

Healthy Swaps for the New Year with Cribbs in the CLE and Heinen's

Mushroom Bolognese

Shopping List:

- Bonza Chickpea Spaghetti
- Blended Mushrooms
- Heinen's Marinara Sauce
- White Wine
- Whole Milk
- Grated Parmesan Cheese



Instructions: Cook the pasta and set aside. Roughly chop and sauté the mushrooms in olive oil. When the mushrooms are browned add the wine and reduce until the pan is almost dry. Add a splash of milk and the marinara sauce and gently cook for 10 minutes so the flavors can blend. Toss the sauce with the pasta. Serve with grated parmesan on the side.

Build-Your-Own Grain Bowls

Shopping List:

- Heinen's Chicken Bone Broth
- Heinen's Shelf Stable Grains: Such As: Quinoa, Ancient Grains, Black Rice etc.
- Heinen's Pulled White Meat Chicken (or Protein of your Choice)
- Spinach
- Roasted Red Pepper Strips
- Diced Avocado
- Walnuts

Instructions: Heat the broth in a pan, when it is simmering add any other ingredients you may like before serving.

Sheet-Pan Salmon and Green Beans

Shopping List:

- Verlasso Salmon, Whole Side
- Fresh Cleaned Green Beans
- Two Brothers Seasoning
- Davina Roasted Tomatoes
- Chopped Garlic
- Toasted Pine Nuts
- Around 10 Very Thin Slices of Lemon

Instructions: Place the side of salmon skin side down on an oiled sheet tray. Season the salmon and green beans with the 2 Brothers seasoning. Place the green beans, tomatoes, and garlic around the salmon. Scatter the lemon slices over the fish and green beans. Bake in a 400 degree oven until the salmon is done to your liking. Sprinkle the pine nuts over the green beans, drizzle the fish and beans with a little olive oil and a squeeze of lemon juice just before serving.

