

WHAT'S FOR SUPPER?

Cheddar Chicken Tenders

MAKES 4 SERVINGS
Preparation time: 20 mins

Salty Nut Thins crackers team up with savory cheddar cheese to make a fantastic coating for chicken tenders.

1 ½ c. Nut Thins crackers
4 oz. sharp cheddar cheese, grated
½ tsp. salt
¼ tsp. pepper
1 egg
1 lb. chicken tenders
oil for frying

1. Place the Nut Thins, cheese, salt and pepper in a food processor and process until they are the texture of breadcrumbs. Transfer to a shallow bowl.
2. In another shallow bowl, beat the egg.
3. Pat the chicken tenders dry with a paper towel, then dip them first into the egg, then into the cheese mixture, making sure they are completely coated.
4. Warm oil in a large skillet. Fry chicken over medium heat for 3-5 minutes on each side, until done and crispy.

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MENU SUGGESTION: Serve with a spinach and apple salad.

NUTRITION TIP: Chicken is a great source of vitamin B6, which helps promote restful sleep and healthy moods.

GLUTEN-FREE

SHOPPING LIST

GROCERY

- Nut Thins crackers
- 1 egg
- oil for frying

DAIRY

- 4 oz. sharp cheddar cheese

MEAT

- 1 lb. chicken tenders

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MINNEAPOLIS MN 55405

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WHAT'S FOR SUPPER?

Hamburger Pizza

MAKES 4 SERVINGS
Total Preparation time: 30 mins

Tasty comfort food that's both easy to make and nourishing.

2 tsp. olive oil or butter
8-12 oz. ground beef
1 small zucchini, diced
1 10- to 12-inch pre-baked pizza crust, any kind, or 2 smaller gluten-free crusts
1 c. pizza sauce
¼ c. red onion, thinly sliced
1 tsp. dried basil
1 tsp. dried oregano
6-8 oz. cheddar cheese, grated

OPTION:

1/3 c. black olives, sliced

1. Warm the olive oil in a large skillet. Add the ground beef and diced zucchini and cook over medium heat for 8-10 minutes, stirring occasionally, until the beef is browned. Remove from heat.
2. Spread the pizza sauce evenly over the pizza crust(s).
3. Spread the cooked beef and zucchini evenly over the pizza(s). Spread the onions and olives, if using, over the pizza(s) and sprinkle with the herbs.
4. Spread the cheese evenly over the pizza(s).
5. Bake according to directions on pizza crust package.

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MENU SUGGESTION: Serve with a big green salad.

NUTRITION TIP:

Beef is a rich source of *carnitine*, an amino acid that supports learning and memory.

GLUTEN-FREE OPTION

SHOPPING LIST

PRODUCE

- 1 small zucchini
- 1 small red onion

GROCERY/BULK

- pizza sauce
- OPTION: black olives

DAIRY

- 6-8 oz. cheddar cheese

MEAT/SEAFOOD

- 8-12 oz. ground beef

FREEZER

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

HERBS/SPICES

- dried basil
- dried oregano

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WHAT'S FOR SUPPER?

Squash & Pepper Jack Quesadillas

MAKES 4 SERVINGS
Total Preparation time: 60 mins

Add the optional green chiles if you'd like to turn the heat up a notch.

6 whole grain tortillas (brown rice tortillas are a good gluten-free option)
1 small-medium acorn-type squash
8 oz. pepper-Jack cheese, grated
3 T. toasted pumpkin seeds
1/3 c. red onion, thinly sliced

OPTION:

1/3 c. canned diced green chiles, drained

1. Cut squash in half, scoop seeds, and place cut-side down on a baking sheet. Bake at 400°F for 35-40 minutes, until the squash can be pierced easily with the tip of a knife. Scoop flesh out into a bowl and mash with a fork until smooth.
2. Assemble tortillas on a work surface: spread the squash evenly over 3 tortillas, and then evenly distribute the pumpkin seeds, onion, and green chilies, if using. Top with cheese.
3. Place the other 3 tortillas over the first ones.
4. Transfer quesadillas to quesadilla maker to cook, or brown quesadillas lightly on each side over medium heat in a covered, ungreased pan until the cheese melts. Cut quesadillas into wedges before serving.

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MENU SUGGESTION:

Serve with cooked dark leafy greens such as chard or kale.

TO TOAST PUMPKIN SEEDS:

Place in an ungreased pan and cook over medium heat for 2-3 minutes, stirring, until they begin to brown and smell toasty.

GLUTEN-FREE OPTION/VEGETARIAN

SHOPPING LIST

PRODUCE

- 1 small-medium acorn-type squash
- 1 small red onion

GROCERY/BULK

- 1 package whole grain tortillas
- 3 T. pumpkin seeds
- OPTION: 1 4-oz. can diced green chilies

DAIRY

- 8 oz. pepper Jack cheese

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WHAT'S FOR SUPPER?

Waldorf-Style Pear Salad

MAKES 4 SERVINGS
Total Preparation time: 35 mins

This salad is a feast of textures: creamy, crunchy and chewy!

- 1/3 c. full fat plain yogurt
- 3 T. sour cream
- 2 tsp. lemon juice
- 1/4 tsp. salt
- 1 lb. Bartlett pears (~2-3) peeled, cored and chopped
- 3/4 c. celery, diced
- 1/2 c. walnuts, coarsely chopped
- 1/3 c. dried cranberries

OPTION:

1-2 T. parsley, finely chopped

1. In a mixing bowl, combine the yogurt, sour cream, lemon juice and salt. Mix well, until dressing is very smooth.
2. Add the pears, celery, walnuts and cranberries. Stir gently until everything is well coated with the creamy dressing.
3. Chill 20 minutes or longer.
4. Garnish with parsley, if using, before serving.

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MENU SUGGESTION:

Serve with pork chops or chicken.

NUTRITION TIP:

Pears are a good source of vitamin C and copper, two nutrients that protect cells from free-radical damage.

GLUTEN-FREE/VEGETARIAN

SHOPPING LIST

PRODUCE

- 1 lb. Bartlett pears (~2-3)
- celery
- 1 lemon
- OPTION: parsley

GROCERY/BULK

- 1/2 c. walnuts
- 1/3 c. dried cranberries

DAIRY

- full fat plain yogurt
- sour cream

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