plospoons balsamic noved I bell pepper, seeds dium zucchini

1/4 cup shredded Parmesan /4 teaspoon crushed red

algrette, divided

oll pepper into 4 pieces. heat grill on high. Slice zucchini lengthwise into thirds

rushed red pepper; toss to coat co in bowl: zucchini, bell pepper, 3 tablespoons vinaigrette,

ie; toss to coat. eturn to bowl. Add remaining 1 tablespoon dressing and III vegetables 2-3 minutes on each side or until grill-marked; er to clean work surface. Chop vegetables into strips

5mg; SODIUM 230mg; CARB 8g; FIBER 2g; SUGARS 5g; PROTEIN 3g; 5M; VIT C 120%; CALC 8%; IRON 4% RIES (per 1/4 recipe) 70kcal; FAT 4g; SAT FAT 1g; TRANS FAT 0g;

OTHER PREPARATION

sauté 5-6 minutes until tender. Stir 3 tablespoons oil and 4 teaspoons eggplant into chunks; toss with in 1 (14.5-oz) can diced tomatoes garlic-herb seasoning. Preheat (drained); simmer 3-4 minutes. large sauté pan on medium-high Sauté: Cut 2 zucchini and 1 smal I-2 minutes. Add vegetables;

cheese, 1/2 cup Parmesan cheese, seeds. Combine 5.2 oz garlic-herb and 1 tablespoon bacon bits; **Bake:** Preheat oven to 400°F. fill zucchini and place Cut 2 zucchini in half; remove

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or until hot

on baking sheet.

Bake 10-12 minutes

OB# 220480

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# Cosmic Crisp Apple Muffins

### Cooking spray INGREDIENTS

- 1 large Cosmic Crisp apple
- 1 (13.9 oz) package cinnamon streusel muttin mix
  - 2 large eggs (or 1/2 cup egg 1/2 cup unsweetened applesauce

substitute)

1/2 cup water

- and add apples, tossing to coat. Stir in water, applesauce, and eggs until blended. apple and cut into 1/4-inch cubes. Place muffin mix in large bow 1. Preheat oven to 400°F. Coat 12-cup muffin pan with spray. Core
- TRANS FAT 0g, CHOL 35mg, SODIUM 200mg, CARB 30g, FIBER TOTAL SUGARS 18g (INCL. 15g ADDED SUGARS), PROTEIN 2g, VIT D 0%, CALC 2%, IRON 6%, POTAS 0% Divide batter evenly among muffin cups; top evenly with streuse centers are set. Cool 5 minutes in pan before carefully removing. topping (from muffin mix). Bake 15-20 minutes or until golden and PER 1/12 SERVING: CALORIES 160, TOTAL FAT 4g, SAT FAT 1.5g. FIBER 0g,

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## OTHER PREPARATION

among 4 serving glasses; top almond granola. yogurt and 1/4 cup vanillaeach with 1 (6 oz) apple pie 1/4-inch cubes. Divide apples Cosmic Crisp apple into Parfait: Core and cut 1

and chopped walnuts. Chill until ready 2 tablespoons each raisins apples and celery with cubes; cut 1 celery heart into Crisp apple into 1/2-inch Salad: Core and cut 1 Cosmic 1/3 cup Greek yogurt and 1/4-inch cubes. Combine



to serve.

### Stewed Yuca

### INGREDIENTS

1 1/2 lb yuca, peeled\*

1 tablespoon extra-virgin 1/2 teaspoon kosher salt

OTHER PREPARATION

- 1 cup prediced yellow onions
- chicken (or vegetable) cups water

bouillon cube

1/4 teaspoon pepper

Place in large stockpot; piece lengthwise into qu into 4-inch pieces, then Boil: Cut 1 1/2 lb yuca (p

to a boil. Boil 30 minutes 12 cups water (to cover)

- large stockpot with onions, water, and bouillon; bring to boil. 1. Cut 1 1/2 lb yuca (peeled\*) into 4-inch pieces, then add to
- yuca is fork-tender. Season with oil, salt, and pepper. 2. Reduce heat to low; cover and simmer 30-35 minutes or until

marinade, and 1/2 cup tl

pot; stir to coat. Serve w sweet onions. Add yuca green olives, 3/4 cup mo in same pot; stir in 3/4 cu aside. Melt 3 oz unsaltec very tender; drain yuca a

under bark and pinkish skin to loosen and pull off. Rinse yuca and hold in cold water so it doesn't discolor. \*Tip: To peel, cut crosswise into 3-inch pieces. Place paring knife

CALORIES (per 1/4 recipe) 250kcal; FAT 4g; SAT FAT 0.5g; TRANS FAT 0g; CHOL 0mg; SODIUM 370mg; CARB 52g; FIBER 2g; SUGARS 5g; PROTEIN 2g; VIT A 0%; VIT C 30%; CALC 2%; IRON 2%

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1 head cauliflower, coarsely Cooking spray G. 1.1.

1-inch piece fresh ginger, tinely chopped chopped (14-16 oz)

1/4 cup unsalted peanuts, finely chopped

cloves garlic,

1/4 cup + 2 tablespoons teaspoons cornstarch tablespoon brown sugar water, divided soy sauce

1/4 cup reduced-sodium

2 teaspoons sriracha sauce,

1/2 cup plain nonfat 1 jarge head Bibb Greek yogurt (or iceberg) lettuc

1/2 cup sliced green c cup matchstick car

### coarsely chopped

- bite-size pieces. Arrange in single layer on baking sheet and coat with spray; bake 12-15 mi 1. Preheat oven to 450°F. Coat baking sheet with spray. Chop cauliflower into florets, the
- small saucepan: ginger, garlic, soy sauce, 1/4 cup water, brown sugar, cornstarch, and 1 teas 2. Meanwhile, peel ginger, then chop ginger, garlic (2 teaspoons each), and peanuts. Comb
- 3. Separate leaves from head of lettuce; rinse and drain well. Combine yogurt with remain stirring often, or until mixture thickens. Remove from heat. sriracha; whisk thoroughly. Bring mixture to a boil, then reduce heat to low and simmer 1-2 min

2 tablespoons water and 1 teaspoon sriracha. Toss cauliflower in soy mixture. Build each let leaf taco with even amounts cauliflower mixture, carrots, green onions, and drizzle of yogurt mix

PER 1/4 SERVING: CALORIES 150, TOTAL FAT 59, SAT FAT 19, TRANS FAT 09, CHOL 0mg, CARB 189, FIBER 49, TOTAL SUGARS 119 (INCL. 0g ADDED SUGARS),

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