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Inspirations™

fresh

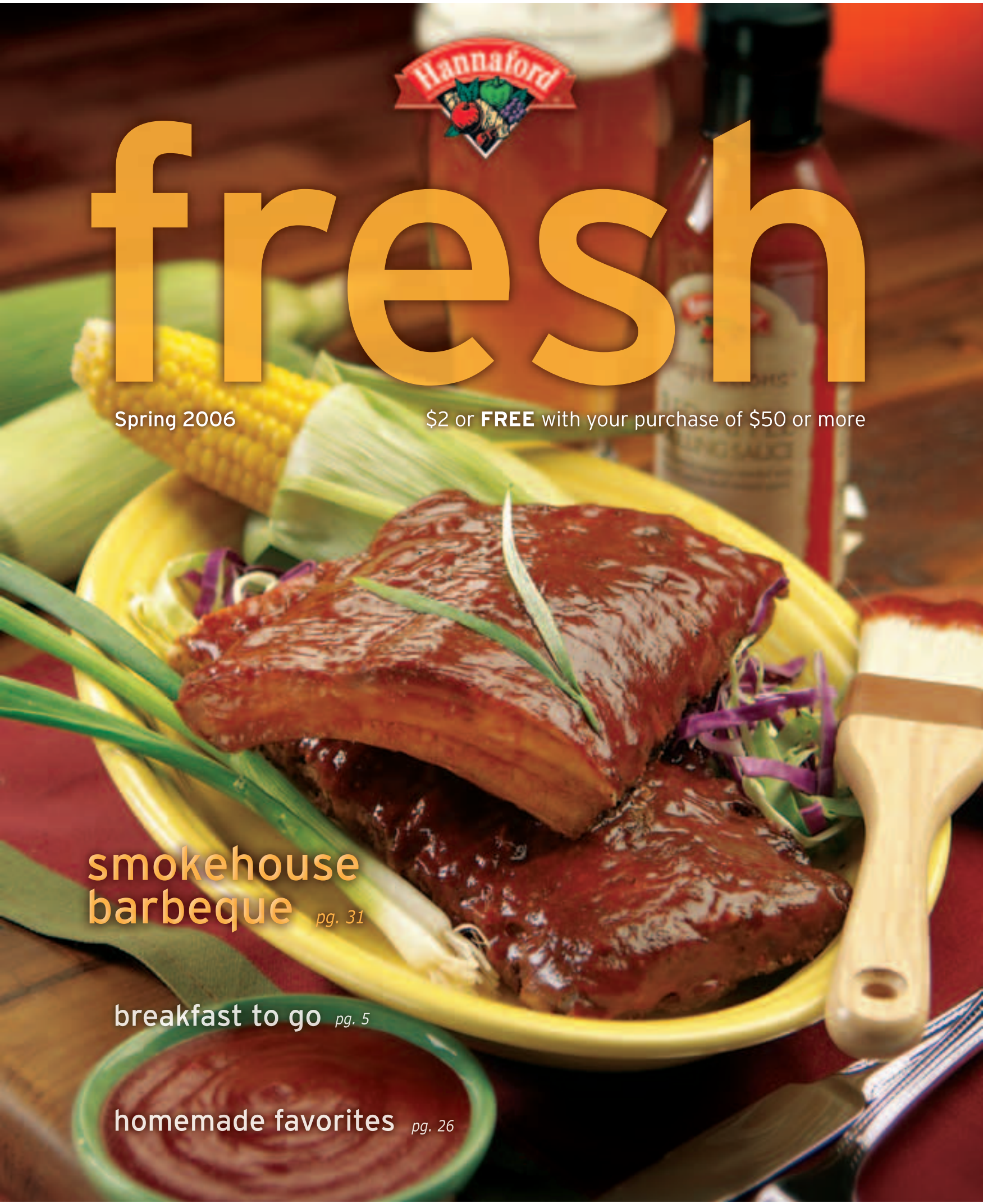
Spring 2006

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Ahhh, Spring

The dictionary defines spring as one of the four seasons that falls between March 21 and June 21. But even without a calendar, most of us can't help but enjoy the longer days and warmer weather.

It's the time of year for fresh starts and we've kicked off our spring cleaning by packing away our heavier, heartier recipes and setting our sights (and appetites) on quicker, lighter meals.

We've got some great ideas that will leave you more time to take on all those springtime projects and get you outside to enjoy the season. Inside you'll find delicious and healthy items for on-the-go breakfasts, big and tasty sandwich ideas, the perfect salmon dinner and even a short list of early grilling tips for those of you who just can't wait to fire up the grill.

You'll also find the latest Hannaford Inspirations items and information on the best fruits and veggies of the season.

We hope you enjoy this issue of *fresh* magazine and that you'll give some of our recipes and tips a try. We love hearing from our readers and learning about what you like to eat and what works best in your kitchen.

All the best,

Ron Hodge
President & CEO
Hannaford Bros. Co.

we want to hear from you

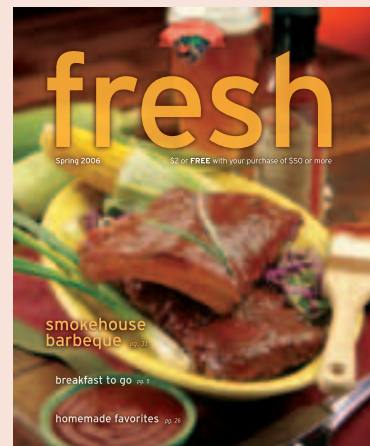
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smokehouse barbeque

Stoke up your grill and get ready for these mouthwatering, smoked barbeque ribs with our very own **Hannaford Inspirations Red Apple Grilling Sauce**.



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breakfast to go

Morning time crunches can put the kibosh on sit-down breakfasts. But breakfast to go can still be healthy. Grab a few ready-made Granola Bites for a healthy share of fiber and antioxidant-rich dried fruits. If you can spare five minutes, whip up an egg-and-cheese burrito – an excellent protein source that’s also a treat for the taste buds.



GRANOLA BITES

Active Time: 25 minutes

Total Time: 25 minutes, plus refrigeration time

INGREDIENTS:

2 Tbsp.	Sliced almonds, toasted
1-3/4 cups	Quick-cooking rolled oats
1/3 cup	Unsweetened, dried apples, finely chopped
1/3 cup	Unsweetened, dried apricots, finely chopped
1/3 cup	Unsweetened, dried blueberries, cherries and/or cranberries
2 Tbsp.	Raw sunflower seeds
2 Tbsp.	Unsweetened coconut flakes, preferably organic
1/2 tsp.	Cinnamon
1/2 cup	Soynut butter or natural peanut butter
1/4 cup	Honey
1/2 tsp.	Vanilla or almond extract

DIRECTIONS:

STEP 1: Place almonds and 1/4 cup oats in bowl or food processor; process to fine crumbs, about 15 seconds; place crumbs into medium bowl; set aside. **STEP 2:** In a large bowl, combine remaining oats, dried fruits, sunflower seeds, coconut and cinnamon. **STEP 3:** Add soynut butter, honey and extract; combine well until mixture begins to stick together. **STEP 4:** Using gloves or moist hands, form mixture into 1" balls, coat lightly with almond-oat crumbs, and place in airtight container, separating layers with parchment paper or plastic wrap. Refrigerate at least 4 hours or overnight to allow oats to absorb moisture.

Makes 36 (1") granola bites

Approximate nutritional values per serving (4 granola bites per serving): 239 Calories, 32g Carbohydrates, 8g Protein, 10g Fat (2g saturated), 0mg Cholesterol, 58mg Sodium, 6g Fiber

Chef Chat:

- Use the larger end (1") of a Parisian scoop (melon ball scoop) to help form the mixture into 1" balls.
- Granola Bites are perfect for hurried school-day mornings. Send the kids off with a bagful for a quick, healthy breakfast.

QUICK BREAKFAST BURRITO

Active Time: 4 minutes

Total Time: 5 minutes

INGREDIENTS:

1 large	Egg
1/2 tsp.	Olive oil
	Kosher salt and fresh ground black pepper, to taste
1 (8")	Flour tortilla
1 Tbsp.	Cheddar cheese
1 Tbsp.	Hannaford Inspirations Black Bean and Corn Salsa
1 Tbsp.	Sour cream (optional)

DIRECTIONS:

STEP 1: Beat egg in small microwave-safe bowl with whisk; whisk in oil, season with salt and pepper to taste. **STEP 2:** Cover bowl with paper towel; microwave 20 seconds, stir and break up any cooked egg; microwave an additional 20-30 seconds, remove bowl from microwave (to avoid overcooking, mixture should be slightly runny when removed from microwave); stir eggs until thoroughly combined. **STEP 3:** Warm tortilla in microwave until soft and warm, about 10-15 seconds. **STEP 4:** Place egg mixture in center of tortilla, top with cheese and salsa; add sour cream if desired. **STEP 5:** Fold one end of tortilla over filling, then fold each side of tortilla over filling; wrap burrito in foil and go!

Makes 1 burrito

Approximate nutritional values per serving: 292 Calories, 30g Carbohydrates, 13g Protein, 13g Fat (4g saturated), 219mg Cholesterol, 411mg Sodium, 2g Fiber

Chef Chat:

- Since microwave oven cooking times vary, they may need to be adjusted according to the specific microwave being used.
- If you have additional time, stir 1 teaspoon each chopped scallions, tomatoes and jalapeño peppers (in jar, drained) into egg mixture before microwaving.

fresh breakfast



coffee talk

Ah... coffee! It's the a.m. starter most of us can't do without. What's more, some studies show that drinking coffee in moderation can help protect against certain diseases like diabetes and Alzheimer's. Now that's a great excuse to enjoy your morning cup o' joe! Here's the rundown on the types of coffee drinks you can choose from:

coffee

Plain old coffee is brewed by straining water through ground coffee beans. As any real coffee drinker will tell you, not all coffee is created equal. The type of beans, how they're roasted and how they're ground makes the difference.

espresso

Espresso is made by forcing steam under pressure through a compressed bed of finely ground, dark-roasted coffee. Espresso is a very strong, highly concentrated drink that's usually served in small amounts.

cappuccino

This popular drink is made by combining espresso with steamed milk, and then topping it with foamed milk.

latte

Latte is just like cappuccino, only it's made with more milk than espresso. It's also topped with foamed milk.

**RASPBERRY-NUT BUTTER**

Pair with Hannaford Inspirations
Honey Sunflower Organic Bread

Active Time: 8 minutes

Total Time: 8 minutes, plus time
for butter to soften

INGREDIENTS:

1 stick	Unsalted butter, softened at room temperature
1 Tbsp.	Milk
1/4 cup	Hannaford Inspirations Two Raspberry Fruit Spread
1/4 cup	Walnuts, toasted and chopped

DIRECTIONS:

STEP 1: Place butter in bowl of an electric mixer with whip attachment. Whip on high speed, 1 minute; turn off mixer, scrape sides and bottom of bowl with a rubber spatula; whip on high speed, 1 minute. Turn off mixer and scrape again. **STEP 2:** Add milk, whip on high speed until fully incorporated, about 1 minute. Turn off mixer; scrape bowl with a rubber spatula. **STEP 3:** Add fruit spread, whip on high speed until fully incorporated, about 1 minute. Turn off mixer; add walnuts, whip on high speed 30 seconds.

**Makes approximately 1 cup
(8 servings; 2 tablespoons per serving)**

Approximate nutritional values per serving:
145 Calories, 6g Carbohydrates, 1g Protein,
13g Fat (7g saturated), 30mg Cholesterol,
1mg Sodium, 1g Fiber

ROSEMARY-ROASTED GARLIC BUTTER

Great with Hannaford Inspirations
Neo Tuscan Boule

Active Time: 8 minutes

Total Time: 28 minutes, plus time
for butter to soften

INGREDIENTS:

3-4 cloves	Garlic, peeled
1/2 tsp.	Olive oil
1 stick	Unsalted butter, softened at room temperature
1/8 tsp.	Kosher salt
Pinch	White pepper
1 tsp.	Fresh rosemary, chopped

DIRECTIONS:

STEP 1: Preheat oven to 450°. Place garlic cloves on an 8" square piece of aluminum foil; drizzle with oil and 2-3 drops of water. Wrap garlic tightly in the foil; roast until lightly browned and tender, about 20 minutes. Let cool and finely chop. **STEP 2:** Place butter in bowl of an electric mixer with whip attachment. Whip on high speed, 1 minute; turn off mixer, scrape sides and bottom of bowl with a rubber spatula; whip on high speed, 1 minute. Turn off mixer and scrape again. **STEP 3:** Add chopped garlic, salt and white pepper; whip on high speed until fully incorporated, about 1 minute. Turn off mixer; scrape bowl with a rubber spatula. **STEP 4:** Add rosemary, whip until fully incorporated, about 1 minute. **Makes approximately 3/4 cup
(8 servings; 1-1/2 tablespoons per serving)**

Approximate nutritional values per serving:
105 Calories, 1g Carbohydrates, 1g Protein,
11g Fat (7g saturated), 30mg Cholesterol,
34mg Sodium, 1g Fiber

CRACKED PEPPER & CHIVE BUTTER

Spread on a fresh toasted bagel

Active Time: 8 minutes

Total Time: 8 minutes, plus time
for butter to soften

INGREDIENTS:

1 stick	Unsalted butter, softened at room temperature
1/2 tsp.	Fresh lemon juice
1/4 tsp.	Kosher salt
1 tsp.	Fresh ground peppercorn medley (black, pink, white, and green peppercorns)
2 Tbsp.	Chives, chopped

DIRECTIONS:

STEP 1: Place butter in bowl of an electric mixer with whip attachment. Whip on high speed, 1 minute; turn off mixer, scrape sides and bottom of bowl with a rubber spatula; whip on high speed, 1 minute. Turn off mixer and scrape again. **STEP 2:** Add lemon juice; whip until fully incorporated, about 1 minute. Turn off mixer; scrape sides and bottom of bowl with a rubber spatula.

fresh breakfast

STEP 3: Add salt and ground pepper blend; whip on high speed until fully incorporated, about 1 minute. Turn off mixer; scrape bowl with a rubber spatula. **STEP 4:** Add chives, whip until fully incorporated, about 1 minute. **Makes approximately 3/4 cup
(8 servings; 1-1/2 tablespoons per serving)**

Approximate nutritional values per serving:
101 Calories, 1g Carbohydrates, 1g Protein,
11g Fat (7g saturated), 30mg Cholesterol,
59mg Sodium, 1g Fiber

Chef Chat:

- *Soften butter quickly in the microwave on defrost for approximately 10 seconds.*
- *Flavored butter should be stored in a covered container in the refrigerator until ready to use. It can then be left at room temperature for a short period of time to bring it to a slightly soft consistency for spreading. Keep any unused butter in the freezer in a freezer-proof container or wrapping for up to 2 months.*
- *Try piping flavored butters with a pastry bag and star tip onto individual butter plates or into ramekins.*

**the perfect fruit preserve for your flavored butter**

Hannaford Inspirations Two Raspberry Fruit Spread is the perfect ingredient for Raspberry-Nut Butter. Sweet-tart Maine raspberries and blackberries combine with pure cane sugar and a splash of lemon to create a little bit of heaven here on earth. Or, try our fantastic Strawberry Fruit Spread made from fresh red strawberries.



sensational salads

A fresh breeze blows through the window. Tulips and crocuses greet the long-awaited sunshine. These are the salad days - a time for fresh starts and bold, adventurous culinary creations. Turn ho-hum lettuce salads into unique delights like our Grilled Asparagus Salad with Tomato Vinaigrette, or potato salad with Hannaford Inspirations Smoky Horseradish Sauce.

CRABMEAT AND SHRIMP PASTA SHELL SALAD

Active Time: 28 minutes
Total Time: 28 minutes

INGREDIENTS:

1 Tbsp.	Sea salt
1 (16 oz. box)	Large pasta shells
1 Tbsp.	Olive oil
1 tsp.	Garlic, chopped
1 lb.	Shrimp (31/35), raw, peeled, de-veined and tails removed
	Kosher salt and cracked black pepper, to taste
Pinch	Ground red pepper
1/4 lb.	Unsalted butter
1/2 cup	All-purpose flour
1 qt.	Fat-free half and half (plus 1 cup 2% milk if necessary to thin sauce)
1-1/2 tsp.	Worcestershire sauce
1 tsp.	Tabasco sauce
1/4 cup	Scallions, chopped
1 lb.	Fresh crabmeat, chopped
	Scallions or fresh chives, chopped, for garnish (optional)
	Parmesan-Reggiano cheese, grated (optional)

DIRECTIONS:

STEP 1: Bring a large pot of water with sea salt to a boil; cook pasta according to package directions. Drain well. **STEP 2:** Heat oil in medium saucepan over medium-high heat; add garlic and sauté 30 seconds. Season shrimp with salt and pepper, add shrimp and red pepper to pan; sauté shrimp, stirring frequently until shrimp are almost cooked through, about 4-5

minutes; remove shrimp from pan with a slotted spoon, set aside; leave remaining shrimp liquid in pan. **STEP 3:** Add butter to same pan and reduce heat to medium. Once butter is melted, whisk in flour until fully incorporated. **STEP 4:** Add half and half; whisk mixture constantly until it thickens and coats the back of a spoon. If mixture becomes too thick, stir in the milk to thin it out. **STEP 5:** Add remaining ingredients and reserved shrimp; reduce heat to low, heat sauce, stirring continuously, until shrimp are cooked through, about 2-3 minutes. Remove from heat; season with salt and pepper to taste. **STEP 6:** Place cooked pasta shells in a large serving bowl; pour sauce over pasta shells, mix thoroughly. Garnish with scallions or chives and serve warm with grated cheese, or cover, refrigerate at least 3 hours, and serve chilled.

Serves 4-6

Approximate nutritional values per serving:
856 Calories, 81g Carbohydrates, 40g Protein,
35g Fat (19g saturated), 287mg Cholesterol,
1826mg Sodium, 2g Fiber

GRILLED ASPARAGUS SALAD WITH TOMATO VINAIGRETTE

Active Time: 35 minutes
Total Time: 35 minutes

INGREDIENTS:

4 medium	Plum tomatoes
7 Tbsp.	Olive oil
2 Tbsp.	White balsamic vinegar
1 tsp.	Anchovy paste (or anchovy fillets, finely chopped)
1 tsp.	Garlic, minced
2 Tbsp.	Scallions, chopped

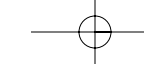
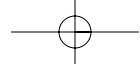
1/2 tsp.	Fresh parsley, chopped
	Kosher salt and fresh ground black pepper, to taste
24	Asparagus spears, bottoms trimmed
4 cups	Hannaford Inspirations Baby Spring Mix

DIRECTIONS:

STEP 1: Cover grill rack with foil, preheat grill to medium-high. **STEP 2:** Bring a medium saucepan of water to a boil, fill a medium bowl with ice and cold water. Make an X on bottom skin of each tomato with small knife, place tomatoes in boiling water 30-45 seconds until skin is peeling back at the X. Remove tomatoes with a slotted spoon, immediately place in ice water; let cool, remove tomatoes from ice water, remove skin. **STEP 3:** Core tomatoes and cut in half; remove seeds and dice tomatoes, place in medium bowl. In a small bowl, whisk together 6 Tbsp. oil, vinegar, anchovy paste (or chopped anchovies), and garlic; stir in scallions and parsley, pour mixture over diced tomatoes; season with salt and pepper to taste. **STEP 4:** Place asparagus in a dish, drizzle remaining oil over asparagus spears; toss to coat with oil, season with salt and pepper. **STEP 5:** Grill asparagus on foil, turning once or twice with tongs, until tender, about 6-8 minutes; remove from grill. **STEP 6:** Arrange spring mix on serving platter, top with grilled asparagus, and pour tomato vinaigrette over top.

Serves 4

Approximate nutritional values per serving:
266 Calories, 11g Carbohydrates, 5g Protein,
24g Fat (3g saturated), 0mg Cholesterol,
140mg Sodium, 5g Fiber



fresh salads



quick & easy dressing

Looking for a fantastic new salad dressing? Look no further than our Hannaford Inspirations Dipping Oils. Creating a tasty new dressing has never been easier. Try out our unique and delicious Citrus Vinaigrette (left) or experiment by substituting Hannaford Inspirations dipping oils in any recipe that calls for olive oil.

SMOKY HORSE RADISH POTATO SALAD

Active Time: 15 minutes

Total Time: 1 hour

INGREDIENTS:

- | | |
|----------|---|
| 3 lbs. | Red new potatoes (about 20 potatoes) |
| 1/4 cup | Hannaford Inspirations Smoky Horseradish Sauce |
| 1/2 tsp. | Dijon mustard |
| 1/2 tsp. | Celery seed |
| 1/4 cup | Mayonnaise |
| 3/4 cup | Plain yogurt |
| 1/2 cup | Celery, finely chopped |
| 1/4 cup | Green pepper, finely chopped |
| 1/4 cup | White onion, grated |
| 2 Tbsp. | Fresh chives, chopped |
| 2 Tbsp. | Pimientos, in jar, drained and chopped |
| 1 Tbsp. | Cider vinegar |
| | Kosher salt and fresh ground black pepper, to taste |

DIRECTIONS:

STEP 1: Rinse potatoes, and place in a large pot of salted water; cover pot and bring to a boil. Remove cover and continue to simmer until potatoes are just tender, about 20-25 minutes.

STEP 2: Combine horseradish sauce, mustard and celery seed in a small bowl; fold in mayonnaise and yogurt; refrigerate until ready to use.

STEP 3: Drain potatoes into a colander; let sit under cool running water until potatoes are cool to the touch.

STEP 4: Cut potatoes into quarters and place in a large bowl. With a rubber spatula, fold in celery, green pepper, onion, chives, pimiento and vinegar; gently fold in the horseradish sauce mixture until well combined.

STEP 5: Season potato salad with salt and pepper to taste; cover and refrigerate until ready to serve.

Serves 6-8

Approximate nutritional values per serving:
256 Calories, 38g Carbohydrates, 6g Protein,
10g Fat (3g saturated), 11mg Cholesterol,
145mg Sodium, 4g Fiber

CITRUS VINAIGRETTE

Active Time: 10 minutes

Total Time: 10 minutes

INGREDIENTS:

- | | |
|------------|---|
| 1/3 cup | Rice vinegar |
| 1/3 cup | Fresh orange juice (about 2-3 oranges) |
| 2 Tbsp. | Honey |
| 1 Tbsp. | Ginger root, peeled and finely grated |
| 1/3 cup | Canola oil |
| 2/3 cup | Hannaford Inspirations Garlic Dipping Oil |
| 3-1/2 tsp. | Lemon zest |
| 2-1/2 tsp. | Orange zest |
| 1 tsp. | Salt |
| 1/2 tsp. | White pepper |
| 1-1/2 tsp. | Fresh cilantro, minced |

DIRECTIONS:

STEP 1: Place vinegar, orange juice and honey in a large mixing bowl; stir in ginger root. **STEP 2:** Slowly drizzle in canola oil while whisking; whisk until well blended. **STEP 3:** Slowly drizzle in garlic oil while whisking; whisk until well blended. **STEP 4:** Whisk in lemon zest, orange zest, salt and pepper; whisk until well blended; stir in cilantro.

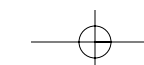
This dressing is a nice complement to Hannaford Inspirations Baby Arugula.

Makes 1-3/4 cups

Approximate nutritional values per serving (2 tablespoons): 152 Calories, 4g Carbohydrates, 1g Protein, 16g Fat (2g saturated), 0mg Cholesterol, 153mg Sodium, 1g Fiber

Chef Chat:

- It's easier to remove zest from citrus before juicing.
- Use a blender to chop the cilantro and blend the vinaigrette ingredients. Add the oils last, and continue to blend until all ingredients are thoroughly combined.



**MANGO CHUTNEY CHICKEN SALAD**

Active Time: 15 minutes, plus refrigeration
Total Time: 55 minutes

INGREDIENTS:

- 6 (1/2 lb. ea.) Cooking spray, as needed
- Hannaford Inspirations Chicken Breasts**
- Kosher salt and white pepper, to taste
- 1/2 cup Mayonnaise
- 1/2 cup **Hannaford Inspirations Mango Chutney**
- 1 tsp. Curry powder
- 2 tsp. Lime zest
- 1/4 cup Fresh lime juice
- 1/2 tsp. Kosher salt
- 3/4 cup Golden raisins
- 8 Boston lettuce leaves
- Mangos, chopped, for garnish (optional)
- Roasted, salted Spanish peanuts, or sliced almonds, for garnish (optional)

DIRECTIONS:

STEP 1: Preheat oven to 350°. Spray a baking pan with cooking spray; season chicken on all sides with salt and pepper, place on baking pan; bake chicken until golden brown, about 35-40 minutes, or until a thermometer reads 165°; let cool.

STEP 2: In a large bowl, whisk together mayonnaise, chutney, curry powder, lime zest and juice and salt; stir in raisins.

STEP 3: Cut chicken into 1/2" chunks and add to mayonnaise mixture; stir until well combined.

STEP 4: Cover and refrigerate at least 2 hours. To serve, arrange 2 lettuce leaves on each of 4 serving plates, distribute salad evenly over plates, and garnish with chopped mangos and peanuts.

Serves 4 (Makes four one cup servings)

Approximate nutritional values per serving:
 779 Calories, 46g Carbohydrates, 77g Protein,
 33g Fat (6g saturated), 217mg Cholesterol,
 584mg Sodium, 3g Fiber

**WINE PAIRING:**

Villa Maria Riesling (Marlborough, New Zealand)

This is an off-dry style wine, made from 100% Riesling grapes by award-winning Villa Maria Winery. It's a good choice with a salad like this because of its flavors - lime citrus, apple and peach. Like all the other wines mentioned in this magazine, the Villa Maria Riesling is available at most Hannaford stores.

fresh salads

**Inspirations™**

Complement your favorite fruits & veggies with our Hannaford Inspirations

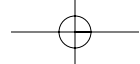
GOURMET DIPS**SWEET CREAM**

We just made the taste of fresh fruit even better. Our lusciously smooth, all natural Sweet Cream dip adds a great finishing touch to all your favorite fruits all year-round. Look for it in our produce cooler.

**VEGGIE DIPS**

Looking for that certain "something" to give your veggies a little zip? You'll enjoy the fresh cut crunch of veggies a little bit more with these delicious, all natural dips. See our produce cooler.

Choose from Dijon Wasabi, Yogurt Cucumber & Fresh Dill and Lemon Peppercorn & Parmesan.



luscious luncheons

Traditional luncheon fare need not be ho-hum. Wake up your taste buds with a few unexpected ingredients in your egg salad, delight your senses with some delicious classic deviled eggs or treat yourself to sandwiches with style. We'll even let you in on our secrets for grilling up the perfect Hannaford panini. Your midday meal will never be the same!

CLASSIC DEVILED EGGS

Active Time: 12 minutes
Total Time: 30 minutes

INGREDIENTS:

5 large Eggs
2 Tbsp. Mayonnaise
1/4 tsp. Dry mustard
1 Tbsp. Fresh chives, chopped
Kosher salt and white pepper, to taste
Paprika, for garnish
Fresh chives, for garnish

DIRECTIONS:

STEP 1: Hard boil eggs according to directions at right; cut eggs in half lengthwise. **STEP 2:** Carefully remove the yolks, keeping whites intact; reserve whites. **STEP 3:** Mash yolks with fork in a medium bowl. Gently fold in mayonnaise, dry mustard and chives, season with salt and pepper to taste; gently mix until well combined. **STEP 4:** Carefully spoon yolk mixture into reserved whites. Arrange on serving platter, and garnish with paprika and fresh chives. Cover and refrigerate until ready to serve.

Makes 10 filled eggs (10 servings; 1 filled egg per serving)

Approximate nutritional values per serving:
114 Calories, 1g Carbohydrates, 6g Protein,
10g Fat (2g saturated), 214mg Cholesterol,
148mg Sodium, 1g Fiber

BLUE CHEESE EGG SALAD

Active Time: 12 minutes
Total Time: 30 minutes

INGREDIENTS:

12 large Eggs
1 cup Celery, diced small
3/4 cup Blue cheese crumbles
1/3 cup Mayonnaise
2 Tbsp. Flat leaf parsley, minced
1 tsp. Tabasco sauce
1/4 tsp. Celery seed
1/4 tsp. Kosher salt
1/4 tsp. Fresh ground black pepper

DIRECTIONS:

STEP 1: Hard boil eggs according to directions at right; chop eggs and place into a large mixing bowl. **STEP 2:** Gently fold in remaining ingredients; mix until well combined. Cover and refrigerate egg salad until ready to serve.

Serves 4-6

Approximate nutritional values per serving:
300 Calories, 2g Carbohydrates, 17g Protein,
25g Fat (8g saturated), 441mg Cholesterol,
545mg Sodium, 1g Fiber



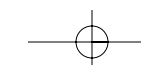
the perfect egg

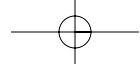
The art of making the perfect hardboiled egg is easy to master. Just follow these simple steps:

- 1 Place eggs in a pan and add enough cold water to cover them completely. Water should cover eggs by 1". Make sure the eggs are in a single layer - no stacking.
- 2 Place the pan over high heat to bring the water to a boil.
- 3 Once the water is boiling, quickly reduce the heat to low and let the eggs cook for about 10 minutes.
- 4 Place eggs in a bowl of ice water to cool. Once cooled, peel eggs under the water.

Chef Chat:

• You can tell if an egg is cooked by placing it on its side and spinning it evenly on a level surface. If it wobbles, it's not cooked.





fresh lunch

MEDITERRANEAN VEGGIE SANDWICH

Active Time: 15 minutes

Total Time: 15 minutes

INGREDIENTS:

1 loaf	Hannaford Inspirations Baguette Bread
2 Tbsp.	Hannaford Inspirations Basil Dipping Oil
1-2 cloves	Garlic, crushed
6 slices	Provolone cheese
1/4-1/2 cup	Red onions, sliced into rings
1 cup	Marinated artichoke hearts (in oil), drained and coarsely chopped*
1/4-1/2 cup	Roasted red pepper slices
1/2 cup	Kalamata olives, pitted and coarsely chopped
2	Plum tomatoes, sliced
1/2 tsp.	Fresh ground black pepper
	Kosher salt, to taste
6-8 large	Basil leaves

DIRECTIONS:

STEP 1: Slice baguette in half lengthwise. Whisk together oil and garlic in a small bowl. Brush cut sides of baguette with oil mixture.

STEP 2: Layer the bottom half of baguette with cheese, onions, artichokes, red peppers, olives and tomatoes; sprinkle tomato slices with pepper and salt to taste; place basil leaves over tomato slices.

STEP 3: Place top half of baguette over fillings to close sandwich; cut the baguette diagonally into 4 equal sections.

Serves 4

Approximate nutritional values per serving:
672 Calories, 70g Carbohydrates, 24g Protein,
33g Fat (9g saturated), 29mg Cholesterol,
1760mg Sodium, 7g Fiber

Chef Chat:

* Canned artichoke hearts in brine may be substituted for the marinated artichoke hearts.

- Other sandwich filling suggestions: capers, goat cheese, arugula or spinach leaves and chopped sun-dried tomatoes in oil.
- Try brushing the cut sides of the baguette with balsamic vinegar along with the oil and garlic mixture before layering the sandwich with the fillings.

PROSCIUTTO AND SCALLION PESTO FOCACCIA SANDWICH

Active Time: 18 minutes

Total Time: 18 minutes

INGREDIENTS:

1 clove	Garlic
1/4 cup	Pine nuts, toasted
1/2 cup	Scallions, white and green parts, trimmed, washed, and roughly chopped
10	Fresh parsley leaves, washed and dried
1/4 cup	Olive oil
1/3 cup	Parmesan-Reggiano cheese, grated
	Kosher salt and fresh ground black pepper, to taste
8 slices	Hannaford Inspirations Simple Focaccia, sliced 1/2" thick
1/2 cup	Hannaford Inspirations Roasted Red Pepper and Tomato Bruschetta
1/2 cup	Chèvre cheese
1/2 lb.	Prosciutto, sliced thin
2 cups	Hannaford Inspirations Baby Romaine Lettuce
	Kalamata olives (optional)

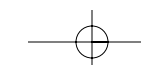
DIRECTIONS:

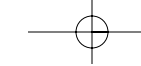
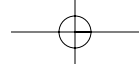
STEP 1: Place garlic in bowl of food processor, process 10 seconds; add pine nuts, scallions, parsley and oil; process 30 seconds, scrape bottom and sides of bowl with a rubber spatula. **STEP 2:** Continue to process until mixture is smooth and ingredients are fully incorporated, about 1 minute, scraping sides and bottom of bowl as needed. **STEP 3:** Remove pesto from processor bowl and place into a separate bowl; fold in Parmesan-Reggiano cheese, season with salt and pepper to taste.

STEP 4: Spread each slice of bread with pesto, spread top 4 slices with bruschetta. **STEP 5:** Spread 2 tablespoons chèvre cheese onto each bottom 4 slices of bread; divide prosciutto over bottom 4 slices over chèvre cheese, and top prosciutto with 1/2 cup Romaine lettuce; close sandwiches. **STEP 6:** Cut sandwiches in half; serve with a side of kalamata olives.

Serves 4

Approximate nutritional values per serving:
678 Calories, 62g Carbohydrates, 34g Protein,
33g Fat (8g saturated), 51mg Cholesterol,
2068mg Sodium, 6g Fiber





fresh lunch

In a hurry? try lunch from the Hannaford deli

Try something new and delicious. Hearty sandwiches made with premium meats and cheeses handcrafted daily in our deli. Each one stacked high on flavorful, crusty bread. These are sandwiches that you just can't find anywhere else. Perfect for lunch or dinner when you're short on time. Great meal ideas start in our deli.

Rustica Sandwiches

◀◀◀ **All-Natural Turkey Breast with Swiss**
Rustica bread, mayonnaise, Swiss cheese, all-natural turkey breast, cucumber, red onion and fresh baby spinach

Angus Roast Beef with Cheddar
Rustica bread, mayonnaise, sharp cheddar cheese, black angus roast beef and fresh green leaf lettuce

Turkey Deluxe
Rustica bread, mayonnaise, stuffing, Hannaford Cranberry Sauce and premium all-natural turkey breast

Reuben
Rustica bread, horseradish sauce, Jarlsburg cheese, corned beef and Hannaford Country Cole Slaw

Panini Sandwiches

Buffalo Chicken
Multigrain bread, provolone cheese, blue cheese dressing, buffalo tenders, fresh tomatoes and fresh baby spinach

Chicken Caesar
Multigrain bread, provolone cheese, Caesar dressing, chicken breast, bacon pieces and fresh tomato

Chicken Pesto
White pane bread, provolone cheese, mozzarella cheese, Hannaford Pesto and fresh chicken fillet

Café Classic ▶▶▶
Multigrain bread, Swiss cheese, all-natural turkey breast, Hannaford Inspirations Rosemary Ham and fresh tomato



panini grilling methods & tips

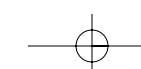
grill pan or contact grill

Preheat your grill or grill pan over medium heat. Brush the outside of sandwich bread with oil and place sandwich on grill pan. Grill panini until bread is golden brown and cheese melts, about 4 minutes per side, pressing down occasionally with a large spatula. Cut the panini sandwich in half diagonally and serve immediately. Or... make it quick and easy with an indoor, two-sided contact grill. It will cook both sides of your panini sandwich evenly and at the same time, leaving the sandwich bread with perfect grill marks.

outdoor barbeque

The key to making the perfect panini on your outdoor barbeque is indirect heat. That means you need a hot grill with low direct heat. If you're using a gas grill, set one burner to low and one burner to high. If you're using a charcoal grill, pile the hot coals on one end of the grill. Oil your grill rack thoroughly and place your panini over the indirect heat. Close the lid and grill for about one minute. Press your sandwich and flip. Grill for an additional minute, press your sandwich and then remove your panini from the barbeque. Serve immediately.

to make it easy, our fresh panini sandwiches include a packet of olive oil for grilling





Grilled Roast Pork &
Pepper Jack Cheese Sandwich



Old-Fashioned
Bread Pudding



Tuna Salad Provencal



Warm Spinach Dip
with Artichokes



Spring fresh 8-page easy-to-use, recipe card pull-out section



Old-Fashioned Bread Pudding

ACTIVE TIME 15 MIN TOTAL TIME 1 HR/30 MIN SERVES 8-10

- 2 Tbsp. 1 Butter, softened (for baking dish)
- 6 cups 6 Hannaford Inspirations Baguette, sliced into 1" slices
- 1 Tbsp. 6 Whole milk
- 1/4 cups 6 Eggs, large
- 1 Tbsp. 6 Sugar, divided
- 1/2 tsp. 1 Vanilla extract
- 1 tsp. 1 Salt
- 1 tsp. 1 Cinnamon
- 1 bottle 1 Hannaford Inspirations Strawberry Syrup

STEP 1: Preheat oven to 325°. Butter a 13x9" baking dish. Arrange bread slices in baking dish. **STEP 2:** Heat milk in large saucepan to just boiling over medium-high heat. In large bowl, beat eggs, 1 cup sugar, vanilla and salt until blended. Slowly whisk hot milk into egg mixture in bowl. Pour custard into baking dish over bread, pressing bread down to soak. **STEP 3:** In small bowl, combine remaining 1/4 cup sugar and cinnamon. Sprinkle over bread slices. Set baking dish in center of large roasting pan. Pour boiling water into roasting pan to come halfway up side of baking dish. Bake custard 50-60 minutes or until knife inserted in center comes out clean. Serve with fresh berries and drizzle with strawberry syrup before serving.



Warm Spinach Dip with Artichokes

ACTIVE TIME 15 MIN TOTAL TIME 45 MIN SERVES 8-10

- 2 (14 oz. cans) 2 Artichoke hearts, drained
 - 1 cont. 1 Hannaford Inspirations Baby Spinach
 - 3/4 cup 3/4 Parmesan or Romano cheese, grated
 - 4 oz. 4 Hannaford Inspirations Dill Havarti Cheese, chopped
 - 1 cup 1 Mayonnaise
 - 1 1 Garlic clove, minced
 - 1 loaf 1 Hannaford Inspirations Multigrain Organic Bread
- Assorted raw vegetables for dipping (such as celery, yellow peppers, cherry tomatoes, cucumber & snap peas)

STEP 1: Preheat oven to 350°. Blend artichokes, spinach, cheeses, mayonnaise and garlic in food processor fitted with a metal blade until smooth. **STEP 2:** Lightly spray a 2-quart casserole dish with non-stick cooking spray. Spoon spinach mixture into casserole dish. Bake 30 minutes. Meanwhile, cut a 4" circle in center of bread. Lift off top, tear out bread in 1" pieces to create a "bowl" for dip, making sure not to tear through bottom of loaf. **STEP 3:** Carefully spoon hot dip into bread "bowl." Serve with torn bread pieces and assorted raw vegetables for dipping.



Grilled Roast Pork & Pepper Jack Cheese Sandwich

ACTIVE TIME 10 MIN TOTAL TIME 25 MIN SERVES 4

- 8 (1/2" slices) 8 Monterey Sourdough Organic Bread
- 6 oz. 6 Hannaford Inspirations Pepper Jack Cheese, sliced
- 12 oz. 12 Hannaford Inspirations Traditional Pork Roast, thinly sliced
- 1 jar 1 Hannaford Inspirations Roasted Red Pepper & Tomato Bruschetta
- 3 Tbsp. 3 Butter, softened

STEP 1: Place 4 slices bread on work surface. Divide pepper jack cheese and traditional pork roast over bread. Spread 1-1/2 tablespoons roasted red pepper and tomato bruschetta on top slice of bread. Place on top of pork. **STEP 2:** Melt 1-1/2 tablespoons butter in large skillet over medium heat. Add sandwiches and grill slowly. Carefully spread remaining butter over tops of bread in skillet. Using spatula, turn sandwiches over and grill until brown and crisp. Remove to cutting board, cut in half and serve with remaining roasted red pepper bruschetta to dip if desired.



Tuna Salad Provencal

ACTIVE TIME 40 MIN TOTAL TIME 60 MIN SERVES 6-8

- 2 lbs. 3 Small new potatoes
- 3 3 Hannaford Inspirations Seasoned Rubbed Tuna Steaks
- 1/2 lb. 1/2 Green beans, trimmed
- 1 cup 1 Hannaford Inspirations Balsamic Vinaigrette
- 1/4 cup 1/4 Assorted fresh herbs (such as parsley, basil, chives, dill)
- 2 Tbsp. 2 Capers, drained
- 1 cup 1 Cherry tomatoes, halved
- 1/2 cup 1/2 Black olives, pitted
- 4 4 Hard cooked eggs, quartered, for garnish
- 1 loaf 1 Hannaford Inspirations Country French Organic Bread

STEP 1: Place potatoes in a large saucepan, add water to cover. Bring to a boil over medium-high heat, cover and cook potatoes until tender, about 20 minutes. Drain. **STEP 2:** Preheat outdoor grill or grill pan to medium-high heat. Lightly brush grill with oil. Grill fish 5 minutes per side or until fish is cooked through. Let cool slightly. Flake into 1" chunks. **STEP 3:** In a small pot of boiling water, cook green beans 5 minutes until crisp-tender. Drain and rinse under cold water to cool. In small bowl, combine balsamic vinaigrette and herbs. **STEP 4:** Combine fish, potatoes, green beans, capers, cherry tomatoes and olives in a large shallow serving bowl. Toss gently. Pour balsamic vinaigrette mixture over salad. Garnish with eggs and serve with Country French Organic Bread.



Antipasto

Sautéed Broccoli Rabe
with Garlic OilMesquite
Marinated FajitasGrilled Cheddar, Ham &
Green Apple Sandwiches

Mesquite Marinated Fajitas

ACTIVE TIME 25 MIN TOTAL TIME 45 MIN SERVES 6-8

- 6 Hannafood Inspirations Thin Sliced Chicken Breast Cutlets
- 1 cup Hannafood Inspirations Mesquite Marinade
- 3 Poblano chili peppers, seeded and cut into 1/2" strips
- 2 Yellow bell peppers, seeded and cut into 1/2" strips
- 1 Red bell pepper, seeded and cut into 1/2" strips
- 1 Red onion, sliced into 1/2" rounds
- 12 (8") Flour tortillas, warmed
- 1 jar Hannafood Inspirations Raspberry Salsa
- Optional toppings Low-fat sour cream, cilantro, avocado, guacamole

STEP 1: Place chicken in a zip-lock bag, pour 1/2 cup mesquite marinade over and refrigerate, 20 minutes. Place sliced vegetables in a 13x9" baking dish. Pour remaining marinade over vegetables and toss to coat. **STEP 2:** Preheat outdoor grill or grill pan to medium-high heat. Grill chicken until cooked through, about 6-7 minutes per side. Grill vegetables until tender, turning frequently, about 12-15 minutes. **STEP 3:** Transfer chicken to cutting board and slice into strips. Fill warm tortillas with chicken and vegetables. Serve with salsa and optional toppings.



Antipasto

ACTIVE TIME 15 MIN TOTAL TIME 25 MIN SERVES 6

- 12 slices Hannafood Inspirations Prosciutto di Parma, cut in half
- 6 slices Hannafood Inspirations Hot Ham Capicollo
- 6 slices Hannafood Inspirations Sopresetta Dry Salami
- 6 slices Hannafood Inspirations Riserva Hard Salami
- 1 wedge Parmesan-Reggiano cheese, crumbled (about 6 oz.)
- 1 Cantaloupe or honeydew melon, peeled, seeded and sliced into 12 wedges
- 1 basket Hannafood Inspirations, sliced breads, assorted varieties
- 1 bottle Hannafood Inspirations Lemon Rosemary Dipping Oil
- Garnish Assorted olives, optional

STEP 1: Wrap each melon slice with a slice of prosciutto di parma. Arrange the remaining sliced meats and cheese around melon on platter. **STEP 2:** Serve with basket of sliced breads and dipping oil.



Grilled Cheddar, Ham & Green Apple Sandwiches

ACTIVE TIME 10 MIN TOTAL TIME 20 MIN SERVES 4

- 8 (1/2" slices) Hannafood Inspirations Multigrain Boule
- 1/3 cup Hannafood Inspirations Cranberry Apple Chutney
- 8 oz. Hannafood Inspirations Aged Cheddar Cheese, sliced
- 8 oz. Hannafood Inspirations Country-Style Baked Ham
- 1 Granny Smith apple, cored and thinly sliced
- 3 Tbsp. Butter, softened

STEP 1: Place 4 slices bread on work surface. Spread cranberry apple chutney evenly onto each slice. Top with aged cheddar, country-style baked ham and apple slices. Top with remaining bread slices. Spread sandwich tops with 1-1/2 tablespoons butter. **STEP 2:** Melt remaining butter in heavy large skillet over medium heat. Add sandwiches butter side up to pan. Cook, pressing occasionally with large spatula. Turn sandwiches with spatula, continue grilling until bread is golden and cheese has melted. Serve with warm spiced apple cider.



Sautéed Broccoli Rabe with Garlic Oil

ACTIVE TIME 15 MIN TOTAL TIME 30 MIN SERVES 4

- 1 bunch Broccoli rabe (about 1 pound)
- 3 Tbsp. Hannafood Inspirations Garlic Dipping Oil
- 2 slices Hannafood Inspirations Prosciutto di Parma, diced
- 2 Shallots, diced
- 1/4 tsp. Dried red pepper flakes
- 1/2 cup Dry white wine
- 1 Tbsp. Fresh lemon juice
- 1/2 tsp. Salt

STEP 1: In a large pot of boiling water, cook broccoli rabe 1 minute. Drain and immediately immerse in ice water to cool. Drain well. **STEP 2:** Heat dipping oil in large skillet over medium-high heat. Add prosciutto di parma, shallots and red pepper flakes and cook stirring frequently about 3-4 minutes until shallots are tender. **STEP 3:** Add wine and bring to a boil. Add broccoli rabe and cook, stirring until tender 4-5 minutes. Add lemon juice and salt. Garnish with additional lemon slices if desired.



Quick Fruit Cobbler



Health Club Pita

Linguini with Spinach,
Garlic & RosemaryBeef Roast with
Two Sauces

Health Club Pita

TOTAL TIME 45 MIN SERVES 4

- 2 Carrots, peeled and cut into thin strips
- 4 Plum tomatoes, sliced
- 1 Cucumber, peeled and cut into 1/4" slices
- 1 cup Hannaford Inspirations Yogurt Cucumber and Fresh Dill Dip
- 4 Pita bread rounds, cut in half
- 12 oz. Hannaford Inspirations All-Natural Turkey Breast, thinly sliced
- 4 oz. Hannaford Dill Havarti Cheese
- 2 cups Hannaford Inspirations Baby Romaine

STEP 1: Combine carrots, tomatoes and cucumber in bowl. Pour yogurt cucumber and fresh dill dip over vegetables.
STEP 2: Place 2 pita halves on each of 4 serving plates. Stuff with evenly divided turkey, havarti cheese, romaine and vegetable mixture.



Quick Fruit Cobbler

ACTIVE TIME 15 MIN TOTAL TIME 45 MIN SERVES 4-6

- 3/4 cup Sugar, divided
- 1-1/2 Tbsp. Cornstarch
- 2 (10 oz. bags) Frozen sliced peaches, thawed
- 1 cup Hannaford Inspirations Two Raspberry Fruit Spread
- 1 pkg. Ready-to-bake biscuits (7.5 oz. from the dairy case)
- 1/4 cup Sugar
- 1 tsp. Cinnamon
- Optional Fresh raspberries and mint

STEP 1: Preheat oven to 425°. Lightly grease a 2-quart baking dish with butter or non-stick cooking spray. Whisk together the sugar and cornstarch in a large bowl. Add sliced peaches and toss to combine well. Place peaches in prepared dish and spoon Two Raspberry Fruit Spread in and around peaches.
STEP 2: Place baking dish in oven and bake 10 minutes. Meanwhile, unroll biscuits from packaging. Cut each biscuit into quarters. Place remaining 1/4 cup sugar and cinnamon in zip-lock bag with biscuit quarters and toss to coat. Remove fruit from oven and carefully place biscuits on top of hot fruit. Bake cobbler 15-20 minutes until biscuits are baked and golden. Serve with raspberries and mint if desired.



Beef Roast with Two Sauces

ACTIVE TIME 25 MIN TOTAL TIME 1HR/30 MIN SERVES 6-8

- 1 tsp. Thyme
- 1/2 tsp. Salt and freshly ground pepper
- 1 Garlic clove, minced
- 1 (3 lb.) Hannaford Inspirations Angus Beef Eye Round Oven Roast
- 1/4 cup Hannaford Inspirations Smoky Horseradish Sauce
- 1/2 cup Mayonnaise, divided
- 1 Tbsp. Chives, chopped
- 1/3 cup Hannaford Inspirations Roma Tomato Bruschetta
- 1 Tbsp. Capers, drained and chopped

STEP 1: Preheat oven to 450°. In a small bowl combine thyme, salt, pepper and garlic. Place roast in a small roasting pan. Rub entire surface with herb mixture. **STEP 2:** Roast beef in hot oven 10 minutes. Reduce heat to 325° and roast 25-30 minutes per pound or until meat thermometer inserted into the thickest part reads 130° for medium-rare. Meanwhile prepare sauces. **For Smoky Horseradish Sauce:** In a small bowl, combine Smoky Horseradish Sauce, 1/4 cup mayonnaise and chives until blended. **For Roma Tomato Sauce:** In small bowl, combine Roma Tomato Bruschetta, 1/4 mayonnaise and capers until blended. **STEP 3:** Thinly slice beef roast. Serve with sauces.



Linguini with Spinach, Garlic & Rosemary

ACTIVE TIME 15 MIN TOTAL TIME 25 MIN SERVES 4-6

- 2/3 cups Hannaford Inspirations Rosemary Dipping Oil
- 4 Garlic cloves, sliced into slivers
- 1/4 tsp. Dried red pepper flakes
- 1 cont. Hannaford Inspirations Baby Spinach
- 3/4 lb. Linguini
- 1 cup Reserved pasta cooking water
- 1/4 cup Romano cheese, grated
- 1/4 cup Bread crumbs (preferably homemade)
- 2 Tbsp. Fresh parsley, chopped
- 1 tsp. Hannaford Inspirations Basil Oil
- 1/2 tsp. Kosher salt

STEP 1: In a large skillet, heat rosemary oil and garlic over low flame until garlic is light golden brown. Do not burn. Add red pepper flakes and spinach. Toss the spinach in oil and cook until limp. Remove from heat. **STEP 2:** Cook pasta according to package directions, al dente. Ladle 1 cup pasta cooking liquid into spinach mixture. Add grated cheese to drained pasta. Add pasta to pan with spinach. Toss well. **STEP 3:** Combine bread crumbs, parsley, basil oil and salt in small bowl. Transfer pasta to serving bowl, sprinkle with bread crumb mixture and serve.



Sicilian Tuna Melt



Snack-Time Dippers

Pan-Seared Tilapia
Fish SandwichGrilled Vegetable Tostadas
With Chipotle Glaze

Snack-Time Dippers

ACTIVE TIME 15 MIN TOTAL TIME 30 MIN SERVES 4-6

- 1 cont. Hannaford Inspirations Sweet Cream Fruit Dip
- 1 loaf Hannaford Inspirations Chocolate Bread, cut into 1" pieces
- 4 cups Assorted fruit (such as apples, kiwi, bananas, pineapple and strawberries), cut into wedges or bite-size pieces
- Assorted toppings (such as flaked coconut, crushed graham crackers, granola, chopped nuts, chopped dried fruit)
- Small box Toothpicks

STEP 1: Place fruit dip in center of serving platter. Surround with bread and fruit. **STEP 2:** Place assorted toppings in separate bowls. Place around platter. Using toothpicks, dip bread or fruit into fruit dip, then into desired toppings.



Sicilian Tuna Melt

ACTIVE TIME 10 MIN TOTAL TIME 15 MIN SERVES 4

- 4 slices Hannaford Inspirations Monterey Sourdough Organic Bread, about 3/4" thick
- 2 cups Hannaford Inspirations Baby Spinach
- 1 pound Hannaford Inspirations Sicilian Tuna Salad
- 6 oz. Fontina (mozzarella or provolone) cheese, grated
- 4 Tbsp. Hannaford Inspirations Rosemary Dipping Oil

STEP 1: Preheat broiler. Adjust rack to 4-5 inches from heat source. **STEP 2:** Place 4 slices bread on baking sheet or broiler pan. Top each with evenly divided spinach, tuna salad and grated cheese. Drizzle each with dipping oil. **STEP 3:** Broil 5-6 minutes, watching carefully or until cheese is melted and bread is lightly toasted.



Grilled Vegetable Tostadas with Chipotle Glaze

ACTIVE TIME 15 MIN TOTAL TIME 40 MIN SERVES 4

- 3 Plum tomatoes, quartered lengthwise
- 1 medium Zucchini, trimmed, cut lengthwise into 1/4" slices
- 1 medium Yellow squash, trimmed, cut lengthwise into 1/4" slices
- 1 medium Eggplant, trimmed, cut lengthwise into 1/4" slices
- 1 Red onion, cut into 1/3" slices
- 1 cup Hannaford Inspirations Smokey Chipotle Grilling Sauce
- 4 Corn tortillas
- 2 tsp. Vegetable oil
- 1 cup Hannaford Inspirations Corn and Black Bean Salsa
- 1/4 cup Sour cream

STEP 1: Combine tomatoes, zucchini, yellow squash, eggplant and red onion in large bowl. Add grilling sauce and toss gently to coat. **STEP 2:** Preheat outdoor grill to medium-high heat. Lightly grease grill rack. Grill vegetables until tender and beginning to brown, turning occasionally (about 5-6 minutes for tomatoes, zucchini, yellow squash and 10-12 minutes for eggplant and red onion). Brush frequently with the grilling sauce remaining in bowl. Set aside and cover to keep warm. **STEP 3:** Brush corn tortillas on both sides with vegetable oil. Grill 1-2 minutes per side until golden and slightly crisp. **STEP 4:** Place tortillas on serving platter. Divide vegetables evenly among tortillas. Top each with 1/4 cup salsa and a dollop of sour cream.



Pan-Seared Tilapia Fish Sandwich

ACTIVE TIME 10 MIN TOTAL TIME 30 MIN SERVES 4

- 2 Tbsp. Vegetable oil
- 4 Hannaford Inspirations Herb-Encrusted Fresh Tilapia Fillets
- 4 Onion or New York kaiser rolls, split and toasted
- 4 Lettuce leaves (such as Romaine or Boston Bibb)
- 4 Tomato slices
- 1/4 cup Hannaford Inspirations Dill Dijon Mustard
- Optional garnish Lemon wedges

STEP 1: Heat 1 tablespoon oil in large non-stick skillet over medium-high heat. Add 2 fish fillets and cook, turning once with spatula, 3-4 minutes per side. Transfer to a plate and cover to keep warm. Cook remaining fish in the same manner. **STEP 2:** Place fish fillets on bottom halves of rolls (cut fish to size if necessary and stack). Top with lettuce, tomato and mustard. Garnish with lemon wedges.

springtime specialties

Appetizers aren't just for dining out. Cook up these tasty treats at home and feast on the results. They're perfect for informal gatherings, special occasions or simply to stave off hunger before Sunday night dinner.



FRESH SPRING ROLLS

Active Time: 45 minutes

Total Time: 50 minutes

INGREDIENTS:

1-1/2 tsp.	Fish sauce
1 Tbsp.	Light brown sugar
2 tsp.	Sesame oil
1 tsp.	Garlic, minced
1/2 tsp.	Ginger, grated
2 tsp.	Shallots, minced
1 cup	Small, ready-to-eat shrimp, thawed
1/2 tsp.	Cornstarch
1/2 cup	Bok choy, white part only, cut into 1" matchstick-size strips
1/4 cup	Carrots, cut into 1" matchstick-size strips
1/2 cup	Scallions, white part only, cut into 1" matchstick-size strips
	Kosher salt and fresh ground black pepper, to taste
6	Spring roll wrappers
2-3 cups	Peanut oil
	Sweet red chili sauce

DIRECTIONS:

STEP 1: In a small bowl, whisk together fish sauce and brown sugar; set aside.

STEP 2: Heat sesame oil in a sauté pan over medium-high heat; add garlic, ginger and shallots, stir-fry 1 minute.

STEP 3: Add shrimp and brown sugar mixture; stir in cornstarch; continue to stir and cook until just thickened, about 30 seconds. Remove from heat, and place shrimp mixture into a bowl; let cool.

STEP 4: Fold bok choy, carrots and scallions into shrimp mixture; season with salt and pepper. **STEP 5:** Place a spring roll wrapper onto a flat surface with a bottom corner facing towards you (wrapper will look like a diamond on work surface). Place 2 heaping tablespoons of filling 1-1/2" above the bottom corner of the wrapper, leaving approximately 1-1/2" of the wrapper exposed on each side of the filling. **STEP 6:** Lightly brush the

outer edges of wrapper with peanut oil; fold bottom corner over filling and roll up tightly twice. Fold sides of wrapper over center of vegetables, and roll up tightly to enclose the filling. Repeat with remaining wrappers and filling.

STEP 7: Heat remaining peanut oil, at least 2" deep, in a wok or Dutch oven until hot (approx. 325°). Fry spring rolls two at a time, until crisp and lightly browned, about 1-1/2 minutes per side. Serve with sweet red chili sauce or Chili Dipping Sauce (recipe follows).

Chili Dipping Sauce:

1/2 cup	Rice vinegar
2 Tbsp.	Sugar
2 Tbsp.	Sesame oil
2 Tbsp.	Sriracha chili sauce
2 tsp.	Garlic, minced
2 Tbsp.	Peanuts, chopped and toasted

DIRECTIONS:

Whisk together all ingredients except peanuts. Stir in peanuts. Refrigerate until ready to use.

Makes 6 rolls

Approximate nutritional values per serving:
244 Calories, 22g Carbohydrates, 11g Protein, 12g Fat (2g saturated), 63mg Cholesterol, 249mg Sodium, 1g Fiber

Chef Chat:

• *For a healthier alternative, place the prepared spring rolls on a baking sheet brushed with peanut oil. Brush all sides of the spring rolls with peanut oil, and bake at 400° until lightly browned and crispy, about 15 minutes, turning halfway through cooking. This will save 39 calories and 5g of fat (1g saturated).*

PANCETTA-WRAPPED GREEN ONIONS

Active Time: 12 minutes

Total Time: 22 minutes

INGREDIENTS:

1/4 lb.	Pancetta, thinly sliced (about 6-8 slices)
1 Tbsp.	Hannaford Inspirations Irish Stout Mustard

fresh appetizers

12	Green onions, peeled
	Olive oil, as needed
1/2 tsp.	Fresh thyme, chopped
	Kosher salt and fresh ground black pepper, to taste

DIRECTIONS:

STEP 1: Preheat oven to 350°. Spread each slice of pancetta with 1/2 teaspoon mustard and cut into 1/2" wide strips.

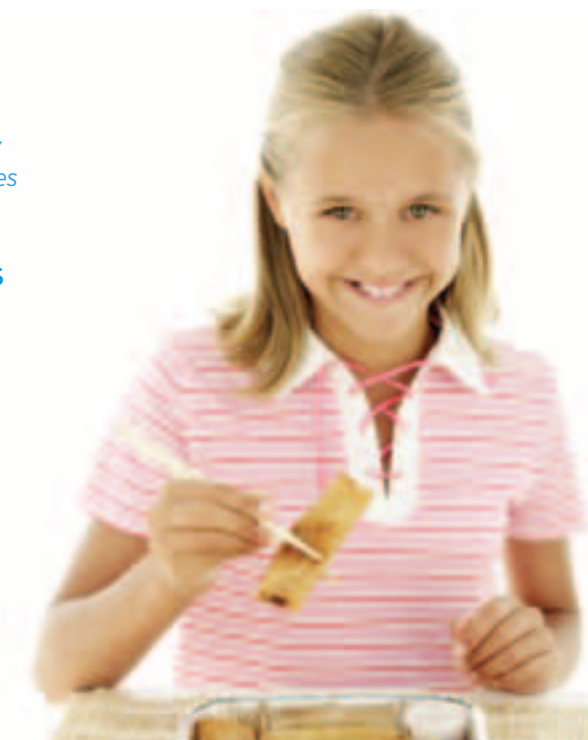
STEP 2: Trim root ends and cut each onion to 4-1/2" long from the root end; discard green end. In a small bowl, toss onions with olive oil, thyme, and salt and pepper to taste. **STEP 3:** Coil 1 or 2 pancetta strips around each onion, leaving approximately 1" of onion bottom exposed (secure pancetta with a toothpick if necessary), and place seam side down on a baking sheet coated with cooking spray. **STEP 4:** Bake until crispy, about 8-12 minutes.

Serves 4-6

Approximate nutritional values per serving:
110 Calories, 3g Carbohydrates, 4g Protein, 9g Fat (2g saturated), 18mg Cholesterol, 459mg Sodium, 1g Fiber

Chef Chat:

• *Try adding 1/2" wide strips of provolone cheese, roasted red pepper, or sun-dried tomatoes inside the pancetta strips before wrapping around the green onion.*



fabulous fromage

Cheese is a great ingredient for appetizers and entrées. There are so many different types of cheeses and cheese recipes, you may have trouble deciding which ones to make. In that case, make 'em all! Our Three-Cheese Fondue is a delicious blend of gruyère, fontina and Romano cheeses. For a meatier treat, try Roasted Pork with Blue Cheese and Wine Sauce. Or try one of our other deliciously unique and cheesy appetizers. Happy cooking and, of course, bon appetit!



CHEDDAR CHEESE SPREAD WITH FRESH HERBS

INGREDIENTS:

8 oz.	Hannaford Reserve Cheddar, grated
1 pkg. (8 oz.)	Cream cheese, softened
3 Tbsp.	Dry sherry
1 tsp.	Curry powder
1/4 tsp.	Salt
1/4 cup	Minced assorted fresh herbs (such as chives, dill, tarragon, parsley)
1 (12"x12")	Piece of cheesecloth, moistened
1 small	Clean flower pot
1 jar	Hannaford Inspirations Mango Chutney

DIRECTIONS:

STEP 1: Place first 5 ingredients in the work bowl of a food processor fitted with a steel blade. Process until well combined and smooth. STEP 2: Place the moistened cheesecloth in bottom and up sides of flower pot. Spoon cheese mixture into cheesecloth. Fold remaining cloth over top of cheese and press gently. STEP 3: Refrigerate 30 minutes. STEP 4: Remove cheese from refrigerator. Remove cheesecloth and discard. Gently press herbs into sides and on top of cheese. Refrigerate 1 hour. STEP 5: Pour mango chutney on a serving plate. Place cheese on top and serve with crackers or flatbread.

Serves 6-8

PENNE WITH BRIE & TOASTED WALNUTS

INGREDIENTS:

1 (8 oz.)	Wedge of brie, rind removed and sliced (to remove rind easily, place brie in freezer for 1 hour before using)
1/2 cup	Olive oil
1 clove	Garlic, minced
1 tsp.	Lemon zest
1/2 cup	Assorted fresh herbs (such as parsley, thyme, chives)
1 cup	Walnut pieces
1 lb.	Asparagus, tough ends removed, cut into 2" pieces
1 lb.	Penne pasta, cooked according to package

DIRECTIONS:

STEP 1: Combine brie, olive oil, garlic, lemon zest and herbs in large bowl. Cover and let stand at room temperature for 1 hour. STEP 2: Preheat oven to 375°. STEP 3: Spread walnuts on baking sheet. Bake 6 minutes or until walnuts are toasted, watch carefully. STEP 4: In a medium skillet, heat asparagus and 1" water to boiling over high heat. Cook until tender-crisp. Drain in colander under cold running water to stop cooking. STEP 5: Add cooked pasta to bowl with brie. Add asparagus and walnuts and serve.

Serves 4-6





PARMESAN CRACKERS WITH PROSCIUTTO

INGREDIENTS:

1/2 cup Butter, softened
 1 cup Flour
 1 cup Parmigiano-Reggiano cheese, grated
 Dash Cayenne pepper
 4 thin slices Hannaford Inspirations Prosciutto di Parma
 1/2 cup Hannaford Inspirations Red Pepper and Tomato Bruschetta
 1/4 cup Pine nuts
 Rosemary, chopped (optional garnish)

DIRECTIONS:

STEP 1: In large bowl, blend butter, flour, grated Parmigiano-Reggiano and cayenne with electric mixer at low speed until dough comes together. STEP 2: Turn dough onto a sheet of wax paper and form into a log 1-1/2" in diameter. Refrigerate for 2 hours. STEP 3: Heat oven to 350°. Grease baking sheets. Cut log into 1/4" thick coins. Place on baking sheet 1" apart. Bake 13-15 minutes until golden brown. Cool on wire rack. STEP 4: Top each cracker with small piece of prosciutto, 1 teaspoon Roasted Red Pepper and Tomato Bruschetta and garnish with pine nuts and chopped rosemary leaves.

Serves 6-8



GOUDA CHEESE PUFFS

INGREDIENTS:

1-1/2 cups Gouda cheese, rind removed and grated
 2 slices Country-style baked ham
 1 cup Water
 1 stick Butter, cut up
 1/2 tsp. Salt
 1 cup Flour
 4 large Eggs

DIRECTIONS:

STEP 1: Preheat oven to 375°. Lightly grease 2 baking sheets. STEP 2: In a heavy saucepan, bring water, butter, and salt to a boil over high heat. Reduce to medium and add flour all at once. Stir with a wooden spoon until batter pulls away from sides of pan. Transfer mixture to a mixing bowl. STEP 3: With electric mixer on high speed, beat in 4 eggs, one at a time, beating well after each one. Stir gouda and ham into batter and mix well. Spoon level tablespoons of batter onto prepared baking sheets, 1 inch apart. STEP 4: Bake in oven 20-25 minutes or until puffed and golden, switching positions of baking pans halfway through. Serve warm.

Serves 6

ROASTED PORK WITH BLUE CHEESE & WINE SAUCE

INGREDIENTS:

1 Boneless center-cut pork loin roast (about 4 lbs.)
 1 Tbsp. Olive oil
 2 tsp. Fresh chopped thyme leaves (1 teaspoon dried)
 1-1/2 tsp. Kosher salt
 1/2 tsp. Freshly ground pepper
 1 cup Assorted dried fruits (such as apricots, cherries, apples, cranberries)
 1 cup Dry red wine
 1-1/2 cups Blue cheese, crumbled
 Fresh sage leaves, for garnish

DIRECTIONS:

STEP 1: Preheat oven to 500°. STEP 2: Rub the pork roast with oil, then season with thyme, salt and pepper. In small bowl, soak dried fruits in red wine; set aside. STEP 3: Place roast in shallow roasting pan. Pour 1/2 cup water into pan, place in oven and roast 30 minutes. Reduce heat to 325° and continue roasting for 1 hour or until the temperature in thickest part of roast reads 150°. STEP 4: Transfer to serving platter to keep warm. Remove any excess fat from pan. Drain dried fruit, reserving wine. STEP 5: Add wine to roasting pan and boil gently to remove brown bits from bottom of pan and reduce by half. Add dried fruits to pan and heat through. STEP 6: Cut meat into 1/2" slices and arrange on serving platter. Drizzle fruit sauce over meat, top with crumbled Blue Cheese and serve.

Serves 4-6



THREE-CHEESE FONDUE

INGREDIENTS:

1 clove Garlic, halved
 1-1/2 cups Dry white wine
 1-1/2 cups Gruyère, grated
 1-1/2 cups Fontina cheese, grated
 1/2 cup Pecorino Romano cheese, grated
 3 Tbsp. Flour
 1/2 cup Hannaford Inspirations Sun Dried Tomato Bruschetta
 Dunkables (such as French bread cubes, cooked sweet Italian sausage, cherry tomatoes)

DIRECTIONS:

STEP 1: Rub a fondue pot or heat-proof ceramic pot with garlic. STEP 2: Add wine and heat over medium heat until tiny bubbles appear at the sides of the pot. STEP 3: Combine cheeses with flour in large bowl. Toss to coat. STEP 4: Slowly add cheese a handful at a time, stirring constantly to melt. Continue process until all cheese is melted. STEP 5: Just before serving, pour the Sun Dried Tomato Bruschetta over top and swirl into cheese. Serve with French bread cubes, cooked sausage and cherry tomatoes.

Serves 4



fresh ideas for homemade favorites

Spring is a great time to freshen up your menu. Expand your dinner repertoire with these distinguished dishes. Our skillet salmon is sure to be a favorite of diners and cooks - it's a 15-minute recipe with a gourmet taste. Venture out and enjoy!



SKILLET SALMON

Active Time: 5 minutes

Total Time: 15 minutes

INGREDIENTS:

- 4 (8 oz. each) Salmon fillets, farm-raised or organic, skin on
Kosher salt and fresh ground black pepper, to taste
- 2 Tbsp. Olive oil
2 Tbsp. Fresh lemon juice
1/4 cup Red bell peppers, chopped, for garnish (optional)
Fresh tarragon, chopped, for garnish (optional)

DIRECTIONS:

STEP 1: Preheat oven to 400°. Sprinkle both sides of salmon with salt and pepper.
STEP 2: Heat olive oil in a large, ovenproof pan until very hot. Place salmon fillets in pan; let cook undisturbed 1 minute.
STEP 3: Gently slide a rubber spatula under salmon fillets to prevent sticking; continue cooking 1-1/2 minutes, until bottom is browned. **STEP 4:** Carefully turn salmon fillets; repeat on second side.
STEP 5: Pour lemon juice over salmon. Place pan with salmon in oven; bake 8-10 minutes, or until a thermometer reads 145°. Remove salmon from pan, place onto serving plates, and serve garnished with peppers and tarragon (optional) or topped with Springtime Vegetable Sauce (recipe follows).

Serves 4

Approximate nutritional values per serving:
325 Calories, 1g Carbohydrates, 45g Protein,
15g Fat (2g saturated), 118mg Cholesterol,
211mg Sodium, 1g Fiber

fresh entrées

Springtime Vegetable Sauce (for Skillet Salmon)

Active Time: 18 minutes

Total Time: 18 minutes

INGREDIENTS:

- 2 Tbsp. Olive oil
2 Tbsp. Shallots, minced
2 tsp. Garlic, minced
25 Asparagus spears, cut 2" from tip, bottom discarded
- 1/4 cup Dry white wine
1/4 cup Clam juice
1 Tbsp. Unsalted butter
4 Artichoke hearts, in jar, quartered
1 Tbsp. Capers, rinsed
12 Yellow teardrop tomatoes, halved
- 12 Red cherry or grape tomatoes, halved
Kosher salt and fresh ground black pepper, to taste

DIRECTIONS:

STEP 1: Heat oil in a medium sauté pan over medium heat. Sauté shallots for 1 minute; add garlic, sauté 15 seconds.
STEP 2: Stir in asparagus; add wine and clam juice. Bring to a simmer; simmer 2 minutes. **STEP 3:** Add butter, artichoke hearts, capers and tomatoes. Simmer, stirring constantly, 1 minute.
STEP 4: Remove from heat; season with salt and pepper to taste.
Makes 2 cups (4 servings; 1/2 cup per serving)

Approximate nutritional values per serving:
188 Calories, 20g Carbohydrates, 6g Protein,
10g Fat (3g saturated), 8mg Cholesterol,
203mg Sodium, 8g Fiber

TOMATO-MUSHROOM RISOTTO

Active Time: 40 minutes

Total Time: 60 minutes

INGREDIENTS:

- 2-1/2 cups Plum tomatoes, cored and diced (or canned, diced tomatoes, drained)
- 3-3/4 cups Fat-free chicken broth
1/4 cup Extra-virgin olive oil
10 oz. Button mushrooms, quartered
8 oz. Portobello mushrooms, halved and sliced
- 2/3 cup Yellow onion, finely chopped
2 tsp. Garlic, minced
1-1/2 cups Arborio rice
1/2 cup Dry white wine
1/4 tsp. Saffron, crushed (located in organic section)
- 1/2 cup Jumbo black olives, pitted and sliced
3 Tbsp. Flat leaf parsley, chopped
3/4 cup Parmesan-Reggiano, grated
Kosher salt and fresh ground black pepper, to taste
Flat leaf parsley, for garnish

DIRECTIONS:

STEP 1: Combine tomatoes and broth in a medium saucepan; bring to a simmer, cover, and keep warm. **STEP 2:** Heat oil in a large sauté pan over medium-high heat. Add mushrooms, sauté until liquid has evaporated; remove from pan and reserve. **STEP 3:** Add onion and garlic to same sauté pan; sauté stirring constantly until soft, about 4 minutes, adding additional oil if necessary. **STEP 4:** Add rice, stir to coat with oil; continue to stir rice and add wine. Reduce heat to medium-low; cook

uncovered until wine is absorbed, about 2-3 minutes; stir in saffron.
STEP 5: Reduce heat to low; add warm broth mixture to rice in additions, 1-1/2 cups at a time, stirring constantly after each addition until all liquid is absorbed.
STEP 6: Continue to cook rice until tender, but slightly al dente, about 15-20 minutes; remove from heat. Fold in reserved mushrooms, olives, parsley and grated cheese; season with salt and pepper to taste.
STEP 7: Garnish risotto with chopped parsley and serve immediately with additional grated cheese.

Serves 4-6

Approximate nutritional values per serving:
455 Calories, 59g Carbohydrates, 20g Protein,
17g Fat (4g saturated), 9mg Cholesterol,
883mg Sodium, 3g Fiber



WINE PAIRING:

Matua Valley Pinot Noir (Marlborough, New Zealand)
New Zealand makes Pinot Noir in a bright, fresh and fruity style, with low tannins and a soft, smooth finish. It is a light- to medium-bodied wine - just right to complement the richness of salmon. A red-wine-with-fish combination that works every time.





fresh entrées

CRAB CAKES WITH LEMON-CAPER REMOULADE

Active Time: 1 hour, 30 minutes

Total Time: 1 hour, 30 minutes

INGREDIENTS:

3 cups	Baguette bread, crusts removed, torn into bite-size pieces (about 2 loaves)
2 lbs.	King crab legs (approx. 1 lb. crab meat)
1/2 lb.	Shrimp, raw, peeled, de-veined, and chopped
1/4 cup	Olive oil
1 tsp.	Garlic, minced
1/4 cup	Yellow onion, minced
1/4 cup	Celery, finely chopped
1/4 cup	Red pepper, finely chopped
2 Tbsp.	Fresh lemon juice
1 tsp.	Worcestershire sauce
1 Tbsp.	Fresh herbs (parsley, chives, thyme, dill, basil), chopped
Pinch	Cayenne pepper
	Kosher salt and fresh ground black pepper, to taste
1 cup	Lemon-Caper Remoulade (recipe follows)

DIRECTIONS:

STEP 1: Process bread in food processor until consistency of coarse crumbs; set aside. **STEP 2:** Remove crabmeat from shells; tear into chunks and place in medium mixing bowl. **STEP 3:** Purée shrimp in food processor; combine well with crab.

STEP 4: Heat 1 Tbsp. olive oil in large sauté pan over medium heat. Sauté garlic, onion, celery and red pepper for 2 minutes. Gently fold vegetables

into crab mixture. **STEP 5:** Stir in lemon juice, Worcestershire and fresh herbs. **STEP 6:** Gently fold half of breadcrumbs into crab mixture. Season to taste with cayenne, salt and pepper. **STEP 7:** Line a baking sheet with plastic wrap. Form crab mixture into cakes, about 1/4 cup crab mixture per cake; place on lined baking sheet. **STEP 8:** Heat remaining oil in large sauté pan over medium heat. Lightly coat crab cakes with remaining breadcrumbs and carefully add to pan; cook 3 minutes per side, or until golden brown. Cook crab cakes in 2 or 3 batches. **STEP 9:** Remove crab cakes from pan; drain on plate lined with paper towel. Serve with Lemon-Caper Remoulade.

Lemon-Caper Remoulade (Makes approximately 1 cup)

1 cup	Mayonnaise
1 Tbsp.	Capers
1 Tbsp.	Scallions, finely chopped
1 Tbsp.	Cornichon or dill gherkin pickles, finely chopped
1 tsp.	Fresh lemon juice
1/8 tsp.	Lemon zest
1 tsp.	Dijon mustard
1 drop	Tabasco sauce
	Kosher salt and white pepper, to taste

DIRECTIONS:

Combine all ingredients. Refrigerate until ready to serve.

**Makes about 12 crab cakes
(6 servings; 2 crab cakes
per serving)**

Approximate nutritional values per serving:
609 Calories, 29g Carbohydrates, 28g Protein,
44g Fat (6g saturated), 138mg Cholesterol,
1041mg Sodium, 1g Fiber

Chef Chat:

- Use a 1/4 measuring cup to form the crab cakes, and then pat each cake slightly to finish forming.
- To test the oil temperature and the seasonings of the crab cake mixture before forming all of the crab cakes, form and cook a small crab cake. Adjust the crab cake mixture seasoning if necessary.



WINE PAIRING:

**Brancott
Sauvignon Blanc
(Marlborough, New Zealand)**
This delicious Sauvignon Blanc from New Zealand combines rich tropical flavors of pineapple, banana and mango with crisp, lemony acidity to make your mouth water for another bite of the crab cake. Sauvignon Blanc and seafood are always a good match.



fresh entrées

smokehouse barbeque

If it's warm enough to venture outdoors (even if you're wearing a parka), it's time to start grilling. Nothing beats that smoky just-off-the-grill taste. And grilling is so versatile. Love that sweet Kansas City-style barbeque taste? Try our barbeque pork ribs. In the mood for veggies? Our grilled vegetable packets are heavenly. You've got a whole season of grilling ahead of you, so get started.

KANSAS CITY-STYLE BARBEQUE PORK RIBS

Active Time: 50 minutes

Total Time: 6 hours

INGREDIENTS:

2 Tbsp.	Light brown sugar
1 Tbsp. each	Kosher salt, onion salt, chili powder and celery salt
1 tsp. each	Garlic salt, ground cumin, fresh ground black pepper, ground turmeric and dry mustard
1/4 tsp. each	Cinnamon, ground nutmeg and ground ginger
Pinch	Ground red pepper
4 lbs.	St. Louis or baby back pork ribs
4 cups	Applewood or hickory wood chips
1-1/2 cups	Hannaford Inspirations Red Apple Grilling Sauce

DIRECTIONS:

STEP 1: Combine all dry ingredients; cut rib racks into smaller sections, rub mixture onto entire surface of ribs. Place ribs into large zip-lock bags and seal; refrigerate at least 2 hours, or overnight. **STEP 2:** Soak wood chips in water or beer for 2 hours; drain half of wood chips, leave other half soaking. Place drained wood chips into a smoke box* (or use aluminum foil formed into a small container to hold wood chips).

STEP 3: Remove grill rack from a gas grill**; position smoke box filled with drained wood chips close to burner so that flames will not directly hit wood chips, and so that you can drop more wood chips into box through grill rack later, if necessary; replace grill rack. Close grill lid and preheat grill with all burners on medium heat. You should not see smoke right away; if you do, lower heat. **STEP 4:** Once grill is preheated, turn off half of the grill burners and place ribs on the section of grill rack without a direct flame underneath***. Reduce heat of other burner to medium to medium-low (325°). **STEP 5:** Close grill lid; smoke ribs 1-1/2 to 2-1/2 hours, or until tender and the meat is pulling back from the bone; turn ribs after about 1 hour. Check wood chips occasionally to make sure they are not burning. If additional wood chips are needed, drain remaining wood chips and drop into smoke box through grill rack while smoke-cooking. If desired, brush ribs with grilling sauce during the last 15-20 minutes of grilling.

STEP 6: Remove ribs from grill; cut into smaller portions, and serve with remaining grilling sauce for dipping.

Serves 4-6

Approximate nutritional values per serving:
675 Calories, 34g Carbohydrates, 31g Protein,
45g Fat (16g saturated), 152mg Cholesterol,
2024mg Sodium, 2g Fiber

BBQ 101:

Kansas City-style rubs and sauces tend to be on the milder, sweeter and flavorful side rather than salty, strong flavored and spicy.

** Smoke boxes are available at most hardware stores.*

*** If using a charcoal grill, remove grill grate, add coals, and light coals. Place 1 cup of soaked wood chips onto burning coals; close grill lid. Once you see smoke, rake the coals and embers to both sides, and carefully place an aluminum drip pan under grill grate between burning coals. Replace grill grate; place ribs onto center of grill grate over drip pan; close grill lid. Smoke-cook at 325° for 1-1/2 to 2-1/2 hours, or until ribs are tender and the meat is pulling back from the bone. After approximately 1 hour, add more coals and 1/2 cup soaked wood chips to each side, turn ribs, and continue smoke-cooking. If desired, brush ribs with grilling sauce during the last 15-20 minutes of grilling.*

**** An alternate method to turning off a portion of the burners is to fit a roasting rack into a heavy-duty aluminum pan, fill with 1" of water, and place ribs onto roasting rack inside the aluminum pan. Make sure the roasting rack is tall enough so ribs do not touch the water in bottom of aluminum pan. Reduce heat of all burners to medium to medium-low (325°), place pan with ribs onto center of grill rack, and proceed with STEP 5.*



fresh entrées

TERIYAKI-MARINATED GRILLED SHRIMP OVER VEGETABLE RICE

Active Time: 40 minutes

Total Time: 50 minutes, plus marinating time

INGREDIENTS:

1 cup	Hannaford Inspirations Teriyaki Marinade
3/4 cup	Extra-virgin olive oil
3 cloves	Garlic, sliced
2 Tbsp.	Flat leaf parsley, chopped
1 Tbsp.	Fresh rosemary, chopped
1/2 cup	Yellow onion, coarsely chopped
1 lb.	Shrimp (26/30), peeled and de-veined
8 (6")	Wooden skewers
1 tsp.	Kosher salt
1/2 tsp.	Cracked black pepper
4 cups	Vegetable Rice (recipe follows)
	Flat leaf parsley, chopped, for garnish

DIRECTIONS:

STEP 1: In a large bowl, stir together teriyaki marinade, olive oil, garlic, parsley, rosemary and onion; reserve 1/4 cup of marinade mixture, set aside in refrigerator. **STEP 2:** Place shrimp in a large zip-lock bag, pour marinade over shrimp; seal bag, refrigerate 2 hours. **STEP 3:** Soak skewers in water

for 20 minutes. Coat grill rack with oil, preheat grill 15 minutes on high.

STEP 4: Remove shrimp from marinade; discard marinade. Place 3 shrimp onto each skewer, leaving about 1" between each shrimp; season shrimp with salt and pepper. **STEP 5:** Reduce grill heat to medium; grill shrimp until opaque in center while basting frequently with reserved marinade, approximately 3-4 minutes per side; remove shrimp from grill. **STEP 6:** Divide Vegetable Rice over 4 serving plates, place 2 shrimp skewers over rice on each plate, and garnish each with chopped parsley.

Serves 4

Vegetable Rice

1 cup	Instant long grain white rice
2 Tbsp.	Olive oil
1 cup	Yellow onion, chopped
1/2 cup	Red bell pepper, seeded and chopped
1/2 cup	Yellow bell pepper, seeded and chopped
1 cup	Zucchini, chopped
2 Tbsp.	Hannaford Inspirations Teriyaki Marinade (optional)
2 Tbsp.	Pine nuts, toasted
	Kosher salt and fresh ground black pepper, to taste

DIRECTIONS:

STEP 1: Prepare rice according to package directions. **STEP 2:** Heat oil in large sauté pan over medium-high heat; add onion and peppers, sauté 3 minutes. **STEP 3:** Add zucchini; continue to sauté until vegetables are tender, about 2-3 minutes; stir in marinade if using, sauté 30 seconds. **STEP 4:** Remove from heat; fold rice and pine nuts into sauté pan with vegetables and season with salt and pepper to taste.

Makes about 4 cups

Approximate nutritional values per serving (approximately 6 shrimp and 1 cup rice): 612 Calories, 46g Carbohydrates, 23g Protein, 37g Fat (5g saturated), 175mg Cholesterol, 1475mg Sodium, 3g Fiber

fresh entrées

GRILLED VEGETABLE PACKET

Active Time: 13 minutes

Total Time: 33 minutes

INGREDIENTS:

2 Tbsp.	Hannaford Inspirations Basil Dipping Oil
2 Tbsp.	Balsamic vinegar
1-2 cloves	Garlic, crushed
1/4 tsp.	Fresh thyme, chopped
1/4 tsp.	Kosher salt
1/4 tsp.	Fresh ground black pepper
1/8 tsp.	Ground red pepper
3.5 oz.	Shiitake mushrooms, stems trimmed
1/2 medium	Red onion, quartered
1 medium	Red pepper, seeded and cut into eighths
1 medium	Yellow pepper, seeded and cut into eighths
1/2 cup	Grape tomatoes, whole
1 cup	Baby eggplant, sliced 1/4" thick and quartered
8	Asparagus spears, cut 4" long

DIRECTIONS:

STEP 1: Preheat grill to medium-high (or an oven to 450°). **STEP 2:** Whisk together oil, vinegar, garlic, thyme, salt, pepper and ground red pepper in a small bowl (or place ingredients into a cruet and shake to combine). **STEP 3:** Place vegetables in a large bowl; pour oil mixture over vegetables. **STEP 4:** Toss vegetables carefully to coat or use salad tongs to mix vegetables with oil mixture. **STEP 5:** Place an 18x24" piece of aluminum foil on a flat surface; place vegetables onto the center of the foil. **STEP 6:** Bring the sides of foil up and together over center of vegetables, and fold down twice to make a double fold over the vegetables; double fold both open ends of the foil packet toward vegetables. **STEP 7:** Place vegetable packet on the grill rack and cover grill; grill approximately 20 minutes (or place vegetable packet on a baking sheet and into the oven; roast approximately 20 minutes). **STEP 8:** Carefully remove vegetable packet from grill. Open one end of foil

and allow steam to escape, then open top of packet; pour vegetables into a serving bowl, season with additional salt and pepper to taste, and serve.

Serves 4

Approximate nutritional values per serving:
172 Calories, 28g Carbohydrates, 4g Protein,
7g Fat (1g saturated), 0mg Cholesterol,
124mg Sodium, 5g Fiber

Chef Chat:

- *Other vegetable suggestions: broccoli, portobello mushrooms, cauliflower, zucchini, pattypan squash and new potatoes.*
- *Foil packets provide both convenience and a healthy method of cooking foods. Foods cook in their own juices, sealing in flavor while retaining the natural vitamins and minerals.*
- *It doesn't matter which surface of the foil (dull or shiny) is on the inside.*
- *To ensure even cooking, cut vegetables into uniform pieces.*
- *When enclosing the vegetables in the foil packet, make sure that it's not closed too tightly, so that heat can circulate around the vegetables.*

step 3



step 4



step 5



step 6



same Häagen-Dazs®, half the fat
tasting is believing



made like no other™

Häagen-Dazs

Light



Yum!



fresh kids

Spring is here, so why not let the kids celebrate with a Saturday cupcake decorating party? Stop by your local Hannaford and pick up the ingredients for your favorite cupcakes along with some fun decorations, and let the kids' imaginations run with sweet creativity.

fun cupcakes with easy buttercream icing

Active Time: 15 minutes

Total Time: 15 minutes

INGREDIENTS:

1/2 cup	Vegetable shortening
1/2 cup	Unsalted butter, softened
3-1/2 cups	Confectioner's sugar
1 tsp.	Vanilla extract
2 Tbsp.	2% milk

DIRECTIONS:

Step 1: Follow directions to make your favorite cupcakes.

Step 2: Use an electric mixer with a paddle attachment to blend shortening and butter on medium speed for 2 minutes. Using a rubber spatula, scrape down sides and bottom of bowl and mixer paddle.

Step 3: Gradually add confectioner's sugar, 1/2 cup at a time, mixing on low speed first and then medium speed. Scrape down sides and bottom of bowl and mixer paddle after each addition.

Step 4: Add vanilla; mix on medium speed for 1 minute; scrape down sides and bottom of bowl and mixer paddle.

Step 5: Add milk; mix on medium speed for 1 minute.

Step 6: Frost cupcakes immediately or store icing in refrigerator in an airtight container. Decorate cupcakes as desired.

Makes 2-1/2 cups (frosts 24 2-1/2" cupcakes) (12 servings; approximately 3-1/2 Tbsp. per serving)

yummy decorating ideas:

1. large gumdrops in the center of a cupcake surrounded with confetti candy sprinkles
2. chocolate kisses surrounded by colored nonpareils, flower petal sprinkles or stars
3. pipe colored icing onto the cupcakes to create smiley faces, peace signs and flowers



dessert in a snap

Ice cream sandwiches are a tasty anytime treat. Here's a fresh take on the all-time classic - rich vanilla bean ice cream sandwiched between two delicious ginger cookies.

GINGERSNAP ICE CREAM SANDWICHES

Active Time: 20 minutes
Total Time: 35 minutes

INGREDIENTS:

1/4 cup	Unsalted butter, at room temperature
1/2 cup	Sugar
1/4 cup	Molasses
1 large	Egg, at room temperature
1-1/2 cups	All-purpose flour
1 Tbsp.	Unsweetened cocoa powder
1-1/2 tsp.	Ground ginger
1/2 tsp.	Baking soda
1/4 tsp.	Salt
1/4 tsp.	Ground nutmeg
1/4 tsp.	Ground cloves
1/8 tsp.	Ground allspice
	Non-stick baking spray, as needed
4 cups	Vanilla bean ice cream
	Powdered sugar, for garnish

DIRECTIONS:

STEP 1: Preheat oven to 375°. Place butter into bowl of an electric mixer with paddle attachment; mix on medium speed, 15 seconds.

STEP 2: Add sugar; cream together with butter on medium speed 1 minute; using a rubber spatula, scrape down sides and bottom of bowl and mixer paddle; with mixer on medium-high, continue creaming mixture until light and fluffy, about 2 minutes, scraping down bowl and paddle after 1 minute. **STEP 3:** Add molasses; mix on medium speed until fully incorporated, about 30 seconds; scrape down bowl and paddle.

STEP 4: Add egg; mix on medium speed 30 seconds, scrape down bowl and paddle; mix on medium-high speed until fully incorporated, about 1 minute, scrape down bowl and paddle.

STEP 5: Sift together flour, cocoa powder, ginger, baking soda, salt, nutmeg, cloves and allspice; add to mixer bowl, mix on low speed 30 seconds, scrape down bowl and paddle; mix on medium-high speed until fully combined, about 1 minute.

STEP 6: Spray baking sheets with baking spray. Fill a plain-tip pastry bag with cookie dough (or use a small spoon); drop quarter-size amounts of dough onto baking sheets, leaving about 3" between cookies. **STEP 7:** Bake cookies 8-10 minutes; remove from oven, let sit briefly on baking

fresh desserts

sheets; carefully remove cookies using an offset spatula and place on wire rack to cool. **STEP 8:** Place about 1/4 cup of ice cream between 2 cookies and press together gently, sift powdered sugar over sandwiches, and serve immediately.

Makes approximately 32 (2") cookies or 16 ice cream sandwiches (8 servings; 2 ice cream sandwiches per serving)

Approximate nutritional values per serving:
356 Calories, 54g Carbohydrates, 6g Protein, 14g Fat (8g saturated), 71mg Cholesterol, 212mg Sodium, 1g Fiber

Chef Chat:

- Use a large zip-lock bag with a bottom corner cut off as a substitute for a pastry bag.
- Sandwiches can be made ahead of time and stored in a sealed freezer-safe container in the freezer until ready to eat.

hungry for more?

In the next issue of *fresh*, we're talking summer. Hot days, warm nights and some of the best summer foods and recipes to enjoy and share. We'll be heating things up with great grilling recipes and cooling you down with delicious summer fruit and dessert ideas. Plus, *fresh* magazine will have a bold new look with new features, articles and plenty of help in the kitchen. See you back here in July.

