May/June 2024
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the Perfect Picnic!

Mediterranean Tortellini Pasta Salad pg. 16

Plus:

Ode to Onions, Fall in Love with Seafood, June is National Dairy Month *and more!*



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A Word from the Weis Dietitians

The warm weather is here which brings lots of excitement! Whether you are having more get-togethers or busy with outdoor activities, keep that excitement and energy up with simple recipes for every meal and snack. Check out our seafood feature, including Crispy Salmon Tacos, on page 9. If you need a snack idea, try the Peanut Butter Smoothie from our dairy spread on page 14.

The Perfect Picnic feature on page 16 has everything you need for a delicious but simple picnic at home or your favorite location. Be sure to check out the Effortless Eats from Weis section for some grab-and-go items in all our stores.

Do you have a recipe you'd like to share with Weis customers? Do you want your recipe to be featured in a future issue of *HealthyBites* magazine? Don't miss our exciting recipe contest on the back page of the magazine! We can't wait to see all the entries.

As always, our team is available to help with any nutrition concerns. Email us at weisdietitians@weismarkets.com.

Be Well,

The Weis Dietitians

Kimberly



Christina



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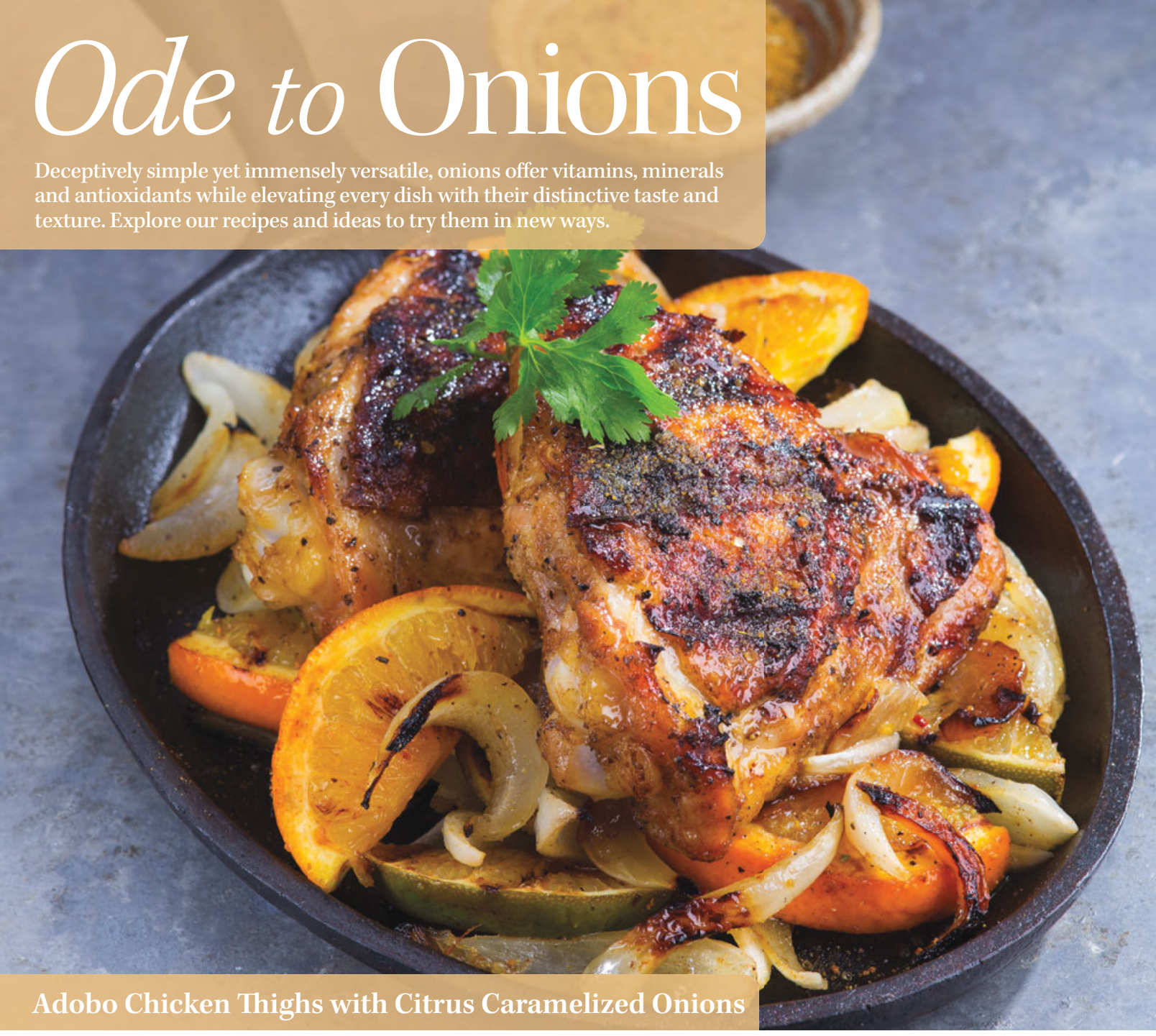
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Ode to Onions

Deceptively simple yet immensely versatile, onions offer vitamins, minerals and antioxidants while elevating every dish with their distinctive taste and texture. Explore our recipes and ideas to try them in new ways.



Adobo Chicken Thighs with Citrus Caramelized Onions

Prep: 30 minutes • Roast: 20 minutes
Makes: 8 (1 chicken thigh, ⅛ onion mixture) servings

- 1 tablespoon **Weis Quality Vegetable Oil**
- 8 **Weis by Nature Bone-In Chicken Thighs**
- 2 teaspoons adobo all-purpose seasoning
- 2 tablespoons **Weis Quality All-Purpose Flour**
- 2 large onions, sliced
- 3 garlic cloves, minced
- ½ teaspoon **Weis Quality Ground Black Pepper**
- ¼ cup **Weis Quality Less-Sodium Chicken Broth**
- 2 tablespoons fresh orange juice
- 1 tablespoon fresh lime juice
- 1 medium lime, cut into 8 wedges
- 1 medium orange, cut into 8 wedges
- Cilantro sprigs for garnish (optional)

1. Preheat oven to 400°. In oven-safe or cast-iron skillet, heat oil over medium-high heat. Rub chicken with seasoning; sprinkle with flour, shaking off any excess. Place chicken, skin side down, in skillet; cook 5 minutes or until skin is browned and slightly crisp. Turn chicken; cook 3 minutes. Transfer chicken to plate; cover to keep warm.

2. Remove and discard all but 2 tablespoons drippings in skillet; reduce heat to medium. Add onions; cook 8 minutes or until browned, stirring occasionally. Add garlic and pepper; cook 1 minute or until fragrant, stirring occasionally. Add broth, orange juice and lime juice; cook 30 seconds, scraping browned bits from bottom of skillet with wooden spoon. Add lime and orange wedges; place chicken on top of onion mixture. Transfer skillet to oven; roast 20 minutes or until internal temperature of chicken reaches 165°. Makes 8 chicken thighs.

3. Serve chicken garnished with cilantro, if desired.

Approximate nutritional values per serving:
355 Calories, 22g Fat (6g Saturated), 180mg Cholesterol, 502mg Sodium, 6g Carbohydrates, 1g Fiber, 2g Sugars, 0g Added Sugars, 32g Protein



Green Onion Dip

Prep: 10 minutes
Makes: 10 (¼ cup) servings

- 6 green onions, coarsely chopped (1 cup), plus additional sliced for garnish (optional)
- 2 garlic cloves
- 1 cup tightly packed fresh **Weis by Nature Baby Spinach Leaves**
- ½ cup **Weis Quality Extra Virgin Olive Oil**
- 1 tablespoon dried tarragon
- 1 cup **Weis Quality Light Mayonnaise**
- 2 teaspoons **Weis Quality Dijon Mustard**
- 1½ teaspoons fresh lemon juice
- ½ teaspoon **Weis Quality Kosher Salt**
- 1 pinch ground white pepper

1. In food processor, purée, onions, garlic, spinach, oil and tarragon 1 minute or until smooth, scraping bowl occasionally with rubber spatula. Add mayonnaise, mustard, lemon juice, salt and pepper; purée 30 seconds or until well combined. Makes about 2½ cups.

2. Serve dip garnished with onions, if desired.

Approximate nutritional values per serving: 185 Calories, 19g Fat (3g Saturated), 8mg Cholesterol, 279mg Sodium, 4g Carbohydrates, 1g Fiber, 1g Sugars, 0g Added Sugars, 1g Protein

Peeling Back the Layers of Nutritious Onions

Onions are more than just a tear-inducing addition to our dishes. These aromatic bulbs come in a variety of shapes, colors and flavors, each offering unique characteristics and health benefits.

Nutrient Powerhouses

Packed with vitamins C and B6, alongside minerals like folate, manganese and potassium, onions are nutritional powerhouses vital for overall well-being. Their high antioxidant content, especially quercetin, offers various health benefits, from reducing inflammation to promoting heart health. Incorporating veggies such as onions into your diet may aid in lowering blood pressure, managing cholesterol levels and mitigating the risk of chronic diseases. They also boast prebiotic fibers that foster gut health and aid digestion.

The Versatile Onion Family

Onions are culinary chameleons, seamlessly enhancing dishes whether sautéed, caramelized, roasted, pickled or raw. From crisp white onions to sweet yellow varieties, the onion family offers a spectrum of flavors to elevate everything from soups and stews to curries and sauces.



White Onions: Known for their sharp, pungent flavor and crisp texture, white onions are the go-to choice for adding a kick to salsas, chutneys and raw preparations.

Yellow Onions: Perhaps the most ubiquitous variety, yellow onions are prized for their well-balanced flavor and sturdy texture. They're ideal for caramelizing, sautéing and roasting, thanks to their mildly sweet taste that adds depth to various cooked dishes.

Red Onions: With their vibrant purple hue and bold, robust flavor, red onions are ideal for pickling and perfect for adding a pop of color and zest to salads, sandwiches and garnishes.

Shallots: These small, elongated bulbs boast a delicate flavor and aroma that adds depth and complexity to sauces, vinaigrettes and dressings.

Green Onions (Scallions): Often overlooked but no less essential, green onions offer a fresh, mild flavor with a hint of sweetness. They're versatile additions to salads, stir-fries, soups and garnishes, providing freshness and color to any dish.





BBQ Deviled Eggs

Prep: 20 minutes plus standing and chilling
Cook: 10 minutes • Makes: 12 (2 deviled eggs) servings

- 12 large **Weis Quality Eggs**
- ½ cup **Weis Quality Shredded Cheddar Cheese**
- ⅓ cup **Weis Quality Mayonnaise**
- ¼ cup plus 2 tablespoons **Weis Quality Barbecue Sauce**, divided
- 2 green onions, thinly sliced
- 2 tablespoons finely chopped red onion
- 1 tablespoon chopped fresh cilantro

1. Place eggs in saucepot large enough to hold them in single layer; add enough water to cover. Heat water to a boil over medium-high heat; immediately remove saucepot from heat, cover and let stand 15 minutes. Drain immediately, then place in large bowl filled with ice and cold water; let stand 10 minutes.

2. Peel eggs; cut each egg in half lengthwise. Carefully remove yolks and place in medium bowl; place egg white halves on serving platter. With fork, mash yolks until smooth; stir in cheese, mayonnaise and ¼ cup barbecue sauce. Evenly spoon yolk mixture into egg white halves; cover with plastic wrap and refrigerate at least 1 hour or up to 1 day.

3. Serve deviled eggs drizzled with remaining 2 tablespoons barbecue sauce sprinkled with onions and cilantro. Makes 24 deviled eggs.

Approximate nutritional values per serving: 154 Calories, 12g Fat (3g Saturated), 194mg Cholesterol, 219mg Sodium, 5g Carbohydrates, 0g Fiber, 4g Sugars, 3g Added Sugars, 8g Protein

It's That Simple.

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Fall in Love with Seafood

It's so easy to Fall in Love with Seafood with all of the delicious and nutritious options you can find at Weis Markets. These Mediterranean Salmon Bowls are a breeze to prepare, and Crispy Salmon Tacos are sure to bring smiles to Taco Tuesday. Plus, seafood is packed with vital nutrients and will provide your family with protein, omega-3 fatty acids, and vitamins and minerals including vitamin B12 and vitamin D.



Crispy Salmon Tacos



Mediterranean Salmon Bowl With Quinoa & Chickpeas



Crispy Salmon Tacos

Recipe courtesy True North Seafood Company®

Prep: 20 minutes • Cook: 15 minutes
Makes: 8 tacos

Slaw:

- ½ head purple cabbage, finely shredded
- ½ large cucumber
- 3 tablespoons dill, chopped
- ¼ cup white wine vinegar
- Salt and pepper to taste

Avocado Mash:

- 3 ripe avocados
- 1-2 teaspoons hot or sriracha sauce
- 1 lime, juiced
- Salt and pepper to taste

Salmon:

- 2 pounds salmon, skinless
- 2 teaspoons chipotle powder
- 2 teaspoons **Weis Quality Chili Powder**
- 1 teaspoon **Weis Quality Onion Powder**
- 1 teaspoon dried **Weis Quality Oregano**
- 1 lime, zested + juiced

Additional items:

- 8 small corn tortillas

1. Leave the skin on your cucumber. Slice your cucumber in half lengthwise, then cut into thin slices. Mix cucumber, shredded cabbage, dill, and vinegar in a large bowl, cover and place in your fridge while you make everything else. Note: Slaw can be made a day ahead if desired.

2. In a medium bowl, roughly mash your avocados. Add in the rest of the ingredients and mix to combine.

3. Preheat oven to 385°. Slice the fillet into small-to-medium chunks. Transfer to a bowl and mix with the seasonings, lime zest and juice to coat. Place coated salmon on a parchment-lined sheet and bake to an internal temperature of 145°, about 15 minutes.

4. Preheat tortillas in a pan, toaster oven or microwave.

5. Build tacos with all components and enjoy!

Approximate nutritional values per taco: 392 calories, 25g total fat (4g saturated), 60mg cholesterol, 70mg sodium, 20g carbs, 8g fiber, 3g sugar, 0g added sugar, 26g protein

Mediterranean Salmon Bowl with Quinoa & Chickpeas

Recipe courtesy Sea Cuisine®

Prep: 15 minutes • Cook: 15-18 minutes • Serves: 2

- 1 package **Sea Cuisine® Mediterranean Salmon**
- ½ cup cherry tomatoes, cut in half
- 1 cup quinoa cooked, (½ cup dry)
- ½ cup canned **Weis Quality Garbanzo Beans,** drained and rinsed
- ½ cup cucumber, sliced
- ½ cup **Weis Signature Canned Artichokes**
- ¼ cup Kalamata olives, pitted or assorted olives
- ½ cup alfalfa sprouts
- 2 tablespoons dill, chopped

Tzatziki sauce

- 1 radish sliced for garnish
- ⅔ cup **Weis Quality Plain Greek Yogurt**
- ½ cup cucumber, diced
- 1 tablespoon lemon juice
- 1 clove garlic, minced or microplaned
- 1 tablespoon **Weis Quality Olive Oil**
- 2 teaspoons **Weis Quality Honey**
- 1 tablespoon dill, chopped
- 1 tablespoon mint, chopped
- 1 teaspoon **Weis Quality Salt**

1. *For the Tzatziki Sauce:* Add all ingredients to a bowl, mix well and refrigerate.

2. Prepare the salmon according to the package instructions.

3. Add the quinoa to a pot and cover with lightly salted water. Bring to a simmer and cook for 8-10 minutes, or until tender. Strain and chill.

4. Assemble by first dividing the quinoa equally between two large bowls. Divide the remaining ingredients in half and artfully arrange around the edges of each bowl. Top with a fully cooked portion of Mediterranean Salmon. Drizzle liberally with reserved Tzatziki sauce and garnish with chopped dill and sliced fresh radish.

Approximate nutritional values per serving: 532 calories, 19g total fat (2g saturated), 48mg cholesterol, 644mg sodium, 59g carbs, 11g fiber, 6g sugar, 0g added sugar, 29g protein

Dive into Seafood Deliciousness



Did you know that almost 90% of Americans do not meet the recommended intake for seafood? The American Heart Association, Dietary Guidelines for Americans, and World Health Organization recommend eating seafood at least twice per week. A serving size of seafood is approximately 4 ounces or the size of a deck of cards.

Whether you're a seafood master or just testing the waters, we're diving headfirst into the amazing variety the oceans have to offer and preparation ideas that will leave you hooked.

Health Perks of Seafood

Overflowing with vital nutrients like omega-3 fatty acids, protein, vitamins and minerals, seafood is a nutritional powerhouse that offers several health benefits. Fatty fish including salmon, trout and mackerel are a strong source of omega-3 fatty acids. These essential fatty acids play a crucial role in brain health, reducing inflammation, and supporting cardiovascular health. Seafood also boasts an array of essential vitamins and minerals including vitamin B12, vitamin D, selenium and niacin. These nutrients play important roles in energy metabolism, immune function, and bone health.

Exploring the Sea



Salmon: A versatile favorite, salmon is a source of omega-3s that keeps your brain and heart in tip-top shape. Whether grilled, baked or pan-seared, salmon's rich, buttery flavor pairs well with a variety of seasonings and sauces. Experiment with a maple mustard glaze or dress with lemon juice and herbs for a refreshing burst of flavor.



Shrimp: Loaded with nutrients like selenium and vitamin B12, shrimp is a seafood staple that you can enjoy in numerous ways. From classic shrimp scampi to zesty shrimp tacos, the possibilities are endless. For a light and refreshing option, toss shrimp with avocado, cherry tomatoes and cilantro to create an easy shrimp salad.



Cod: With its mild flavor and flaky texture, cod is perfect for those looking for a versatile and easy-to-cook seafood option. Bake it with a crispy breadcrumb crust for a satisfying crunch, or simmer it in a flavorful tomato broth for a comforting cod stew.



Tilapia: Known for its mild taste and affordable price point, tilapia is a popular choice for seafood lovers on a budget. Whether baked, grilled or fried, tilapia pairs well with a variety of bold seasonings and sauces. Serve it with roasted vegetables for a nutritious and filling meal.

SEA CUISINE®

Savor the Flavor with Sea Cuisine®

Don't have time to cook but still want to indulge in delicious seafood? Sea Cuisine® has you covered! It offers a selection of ready-to-cook seafood, expertly seasoned and sauced, so you can bring restaurant-quality meals right to your kitchen in 30 minutes or less.


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June is National Dairy Month

Whether you're a cheese lover or yogurt devotee, get ready to indulge your creamy cravings. This June, we're celebrating all the rich, dreamy flavors dairy has to offer for National Dairy Month. Luscious, creamy and oh-so-satisfying, these decadent yet easy-to-make recipes showcase the unparalleled deliciousness dairy brings to the table.



Mexican Tortilla Pizza


BLT Chicken Salad Cups
Dietitian Tip:
These recipes all feature Greek yogurt, which provides protein to fill you up and adds a creamy texture and delicious flavor to recipes.
Peanut Butter Smoothie



BLT Chicken Salad Cups

Prep: 15 minutes • Cook: 5 minutes
Makes: 4 (2 salad cups) servings

- 5 slices uncured turkey bacon, chopped
- 1 large avocado, peeled and pitted
- ⅓ cup plain nonfat Greek yogurt
- 1 tablespoon fresh lemon juice
- ⅛ teaspoon **Weis Quality Salt**
- ¼ teaspoon **Weis Quality Ground Black Pepper**
- 8 large romaine lettuce leaves
- 2⅓ cups chopped **Weis2Go Skinless Rotisserie Chicken Breast Meat**
- ½ cup halved cherry tomatoes
- 2 green onions, thinly sliced

1. In large skillet, cook bacon over medium-high heat 5 minutes or until crisp, stirring occasionally; transfer to paper towel-lined plate.

2. In medium bowl, mash avocado, yogurt, lemon juice, salt and pepper with fork. Makes about 1⅓ cups.

3. Spread avocado mixture onto lettuce leaves; top with chicken, tomatoes, onions and bacon. Makes 8 salad cups.

Approximate nutritional values per serving:
322 Calories, 14g Fat (2g Saturated), 127mg Cholesterol, 692mg Sodium, 11g Carbohydrates, 7g Fiber, 4g Sugars, 0g Added Sugars, 43g Protein



Mexican Tortilla Pizza

Prep: 20 minutes • Bake: 8 minutes
Makes: 4 (1 pizza) servings

- 4 **Weis Quality Whole Wheat 8" Flour Tortillas**
- Nonstick cooking spray
- 1 tablespoon **Weis Quality Extra Virgin Olive Oil**
- ½ small white onion, chopped
- ½ small orange bell pepper, chopped
- ½ cup **Weis Quality Fat-Free Refried Beans**
- 1 teaspoon salt-free taco seasoning
- ¾ cup **Weis Quality Shredded Low-Moisture Part-Skim Mozzarella Cheese**
- 12 **Weis Fresh from the Field Grape Tomatoes**, halved
- 1 medium avocado, peeled, pitted and chopped
- ¼ cup plain nonfat Greek yogurt
- ¼ cup **Weis Quality Salsa**

1. Preheat oven to 400°. Place tortillas on rimmed baking pan; spray both sides with cooking spray and bake 4 minutes or until lightly browned.

2. In large skillet, heat oil over medium heat. Add onion and pepper; cook 5 minutes or until tender-crisp, stirring occasionally.

3. Spread beans over tortillas; top with seasoning, cheese, tomatoes and onion mixture. Bake pizzas 4 minutes or until tortillas are golden brown and cheese is melted.

4. Cut each pizza into 4 wedges; serve topped with avocado, yogurt and salsa.

Approximate nutritional values per serving:
350 Calories, 19g Fat (5g Saturated), 14mg Cholesterol, 565mg Sodium, 36g Carbohydrates, 9g Fiber, 3g Sugars, 0g Added Sugars, 13g Protein





Peanut Butter Smoothie

Prep: 5 minutes • Makes: 2 (1 smoothie) servings

- 1 cup milk
- 1 cup vanilla Greek yogurt
- 1 banana, frozen
- 2 tablespoons smooth peanut butter
- Garnish: mini chocolate chips

1. In a blender, combine milk, yogurt, banana and peanut butter. Pour into glasses and top with chocolate chips. Serve immediately.

Approximate nutritional values per serving:
300 Calories, 10g Fat (3g Saturated), 14mg Cholesterol, 160mg Sodium, 33g Carbohydrates, 2g Fiber, 24g Sugars, 7g Added Sugars, 18g Protein

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Our Amaz!n Prunes come in several different packs to make them easy for everyone to enjoy. Sweet and wholesome, they're filled with fiber, vitamins and minerals essential to:

- **Help build strong bones.**
- **Promote heart health.**
- **Support digestive balance.**

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The *Perfect Picnic*

Summer isn't summer without picnics! Pack a basket full of delicious, portable treats ideal for picnicking in the park, lounging lakeside or savoring an evening in the backyard. As you embrace the sunshine and good company, we've got all the quick tips and tasty bites you need to make your outdoor feasts unforgettable.



Mediterranean Tortellini Pasta Salad

Prep: 15 minutes plus cooling
Cook: 8 minutes
Makes: 8 (heaping ¾ cup) servings

- 1 package (19 ounces) frozen **Weis Quality Cheese Tortellini**
- ½ (14.5-ounce) can **Weis Quality Whole Peeled Tomatoes**, drained and chopped
- ½ small red onion, thinly sliced
- 1 cup packed **Weis by Nature Baby Spinach**
- ½ cup **Weis Quality Italian Dressing**
- ⅓ cup drained and chopped roasted red peppers
- ⅓ cup **Weis Signature Crumbled Reduced Fat Feta Cheese**

1. Prepare tortellini as label directs; drain, rinse with cold water and cool completely.

2. In large bowl, toss tomatoes, onion, spinach, dressing, peppers and tortellini; fold in cheese. Makes about 7 cups.

Approximate nutritional values per serving: 302 Calories, 14g Fat (4g Saturated), 27mg Cholesterol, 549mg Sodium, 31g Carbohydrates, 2g Fiber, 3g Sugars, 1g Added Sugars, 11g Protein



Chicken & Apple-Kale Slaw Wrap

Prep: 15 minutes • Makes: 4 (1 wrap) servings

- 3 tablespoons **Weis Quality Plain Nonfat Greek Yogurt**
- 1 tablespoon fresh lemon juice
- 2 teaspoons **Weis Quality Honey**
- ¼ teaspoon **Weis Quality Salt**
- ¼ teaspoon **Weis Quality Ground Black Pepper**
- 1¼ cups broccoli coleslaw
- ½ cup chopped McIntosh apple
- ½ cup packed **Weis by Nature Baby Kale**
- ¼ cup thinly sliced red onion
- 4 **Weis Quality Whole Wheat Wraps**
- 2 cups chopped **Weis2Go Rotisserie Chicken Meat**
- ¼ cup **Weis Signature Crumbled Blue Cheese**

1. In medium bowl, whisk yogurt, lemon juice, honey, salt and pepper; add coleslaw, apple, kale and onion and toss to combine.

2. Fill wraps with chicken, cheese and coleslaw mixture. Makes 4 wraps.

Approximate nutritional values per serving: 308 Calories, 13g Fat (4g Saturated), 69mg Cholesterol, 753mg Sodium, 31g Carbohydrates, 14g Fiber, 28g Protein

Dietitian Tip:

Add dried cherries and/or toasted pecans for extra flavor and texture.



Pack a Picnic with *Effortless Eats from Weis*

Summertime calls for seamless outdoor dining experiences, and Weis has everything you need to elevate your picnic game without breaking a sweat in the kitchen.

From grab-and-go goodies to easy, no-cook ideas, we've got you covered with delicious, low-prep options that let you focus on soaking up the sunshine.

A Sandwich Centerpiece: No picnic is complete without a stellar sandwich. Choose from a variety of grab-and-go sandwiches and wraps. If you're feeding a crowd, pre-order a sandwich platter and let our experts do the heavy lifting.

Rotisserie Reinvented: Use fresh herbs and a serving board to dress up a Weis2Go rotisserie chicken. From there, the serving possibilities are endless! Shred or slice the tender meat to add to salads and sandwiches, or serve it alongside crusty bread and roasted veggies for a rustic, satisfying spread.

A Salad Toss Up: Whether you crave the timeless appeal of pasta salad or the refreshing sweetness of fruit salad, there's a salad for every picnic palate. Start with our Mediterranean Pasta Salad, or find a selection of prepared salads at your local Weis.

Dip into Deliciousness: Dips and finger foods are portable and easy to share, ideal for picnic snacking. From creamy hummus to zesty ranch, choose an array of dunkable dips to pack alongside pita chips, pretzel crisps or fresh-cut veggie trays.

Healthy *Hydration*

If you struggle with staying hydrated throughout the day, you're not alone! With these vibrant, refreshing drinks, you won't want to stop sipping. From fruity blends to fizzy seltzers, each beverage packs a burst of flavor to quench your thirst on any sweltering day.



Mango-Lime Smoothie

Prep: 5 minutes plus freezing
Makes: 2 (1 smoothie) servings

- 1 cup plain soymilk
- ¼ cup slightly softened frozen limeade
- 1½ cups chopped and frozen fresh mangoes
- 1½ teaspoons **Weis Quality Sweetened Flaked Coconut**
- Lime slices for garnish (optional)

1. In blender, blend soymilk and limeade on high 5 seconds. Add mangoes and coconut; purée on high 20 seconds or until smooth. Makes about 2¾ cups.

2. Pour smoothie into 2 (12-ounce) glasses; garnish with lime slices, if desired.

Approximate nutritional values per serving: 206 Calories, 3g Fat (1g Saturated), 0mg Cholesterol, 67mg Sodium, 44g Carbohydrates, 3g Fiber, 37g Sugars, 15g Added Sugars, 5g Protein

Dietitian Tip:

To easily remove mango flesh from pit, first cut both ends of mango to create flat surfaces. Hold mango on cutting board with a flat surface down. Using a small knife, remove peel by slicing down sides of mango.



Pineapple-Berry Infused Seltzer

Prep: 10 minutes
Makes: 4 (1¼ cups) servings

- ½ cup chopped pineapple
- ¼ cup blueberries
- ¼ cup hulled and quartered strawberries
- ¼ cup stemmed and pitted cherries
- Ice
- 4 cans (12oz each) or 2 bottles **Weis Quality Black Cherry Seltzer**

Divide pineapple, blueberries, strawberries and cherries into 4 (16-ounce) glasses; muddle fruit. Fill glasses with ice; top with seltzer. Makes about 5 cups.

Approximate nutritional values per serving: 25 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 0mg Sodium, 6g Carbohydrates, 1g Fiber, 5g Sugars, 0g Added Sugars, 0g Protein

Dietitian Tip:

For a to-go option, muddle 2 tablespoons pineapple and 1 tablespoon each blueberries, strawberries and cherries in bottom of insulated water bottle; fill water bottle with ice and top with seltzer.



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AL BRONZO™ SPAGHETTI WITH ZUCCHINI & ASPARAGUS CARBONARA

INGREDIENTS

1 box of Barilla® Al Bronzo™ Spaghetti
3 tablespoons extra virgin olive oil
¼ cup yellow onion, diced
2 small zucchini, diced
1 bunch asparagus, sliced on a bias
4 egg yolks
1 egg
½ cup Parmigiano-Reggiano cheese, grated
Salt and black pepper to taste

INSTRUCTIONS

1. Bring a large pot of water to a boil, cook pasta according to package directions.
2. Meanwhile in a skillet, sauté onion over high heat for 2 minutes. Add asparagus and zucchini to skillet for an additional 2 minutes, season with salt and pepper and set aside.
3. Drain pasta, reserving ¼ cup pasta cooking water.
4. Mix egg, yolks, Parmigiano-Reggiano, salt and pepper in a bowl. Stir in hot pasta cooking water while whisking continuously.
5. Toss pasta in the skillet with vegetables over medium heat. Stir in egg mixture and carefully cook over very low heat until sauce is perfectly coating the pasta, but eggs are not curdling. Serve immediately with additional black pepper as needed.



Try all six delicious Barilla® Al Bronzo™ pasta shapes.



stur | Real Fruit, Better Flavor®

Strawberry Watermelon Mocktail Spritz

Ingredients:

- Stur Strawberry Watermelon Liquid Water Enhancer
- Seltzer Water
- 2-4 fresh strawberries, sliced longways
- 1/4th Lime
- Ice

Directions:

- (optional) Press sliced strawberries against inside of glass for aesthetics & boosted flavor.
- Squeeze Stur Strawberry Watermelon into seltzer water to taste.
- Squeeze a slice of fresh lime.
- Lightly stir.
- Garnish with a mini-umbrella & enjoy!

For more recipes & to learn more about Stur, visit **Sturdrinks.com**

McCormick Grill Mates

SWEET HEAT TO START YOUR SUMMER

SPICY MAPLE ONION BURGER

16	15min	4
INGREDIENTS	COOK TIME	SERVINGS

INGREDIENTS

BURGERS:

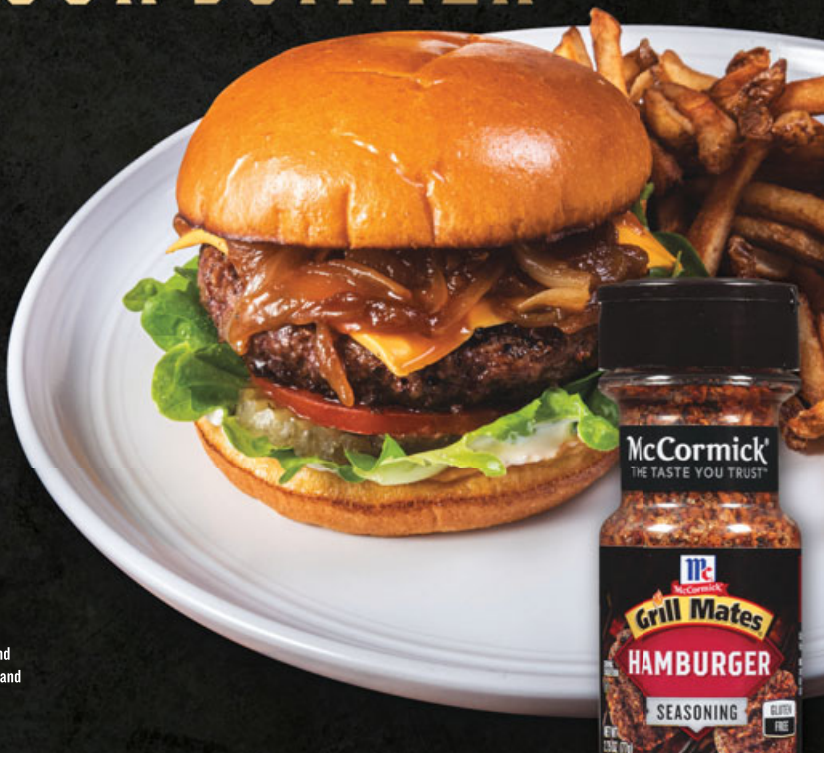
4 (6 ounces each) beef hamburger patties
8 teaspoons McCormick® Grill Mates® Hamburger Seasoning, divided
2 to 4 tablespoons vegetable oil
4 brioche rolls, sliced
2 tablespoons butter, melted
8 slices American cheese
1/2 cup mayonnaise, divided
Leaf lettuce
Sliced tomato
Dill pickle chips
8 slices hickory smoked bacon,crisply cooked, divided
Spicy Maple Syrup

SPICY MAPLE CARAMELIZED ONIONS:

1 stick unsalted butter
1 1/2 pounds yellow onions, peeled and very thinly sliced
1 teaspoon kosher salt
1/4 cup Spicy Maple Syrup
1/4 teaspoon McCormick® Ground Ginger

INSTRUCTIONS

1) For the Caramelized Onions, melt butter in large skillet on medium heat. Add onions and salt. Sauté on medium-low heat until golden brown, stirring occasionally. Reduce heat to low and add Spicy Maple Syrup, stirring to mix well. Remove from heat; set aside.
2) Meanwhile, for the Burgers, sprinkle beef patties on both sides with Hamburger Seasoning. Heat oil in large skillet on medium heat. Place patties in skillet. Cook 4 minutes per side or until desired doneness, adding 2 slices of cheese to each burger just before cooking is complete.
3) Brush cut sides of rolls with melted butter. Toast in clean skillet until golden brown. Spread 2 tablespoons mayo on bottom half of each toasted roll. Layer rolls with lettuce, tomato, red onion and pickles. Place burger on top, then add bacon, Caramelized Onions, drizzle with Spicy Maple Syrup, and finish with top of roll. Serve with French fries and additional Spicy Maple Syrup on the side.



KIDS' *Corner*

Ready to create sweet memories with your little kitchen helpers? Whether you're whipping up chewy cookies, decadent bark or irresistible banana bites, these wholesome recipes offer the perfect excuse to get the whole family involved.



Carrot Cake-Oatmeal Cookies

Prep: 20 minutes plus cooling
Bake: 30 minutes
Makes: 36 (1 cookie) servings

- 3 cups **Weis Quality Old-Fashioned Rolled Oats**
- 1 cup **Weis Quality All-Purpose Flour**
- 1 teaspoon **Weis Quality Baking Soda**
- 1 teaspoon **Weis Quality Ground Cinnamon**
- ½ teaspoon **Weis Quality Baking Powder**
- ½ teaspoon **Weis Quality Salt**
- ½ cup packed **Weis Quality Light Brown Sugar**
- ¼ cup **Weis Quality Granulated Sugar**
- ½ cup **Weis Quality Unsalted Butter** (1 stick), softened
- 2 large **Weis Quality Eggs**
- 2 cups freshly grated carrots

1. Preheat oven to 350°; line 3 rimmed baking pans with parchment paper. In medium bowl, stir oats, flour, baking soda, cinnamon, baking powder and salt.

2. In large bowl, with mixer on high speed, beat sugars and butter 2 minutes or until creamy, scraping down sides of bowl; beat in eggs. Reduce speed to low; gradually beat in flour mixture until just combined. Fold in carrots. Using 2 small spoons, drop dough by rounded tablespoons, 1 inch apart, onto prepared pans; press with back of spoon to flatten.

3. Bake 2 pans of cookies 15 minutes or until bottoms are golden brown, rotating pans halfway through cooking; transfer to wire rack to cool completely. Repeat with remaining cookies. Makes about 36 cookies.

Approximate nutritional values per serving: 84 Calories, 3g Fat (2g Saturated), 17mg Cholesterol, 76mg Sodium, 12g Carbohydrates, 1g Fiber, 5g Sugars, 4g Added Sugars, 2g Protein

Banana Sundae Bites

Makes: 6 (1 bite) servings

- 2 ripe bananas
- ½ cup **Weis Quality Semi-Sweet Chocolate Chips**
- 2 tablespoons rainbow sprinkles
- **Weis Quality Whipped Topping**
- 6 **Weis Quality Maraschino Cherries with Stems**

1. Cut ends from bananas and cut into thirds. Try to have a flat surface on the bottom and top of each piece.

2. Pour sprinkles into a small bowl. Melt chocolate chips in the microwave in 30 second increments, stirring in between, until smooth and melted.

3. Dip bottoms of bananas into chocolate, using a spoon if needed to spread chocolate around. Immediately dip chocolate-dipped end into sprinkles. Place bananas in the freezer for about 30 minutes or until chocolate hardens.

4. Remove bananas from freezer and top each bite with whipped cream and a cherry.

Chocolate Peanut Butter Strawberry Bark

Makes: 8 servings

- 2 cups (1 pint) strawberries, sliced
- 1 cup **Weis Quality Creamy Peanut Butter**
- 1 cup dark chocolate chips

1. Line a 9x13" baking pan with parchment paper.

2. Cut strawberries into 3 slices each and spread in one layer on the bottom of pan.

3. Melt peanut butter in the microwave for about 45 seconds - 1 minute, or until melted and smooth. Pour peanut butter over strawberries to make the second layer.

4. Melt chocolate chips in the microwave in 30 second increments, stirring in between, until melted. Spread chocolate on top of peanut butter and use a spatula to spread.

5. Place bark in the freezer for about 1 hour or until chocolate hardens. Remove by lifting parchment paper and place on a cutting board. Cut into pieces, and enjoy! Store in the freezer.

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NUTRITION & WELLNESS

HEALTHY RECIPE *Contest*

WINNER RECEIVES

- $50 Weis Markets® gift card.
- Healthy foods prize pack feat. Weis Quality products.
- Your recipe professionally photographed.
- Your recipe featured in the Sept/Oct HealthyBites magazine.
- Your recipe featured on the Weis Markets® website.

Submit your favorite original recipe to be entered for a chance to win! Entries must be received by 11:59PM EST on June 30, 2024.

Recipes and photographs submitted must be original. If the recipe is adapted from another source, at least 3 changes must be made for it to be considered original. Recipe must include only ingredients that can be purchased at Weis Markets®. All entrants who send their Weis Reward card number will receive a $5 off $35 purchase coupon to use at Weis Markets® from July 1 - July 31.



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Questions? Email weisdietitians@weismarkets.com