

dinner from the fast lane

YOUR FAST LANE SHOPPING LIST

PRODUCE

- Radicchio, 1 small head
- Asparagus, 1 bunch
- Red potatoes, 12 oz.
- Sugar snap peas, 8 oz.
- Fennel, 1 bulb

MEAT, FISH, AND DAIRY

- Hannaford® Italian sausage, 1-lb. package
- Fresh haddock, 4 (6-oz.) skinless fillets
- Taste of Inspirations® Parmesan Cheese
- Alouette Garlic & Herbs cheese spread, 1 (6.5-oz.) container

DRY GOODS AND CONDIMENTS

- Taste of Inspirations® Lemon Dill Sauce, 1 jar (find it near the fish counter)
- Taste of Inspirations® Mediterranean Mushroom Antipasto, 1 jar
- Hannaford® Orzo Pasta, 1 box
- Naan flatbreads, 2 (8.8-oz.) packages



1.

PARMESAN-BAKED HADDOCK WITH SPRING VEGETABLES

Total Time: 30 min.

Serves 4

Any firm white fish such as hake, halibut, or cod works just as well.

- 12 oz. red potatoes, scrubbed and sliced 1/4" thick**
- 2 Tbsp. Taste of Inspirations® Lemon Dill Sauce**
- 12 oz. asparagus (3/4 bunch), trimmed Salt and pepper**
- 4 (6-oz.) skinless haddock fillets**
- 1/4 cup shredded Taste of Inspirations® Parmesan Cheese**

1. Place a rack in the upper-middle of oven and heat to 425°. Add potatoes to a microwave-safe dish, cover, and microwave on high until just tender, 3 to 5 minutes. Toss with 1 tablespoon lemon dill sauce and spread out on a parchment-lined baking sheet.

2. Coat asparagus with 1 teaspoon lemon dill sauce, season with salt and pepper, and arrange around the perimeter of the baking sheet.

3. Brush remaining 2 teaspoons lemon dill sauce over fillets and sprinkle evenly with cheese; place on top of potatoes and bake until fish flakes easily with a fork and centers are opaque, 12 to 15 minutes.

Per Serving: 240 Cal; 5g Fat (1.5g Sat Fat); 95mg Chol; 490mg Sodium; 17g Carb; 2g Fiber; 31g Protein

HOW IT WORKS:

Fill your basket with the 13 ingredients listed above, then put them to work in three unique recipes.

COOK

dinner from
the fast lane

2.

**CREAMY SKILLET ORZO WITH
SAUSAGE AND MUSHROOMS**

Total Time: 30 min.

Serves 4

- 1 lb. Hannaford® Italian sausage, casings removed
- 1 jar Taste of Inspirations® Mediterranean Mushroom Antipasto, drained and chopped
- ½ fennel bulb, cored and chopped fine
- 3¼ cups water
- 1½ cups Hannaford® Orzo Pasta
- ½ head radicchio, cored and chopped
- 1 cup sugar snap peas, trimmed and halved
- ⅓ cup Alouette Garlic & Herbs cheese spread
- 1 Tbsp. Taste of Inspirations® Lemon Dill Sauce
- Salt and pepper
- ¼ cup shaved Taste of Inspirations® Parmesan Cheese
- 1 Tbsp. chopped fennel fronds

1. Cook sausage in a large nonstick skillet over medium-high heat for 5 minutes, breaking up meat into small pieces with a spoon. Add mushroom antipasto and fennel and cook until sausage is cooked through and lightly browned, about 5 more minutes.
2. **Prep-Ahead:** Reserve ½ cups of the sausage mixture for the mini pizza recipe.
3. Add water, orzo, and radicchio to remaining sausage in skillet and bring to a simmer. Partially cover, reduce heat to medium-low, and simmer until orzo is tender and liquid is absorbed, 12 to 15 minutes.
4. Remove skillet from heat, stir in snap peas, Alouette, and lemon dill sauce and season with salt and pepper to taste. Transfer to bowls and top evenly with Parmesan and fennel fronds before serving.

Per Serving: 490 Cal; 19g Fat (6g Sat Fat); 30mg Chol; 810mg Sodium; 56g Carb; 5g Fiber; 21g Protein



3.

**MINI SAUSAGE PIZZAS WITH
RADICCHIO-SNAP PEA SALAD**

Total Time: 20 min.

Serves 4

You can substitute 8" pocket-less pita for the naan.

- 4 pieces naan bread
- ½ cup Alouette Garlic & Herbs cheese spread
- 1½ cups cooked sausage mixture (from the orzo recipe)
- 4 oz. asparagus (¼ bunch), trimmed and cut into ½" pieces
- ¼ cup shaved Taste of Inspirations® Parmesan Cheese
- 2 Tbsp. Taste of Inspirations® Lemon Dill Sauce
- 2 Tbsp. water
- 1 cup sugar snap peas, trimmed
- ½ head radicchio, cored and sliced thin
- ½ fennel bulb, cored and sliced thin
- Salt and pepper

1. Place racks in upper-middle and lower-middle of oven and heat to 425°. Arrange naan on 2 lightly greased baking sheets and coat tops with cooking spray.
2. Leaving a 1" border all around, spread Alouette evenly over naan and top with sausage mixture, asparagus, and Parmesan. Bake until crusts are golden brown and toppings are hot, 8 to 10 minutes, rotating halfway through.
3. Meanwhile, whisk lemon dill sauce and water in a medium bowl. Add snap peas, radicchio, and fennel and toss to combine. Season with salt and pepper to taste and serve with pizzas.

Per Serving: 580 Cal; 24g Fat (9g Sat Fat); 35mg Chol; 1360mg Sodium; 70g Carb; 4g Fiber; 21g Protein