



## Healthy Living at Hannaford



### Turkey and Mandarin Orange Wraps

#### Ingredients:

- 4 (10-inch) whole wheat flour tortillas
- 4 oz (half of large block) Hannaford Neufchatel cream cheese, softened
- 1 cup Dole Mandarin Oranges (packed in juice), drained and chopped
- 1/4 cup chopped scallions
- 1/2 lb Hannaford Inspirations Smoked Turkey Breast (one star), sliced thin
- 20 medium spinach leaves, washed, dried, stems removed

#### Directions:

1. Combine cream cheese and oranges until mixed. Spread 1/4 of mixture on each tortilla. Sprinkle each with scallions.
2. Divide turkey into 4 portions and mound in center of tortilla, leaving 1 inch open around edges. Top with spinach.
3. Fold envelope style by folding up bottom and top edges 2 inches, then folding each side inward.



### The Roast Beef Sandwich

#### Ingredients:

- 8 slices 100% Whole Wheat Bread
- 2 tablespoon Hellmann's Mayonnaise Dressing with Extra Virgin Olive Oil
- 4 slices Cabot 50% Reduced Fat Cheddar Cheese
- 1/2 lb Hannaford Inspirations Roast Beef (one star)
- One large tomato, sliced into 4 thin slices
- Romaine lettuce

#### Directions:

Create 4 traditional sandwiches out of the delicious ingredients above.



### Interested in learning more?

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## Healthy Living at Hannaford



### Tomato Basil Cheddar Lasagna

#### Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, minced
- 1 clove garlic, minced
- 1 1/2 pounds ground beef
- 1 jar (32 oz) Ragu Old World Pasta sauce
- 1 package lasagna noodles
- 2 lb ricotta cheese
- 1/4 cup plus 2 tablespoons Parmesan cheese, grated & divided
- 2 large eggs, beaten
- Salt and ground black pepper to taste
- 10 oz Cabot Tomato Basil Cheddar, grated (about 2 1/2 cups), divided

#### Directions:

1. Preheat oven to 350 degrees. In large skillet over medium heat, heat oil; add onion and garlic and sauté until golden. Add ground beef and cook, breaking up with wooden spoon, until no longer pink. Tilt pan and spoon off excess fat.
2. Stir in marinara sauce and simmer until slightly thickened, about 5 minutes.
3. Meanwhile, cook lasagna noodles according to package directions. Drain and set aside.
4. In large bowl, combine ricotta, 2 cups of cheddar and 1/4 cup of Parmesan. Mix in eggs and season with salt and pepper.
5. Spread thin layer of meat sauce over bottom of a 9x13-inch baking dish. Add layer of noodles. Spread half of ricotta mixture on top of noodles, followed by one-third of remaining meat sauce.
6. Repeat layers and top with final layer of noodles. Spread remaining sauce over noodles and sprinkle with remaining cheddar and Parmesan.
7. Cover dish with foil and bake for 35 minutes. Remove foil and bake for 5 minutes longer or until cheese is melted and bubbling.



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### Baked Pasta Primavera Casserole

Melted mozzarella cheese tops this casserole loaded with vegetables. It's a veggie meal the whole family will enjoy!

#### Ingredients:

- 1 jar (23.9 oz) Ragu® Old World Style® Pasta Sauce
- 2 cups shredded mozzarella cheese (about 8 oz), divided
- 1/2 cup grated Parmesan cheese
- 1 bag (16 oz) frozen Italian-style vegetables, thawed
- 1 cup cherry tomatoes
- 1/2 lb ziti or penne pasta, cooked and drained

#### Directions:

1. Preheat oven to 350 degrees.
2. Combine Ragu® Old World Style® Pasta Sauce, 1 cup mozzarella cheese and Parmesan cheese in large bowl. Stir in vegetables and hot ziti.
3. Spoon pasta mixture into 2-1/2-quart casserole; sprinkle with remaining 1 cup mozzarella cheese. Bake uncovered 30 minutes or until heated through.



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