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CONTEST VALID FROM MAY 29 THROUGH JUNE 30, 2009



GRILLED FISH TACOS  
SEE BACK FOR RECIPES



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## Curried Turkey Wraps MAKES 4 SERVINGS

- 2 ounces Cabot 50% Reduced Fat Cheddar Cheese with Omega-3 DHA or Cabot 50% Reduced Fat Cheddar Cheese**
- ½ cup Stop & Shop or Nature's Promise plain no-fat yogurt**
- ¼ cup raisins
- ½ teaspoon curry powder
- 4 medium fat-free flour tortillas
- 6 ounces Sliced Nature's Promise Fat Free Roasted Turkey Breast or Fat Free Smoked Turkey Breast**
- 1½ cups raw baby spinach leaves
- ¾ cup grated carrots

**1** Grate 2 ounces of cheese (*about 1/2 cup*). **2** Combine yogurt, raisins and curry powder in a small bowl; spread over one side of each tortilla. Top evenly with cheese, turkey, spinach and carrots. **3** Roll up tightly and wrap in plastic wrap.

Refrigerate for at least 1 hour before serving.  
NUTRITIONAL ANALYSIS (167G) 225 CALORIES, 4 G FAT, 1.0 G SATURATED FAT, 25 MG CHOLESTEROL, 590 MG SODIUM, 30 G CARBOHYDRATE, 3.5 G FIBER, 17 G PROTEIN, 80% DV VITAMIN A, 6% DV VITAMIN C, 20% DV CALCIUM, 10% DV IRON.



## Grilled Fish Tacos MAKES 4 SERVINGS

- 2 ounces Cabot 50% Reduced Fat Cheddar Cheese with Omega-3 DHA or Cabot 50% Reduced Fat Cheddar Cheese**
- ½ cup Stop & Shop Fat Free Sour Cream**
- ¼ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1½ teaspoon blackening or Cajun seasoning
- ¾ pound white fish fillets (*such as haddock, tilapia, or cod*)**
- 4 medium fat-free flour tortillas

OPTIONAL TOPPINGS: FRESH LIME WEDGES, DICED TOMATO, FINELY SHREDDED RED CABBAGE, SLICED GREEN ONION, CHOPPED FRESH JALAPENO SALSA

**1** Grate 2 ounces of cheese (*about 1/2 cup*). **2** Prepare and preheat grill. **3** Combine sour cream, cilantro and lime juice in a small bowl; set aside. **4** Sprinkle seasoning over fish. Cook fish on grill over medium-high heat just until opaque in center (*about 2 to 5 minutes per side depending on thickness of fillets.*) Transfer fish to bowl and flake into bite-size pieces with fork. **5** Place tortillas on grill and cook until lightly charred on both sides, about 20 seconds per side. **6** Divide fish among tortillas; top evenly with sour cream mixture and cheese. Serve with toppings, as desired. Note: To prepare fish in the oven, place on a baking sheet coated with cooking spray and bake at 350 degrees for 12 minutes or until fish flakes with a fork.

NUTRITIONAL ANALYSIS (245G) 230 CALORIES, 3.5 G FAT, 1 G SATURATED FAT, 50 MG CHOLESTEROL, 560 MG SODIUM, 23 G CARBOHYDRATE, 2 G FIBER, 26 G PROTEIN, 6% DV VITAMIN A, 8% DV VITAMIN C, 25% DV CALCIUM, 2% DV IRON.