

italian

Homemade flavor starts here

Back in 2001, our first *Wegmans Menu* issue took us to Venice. We haven't stopped exploring the rich cuisine of Italy since then. This time, we've taken our popular Super Pasta and *Italian Classics* sauces for a new spin and created pasta al forno dishes—hearty, robust casseroles your family will love.



Scan this to see
the cooking video
for Super Pasta Al
Forno with Veggies.
Learn more on
page 9.



Roasted Fennel

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SERVES 4 ACTIVE TIME: 10 MIN

TOTAL TIME: 55 MIN

- 4 small (about 2 1/2 lbs total) fennel bulbs, trimmed and cut in 1/2-inch strips
- 2 Tbsp Wegmans Basting Oil
- Salt and pepper to taste

Preheat oven to 350 degrees.

1. Toss fennel with basting oil in large bowl; season to taste with salt and pepper. Spread in single layer on baking sheet.
2. Roast on center rack of oven 45-50 min, turning once, until edges are fully browned and stems are knife-tender.

Each serving (1 cup) contains 140 cal, 1 cup vegetables, 21g carb (9g fiber), 4g protein, 7g fat (0g sat fat), 0mg cholesterol, 150mg sodium.



products we love



Pumpkin Seed Oil

Select pumpkin seeds from Austria are roasted, then pressed to create an irresistibly nutty aroma and taste.



Savory Finishing Sauce

Our chefs developed this butter-based aromatic blend of balsamic vinegar, soy sauce and more! Slather on steak, seafood, chicken, pork, or veggies.

Flavorful

Roasting vegetables

Why has roasting veggies become our most requested cooking technique in the last decade? Because caramelized veggies are sweet, tender, and incredibly flavorful. For delicious results every time, toss your favorite veggies with our basting oil, season, and roast. Finish them with a drizzle of pumpkin seed oil or one of our finishing butters. *Full details at wegmans.com*



Roasted Brussels Sprouts



Scan this to see the Roasting Vegetable technique video. Learn more on page 9.



Mango Coconut Pork
Tenderloin Al Forno



Scan this to see the
cooking video for
Salsa Verde Chicken
Al Forno. Learn more
on page 9.