

**WELL
EVERY
DAY**

BY SHOPRITE®



Spring into Flavor



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Spring is a great time to get inspired with your food choices. It's all about new growth so why not invite some new recipes into your kitchen! There are so many colors bursting around you this season—so let's get some new ones on your plate! Liven up a cook-out classic with a nutrient rich swap and try the Purple Potato Salad on page 3. Trying to get as much green on your plate as you see popping up outside? The Greek Goddess Skordalia on page 4 is the perfect side dish.

Maybe you're looking for quick dinners so you can get outside and enjoy the nice weather and extra daylight. Our One Pan Salmon Cacciadore and the trendy "Marry Me" Chicken Phyllo purses pack a flavorful punch on page 9.

As always we have tips scattered throughout to help you stick with your dietary lifestyle, as well our own brand item suggestions as ingredients to help make delicious meals on a budget. Whatever wellness looks like for you we're here to help you "spring" into action!



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Deviled Egg Lox & Schmear Sliders

PREP TIME: 25 MIN. **BAKE:** 12 MIN. **SERVES:** 12

12 refrigerated **Bowl & Basket** hard-cooked peeled eggs, halved lengthwise

¼ cup **Bowl & Basket** whipped plain cream cheese

1 tablespoon chopped fresh

Wholesome Pantry Organic chives plus additional for garnish (optional)

1 teaspoon **Bowl & Basket** everything bagel seasoning, divided

1 package (4 ounces) smoked Atlantic salmon, torn into 1-inch pieces

12 (¼-inch-thick) slices Campari tomatoes

12 (¼-inch-thick) slices English cucumber

¼ cup thinly sliced red onion

12 toothpicks

Wellness Partner Tip

Looking for the flavor of bagel in lox without the carbs? These are perfect for a diabetic-friendly app!

- Carefully remove egg yolks from eggs and place in medium bowl; place egg white halves on work surface. With fork, mash yolks until smooth; stir in cream cheese, chives and ½ teaspoon seasoning. Spoon yolk mixture into egg white halves.
- Top 12 egg halves with salmon, tomatoes, cucumber, onion and remaining 12 egg halves, yolk mixture side down; secure with toothpicks and place on serving platter. Sprinkle egg “sliders” with remaining ½ teaspoon seasoning. Makes 12 egg “sliders.”
- Garnish egg “sliders” with chives, if desired.



NUTRITION FACTS

Per Serving (1 egg “slider”): 103 Calories, 7g Fat, 2g Saturated Fat, 192mg Cholesterol, 163mg Sodium, 1g Carbohydrates, 0g Fiber, 1g Sugars, 0g Added Sugars, 8g Protein

Japanese-Style Souffle Pancake

PREP TIME: 30 MIN. **AIR FRY:** 20 MIN. **SERVES:** 8

1 cup fresh blueberries plus additional for garnish (optional)

¼ cup **Bowl & Basket** granulated sugar, divided

½ cup **Wholesome Pantry Organic** unsalted butter (1 stick), softened

5 large **Wholesome Pantry Organic** eggs, yolks and whites separated, divided

½ cup **Wholesome Pantry Organic** whole milk

½ cup cake flour

½ teaspoon cream of tartar

½ teaspoon **Bowl & Basket** white vinegar

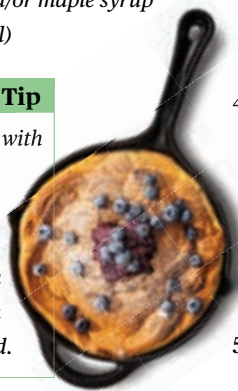
Wholesome Pantry Organic

Powdered sugar and/or maple syrup for serving (optional)

1. Preheat oven to 375°. In small saucepot, heat blueberries and 1 tablespoon granulated sugar over medium heat 3 minutes or until blueberries burst. Reduce heat to medium-low; cook and stir 7 minutes or until reduced to about ⅓ cup. Remove from heat; cool to room temperature.
2. Spray 10-inch, high-sided oven-safe skillet with nonstick baking spray. In medium bowl, with mixer on medium-high speed, beat butter and ¼ teaspoon salt 5 minutes or until light and fluffy; add blueberry mixture and beat 1 minute or until smooth. Makes about ¾ cup Blueberry Butter.
3. In large bowl, with mixer on high speed, beat egg yolks 3 minutes or until pale yellow and thickened slightly. Add milk; beat 30 seconds or until smooth. Add flour and ¼ teaspoon salt; beat 15 seconds or until almost smooth.
4. In separate large bowl, with mixer on medium-high speed, beat cream of tartar, vinegar and egg whites 3 minutes or until stiff peaks form, gradually adding remaining 3 tablespoons sugar each minute. Gently fold egg white mixture into egg yolk mixture; do not overmix. Makes about 6 cups.
5. Gently transfer batter to prepared skillet; bake 20 minutes or until puffed and golden brown. Cut pancake into 8 wedges.

Wellness Partner Tip

Serve pancake topped with Blueberry Butter, and dusted with powdered sugar and/or garnished with blueberries along with maple syrup, if desired.



NUTRITION FACTS

Per Serving (1 pancake wedge, 1 tablespoon Blueberry Butter): 224 Calories, 16g Fat, 8g Saturated Fat, 148mg Cholesterol, 193mg Sodium, 16g Carbohydrates, 1g Fiber, 9g Sugars, 6g Added Sugars, 5g Protein

Pickley Purple Potato Salad

Kid
Friendly

PREP TIME: 15 MIN. **AIR FRY:** 15 MIN. **SERVES:** 8

2 pounds baby purple potatoes
or **Bowl & Basket Specialty** tri-color
creamer potatoes, halved lengthwise
½ cup **Bowl & Basket** apple cider vinegar
1 tablespoon **Bowl & Basket**
granulated sugar
1 teaspoon kosher salt
⅓ cup **Bowl & Basket** olive oil
1 tablespoon whole-grain mustard
1 cup finely chopped drained
Bowl & Basket dill pickles
½ cup finely chopped celery
½ cup finely chopped red onion
2 tablespoons chopped **Wholesome**
Pantry Organic fresh dill

Wellness Partner Tip

Loaded with antioxidants
and lower glycemic than
purple potatoes these are
nutrient powerhouse.

1. In large saucepot, heat potatoes and enough water to cover potatoes by about 2 inches to a boil over high heat; reduce heat to medium-low and simmer 10 minutes or until fork-tender. Drain potatoes; cool slightly.
2. In large bowl, whisk vinegar, sugar and salt until sugar is dissolved; whisk in oil, mustard and ½ teaspoon fresh ground black pepper. Fold in pickles, celery, onion and dill. Add potatoes and toss; cover and refrigerate at least 1 hour. Makes 8 cups.



NUTRITION FACTS

Per Serving serving (1 cup): 181 Calories, 9g Fat, 1g Saturated Fat, 0mg Cholesterol, 420mg Sodium, 23g Carbohydrates, 2g Fiber, 3g Sugars, 1g Added Sugars, 2g Protein

Greek Goddess Skordalia

PREP TIME: 15 MIN. **COOK:** 10 MIN. **SERVES:** 12

2 cups chopped, peeled **Bowl & Basket** russet potatoes (about ½-inch pieces)

6 **Wholesome Pantry Organic** garlic cloves

2 cups packed **Wholesome Pantry Organic** baby spinach

1 cup **Bowl & Basket** blanched slivered almonds

½ cup chopped English cucumber

½ cup frozen **Wholesome Pantry Organic** green sweet peas, thawed, plus additional for garnish (optional)

¼ cup chopped fresh **Wholesome Pantry Organic** parsley plus additional for garnish (optional)

¼ cup drained, pitted **Bowl & Basket** Kalamata olives plus additional for garnish (optional)

2 tablespoons **Bowl & Basket** red wine vinegar

½ teaspoon kosher salt

½ cup **Bowl & Basket** olive oil plus additional for serving (optional)



1. In large saucepot, heat potatoes and enough salted water to cover by about 2 inches to a boil over high heat; reduce heat to medium and simmer 5 minutes or until fork-tender. Drain potatoes; transfer to large bowl and mash until smooth.
 2. In food processor, purée garlic, spinach, almonds, cucumber, peas, parsley, olives, vinegar, salt and ½ teaspoon fresh ground black pepper; with processor running, slowly pour oil through feed tube and process until smooth. Makes about 2 cups.
 3. Stir garlic mixture into potatoes until smooth. Makes about 3 cups.
 4. Serve dip drizzled with oil and/or garnished with peas, parsley and/or olives, if desired.
- Chef tip:** Serve dip with fresh spring vegetables such as asparagus, snap peas, carrots and/or radishes, or toasted pita bread.

Wellness Partner Tip

Spring on a plate—plus zza delicious way to enjoy your vegetables!

NUTRITION FACTS

Per serving (1/4 cup): 146 Calories, 12g Fat, 1g Saturated Fat, 0mg Cholesterol, 143mg Sodium, 9g Carbohydrates, 2g Fiber, 1g Sugars, 0g Added Sugars, 4g Protein

One Pan Salmon Cacciatore



PREP TIME: 15 MIN. **BAKE:** 27 MIN. **SERVES:** 4

1½ tablespoons **Bowl & Basket**
 olive oil, divided
 4 skinless salmon fillets
 (about 5 ounces each)
 ½ teaspoon kosher salt
 1 package (8 ounces) sliced
Wholesome Pantry Organic
 baby bella mushrooms
 ½ small yellow onion, chopped
 1 medium red bell pepper, chopped
 4 **Wholesome Pantry Organic**
 garlic cloves, minced
 ¼ cup dry white wine
 ½ (28-ounce) can **Wholesome Pantry**
Organic crushed tomatoes
 1 tablespoon **Wholesome Pantry**
Organic Italian herb seasoning
 2 tablespoons chopped fresh
Wholesome Pantry Organic parsley
 plus additional for garnish (optional)
 1 tablespoon fresh **Wholesome Pantry**
Organic lemon juice

Wellness Partner Tip

A fish-forward take on a classic dish—perfect served over pasta.

1. In large skillet, heat 1 tablespoon oil over medium heat; sprinkle salmon with salt and ½ teaspoon fresh ground black pepper. Add salmon to skillet; cook 5 minutes or until browned. Turn salmon; cover and cook 5 minutes or until internal temperature reaches 145°. Transfer salmon to cutting board; let stand 5 minutes.
2. In same skillet with salmon drippings, heat remaining ½ tablespoon oil over medium heat. Add mushrooms and onion; cook 5 minutes or until tender, stirring occasionally. Add bell pepper; cook 2 minutes or until tender, stirring frequently. Add garlic; cook 1 minute or until fragrant, stirring frequently. Add wine; cook 3 minutes or until reduced by half, scraping browned bits from bottom of skillet with wooden spoon. Stir in tomatoes with their juice and seasoning; cook 3 minutes or until slightly reduced, stirring occasionally. Stir in parsley and lemon juice; add salmon and cook 3 minutes or until heated through. Makes about 4 cups mushroom mixture.
3. Serve salmon and mushroom mixture sprinkled with parsley, if desired.

Chef tip: Serve this dish over polenta, pasta or rice for a hearty and authentic Italian meal.

NUTRITION FACTS

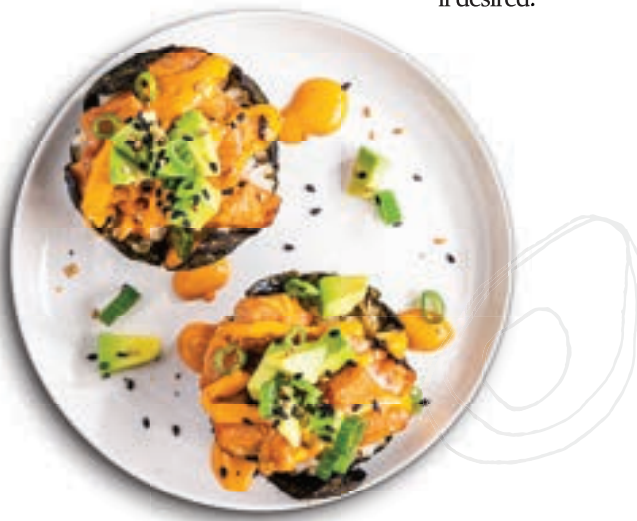
Per serving (1 salmon fillet, 1 cup mushroom mixture): 348 Calories, 16g Fat, 2g Saturated Fat, 90mg Cholesterol, 501mg Sodium, 14g Carbohydrates, 3g Fiber, 7g Sugars, 0g Added Sugars, 36g Protein

Tuna-Avocado Baked Sushi Cups

PREP TIME: 20 MIN. **COOK:** 35 MIN. **SERVES:** 4

1 cup sushi rice
 1 tablespoon **Bowl & Basket** seasoned rice vinegar
 1 2 ounces **Bowl & Basket Specialty** tuna fillets, cut into ½-inch pieces
 ¼ cup sriracha mayonnaise, divided
 3 (7 x 8-inch) nori sheets, quartered
 1 **Wholesome Pantry Organic** avocado, peeled, pitted and diced
 ¼ cup thinly sliced green onions
 1 tablespoon **Bowl & Basket** sesame seeds
 Teriyaki sauce for serving (optional)

1. Preheat oven to 375°; spray 12-cup standard muffin pan with cooking spray. Prepare rice as label directs; fold in vinegar. Makes about 2 cups.
2. In medium bowl, toss tuna and 2 tablespoons mayonnaise. Makes about 1½ cups.
3. Spread about 2½ tablespoons rice over each nori piece; press into prepared cups and top each with 2 tablespoons tuna mixture. Bake 10 minutes or until internal temperature of tuna reaches 145° or to desired doneness.
4. Top sushi cups with avocado, onions and sesame seeds; serve drizzled with remaining 2 tablespoons mayonnaise and teriyaki sauce, if desired.



Wellness Partner Tip

Satisfy your sushi craving with this one dish wonder.

NUTRITION FACTS

Per serving (2 sushi cups): 302 Calories, 15g Fat, 2g Saturated Fat, 40mg Cholesterol, 390mg Sodium, 24g Carbohydrates, 2g Fiber, 1g Sugars, 1g Added Sugars, 17g Protein

Air-Fryer Steak Oscar Bites

PREP TIME: 20 MIN. **AIR FRY/COOK:** 14 MIN. **SERVES:** 8

2½ pounds boneless beef sirloin steaks, trimmed, cut into 1½-inch chunks (about 32 pieces)

1 tablespoon **Bowl & Basket** olive oil

2 teaspoons **Bowl & Basket** BBQ steak rub

8 asparagus spears, ends trimmed and cut crosswise into quarters

32 (4-inch) wooden skewers

1 cup **Wholesome Pantry Organic** whole milk

1 packet (.9 ounces) béarnaise sauce mix

4 tablespoons unsalted **Wholesome Pantry Organic** butter

½ cup refrigerated or canned white or lump crabmeat, drained and picked through

2 teaspoons finely chopped **Wholesome Pantry Organic** fresh parsley

1 teaspoon fresh **Wholesome Pantry Organic** lemon zest

1. In small bowl, toss steaks, oil, seasoning and ½ teaspoon fresh ground black pepper; let stand 30 minutes.
2. Preheat 4- to 5-quart air fryer to 400° for 5 minutes.
3. Thread 1 piece asparagus and 1 piece steak onto skewers. In 2 batches, air fry skewers 7 minutes or until internal temperature of steak reaches 135° for medium-rare. Makes 32 bites.
4. In small saucepot, heat milk to a simmer over medium-high heat; whisk in sauce mix and heat to a boil, whisking constantly. Stir in butter and crabmeat; reduce heat to low and stir constantly 1 minute or until slightly thickened. Remove from heat; stir in parsley and lemon zest. Makes about 1½ cups sauce.
5. Serve skewers with sauce for dipping.



Wellness Partner Tip

Choose a salt-free seasoning and swap the béarnaise for a mustard vinaigrette to make this more heart healthy.

NUTRITION FACTS

Per serving (4 bites, 3 tablespoons sauce): 328 Calories, 21g Fat, 9g Saturated Fat, 112mg Cholesterol, 412mg Sodium, 5g Carbohydrates, 0g Fiber, 2g Sugars, 0g Added Sugars, 27g Protein

“Marry-Me Chicken” Phyllo Purses

PREP TIME: 35 MIN. **BAKE:** 10 MIN. **SERVES:** 12

*½ cup julienned sun-dried tomatoes
in oil, drained and 3 tablespoons oil
reserved, divided*

2 Wholesome Pantry Organic
*boneless, skinless chicken breasts
(about 7 ounces each), cut into
½-inch pieces*

2 garlic cloves, minced

½ teaspoon kosher salt

¼ cup Neufchâtel cheese

*¼ cup **Bowl & Basket** shredded
Parmesan cheese*

*1 tablespoon chopped **Wholesome
Pantry Organic** fresh basil*

*2 teaspoons **Wholesome Pantry
Organic** fresh lemon zest*

*18 (8½ x 13 inch) sheets phyllo dough,
thawed, divided*

1. Preheat oven to 375°; line rimmed baking pan with parchment paper.
2. In large skillet, heat 1 tablespoon reserved oil over medium-high heat. Add chicken; cook and stir 6 minutes or until chicken is browned and internal temperature reaches 165°. Add garlic, salt, ½ teaspoon pepper and sun-dried tomatoes; cook and stir constantly 1 minute or until fragrant. Remove from heat; stir in cheeses, basil and lemon zest. Cool to room temperature. Makes about 2½ cups filling.
3. Unwrap and unroll phyllo dough sheets; cover with clean damp towel to prevent drying. Transfer 1 sheet to work surface, keeping remaining sheets covered with damp towel; brush sheet very lightly with some of the remaining 2 tablespoons reserved oil. Repeat twice, placing sheets on top of first layer, for a total of 3 layers; cut into 2 (6 x 8-inch) rectangles. Place about 3½ tablespoons filling in center of each rectangle; gather corners of each rectangle and pinch together while twisting the “purse” to create a seal and place on prepared pan. Repeat with remaining 15 sheets, reserved oil and filling to make 10 more “purses.”
4. Bake “purses” 10 minutes or until lightly browned. Makes 12 “purses.”

Wellness Partner Tip

Double the chicken filling recipe and serve over sauteed spinach or spaghetti for a cook once, eat twice win!

NUTRITION FACTS

Per serving (1 “purse”): 154 Calories, 5g Fat, 2g Saturated Fat, 23mg Cholesterol, 390mg Sodium, 17g Carbohydrates, 1g Fiber, 1g Sugars, 0g Added Sugars, 10g Protein



Strawberry-Almond Buckle Keto Cupcakes

PREP TIME: 10 MIN. **BAKE:** 35 MIN. **SERVES:** 12

*½ cup chopped **Wholesome Pantry Organic** raw almonds*

*4 tablespoons **Wholesome Pantry Organic** unsalted butter, melted, divided*

1 tablespoon keto-friendly granulated sugar replacement

1 box (10.6 ounces) keto-friendly classic yellow cake mix

*3 **Wholesome Pantry Organic** large eggs*

1 cup sliced organic strawberries

1. Preheat oven to 350°; spray 12-cup standard muffin pan with baking spray. In small bowl, stir almonds, 1 tablespoon butter and sugar replacement.
2. In large bowl, stir cake mix, eggs, remaining 3 tablespoons butter and ½ cup water until smooth. Divide batter into prepared pan; top with strawberries and almond mixture. Bake cupcakes 20 minutes or until toothpick inserted in center of cupcakes comes out clean, rotating pan once; cool 10 minutes in pan on wire rack, then transfer cupcakes to wire rack to cool completely. Makes 12 cupcakes.



Wellness Partner Tip

Crumble cupcakes on top of Greek yogurt for a sweet breakfast treat!

NUTRITION FACTS

Per serving (1 cupcake): 205 Calories, 12g Fat, 4g Saturated Fat, 57mg Cholesterol, 16mg Sodium, 21g Carbohydrates, 5g Fiber, 2g Sugars, 0g Added Sugars, 5g Protein

Cookie Butter Cake Pops

Kid
Friendly

PREP TIME: 30 MIN. **BAKE:** 25 MIN. **SERVES:** 24

- 1 box (15.25 ounces) classic yellow cake mix
- 3 **Wholesome Pantry Organic** large eggs
- ¼ cup plus 1 tablespoon melted **Wholesome Pantry Organic** coconut oil, divided
- ½ cup cookie butter
- 1 package (12 ounces) **Bowl & Basket** crème baking chips
- 24 **Bowl & Basket** pretzel sticks
- 6 Biscoff® Cookies, coarsely crushed

Wellness Partner Tip

Perfectly portioned bites make this dessert a Kid-Friendly favorite!



1. Preheat oven to 350°. Spray 13 x 9-inch baking dish with cooking spray; line rimmed baking pan with parchment paper. In large bowl, stir cake mix, eggs, ¼ cup oil and 1 cup water until smooth; spread in prepared dish. Bake cake 25 minutes or until toothpick inserted in center comes out clean; cool completely in pan on wire rack.
2. Break up cake into smaller pieces. In food processor, in 2 batches, pulse cake pieces until it resembles small crumbs; transfer to large bowl. With hands, work in cookie butter until mixture sticks together; roll into 1½-inch balls and place on prepared pan.
3. In medium microwave-safe bowl, heat baking chips in microwave oven on high 1½ minutes or until melted, stirring every 20 seconds; stir in remaining 1 tablespoon coconut oil. Dip 1 end of each pretzel stick into melted crème coating, then insert into center of cake balls; freeze 10 minutes.
4. Dip cake balls into melted crème coating to completely cover, allowing excess to drip off; place on same pan and immediately sprinkle with crushed cookies. Refrigerate cake pops 10 minutes or until hardened. Reheat melted crème coating as necessary if it begins to harden. Makes 24 cake pops.

NUTRITION FACTS

Per serving (1 cake pop): 223 Calories, 11g Fat, 8g Saturated Fat, 23mg Cholesterol, 190mg Sodium, 27g Carbohydrates, 0g Fiber, 18g Sugars, 18g Added Sugars, 2g Protein

Fresh Now

Meal inspiration comes easy with these great ShopRite own brand's products!



Brunch Favorites

Start your day with good for you ingredients!





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