



FOOD LION Recipes



Apple-Cranberry Chicken Roulade

Preparation: 15 min. Cooking: 25 min. ■ Serves 4 people

- 1 Gala apples, 1/4" diced
- 1/2 cup *Food Lion* dried cranberries
- 1/3 cup shredded Gouda cheese
- 1/4 cup *Food Lion* bread crumbs
- 1 tsp. salt, divided
- 2 *Nature's Place* chicken breast (boneless, skinless)
- 1 tbsp. *my essentials* butter
- 1/3 cup white wine
- 1/4 cup water
- 1 - 1/2 tbsp. *Food Lion* cornstarch
- 1 - 1/2 tbsp. cold water
- 1 tbsp. fresh parsley chopped

In a mixing bowl combine the apples, cranberries, cheese, bread crumbs and 1/2 tsp. salt. Pound the chicken until thin (1/2"). Season each breast with remaining 1/2 tsp. salt, then fill with the apple mix and roll the chicken around it. Secure with toothpicks. In a large sauté pan melt butter over medium heat and sear chicken rolls on both sides until golden brown. Add wine and water. Cover pan and lower heat to medium-low, cook for about 15-20 minutes. As soon as chicken reaches internal temperature of 165° F, remove it and transfer to a plate, loosely cover with foil and let it rest for 5 min. In a small bowl, mix cornstarch with cold water until diluted. Pour into the pan with chicken juices and bring to a boil for a minute or two, until it thickens. Remove toothpicks from chicken. Slice into 1/2" slices. Top with sauce and fresh parsley.

WINE FINDS AT FOOD LION:

Pairs excellent with Folatre Chardonnay, white (Curico, Chile)



Easy, Fresh, Kale, Tomato and Lemon Pasta

Preparation: 5-10 min. Cooking: 10 min. ■ Serves 6-8 people

- 1 lb. *Food Lion* whole grain linguine
- 1/4 cup *my essentials* extra virgin olive oil
- 2 cloves garlic, minced
- 1 large shallot, minced
- 2 pints of whole cherry or grape tomatoes, sliced into halves
- 1 bunch kale, (6 cups packed) and chopped
- Salt and black pepper to taste
- *Food Lion* red pepper flakes to taste
- Zest of 1 lemon
- 1/2 stick (4 tbsp) *my essentials* butter, cut into 4 pieces
- 1 tbsp. fresh lemon juice
- 4 oz. *Taste of Inspirations* Feta cheese, crumbled

Set a large pot of salted water on to boil (covered). Cook pasta according to package directions. In a large, heavy-bottomed skilled or shallow pot, heat 3 tbsp. of olive oil over medium heat. Add minced garlic and shallots. Cook for 2 min., until shallots are soft and garlic is fragrant, but not browned. Turn heat up to high, add cherry tomatoes and cook for 2 min., then add kale and season black peppers and salt. Turn kale over in pan so that tomatoes are on top. Cook for 2-4 min. longer, until kale is wilted and bright green. Turn off heat and stir in lemon zest and butter. Toss pasta, kale mixture together. Sprinkle fresh lemon juice and drizzle on remaining tablespoon of olive oil. Top with Feta cheese and serve.

WINE FINDS AT FOOD LION:

Pairs deliciously with *Insomnia* White Blend, California



Stuffed Zucchini and Beef with Mozzarella Cheese

Preparation: 5-10 min. Cooking: 10-12 min. ■ Serves 4-6 people

- 1 lb. *Food Lion* ground beef, cooked and drained
- 1/2 onion, finely diced
- 2 tbsp. garlic, minced
- 1/4 cup fresh cilantro, chopped
- 1 lb. *my essentials* mozzarella cheese, shredded
- 2 jalapeno peppers, seeds removed
- 4 zucchini squash, similarly sized
- 3 cups *Food Lion* diced tomatoes, canned
- 2 tbsp. basil, fresh
- Salt and black pepper to taste

Cut zucchini into cylinders about 2 in. long. Using a spoon or melon baller, scoop out seeds from zucchini cylinders, leaving a bottom in each cylinder to form a cup. Bring a pot of water to a low boil, and add 1 tbsp. of salt water. Add zucchini cups to water; allow them to cook for 2 min. and remove from water. Saute onions and garlic together until they are translucent. Mix onions and garlic with cooked ground beef. Add chopped cilantro to the beef mixture. Fill each cup halfway with beef mixture, and fill rest of the way with the mozzarella cheese. Bake cups in a preheated 375° F oven until cheese is lightly browned. When zucchini is ready, remove from oven and keep warm. In a pan add tomatoes and jalapenos and bring them to a simmer. Reduce liquid in pan by half. Season as desired. Divide evenly between 4 bowls. Arrange three or four cups in each bowl, garnish bowls with thinly-sliced basil leaves and serve immediately.

WINE FINDS AT FOOD LION:

Pairs wonderfully with Folatre Carmenere, red (Curico, Chile)



Easy fresh affordable

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Chicken Roulade*

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*Easy, Fresh, Kale,
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*Stuffed Zucchini and Beef
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