

## Vegetarian Mexican Pizzas

**Active Time: 25 minutes**

**Total Time: 30 minutes • Serves: 4**

- 4 ears fresh corn, husks and silk removed
- 2 tablespoons Schnucks olive oil
- 4 green onions, thinly sliced (about ½ cup)
- 2 medium tomatoes (about 8 ounces each), seeded and chopped (about 2 cups)
- ¼ teaspoon salt
- 3 tablespoons drained diced pickled jalapeño peppers (optional for additional heat)
- ½ cup Schnucks ranch dressing
- 1½ tablespoons adobo from canned chipotle chile peppers, or 2 teaspoons chipotle Tabasco® sauce
- 2 cans (15 ounces each) Schnucks black beans
- 4 large (10-inch) burrito sized flour tortillas
- 1 package (8 ounces) finely shredded Mexican style cheese blend
- ½ cup chopped fresh cilantro leaves

**1.** Prepare outdoor grill for direct grilling over medium-low heat. Cut corn kernels from cobs. You should have about 3 cups. In nonstick 12-inch skillet, heat oil over medium-high heat. Add corn, onions, tomatoes and salt and cook 10 minutes or until corn is tender and most liquid evaporates, stirring occasionally. Stir in jalapeños, if desired. Makes about 4 cups.

**2.** Meanwhile, in small bowl, stir together ranch dressing and adobo; set aside. Remove ¼ cup liquid from 1 can of beans and transfer to medium bowl. Drain remaining beans, but do not rinse; add beans to liquid in bowl. With potato masher, coarsely mash beans. Place tortillas on each of 2 large cookie sheets. Spread about ½ cup beans on each tortilla to cover. Sprinkle about 1 cup corn mixture over beans, then sprinkle ½ cup cheese over corn mixture.

**3.** Slide pizzas onto hot grill rack. Cover grill and cook 4 to 5 minutes or until cheese melts and bottoms brown, rotating pizzas occasionally. Return pizzas to cookie sheets; cut each pizza into 6 wedges. Drizzle 2 tablespoons ranch mixture over pizzas and sprinkle with cilantro to serve.

*Each serving: about 999 calories, 52 g total fat (17 g saturated), 55 mg cholesterol, 2052 mg sodium, 97 g carbohydrate, 18 g fiber, 36 g protein*

### > Cook's Wisdom

To bake pizzas in oven, prepare pizzas through step 2. Preheat oven to 425°F. Bake pizzas on their cookie sheets 9 to 10 minutes or until bottoms brown, edges are crisp and cheese bubbles on top.

## Penne Pasta Fagioli

**Active Time: 20 minutes**

**Total Time: 40 minutes • Serves: 8**

- 1 package (1 pound) penne pasta
- 1 package (3 ounces) thinly sliced prosciutto ham, cut into ¼-inch strips and strips separated
- ½ medium red onion, finely chopped (about ¾ cup)
- 1 teaspoon Schnucks extra virgin olive oil
- 2 large garlic cloves, crushed with press
- 2 cans (15 ounces each) Schnucks great Northern white beans or cannellini beans, rinsed and drained
- 1 can (14.5 ounces) less-sodium chicken broth (1¾ cups)
- 1 can (14.5 ounces each) Schnucks Italian style diced tomatoes with olive oil, garlic & spices
- ¾ cup shredded Parmesan cheese plus additional to sprinkle on top
- ½ cup chopped fresh parsley leaves
- 1 teaspoon chopped fresh rosemary leaves (from 1 sprig)
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

**1.** Heat covered 4- to 5-quart saucepan of salted water to boiling over high heat. Add pasta and cook as label directs. Drain pasta, then return to same saucepan.

**2.** Meanwhile, in nonstick 12-inch skillet, add prosciutto, onion and oil and cook over medium heat 8 to 10 minutes or until onion is tender, stirring occasionally. Add garlic and cook 30 seconds, stirring. Stir in beans, broth and tomatoes with their juice; heat to boiling over medium-high heat. Reduce heat to medium; simmer 15 minutes.

**3.** Stir bean mixture into pasta; stir in cheese, parsley, rosemary, salt and pepper and toss until well combined. Serve pasta with additional cheese to sprinkle on top. Makes about 12 cups.

*Each serving: about 432 calories, 5 g total fat (2 g saturated), 11 mg cholesterol, 805 mg sodium, 71 g carbohydrate, 7 g fiber, 22 g protein*

## Poblano & Black Bean Enchiladas

**Active Time: 50 minutes**

**Total Time: 1 hour 40 minutes • Serves: 8**

- 2 tablespoons Schnucks vegetable or canola oil, divided
- 2 large poblano chile peppers (about 4 ounces each), sliced (about 2 cups)

- 1 large onion (about 8 ounces), sliced (about 2 cups)
- ½ teaspoon salt, divided
- 1 package (10 ounces) sliced baby bella mushrooms
- 2 medium zucchini (about 8 ounces each), each cut lengthwise in half, then crosswise into ¼-inch-thick slices
- 2 cans (15 ounces each) Schnucks black beans, rinsed and drained
- 1 can (4 ounces) Schnucks diced mild green chiles
- 1 bunch fresh cilantro, thicker stems discarded and remaining stems and leaves coarsely chopped
- 1 package (16 ounces) Schnucks hot pepper Jack cheese, shredded
- 2 packages (8 ounces each) green chile enchilada sauce, divided
- 1 (8-count) package enchilada sized café style tortillas (16 ounces)

**1.** Preheat oven to 375°F. In nonstick 12-inch skillet, heat 1 tablespoon oil over medium-high heat. Add poblano peppers, onion and ¼ teaspoon salt and cook 8 to 10 minutes or until onion is golden brown and tender, stirring occasionally. Transfer vegetables to large bowl. In same skillet, add mushrooms, zucchini and remaining 1 tablespoon oil and ¼ teaspoon salt and cook over medium-high heat 8 to 10 minutes or until tender, stirring occasionally. Add mushroom mixture to large bowl with vegetables. Add black beans, undrained green chiles and cilantro and toss to combine. Makes about 8 cups.

**2.** Set aside 1½ cups shredded cheese. Pour 1 package enchilada sauce into pie plate. Dip 1 tortilla at a time in sauce, allowing excess to drip off, then place tortilla on work surface. Spread about ⅓ cup cheese horizontally across tortilla, then spread about 1 cup vegetable mixture over cheese. Fold sides over filling, then place enchilada in 13 x 9-inch glass or ceramic baking dish. Repeat to make 7 more enchiladas, pushing them close together to fit in dish. Pour any remaining sauce in pie plate over enchiladas. Spread remaining package of enchilada sauce on top. Sprinkle reserved cheese over sauce.

**3.** Cover dish with nonstick aluminum foil. Or, spray 1 side of foil with nonstick cooking spray and place over enchiladas. Bake 30 minutes. Remove foil and bake 10 to 15 minutes longer or until top begins to brown and enchiladas bubble at side of pan. Let stand 5 minutes before serving.

*Each serving: about 590 calories, 27 g total fat (15 g saturated), 130 mg cholesterol, 364 mg sodium, 34 g carbohydrate, 1 g fiber, 7 g protein*