

# weekly **recipes**

## WHOLE FOODS MARKET



### Easy Baked Chicken Parmesan

**Serves: 4 • Serving Size: 1 piece**

- 4 breaded chicken cutlets
- 1 jar 365 brand classic marinara sauce
- 1 cup shredded parmesan cheese
- 1 fresh lemon, cut into wedges

1. Preheat oven to 350 degrees.

2. Lay chicken cutlets flat in an 11 x 7 rectangular baking pan. Evenly layer marinara sauce over the top of the cutlets. Top with parmesan cheese and bake for 15 minutes or until the sauce is bubbly and cheese is melted.

3. Serve with fresh cut lemon wedges.

*\*\*Try serving over the top of some whole wheat pasta drizzled with a small amount of olive oil and fresh lemon juice.*

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### Whole Wheat Fettuccine with Broccoli and Walnuts

**Serves: 4-6 • Serving Size: 4 ounces**

- 1 lb 365 brand whole wheat fettuccini noodles
- 3 cups of broccoli florets
- ½ cup fresh basil, chopped
- ½ cup toasted walnuts, chopped
- 2 Tbsp extra virgin olive oil.
- 1 fresh lemon, cut into wedges

1. Bring a large pot of salted water to a full boil over high heat. Drop in whole wheat pasta and briefly stir to avoid the pasta sticking. Reduce heat to medium and allow pasta to cook until tender (approximately 10 minutes).

2. When pasta is done, drop broccoli florets into pasta water. Allow broccoli to sit in the water for at least 30 seconds, then drain the pasta and broccoli using a colander.

3. Transfer broccoli and pasta back to the cooking pot and add in basil, walnuts, and olive oil. Toss gently to combine. Serve with fresh cut lemon wedges.

*\*\*Enjoy this dish by itself, with a simple piece of grilled chicken from our prepared foods department, or with our Easy Chicken Parmesan recipe.*

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### Pesto Shrimp Farfalle with Fire Roasted Red Peppers

**Servings: 4-6 • Serving Size: 4 ounces**

- 2 Tsp extra virgin olive oil
- 1 lb 365 brand farfalle or bow tie pasta
- 1 lb shrimp, shells removed and deveined
- 1 Jar 365 brand fire roasted red peppers, sliced into strips
- 1 jar 365 everyday value basil pesto

1. Bring a large pot of salted water to boil over high heat. When water is at a full boil add in farfalle pasta, stir briefly to prevent pasta from clumping together. Reduce heat to medium and continue to cook pasta until it is tender but not mushy. Drain and rinse the pasta.

2. While pasta is cooking heat 2 tsp of olive oil in a large saute pan over medium-high heat. When oil is hot, add in shrimp and continue to saute until shrimp is fully cooked (approximately 2 minutes).

3. Using the same pan the shrimp was cooked in, add pasta, roasted red peppers and pesto. Toss ingredients and continue to cook until mixture is heated through.

*\*\*For a heart healthy balanced one dish meal, add in your favorite vegetables and garnish with toasted pine nuts.*