whole grain bread
1-2 T. butter
salsa

1. Warm olive oil in a medium skillet. Add the poblano slices and sauté, covered, for 12-15 minutes over low-medium heat, stirring occasionally.
2. Spread half the cheese evenly over 4 slices of the bread. Spread the peppers and avocado evenly over the bread. Top evenly with the remaining cheese.
3. *To grill the sandwiches in a skillet:* Over medium heat, warm the butter in a large skillet. Place 2 of the sandwiches in the pan and cover. Heat for 3-4 minutes, until the cheese begins to melt and the bread begins to brown. Top with the remaining bread and flip. Cook for 2 more minutes, until lightly browned. Repeat with remaining sandwiches.
4. *To use a Panini press:* Lightly butter the outside of each sandwich before putting it in the Panini press. Press until the cheese is melted and the bread is toasted.
5. Serve sandwiches with salsa as a dipping sauce.

www.wedge.coop

MENU SUGGESTION: Serve with sauteed zucchini and/or summer squash.

NUTRITION TIP:

Avocados contain a wealth of disease-fighting antioxidants as well as being a good source of B vitamins, vitamin K and potassium

VEGETARIAN/GLUTEN-FREE OPTION

SHOPPING LIST

PRODUCE

- 2 poblano peppers
- 1 avocado

GROCERY/BULK

- salsa
- olive oil

DAIRY

- 6-8 oz. Colby or Jack-style cheese
- butter

BAKERY

- whole grain or gluten-free bread

© 2011 Jennette Turner

2105 LYNDALE AVENUE SOUTH
MINNEAPOLIS MN 55405

M-F 9 TO 10 • SAT-SUN 9 TO 9

612-871-3993

WWW.WEDGE.COOP



WHAT'S FOR SUPPER?

Spinach & Artichoke Pizza with Chicken

MAKES 4 SERVINGS
Total Preparation time: 30 mins

This hearty and delicious pizza is a great way to use leftover chicken.

- 1 10-12 inch pre-baked pizza crust, any kind, or 2 smaller gluten-free crusts
 - 1 c. pizza sauce
 - 1 14-oz. can artichoke hearts, drained and coarsely chopped
 - 1/4 c. red onion, diced
 - 1 c. fresh spinach, well chopped
 - 2 c. cooked chicken, chopped or shredded
- Note:** if you need to cook the chicken, use ~ 1/2-3/4 lb. boneless, skinless chicken breasts or thighs
- 6 oz. provolone cheese, grated

1. Spread the pizza sauce evenly over the pizza crust.
2. Pat the artichoke hearts dry with a paper towel, then spread them evenly over the sauce. Add the onion, spinach and chicken, spreading evenly over the crust.
3. Top the pizza with the cheese - the pizza will be very thick!
4. Bake as per directions on pizza crust package.

www.wedge.coop

MENU SUGGESTION: Serve with pureed carrot soup.

NUTRITION TIP: Artichokes contain an enzyme that aids in detoxification of the liver.

GLUTEN-FREE OPTION/VEGETARIAN

SHOPPING LIST

PRODUCE

- spinach
- red onion

GROCERY/BULK

- pizza sauce
- 1 14-oz. can artichoke hearts

DAIRY

- 6 oz. provolone cheese

MEAT/SEAFOOD

- 1/2-3/4 lbs. boneless, skinless chicken breasts or thighs, if not using leftover chicken

FREEZER

- 1 10-12 inch pre-baked pizza crust, any kind, or 2 smaller gluten-free crusts

© 2011 Jennette Turner

2105 LYNDALE AVENUE SOUTH
MINNEAPOLIS MN 55405

M-F 9 TO 10 • SAT-SUN 9 TO 9

612-871-3993

WWW.WEDGE.COOP



WHAT'S FOR SUPPER?

Grilled Chicken with Strawberry Avocado Salsa

MAKES 4 SERVINGS
Total Preparation time: 45 mins

Broil or sauté the chicken if you don't have a grill.

2½-3 lbs. bone-in chicken pieces, breasts
cut in half *see Note
olive oil
salt

Salsa:

1½ c. strawberries, diced
1 large avocado, cubed
3 T. red onion, finely diced
2-3 T. cilantro, finely chopped
½-1 jalapeño pepper, finely diced
2 T. lime juice
1 T. honey
pinch of salt

1. Rub chicken pieces with olive oil and sprinkle with salt.
2. Grill chicken over a hot grill for 12-15 minutes per side, until done.
3. Combine the strawberries, avocado, onion, cilantro and jalapeño in a medium mixing bowl.
4. In a small bowl, combine the lime juice, honey and salt. Mix well. Pour over the strawberry mixture and stir gently. Serve salsa over grilled chicken.

www.wedge.coop

MENU SUGGESTION:

Serve with corn tortillas or bread.

NOTE:

Use any combination of pieces you like: thighs, drumsticks, breasts, wings. The chicken can be skinned or not -- your preference.

GLUTEN-FREE/DAIRY-FREE

SHOPPING LIST

PRODUCE

- strawberries
- 1 large avocado
- 1 small red onion
- cilantro
- 1 jalapeño pepper
- 1 lime (2 if they're very small)

GROCERY/BULK

- olive oil
- honey

MEAT/SEAFOOD

- 2½-3 lbs. bone-in chicken pieces

© 2011 Jennette Turner

2105 LYNDALE AVENUE SOUTH
MINNEAPOLIS MN 55405

M-F 9 TO 10 • SAT-SUN 9 TO 9

612-871-3993

WWW.WEDGE.COOP



WHAT'S FOR SUPPER?

Curried Quinoa Salad

MAKES 6 SERVINGS
Total Preparation time: 35 mins

This salad is best when you use cooled quinoa. The quinoa can be cooked up to 2 days in advance, for convenience.

- 1 c. quinoa
- 1³/₄ c. water
- 1/2 tsp. turmeric
- pinch of salt
- 1 14-oz. can chick peas (garbanzo beans), drained and rinsed
- 1/2 c. raisins
- 1 c. tomato, chopped (~1 medium-large)
- 4 oz. feta cheese, crumbled (~ 1 c.)
- 1/4 c. scallions, thinly sliced
- 3 T. parsley, finely chopped

Dressing:

- 1/4 c. olive oil
- 2 T. lemon juice
- 1 T. honey or agave
- 1 tsp. curry powder
- pinch of salt

1. In a large pot, bring quinoa to a boil with the turmeric and a pinch of salt. Cover pot, reduce heat to low, and cook 20 minutes. *Don't stir while cooking. Cool.
2. Gently stir the chick peas, raisins, tomato, feta cheese, scallions and parsley into the quinoa.
3. In a small bowl, combine dressing ingredients and mix well. Pour over the salad and stir gently until well distributed.

www.wedge.coop

MENU SUGGESTION:

Serve with steamed asparagus and grilled chicken.

NUTRITION TIP:

Quinoa is a good source of minerals, including manganese, magnesium, copper and iron.

VEGETARIAN/GLUTEN-FREE

SHOPPING LIST

PRODUCE

- 1 medium-large tomato
- parsley
- scallions
- 1 lemon

GROCERY/BULK

- 1 c. quinoa
- 1 14-oz. can chick peas (garbanzo beans)
- raisins
- olive oil
- honey or agave

DAIRY/DAIRY ALTERNATIVE

- 4 oz. feta cheese

HERBS/SPICES

- turmeric
- curry powder

© 2011 Jennette Turner

2105 LYNDALE AVENUE SOUTH
MINNEAPOLIS MN 55405

M-F 9 TO 10 • SAT-SUN 9 TO 9

612-871-3993

WWW.WEDGE.COOP

