



River Recipes

All the ingredients found in these delicious recipes can be found at your local Weis Market – Where Freshness Matters.



Super Foods! Super Dinner!

Trying to get all those Super Foods into your dinner and keep your family happy? It is possible! Try this fantastic menu inspired by all the Super Foods buzz we hear about!

- ❖ *Orange glazed Salmon over Wilted Spinach*
- ❖ *Quinoa with broccoli, black beans, and butternut squash*
- ❖ *Baked Sweet Potato Fries*
- ❖ *Blueberry Cobbler*

Orange Glazed Salmon over Wilted Spinach

Orange Glazed Salmon

2 6 oz portions of Wild Salmon
1/4 cup of orange marmalade
2 Tbsp orange juice
2 Tbsp soy sauce
1 Tbsp brown sugar
1 tsp freshly grated ginger
Olive oil to saute

Bed of Wilted Spinach

Olive oil to saute
2 cups baby spinach
2 or 3 cloves of garlic, minced

Mix marmalade, orange juice, soy, brown sugar, and grated ginger together in a small pan to melt and combine. Next heat a saute pan or use your broiler....cook salmon on both sides for 2 minutes. Then coat your salmon with the marmalade mixture. It will start to turn a lovely brown caramel color. Be careful that the heat isn't too hot or it will burn the outside before cooking the inside. In a separate pan, heat olive oil. Place the baby spinach in the pan and start to saute. Once it starts to wilt, add garlic and finish cooking. Be careful not to burn the garlic. The idea is to cook it long enough to flavor the spinach.

Place the wilted spinach on the center of the plate and then gently place the salmon on top. This is an easy and very healthy dinner. Enjoy!

Quinoa with broccoli, black beans, and butternut squash

Olive oil to saute
1 onion, chopped
3 cloves garlic, minced
1 cup uncooked quinoa
2 cups vegetable stock or chicken-heated
1/2 cup of steamed broccoli
1/2 cup butternut squash, pre-cooked and cubed
salt and pepper to taste
1 cup corn kernels
1 (15 ounce) cans black beans, rinsed and drained

This is very similar to cooking risotto. In a large sauce pan, saute the onions in the olive oil. Next add the quinoa and stock. Once the quinoa starts to absorb the stock, add the remaining ingredients and gently stir. Add salt and pepper to taste.

Baked Sweet Potato Fries

2 large Sweet Potatoes
Olive oil
Salt and pepper to taste
Cinnamon (optional)
Large Baking Sheet

Cut sweet potatoes into french fry sticks. Toss in olive oil, salt and pepper. Bake in a pre-heated 350F degree oven until crispy. Sprinkle with Cinnamon if you like for a sweeter taste.

Serve alone or as part of your dinner. Enjoy!

Blueberry Cobbler

Filling

3 pints fresh blueberries
1/2 tsp freshly grated nutmeg
1/2 tsp cinnamon
1/2 cup raw sugar
1/2 cup flour
1 cup flour

Topping

1 stick unsalted butter or 1/4 pound
1 cup light brown sugar
1 teaspoon ground cinnamon
1 cup rolled oats (not instant)
1/2 tsp unsalted butter (to grease pan)

Preheat oven to 350F degrees.

In a bowl combine the filling ingredients. Mix blueberries, nutmeg, cinnamon, sugar and 1/2 cup of the flour. Toss to mix and let sit for 15 minutes. Grease a 9-by-13 inch glass ovenproof baking dish with 1/2 teaspoon of the butter. Spread the berry mixture evenly in the baking dish.

In a separate bowl, cream the remaining stick of butter with the brown sugar until smooth. Add the cinnamon, the 1 cup of flour and the oats. Mix. Spread the oat topping mixture over the blueberry filling. Bake for 35-40 minutes until lightly golden brown. Once it is done, take it out and let it cool for 10-15 minutes. Serve a scoop of cobbler over vanilla ice cream and enjoy your night!