



Cub

The **Spring Playbook**

FALL IN LOVE
with *Frozen
Everything*

Don't Miss:
Ooey Goopy
Butter Bars

THE MOST
ICONIC
Cocktails of the '90s

4 *FAST* WAYS
to Turn Shrimp
into Dinner



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Spring 2023

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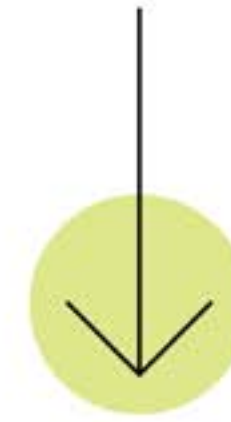
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We Like it Cold

FROZEN GETS A BAD RAP, but as Minnesotans, we know there's plenty of magic to be found below 32°F. For starters, there's pond hockey, ice castles, and the northern lights. Then there's how porches and garages double as coolers and freezers through March, which is frozen food month (not a coincidence, we suspect), and another reason to appreciate frigid temps.

Our main feature Zero Degrees, Zero Problems (starting on page 14) is an unprecedented 16 pages covering everything from clever dinner shortcuts and fresh-from-frozen sides to a spotlight on four local frozen food companies we're proud to carry, and a hack for turning grapes into candy. Spoiler alert: it involves freezing them. It's our love letter to the Frozen North, our heartiness, and our resourcefulness. Give us freezing weather and we'll show you how to thrive.



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Another of our favorite ways to make the most out of spring is to celebrate everything. There are enough sprinkles to go around so why save them just for birthdays? And what's a celebration if not a totally valid reason to eat something sweet. We lay out our arguments for making big deals of the little things, the unexpected, and the big stuff, too, starting on page 40. Let's just say our bakeries are ready for an onslaught of orders.

Finally, it wouldn't be spring in Minnesota without fried fish. We've got that covered with a catfish sandwich featuring quick-pickled cucumbers that's both untraditional in these parts and insanely delicious. We paired it with four more quick and easy ways to make restaurant-quality fish at home. Grab your apron and head to page 34 to start cooking.

No matter how you bridge the gap between winter and summer, we hope you'll find plenty of inspiration, recipes, and ideas for keeping your cool this spring.

Your friends at Cub



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facebook.com/cub pinterest.com/cubfoods Instagram.com/mycubfoods

myCub 
my way.

SUPERMARKET SWEEP

Cub Picks

Winter is (pretty much) behind us and with spring on the horizon, here's how to celebrate.

Hold the Soup

When is the last time you treated yourself to the joy that is a bag of frosted animal cookies? We're guessing you're overdue. Another reason to stock up: April 19 is National Animal Crackers Day.



Impossible Makes it Possible

Meat made from plants instead of meat from an animal means it's possible to have a saucy meatball sub on a Friday in the middle of Lent. It also means it's possible to eat meat while saving the planet. Check out how every choice adds up at impossiblefoods.com



Whisky Business

This Minnesota-made straight bourbon whisky is finished in port wine barrels using a unique process that yields remarkable character with a silky texture and rich vanilla finish. On March 8, International Women's Day, join us in raising a glass to Crooked Water owner, founder, and CEO Heather Manley.



Telltale Tulips

These early blooms are gorgeous, tangible proof that spring will soon be sprung. In cases of late-season snowstorms (looking at you, April) grocery lists should go: eggs, bread, tulips, everything else.

Reel One In

There is no surer sign of spring than the return of our famous Wild Alaskan Pollock Fish Sandwiches. Swing by a Cub deli from 11:00-6:00 now through April 15 to hook a hot one.

Quick Bites



Count it Down

IT'S NEVER TOO EARLY TO START PLANNING FOR GRADUATION—or any party for that matter. Did you know you can order custom number and letter sub sandwiches from your Cub? Not only do they make a statement and create a scene, they feed a lot of people, too. Stop in and talk to a deli expert to place an order. That's all it takes to check one big thing off your to-do list as graduation inches closer.



Spring Refresh Spray Blend

- 30 drops lemon essential oil
- 30 drops tea tree essential oil

* White vinegar removes odors naturally, both on surfaces and in the air. So this cleaner also works as an air freshener.

KITCHEN DIY

Clean Up Your Cleanup Routine

You know that feeling when you walk into your kitchen and it's sparkling clean? It's something like two parts pride, three parts glee and a dash of wonderment. Now imagine how you'll feel when you use your own hard-working, DIY, non-chemical, all-purpose cleaner. Goodbye dirt, so long grime, we're taking spring cleaning to a new level thanks to good old vinegar. It's high level of acidity loosens buildup, dissolves scum, and breaks down mold. Talk about a powerful ingredient! With great power comes great responsibility, so a few notes of caution: 1. Never mix vinegar with bleach, it will create chlorine gas which is toxic 2. Avoid using on stone, it could etch or dull the finish. 3. Before using on wood, test in an inconspicuous place to ensure it doesn't damage any finishes.

LET'S MAKE:

All-Purpose Vinegar Cleaner Formula

This will make 16 ounces of cleaner. Adjust accordingly to fit your size spray bottle.
 → 1 cup distilled white vinegar
 → 1 cup water
 → 48-60 drops essential oil

Choosing Your Scent

Everyone reacts differently to scents, so listen to your nose to find the right mix for you. To keep things simple, we recommend blending just two essential oils. Here's a quick guide on how to get started:

TEA TREE

pairs well with
 Lavender
 Lemon
 Rosemary

EUCALYPTUS

pairs well with
 Lemon
 Marjoram
 Cedarwood

LAVENDER

pairs well with
 Eucalyptus
 Peppermint
 Orange

Spring Into Action

→ The old adage about oil and vinegar is true, so shake well before each use to break up and evenly distribute the essential oils.

→ For heavy-duty cleaning, increase the 1:1 vinegar to water ratio listed above to 2:1 (twice as much vinegar as water).

→ Make your own surface scrub by sprinkling baking soda directly on a dirty surface then spritzing with your cleaner to create a paste. Finish the job by scrubbing with a sponge or toothbrush.



RECIPE REMIX

Make Your Own Luck

Creamy, dreamy, accentuated with the perfect amount of mint and topped with as much whip as the heart desires, we wouldn't be surprised if Lucky Shakes are really what's at the end of the rainbow. (We wouldn't be disappointed either.) Try our upgraded take on the drive-thru favorite and you won't settle for anything less. The key to making this life-changing switch is using the best ice cream you can find. For us, that's Häagen-Dazs. Not just anyone can take five simple ingredients—cream, milk, eggs, sugar, and Madagascar vanilla—and make it that good. Grab an ice cream scoop, fire up the blender and make today your lucky day!

HOW TO:

Lucky Shakes

Makes two

What you need:

- 2½ cups Häagen-Dazs vanilla ice cream
- ¾ cup whole milk
- ¼ tsp mint extract
- 3 drops green gel food coloring

Whipped cream, for garnish
 Green sprinkles, for garnish
 Airheads Extreme Rainbow Candy, for garnish

How to make:

In a blender, combine the ice cream, milk, mint extract, and food coloring. Cover and process until smooth. Pour into glasses and garnish with whipped cream, sprinkles, and rainbow candy as desired.

Extra Lucky Shakes

Makes two

What you need:

- 2½ cups Häagen-Dazs mint chip ice cream
- ½ cup whole milk
- ¼ cup Baileys Irish Cream

How to make:

Combine all ingredients in a blender and mix until smooth.



* Baileys Irish cream and Häagen-Dazs mint chocolate chip ice cream are as brilliant a pairing as peanut butter and jelly. Sláinte!



KITCHEN FUN

Legen-Dairy Prank

April Fools' Day falls on a Saturday this year and we've got a clever prank for you: the old frozen milk and cereal trick. It's easy to pull off and never disappoints. On Friday night, make a bowl of cereal slightly less full than usual, starting with the milk then adding cereal on top so it's not all saturated. Pop it into the freezer. On Saturday morning wake up before the unsuspecting prank-ee, top off the bowl with a handful of fresh cereal and a splash of milk to cover what's frozen below. Voilà, the scene is set; all that's left to do is wait and watch.



5 AMOOSING FACTS ABOUT MILK

All pranks and jokes aside, milk is a seriously impressive staple food packed with nutritional benefits and a long history in our diets.

1 Milk is the only food that you can survive wholly on. No single vegetable, legume, or type of carbohydrate contains all nine essential amino acids that humans require to build proteins, and a meat-only diet lacks the necessary Vitamin C. Milk, however, contains every nutrient we need—even as adults.

2 A cow produces an average of 6.3 gallons of milk daily, which equals 350,000 glasses of milk in a lifetime.

3 Milk was designated as Minnesota's official state drink in 1984. Our state produces over 9 billion pounds of milk a year (around 5 percent of the nation's total) and ranks eighth in dairy production among the states.

4 Countries that drink milk win more Nobel prizes. According to a 2013 study, the nations whose citizens consume the most dairy per capita also win the most Nobel Prizes. Sweden is at the top of the list, with 31.855 prizes for every 10 million Swedes. On average, each Swede consumes 772 lbs. of milk annually.

5 Did you eat something spicy? Milk is better for cooling your mouth than water because of the protein casein—it cleanses your taste buds.

INSTANT UPGRADE

Incredible, Edible Eggs of Art

These gorgeous masterpieces only *look* like they took loads of time and talent to create. But really, they couldn't be easier. It's all thanks to one surprising ingredient: Cool Whip. Yep, the same whipped topping that takes ice cream sundaes and banana cream pies to epic levels of yum is the secret behind these beautiful eggs of art. With this marbelizing method, you'll get a beautifully unique design every time, and you can safely eat the eggs after you're done displaying them because it uses all edible ingredients. That's what we call a win-win-win. We should warn you though, these are so much fun to make you won't want to stop at a dozen.



*** Are these eggs safe to eat?** Yes, but do not let them be at room temperature for more than two hours.

How long will they last? Hard boiled eggs will keep in the fridge for up to a week.

LET'S MAKE

Cool-Whip Marbled Eggs

What you need:
Hard boiled eggs
Vinegar
1 container (8 oz) Cool Whip
Gel food coloring

How to make:



1 Place eggs in a large bowl and cover with vinegar. Soak for 5-10 minutes (any more and the shell will begin to break down). Drain, rinse and pat dry.



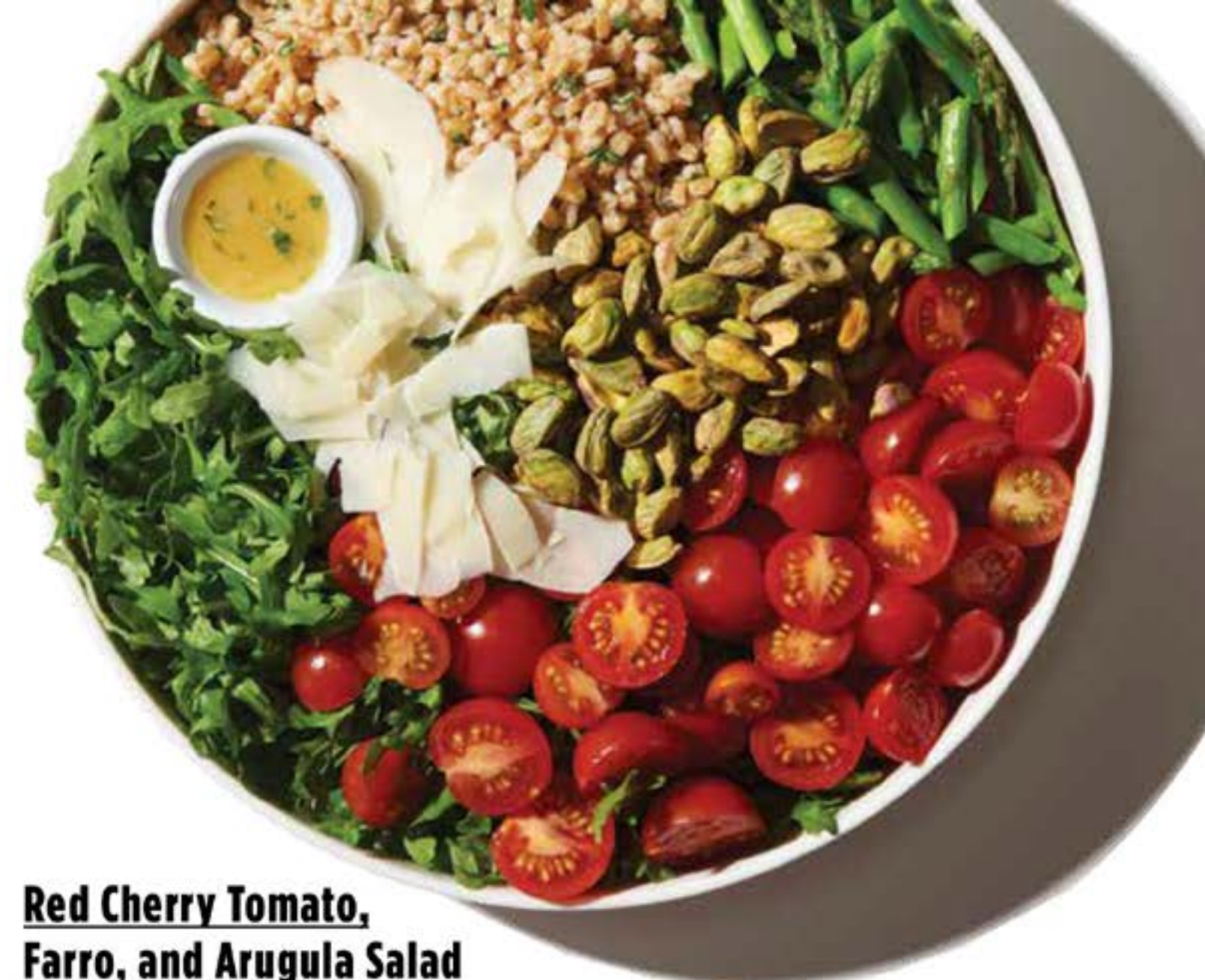
2 If desired, line a 9x13 rimmed baking sheet with tin foil for easy cleanup. Spread enough Cool Whip to cover the sheet evenly in a ½ inch deep layer. Add drops of food coloring in a haphazard pattern around the sheet, leaving ½ to 1 inch between colors. Using a toothpick, swirl the colors to create a marbled look.



3 One at a time, roll the eggs through the Cool Whip and set on a plate to allow the color to set, 10-15 minutes. (Figure on about 6-8 eggs per 8-ounce container of Cool Whip.) Rinse under warm water and dry thoroughly.

Growing Strong, All Year Long

There's no match for Bushel Boy tomatoes. Grown in sustainable Minnesota and Iowa greenhouses year-round, every single one is naturally ripened on the vine and gently hand-picked at peak ripeness for garden-fresh flavor—even when it's -20°F.



Red Cherry Tomato, Farro, and Arugula Salad

Prep Time: 5 minutes | Cook Time: 30 minutes | Serves: 4

DIRECTIONS: Add 1 cup farro, 3 cups chicken stock, and 1 bay leaf to a medium pot. Bring to a boil, then reduce to a simmer. Add a pinch of salt and continue simmering for about 30 minutes. The farro should be soft but have a slight chew. Remove bay leaf and transfer to a large bowl to cool. In another bowl, whisk together 3 tablespoons olive oil, 2 teaspoons honey, and ½ teaspoon chopped fresh thyme. Pour over farro and toss to evenly coat. Add 2 cups halved Bushel Boy Red Cherry tomatoes, 2 cups arugula, ½ cup blanched asparagus cut into 2-inch pieces, ½ cup toasted pistachios and ½ cup shaved Parmesan cheese to serve.



550,000 plants are checked on every single day by Bushel Boy's talented crew of growers, harvesters, and inspectors.

50 days is about how long it takes flowers to transform into ripe, flavorful fruits after pollination. Thanks, bees!

>595,000 pounds of Bushel Boy tomatoes, strawberries and cucumbers were donated to Second Harvest Heartland in 2022 through their Farm to Food Shelf program.

96% utilization rate of captured rainwater and snow melt means Bushel Boy provides fresher, tastier, more flavorful fruit while conserving water, energy, and resources.

60,000+ pounds of fresh produce is hand-picked and packaged every day.

Let's Talk TOMATOES

→ Tomatoes can be tricky to chop, using the right knife will prevent a mushy mess. Look for one that's extra-sharp (so you don't need to use much pressure), serrated (so it doesn't slip) and small (so it's easy to maneuver).

→ Store sliced tomatoes in the fridge in an airtight container (cut side down when applicable) and use within two days. For the best taste, bring to room temperature before eating.

→ Tomatoes like to live on the counter—not in the fridge. Storing them in the cold halts enzyme activity, which means mushy texture and muted flavor, and no one wants that.

Grape vs. Cherry:

WHAT'S THE DIFFERENCE?

Though these two tomato varieties look similar, they differ in texture, flavor, and shelf life:

GRAPE	CHERRY
Oval shape (like grapes)	Round shape (like cherries)
Thick, chewy skin	Thin, delicate skin (burst in your mouth!)
Sweet	Very sweet
Juicy	Very juicy
Longer shelf life	Shorter shelf life

Both are great for salads, kebabs, roasting, snacking.

Beefsteak Wedge Salad

Prep Time: 5 minutes | Cook Time: 10 minutes | Serves: 4

DIRECTIONS: Cut 4 Bushel Boy Beefsteak tomatoes into 8 wedges each, leaving them attached at the base; fan out. Sprinkle with salt and pepper and top each with ¼ cup finely shredded iceberg lettuce, 2 tablespoons blue cheese dressing, and 2 tablespoons crumbled bacon.





Oceans of Options

Build the best fish tacos of your life using our mix-and-match recipe. We made it reel easy.

What You'll Need

1. Pick Your Carrier

There are no wrong choices here; it's all a matter of personal preference.



Flour tortilla



Corn tortilla



Hard taco shell



Taco boat



Tostada

2. Choose Your Seafood

Whether you're craving a crunchy classic or a grilled bite, Gorton's makes it easy and delicious.



3. Mix Up a Slaw

Each recipe makes 2½ cups, enough for about 10 tacos. To make, mix wet items then stir in cabbage and additional ingredients.

Jalapeno Lime Slaw

- 2 tbsp lime juice
- 2 tbsp mayonnaise
- 1½ tsp honey
- ¼ tsp salt
- 3 cups shredded cabbage
- ¼ cup chopped cilantro
- 1 medium jalapeno, seeded and thinly sliced

Pineapple Slaw

- 2 tbsp mayonnaise
- 1 tbsp fresh lime juice
- 1 tsp honey
- ¼ tsp salt
- 3 cups shredded cabbage
- ¼ cup chopped fresh pineapple
- ¼ cup sliced green onions

Red Chile Slaw

- 2 tbsp mayonnaise
- 1 tbsp lime juice
- 2 tsp honey
- ¼ tsp salt
- 3 cups shredded cabbage
- ¼ cup chopped mint or cilantro
- 1 hot red chile or serrano chile, seeded and finely chopped

4. Add a Sauce

Each recipe makes a little more than 1 cup, enough for about 10 tacos, depending on how saucy you like them.

Creamy Chipotle Honey Taco Sauce

- ¾ cup sour cream
- ¼ cup mayonnaise
- 2 tbsp finely chopped cilantro
- 1-2 chipotle peppers in adobo sauce, finely chopped
- 1 tbsp lime juice
- 2 tsp honey
- 1 tsp chili powder
- ¼ tsp salt

In a medium bowl, whisk together ingredients until smooth.

Tajin Crema

- ½ cup sour cream
- ½ cup mayonnaise
- 1 tbsp lime juice
- 2 tbsp finely chopped cilantro
- 2 tsp Tajin Clásico Seasoning
- Grated lime zest, for garnish

In a medium bowl, whisk together ingredients until smooth. Garnish with a sprinkling of Tajin and lime zest.

Avocado Tomatillo Taco Sauce

- 1 medium avocado, chopped
- ½ cup tomatillo salsa
- 1 tbsp lime juice
- ¼ tsp salt

Place all ingredients in a blender. Puree until smooth. If too thick, stir in water, a tablespoon at a time.

5. Top Things Off

It's those little something extras that take tacos from good to great. Load up the toppings and amp up the flavor.



Guacamole



Cilantro



Sliced Jalapeno



Queso Fresco



Squeeze of Lime

ZERO DEGREES, ZERO PROBLEMS



We're no strangers to life on ice. But have you ever stopped to think about how awesome freezers really are? If you stock them well (hint, hint), they'll cut down on prep time, save you on a busy night, deliver a sweet treat whenever needed, reduce food waste, plus save you money. So basically, if you've got a problem, yo' freezer will solve it. Sing it with us now: ice, ice baby.



WHY GO FROZEN...
For the convenience! Ready-to-use ingredients make meal prep crazy fast and super easy. All the picking, cleaning, chopping, and mixing is already done, saving precious time when it's needed most.



Made with select cuts and flame-broiled to sear in all that juicy flavor Cooked Perfect meatballs make this a perfect spring dinner.

Angus Beef Meatball and Spinach Fusilli

Prep Time: 5 minutes
Cook Time: 25 minutes
Serves: 4

- INGREDIENTS:**
- 8 oz rotini or fusilli pasta
 - 3 tbsp olive oil, divided
 - 1 bag (18 oz) Cooked Perfect Angus Meatballs, thawed
 - 1 cup chopped leeks
 - 1 tbsp chopped garlic
 - 1/2 tsp red pepper flakes
 - 3 cups shiitake mushrooms, sliced
 - 5 oz fresh baby spinach
 - 1 cup whole milk ricotta

- DIRECTIONS:**
- 1 Prepare pasta according to package directions; drain, reserving 1/2 cup pasta water.
 - 2 Meanwhile in large skillet, heat 2 tablespoons oil over medium-high heat. Add meatballs and cook, stirring occasionally, until crispy, browned, and heated through. Remove from pan; keep warm.
 - 3 Add remaining 1 tablespoon oil to skillet. Add leeks, garlic, and pepper flakes; salt and pepper to taste. Sauté until softened. Add mushrooms and continue sautéing until leeks and mushrooms are lightly browned, 5-7 minutes.
 - 4 Add spinach and cook until just wilted. Gently stir in meatballs, pasta, and ricotta; add a splash of pasta water if the pasta seems dry.





Sheetpan Mandu Stir-Fry

Prep Time: 15 minutes
Cook Time: 30 minutes
Serves: 4

INGREDIENTS:

- 2 cloves garlic, finely chopped
- 2 tbsp soy sauce
- 1 tbsp Korean gochujang sauce
- 2 tsp olive oil
- 2 tsp freshly grated ginger
- 1 tsp toasted sesame oil
- 1 tsp honey
- 2 medium carrots, peeled and sliced into coins
- 2 medium broccoli crowns, cut into florets
- 2 cups sliced bok choy, 1-inch pieces
- ½ red bell pepper, thinly sliced
- ½ yellow bell pepper, thinly sliced
- 2 scallions, cut into 1-inch pieces, plus extra for garnish
- 1 bag (20 oz) Bibigo Beef & Vegetable Mandu
- Sesame seeds, for garnish

DIRECTIONS:

- 1 Preheat oven to 400°F. Line a large, rimmed baking sheet with parchment paper.
- 2 In a small bowl, whisk together soy sauce, gochujang, olive oil, ginger, garlic, sesame oil, and honey until smooth. Set aside.
- 3 Place the carrots, broccoli, bok choy, red bell pepper, yellow bell pepper, scallions, and dumplings on baking sheet. Pour the sauce over the veggie and toss to combine. Arrange in an even layer.
- 4 Bake for 25-30 minutes, tossing once, until veggies are tender and caramelized, and dumplings are cooked through and golden on the edges. Garnish with thinly sliced scallions and sesame seeds to serve.



WHY GO FROZEN...

Because variety is the spice of life. Today's frozen foods are created by chefs using on-trend ingredients and global flavors to deliver something for every taste and lifestyle. We're talking aisles of choices.



Bring bold Korean flavors on your table in minutes with Bibigo. We love the dumplings, but don't sleep on the crunchy chicken.



Mini Chicken and Waffles with Spicy Maple Sauce

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 4

INGREDIENTS:

- 1 pkg (8 oz) Applegate Organics Chicken Nuggets
- ¼ cup maple syrup
- 2 tbsp butter
- 1 tsp hot sauce, or to taste
- 18 miniature frozen waffles

DIRECTIONS:

- 1 Cook the chicken nuggets and waffles according to package instructions.
- 2 Meanwhile, combine the maple syrup, butter, and hot sauce in a small skillet over medium heat and simmer until slightly thickened, about 3 minutes. Remove from the heat and keep warm.
- 3 Arrange chicken nuggets on top of toasted waffles and drizzle with maple sauce. Serve while hot.

WHY GO FROZEN...

Time isn't always on our side. Ever get a smell of week-old meat or veggies past their prime? Frozen, however, stays fresh for months, which can cut down on food waste *and* save money.



Good things come in threes: 100% organic white chicken meat, crispy panko breadcrumb, and Non-GMO Project Verified.



FREEZE YOUR ASSETS

5 surprising things you should be storing in your freezer



1 Fresh ginger
It's even easier to peel and grate when frozen



2 Poppy seeds
Freezing stops the high oil content from going rancid



3 Breadcrumbs
You only ever need a little; freeze the rest to stay fresh



4 Nuts
Again with the oil content, frozen=fresher for longer



5 Jalapeños
Best of all, no need to thaw; this is true of most chiles

GO OVERBOARD

If serving eight kinds of Ore-Ida fries at a time is wrong, who even wants to be right?



Ore-Ida Golden Twirls

Ore-Ida Country Style French Fries

Ore-Ida Extra Crispy Tater Tots

Truffled Ranch Black Peppered Parmesan

Patak's Mango Chutney

Heinz BBQ Sauce Kansas City Sweet & Smoky

Ore-Ida Golden Waffle Fries

Heinz Mayo Queso

Ore-Ida Golden Shoestrings

Heinz Ketchup with a Blend of Veggies

Heinz 5X Infused Honey with Black Truffle

Ore-Ida Zesty Straight

Ore-Ida Extra Crispy Crinkles

Ore-Ida Sweet Potato Straight Cut Fries

TRY THESE SNACKS IN THE AIR FRYER

If you're after serious crunch (aren't we all?) here's how to get it:



Preheat air fryer to 360°F. Arrange 14 pickles in a single layer in basket. Air fry for 6-7 minutes.



Preheat air fryer to 325°F. Brush pretzels with water then sprinkle with salt. Place in basket being careful not to overlap or overcrowd. Air fry 3-4 minutes.



Preheat air fryer to 400°F. Place frozen egg rolls in a single layer. Cook for 12-15 minutes until crispy and cooked through.



Place up to 25 rolls in basket. Cook 4 minutes at 390°F. Remove basket; shake well to mix rolls. Cook 4 more minutes. Let stand 2 minutes to complete cooking.



Preheat air fryer to 370°F. Air fry for 6-7 minutes, flip and continue air frying for another 6-7 minutes.



FRESH FROM FROZEN:
8 VEGGIE SIDE IDEAS



Cacio E Pepe Rainbow Cauliflower

- 1 bag (9.5 oz) Birds Eye Steamfresh Rainbow Cauliflower
- ¼ cup grated Parmesan
- 1 tsp freshly ground black pepper
- ¼ tsp kosher salt

Prepare cauliflower according to package directions. Pour into serving bowl, stir in Parmesan, pepper, and salt and serve.

Green Bean Caprese Salad

- 1 bag (10.8 oz) Birds Eye Steamfresh Whole Green Beans
- 2 tbsp balsamic vinegar
- 2 tsp honey
- 1 tsp Dijon mustard
- 1 small clove garlic, finely grated
- ½ tsp kosher salt
- ¼ tsp black pepper
- 3 tbsp extra-virgin olive oil
- 1 cup cherry tomatoes, halved
- 4 oz cherry size fresh mozzarella cheese
- ¼ cup fresh basil leaves, torn

1 Fill a large bowl with ice water. Microwave green beans according to package directions. Add green beans to water to stop cooking. Drain well and pour into large bowl.
2 Whisk together balsamic vinegar, honey, mustard, garlic, salt, and pepper in small bowl. Slowly whisk in olive oil until well blended.
3 Add cherry tomatoes, mozzarella, and basil to bowl with green beans. Pour vinaigrette over and toss well to combine.

Spring Pea Salad

- 1 tbsp, plus 1 tsp fresh lemon juice
- 2 tsp honey
- 1 tsp Dijon mustard
- 1 tsp finely grated lemon zest
- ½ tsp salt
- ¼ tsp pepper
- ¼ cup extra-virgin olive oil
- 1 bag (10 oz) Birds Eye frozen peas
- 8 oz sugar snap peas, strings removed, trimmed, and sliced diagonally
- ½ cup torn fresh mint leaves

1 In a small bowl, whisk lemon juice, honey, mustard, lemon zest, salt, and pepper. Slowly whisk in the olive oil.
2 Cook peas according to package directions. Drain and rinse under cold water until cool. Transfer to a serving bowl. Add the sugar snap peas, mint, and pour over the vinaigrette. Toss to combine.

Cauliflower Fried Rice

- 2 large eggs
- ¼ tsp salt
- 1 tbsp, plus 2 tsp vegetable oil
- 2 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 1 package (10 oz) Birds Eye cauliflower rice
- 1 tbsp soy sauce
- ½ cup Birds Eye peas and carrots
- ¼ cup chopped green onions, plus more for garnish
- ¼ cup toasted, sliced almonds

1 In a small bowl, whisk together the eggs and salt.
2 Heat 2 teaspoons vegetable oil in a 10-inch nonstick skillet over medium. Add the eggs and cook, stirring, until scrambled. Transfer to a plate. Wipe out the skillet.
3 Add remaining 1 tablespoon vegetable oil to the skillet and heat over medium heat. Add garlic and ginger; cook, stirring often, until fragrant, about 30 seconds. Add cauliflower rice and soy sauce. Cook, stirring often, for 3 minutes. Add peas and carrots and continue cooking until the cauliflower is tender-crisp and the vegetables are warmed through, about 2-3 minutes. Stir in green onions and eggs. Taste and season with salt. Garnish with more green onions and almonds.

Caesar Kale Salad with Crispy Carrot Croutons

- 2 large bunches kale (8-10 oz each), washed, stems removed, and leaves torn into bite-sized pieces
- 2 tbsp extra-virgin olive oil
- 1 bag (12 oz) Birds Eye Crispy Carrots
- ½ tsp smoked paprika
- ¼ tsp garlic powder

- ¼ tsp cayenne
- ½ cup Caesar dressing
- ½ cup finely shredded Parmesan, plus more for garnish
- Lemon wedges

1 Preheat oven to 450°F. In a large bowl, combine kale and olive oil. Massage oil into the kale thoroughly. Let sit while the croutons are cooking.
2 In a medium bowl, place the frozen crispy carrots and sprinkle with smoked paprika, garlic powder, and cayenne; toss to coat. Place on a large, rimmed baking sheet and bake for 10 minutes. Turn the carrots over and continue to bake for another 10-15 minutes, until crispy. Cool slightly.
3 Add the Caesar dressing and Parmesan to the kale. Toss to coat. Add crispy carrots and toss to combine. Garnish with more Parmesan and serve with lemon wedges.

Smoky Southwestern Black Bean and Corn Salad

- 1 package (10 oz) Birds Eye Super Sweet corn kernels
- 1 can (14 oz) black beans, drained and rinsed
- 1 small red bell pepper, seeded and chopped
- 1 medium jalapeño, seeded and chopped
- ½ cup red onion, chopped
- ¼ cup chopped cilantro
- 2 tbsp lime juice
- 1 chipotle chile in adobo sauce, finely chopped
- ½ tsp honey
- ½ tsp salt
- 2 tbsp vegetable oil

1 Cook corn according to package directions. Drain and rinse under cold water until cool.
2 In a large bowl, combine corn, black beans, red pepper, jalapeño, red onion, and cilantro.
3 In a small bowl, combine lime juice, chipotle chile, honey, and salt. Slowly whisk in oil. Drizzle vinaigrette over the bean and corn mixture and toss to coat.

WHY GO FROZEN...

When it comes to frozen vegetables, you are paying for 100% edible food, no stalks, seeds, or rinds here! Plus you can use as much or as little as you need, whenever you need, which cuts down on waste.

GRAB-AND-GO



7 Birds Eye Seasoned Asian Medley

When you need a grab-and-go option, this lightly seasoned Asian medley of broccoli, carrots, baby cob corn, and sugar snap peas can't be beat. It cooks perfectly in the bag and is ready in minutes, plus it's an excellent source of vitamins A & C. Add it to rice, noodles, or broth to quickly turn into a full meal.



8 Birds Eye Veggies & Grains with Creamy Pesto

A whole grain blend of brown rice, red quinoa, sliced green and yellow zucchini squash, halved cherry tomatoes, and chopped kale in a creamy pesto sauce with Parmesan cheese makes a delicious side dish any night of the week. And get this: it's vegetarian, gluten free, a good source of protein, plus an excellent source of fiber.

4 WAYS WITH FROZEN SHRIMP



Looking for the juiciest, freshest, sweetest shrimp? It's in the freezer aisle! Stash a bag (or three) in your own freezer and you're never more than a quick thaw away from these four easy meals.



Shrimp & Arugula Salad with Herb Vinaigrette and Whipped Feta



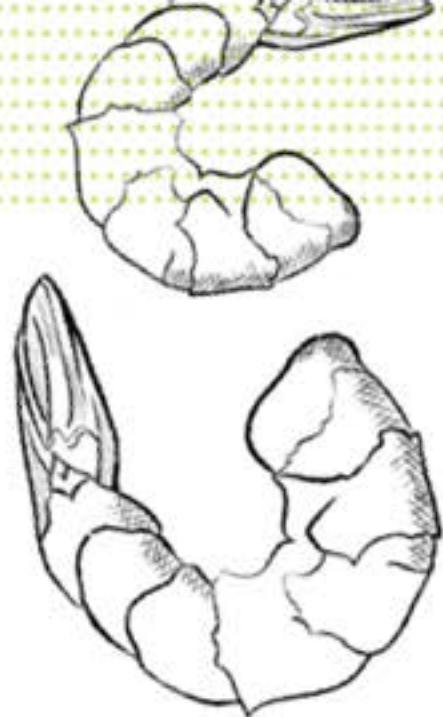
Shrimp Po Boy



Pesto Shrimp Linguine



Thai Shrimp Noodle Salad



Pesto Shrimp Linguine

Prep Time: 10 minutes
Cook Time: 20 minutes
Serves: 4

INGREDIENTS:

- ½ cup firmly packed fresh basil leaves
- ½ cup firmly packed parsley
- ½ cup shredded Parmesan cheese, divided
- ½ cup chopped walnuts, divided
- 1 clove garlic
- ¼ tsp salt
- 3 tbsp + 1 tsp olive oil
- 8 oz linguine
- 1 lb Arctic Shores Extra Large Raw Shrimp, thawed
- ¼ cup half & half

DIRECTIONS:

- 1 In a food processor or blender, combine basil, parsley, ¼ cup Parmesan, 3 tablespoons walnuts, garlic, and salt. Blend until it forms a paste. With machine running, slowly add 3 tablespoons olive oil. Continue blending until well combined; set aside.
- 2 Prepare pasta according to package directions; drain.
- 3 Meanwhile, in a large skillet, toast remaining walnuts until fragrant; set aside. In the same skillet, heat remaining 1 teaspoon oil over medium-high. Add shrimp and sauté until heated through, 3-4 minutes.
- 4 Add pasta and toss with ¼ cup pesto and half & half. Transfer to serving bowls and sprinkle with remaining Parmesan and toasted walnuts.

Shrimp Po' Boys

Prep Time: 20 minutes
Cook Time: 15 minutes
Serves: 4

INGREDIENTS:

- ¾ cup mayonnaise
- 2 tbsp prepared horseradish
- 1 tbsp dill pickle juice
- 2 tsp hot sauce
- 1 tsp Worcestershire sauce
- ¼ tsp pepper
- ½ cup, plus 2 tbsp buttermilk
- 1 tsp hot sauce
- 1 lb Arctic Shores Large Raw Shrimp, thawed
- 1 tbsp Cajun seasoning
- 2 cups flour
- ½ cup cornmeal
- 3 large eggs
- Vegetable oil for frying
- 4 (8-inch) sub rolls, toasted
- 2 cups shredded iceberg lettuce
- 2 large tomatoes, sliced thin
- 1 cup dill pickle chips

DIRECTIONS:

For the sauce:
Whisk the first six ingredients together in bowl. Set aside.

For the Po'Boys:

- 1 In a medium bowl, combine ½ cup buttermilk and 1 tablespoon hot sauce. Add shrimp and toss to coat. Let sit while you prepare the next steps.
- 2 Set a wire rack in a large, rimmed baking sheet. Whisk 1½ cups flour, cornmeal, and Cajun seasoning together in shallow dish. Whisk eggs, remaining ½ cup flour mixture and remaining 2 tablespoons buttermilk together in another shallow bowl.
- 3 Dredge half of the shrimp in the flour mixture and toss to thoroughly coat. Shake off excess, dredge in egg mixture, then return to flour pressing gently to adhere. Transfer shrimp to the wire rack. Repeat with remaining shrimp. Refrigerate 15 minutes.
- 4 Line another large baking sheet with paper-towels. Add 1½ inches oil to large Dutch oven and heat to 350°F. Carefully add half the shrimp to oil. Cook, stir-

ring occasionally, until golden brown, about 4 minutes. Use a slotted spoon to transfer shrimp to the paper towel lined baking sheet. Return oil to 350°F and repeat with remaining shrimp.

5 Spread the sauce generously on both cut sides of each roll. Divide lettuce, tomatoes, pickle chips, and shrimp evenly among rolls and serve.

Shrimp & Arugula Salad with Herb Vinaigrette and Whipped Feta

Prep Time: 20 minutes
Cook Time: 15 minutes
Serves: 4

INGREDIENTS:

- 1 lb Arctic Shores Extra Large Raw Shrimp, thawed
- 4 oz feta cheese
- 4 oz cream cheese, softened
- 3 tbsp heavy cream
- 3 tbsp fresh lemon juice
- 1 tsp honey
- 1 tsp Dijon mustard
- ¼ tsp salt
- ½ cup extra-virgin olive oil
- ¼ cup chopped fresh dill, mint or basil (or a combination)
- 5 oz baby arugula
- 10 oz cherry tomatoes, halved
- 4 radishes, thinly sliced

DIRECTIONS:

- 1 Bring 1 quart salted water to a boil. Add shrimp and let the water return to a simmer; poach 1 to 2 minutes, until just cooked through. Drain, place on a rimmed baking sheet and chill 30 minutes.
- 2 Place feta, cream cheese and heavy cream in a food processor. Blend until light and smooth, about 30 seconds. Remove to a bowl and set aside.
- 3 In a small bowl, combine lemon juice, honey, Dijon, and salt. Slowly whisk in the oil. Stir in fresh herbs.
- 4 In a large bowl, combine arugula, cooked shrimp, tomatoes, and radishes. Pour just enough dressing over the salad to

moisten and toss to coat.

5 Spread the whipped feta on the bottom of a large serving platter or individual plates. Top with salad. Serve remaining dressing on the side.

Thai Shrimp Noodle Salad

Prep Time: 15 minutes
Cook Time: 10 minutes
Serves: 4

INGREDIENTS:

- 2 tbsp fish sauce
- 1-2 Thai chiles, finely chopped
- 1 small garlic clove, minced
- 1 lime
- ¼ cup sugar
- ½ cup coconut water
- 24 oz Arctic Shores Extra Large Raw Shrimp, thawed
- 8 oz thin dried rice noodles
- 1 large mango, peeled and cubed
- Curly leaf lettuce, shredded
- Chopped peanuts, for garnish
- Mint, for garnish
- Cilantro, for garnish

DIRECTIONS:

- 1 Combine fish sauce, chiles, garlic, and the zest of the lime in a bowl. Squeeze lime into the mixture, add sugar and coconut water whisking until sugar dissolves. Set aside.
- 2 Bring a large pot of salted water to a boil and add shrimp. Turn off the heat and let stand 2-3 minutes or until the shrimp are just cooked through. Remove with a slotted spoon to a bowl filled with ice water and chill. Drain shrimp well.
- 3 Meanwhile, bring the pot of water to a boil again and add the rice noodles. Turn off the heat and let stand 3-6 minutes. Drain in a colander and rinse with cold water. Drain well and toss with a few tablespoons of the fish sauce dressing.
- 4 To serve, line four plates or shallow bowls with the lettuce. Divide noodles between the plates and top with the mango and shrimp. Sprinkle with peanuts, mint, cilantro, and serve with the fish sauce dressing.

WE ASKED, YOU ANSWERED. Here's how the frozen North does frozen pizza pies.

HOW MINNESOTA DOES FROZEN PIZZA

1.7 the average number of pizzas in our freezers

3% cut pizza with scissors

Not that hip to be square
Only 23% cut frozen pizzas into squares instead of triangles

Minnesotans only kind of like things saucy:
7% add ranch
8% add hot sauce
3% add sriracha

How are we all making our pizzas?
54% on the rack
13% on a pizza stone
27% on a pizza pan
6% on a sheet pan

To preheat or not to preheat the oven:
92% yes
8% no

Let's talk leftovers:
34% eat it cold
58% re-heat
8% wonder what leftover pizza even is

71% of us rearrange our toppings before baking

MINNESOTA'S FAVORITE FLAVOR OF PEP'S DRAFTHAUS PIZZA IS: THE PROHIBITION SPECIAL



The Taproom Double
We're talking double the sausage and double the pepperoni of your average pizza, plus shredded mozzarella, provolone, and ½ pound of signature fresh Wisconsin mozzarella slices.



The Prohibition Special
Sweet sausage, spicy sausage, pepperoni, mushrooms, red, green and yellow bell peppers plus red onions and over ½ pound of mozzarella. It's one special all bootleggers can agree on.



The Double Pepperoni Doppelbock
Calling all pepperoni (and cheese) lovers, this pizza has more than a ½ pound of real Wisconsin mozzarella covering a double layer of pepperoni layered from edge to edge.



The 5 Meat Mash
Say hello, to a meat lovers feast. This pizza starts with sweet Italian sausage, spicy sausage, pepperoni, ham and bacon that's all layered under, you guessed it, ½ pound of fresh Wisconsin mozzarella.

SWEET NOSTALGIA

The novelties of the '90s are back! Pair an old tradition with one of these brand-new treats for a taste down memory lane.



BEST WHILE TALKING TO YOUR BESTIE (ON A LAND LINE)
Halo Top Chocolate Ice Cream Cake Light Ice Cream
 Halo Top is the ultimate ice cream glow up with 50% fewer calories, high-quality ingredients, and ultrafiltered skim milk. It's like, so dreamy, you'll probably talk about it for hours.



BEST PAIRED WITH AN ISSUE OF TIGER BEAT MAGAZINE
Blue Bunny Vanilla Caramel Crunch Mini Bars
 Mini crunch bars for major crushin'. Just like there's a heartthrob per page, there's fun in every bite: crunchy cookie dipped coating, smooth swirls of caramel, and vanilla frozen dairy dessert.



BEST MATCH FOR YOUR NEON WINDBREAKER SET
The Original Bomb Pop Jolly Rancher® Ice Pops
 Three flavors. One stick. We haven't seen a mashup this exciting since Trix Yogurt. And these colors? Cut. It. Out.



BEST ROLLER BLADING COOLDOWN SNACK
Halo Top Strawberry, Pineapple and Mango Fruit Pops
 Made with real fruit and fruit juice for a tart and sweet treat, these better-for-you bars are just 30 calories per pop and made with 40% less sugar than other leading fruit bars.



BEST FOR SHARING AT A SLEEPOVER
Halo Top Triple Berry Yogurt Bars
 With just 110 calories and a good source of protein for sustaining energy levels, you could easily convince your mom (err, yourself) that these are breakfast.

MARCH IS FROZEN FOOD MONTH



Frozen Sour Candy Grapes

Sure, freezers cut down on food waste, help save us money and ensure we're never more than a frozen pizza away from dinner, but let's talk about what might be their greatest trick of all: turning ordinary grapes into irresistible, sweet and sour, 'I'm just going to have one more, I swear' snacks.

There are two ways to make them, depending on your desired look (ingredients are same for both).

What you'll need:

- 1 lb seedless green grapes
- 2 tbsp lemon or lime juice
- 4 boxes (3 oz each) Jell-O, any flavors

Shake Method

Dump each Jell-O packet into a gallon-size plastic bag.

Thoroughly rinse grapes and pat dry; they should be damp but not dripping. Place on paper towels or a rimmed baking sheet and sprinkle with lemon or lime juice. Place desired number of grapes in each bag, seal and shake to coat in Jell-O mix. Place on rimmed baking sheet and freeze for an hour.

Toothpick Method

Pour each Jell-O mix into a separate medium or large bowl.

Thoroughly rinse grapes. Place in a large bowl with ½ cup water and lemon or lime juice making sure each grape is wet.

Place each grape on a toothpick inserted where it came off the stem, then roll and dredge through the Jell-O to evenly coat. Place on a rimmed baking sheet and freeze for an hour.

 We opted for the toothpick method. It takes more time but provides more even coverage.



NO ONE DOES FROZEN BETTER THAN

MINNESOTA

Get to know four frozen food companies based right here in the North Star State.

1 JONNYPOPS JonnyPops was founded in a St. Olaf college dorm room and sold its first pops at Twin Cities farmers' markets and local cafes in 2012. Today, JonnyPops is now 80 employees strong across both production and office personnel; and their products are sold across all 50 states. JonnyPops fulfills their mission of creating a "A Better Pop for a Better World" by using wholesome ingredients, and by writing a kind deed on every JonnyPops stick. Get the latest on JonnyPops, including product news, new flavors, and retail locations by visiting jonnypops.com or following them on Instagram @jonnypops.



3 SARA'S TIPPY PIES The proof is in Sara's pies. Her mom taught her to bake, and every tipsy pie features her mom's crust recipe. "But for my fillings, I go where a good Lutheran church lady never would: To the liquor cabinet for local whiskey, vodka, beer and wine to take my pies to a whole new level," she explains. Based in Stillwater, with both sweet and savory options, each pie is made with less than 2% alcohol by volume so they can be enjoyed by all. Sara's Pies also give back. Through their Pies with a Purpose program, a percentage of proceeds benefit children with special needs via the Downs Syndrome Associate of MN, Jack's Basket, and the Valley Friendship Club.

2 NORDIC WAFFLES Imagine a country that loves waffles so much it's part of their culture. That's Norway, the birthplace of Founder Stine Aasland. At 21, she dreamed up the concept of a hand-held waffle experience, and from her small convenience store she grew her idea into one of the largest waffle companies in Norway. On a mission to redefine how the rest of the world experiences waffles, she came to America and in 2016 launched a waffleleution. Nordic waffles can now be found in more than 900 stores nationally. They're proud to deliver "hygge" moments and Nordic love in every bite.



4 SIMEK'S Second generation owner & CEO Lindsey Hickey, leads St. Paul based Simek's on their mission to provide *Feel-Good Food*. Specializing in premium entrées and meatballs, all Simek's products are free from artificial colors & flavors, and preservatives, so you can feel good about mealtime. But the good feels don't end there! Simek's believes in using their business as a force of good. Through their partnership with Feeding America, for every Simek's product sold, a meal is donated to the community where it was purchased. They also have a net zero plastic footprint for the packaging and shipping of all products. No guilt, only good feels here.

BETTER WITH butter

Butter is so much more than a delicious spread for bread; it's the reason cookies are tender, pie crusts are flaky, and bars are gooey. It adds creamy richness to mashed potatoes, makes sauces velvety smooth, and caramelizes just about any veggie you throw at it. From sweet treats to savory meals, butter turns everything it touches into gold—literally.



tip **SAVE YOUR WRAPPERS** Fold them in half, buttered sides together, and place in the freezer until you have a baking project. Then take out, unfold and use to grease your pan.



Butter Chicken (Murgh Makhani)

Prep Time: 35 minutes
Cook Time: 40 minutes | Serves: 6

INGREDIENTS:

- 1 cup full-fat Greek yogurt
- 4 cloves garlic, peeled and minced
- 2 tbsp fresh ginger, peeled and grated or finely diced
- 1 teaspoon salt, divided
- 2½ lb boneless, skinless chicken thighs, trimmed and cut into bite-size, 1½-inch pieces
- ¼ cup unsalted butter, divided
- 1 large yellow onion, peeled and chopped
- 2 tbsp garam masala
- 1 tsp cumin
- 1 tsp coriander
- ¼–½ teaspoon cayenne (if desired)
- ¼ cup tomato paste
- 2 medium size tomatoes, chopped
- 1¼ cup low-sodium chicken broth
- 1¼ cup heavy cream
- ¼ cup cilantro

DIRECTIONS:

- 1 In a large bowl, whisk together yogurt, garlic, ginger and ½ teaspoon salt. Add chicken and toss to coat. Cover, and refrigerate for at least 30 minutes or up to 8 hours.
- 2 Melt 2 tablespoons butter in large saucepan over medium. Add onion and cook, stirring frequently, until softened and beginning to brown, 8-10 minutes. Add garam masala, cumin and coriander, cayenne (if using) and remaining ½ teaspoon salt and cook, stirring frequently for 1 minute. Add tomato paste and cook for 5 minutes, stirring, until paste turns rusty red. Stir in tomatoes and broth and bring to a boil. Reduce heat to low and simmer for 15 minutes. Remove from heat. Stir in cream. Using an immersion blender (or a blender with the middle plastic piece in the lid removed and the top draped with a dish cloth to prevent splattering), process until smooth. Return to heat and whisk in remaining 2 tablespoons butter. Remove from heat and cover to keep warm.
- 3 Place chicken in an even layer on a large, rimmed baking sheet. Adjust oven rack 3 inches below broiler element set to high. Broil 10-14 minutes, turning at 7 minutes, until charred in spots and fully cooked through.
- 4 Stir chicken into sauce and heat over medium heat until hot, 1-2 minutes. Transfer to a serving bowl. Garnish with cilantro. Serve with steamed basmati rice and/or warm naan.

Goosey Butter Bars

Prep Time: 20 minutes | Cook Time: 50 minutes | Serves: 16

INGREDIENTS:

- 2½ cups all-purpose flour
- 5 cups powdered sugar, divided, plus extra for dusting
- ¼ tsp salt, divided
- 1 cup butter, melted plus 8 tbsp, softened
- 8 oz cream cheese, softened
- 3 large eggs
- 1 tablespoon vanilla extract

DIRECTIONS:

- 1 Preheat to 350°F. Line 9x13-inch baking pan with foil, leaving a 2-inch overhang around the edges; spray with cooking spray.
- 2 In a large bowl, combine flour, 1 cup powdered sugar, salt, and melted butter; stir until a dough is formed. Pat dough into bottom of prepared pan and bake for 18-20 minutes, until the edges are starting to lightly brown. Remove from oven and cool completely on a rack.
- 3 In a large mixing bowl or bowl of stand mixer, place cream cheese and butter; beat on medium until smooth and creamy.

- Reduce mixer to low and slowly add 4 cups powdered sugar. Increase speed to medium and beat, scraping down the sides of the bowl, until light and fluffy, about 2 minutes. Add eggs, vanilla, and salt; beat until well combined and smooth. Pour over crust in pan. Smooth into an even layer.
- 4 Bake 30 minutes or until the top is golden brown, but the middle is still quite jiggly. Allow to cool. Using foil, lift out of pan. Cut into 16 bars. Dust with powdered sugar and serve.



4 Compound Butters You Need in Your Life

A dollop of deliciously flavored butter on top of meat, seafood, or even spread onto a piece of toast, can take something ho-hum and make it memorable.

GARLIC, ROSEMARY AND PARMESAN

Pair with steak, chicken, or spread onto toasted bread.

- 1 cup butter, softened
- ¼ cup grated Parmesan
- 2 cloves garlic, grated
- 2 tbsp finely chopped rosemary
- ½ tsp black pepper

SUN DRIED TOMATO, BACON AND BASIL

Pair with steak, chicken, corn or spread onto toasted bread.

- 1 cup butter
- ¼ cup chopped fresh basil
- ¼ cup chopped sun dried tomatoes in oil
- 3 slices cooked bacon, chopped

TEQUILA, CHILE, LIME

Pair with chicken, pork, or fish.

- 1 cup butter
- 2 tbsp tequila blanco
- 2 tbsp chopped cilantro
- 1 tbsp lime juice
- 2 tsp grated lime zest
- 1 red hot chile, finely chopped

VANILLA, BOURBON AND BROWN SUGAR

Pair with grilled pineapple or slices of pound cake.

- 1 cup butter
- ½ cup brown sugar
- 2 tbsp bourbon
- 1 tsp vanilla

Which FOR What

There are a lot of choices, here's a quick guide on which kind to use when.



Salted Butter

Think of the salt as extra flavor and use wherever you're looking for an extra hit of yum, like on toast and veggies.



Unsalted Butter

The MVP of butter. Use it for your baking projects and anywhere you want to control how much salt is involved.



Spreadable Butter

Thanks to the addition of canola oil, this salted butter is soft and spreadable straight from the fridge.

Poach

Sear,

Fish is all about how you make it. Each of these techniques is easy, approachable, and produces a restaurant-level dish so delicious you'll wonder why you don't make fish at home more often.

Broil,

Fry,

Foil



POACH

Cod in Creamy Tomato Broth

Prep Time: 5 minutes
Cook Time: 25 minutes
Serves: 4

INGREDIENTS:

- 3 tbsp extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- ½ tsp red pepper flakes
- 2 containers (10 oz each) cherry tomatoes
- ½ cup dry white wine
- ¼ cup heavy cream
- ½ tsp salt, divided
- 4 (5-6 oz each) skinless cod fillets
- ¼ tsp freshly ground black pepper
- ½ cup basil leaves, torn if large

DIRECTIONS:

- 1 Heat oil in a 10-inch skillet over medium heat. Add garlic and cook, stirring often, until garlic has softened but not browned, 1-2 minutes. Add red pepper flakes and continue to cook for 30 seconds. Add the cherry tomatoes, wine and ¼ teaspoon salt and cook, stirring occasionally, until most of the tomatoes have burst and released their liquid, 10-13 minutes. Stir in cream.
- 2 Season cod filets with remaining ¼ teaspoon salt and pepper and add to the skillet with the sauce, spooning some over the cod. Reduce heat to low, cover and cook on a low simmer until fish is opaque throughout and beginning to flake, 5-8 minutes (thicker pieces will take longer).
- 3 Gently transfer fish to shallow bowls. Taste the liquid and add more salt if necessary (if tomatoes are tart, add ¼ teaspoon sugar). Stir basil into the sauce and spoon over fish. Serve with crusty bread.

SEAR

Sesame Salmon with Spicy Stir-Fried Vegetables

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 4

INGREDIENTS:

- 3 tbsp low-sodium soy sauce
- 1 tbsp grated fresh ginger
- 1 tbsp sugar
- 1 tsp toasted sesame oil
- 2 garlic cloves, finely chopped
- 4 salmon fillets, about 4 oz each, skins on
- ¼ cup sesame seeds, black, white or combination of both
- 2 tbsp vegetable oil, divided
- 8 oz shitake mushrooms, stems removed, caps cut in half
- 1 medium head Napa cabbage, chopped
- 1 cup matchstick cut carrots
- 1 or 2 red Fresno chiles, thinly sliced

DIRECTIONS:

- 1 Preheat oven to 400°F. In a small bowl, combine soy sauce, ginger, sugar, sesame oil, and garlic. Whisk until sugar dissolves. Reserve 3 tablespoons sauce and set aside. Brush the tops and sides of salmon fillets with remaining sauce.
- 2 Sprinkle 1 tablespoon sesame seeds over each fillet. Press to adhere. Heat 1 tablespoon oil in a large oven-proof skillet over medium heat, add salmon, skin-side up and cook 1-2 minutes, until browned. Flip and cook another 2 minutes to crisp the skin. Transfer to the oven and cook 5-8 minutes. Remove from the skillet and keep warm.
- 3 In another large skillet, heat remaining 1 tablespoon oil over high, add the vegetables and stir-fry until just cooked, 3-4 minutes. Add reserved soy sauce mixture and cook for another minute. Divide salmon and vegetables among serving plates. Serve immediately.



FRY

Catfish Sandwiches with Quick-Pickled Cucumbers

Prep Time: 15 minutes | Cook Time: 30 minutes | Serves: 6

INGREDIENTS:

- ½ cup white vinegar
- ¼ cup water
- 2 tbsp sugar
- 2 tsp salt, divided
- 4 Persian cucumbers, cut into ¼-inch slices on an angle
- 1 medium jalapeño, thinly sliced
- Vegetable oil, for frying
- 1 cup fine cornmeal
- 1 cup all-purpose flour
- 1 tbsp seafood seasoning (such as Old Bay)
- ¼ teaspoon freshly ground black pepper
- 3 (7-9-ounce each) US farm-raised catfish fillets, rinsed, dried and cut in half crosswise
- ¼ cup low-fat buttermilk
- 1 egg
- 6 hamburger buns, toasted
- Tartar sauce
- Iceberg lettuce

DIRECTIONS:

- 1 To make the quick-pickled cucumbers, heat a small saucepan over medium-high heat. Add vinegar, water, sugar and 1 teaspoon salt to the pan and cook until it begins to simmer and sugar dissolves. Toss sliced cucumbers and jalapeño together in a heat-proof bowl. Pour the simmering liquid over the top and stir to evenly coat. Allow to cool to room temperature or chill before serving.
- 2 Heat two inches of oil in a 5-quart Dutch oven over high heat until it reaches 350°F. Adjust heat as necessary to maintain the temperature while frying.
- 3 Whisk cornmeal and flour together in a shallow dish. In a small bowl, combine the seafood seasoning, 1 teaspoon salt, and pepper. Add 1 teaspoon seasoning mixture to the flour and whisk. Season catfish fillets evenly on both sides with remaining seasoning mixture. Pour the buttermilk into another shallow dish. Add egg and whisk to combine. Dip each fillet into the buttermilk mixture, flip once to coat both sides and allow the excess to drip off. Coat both sides of the fillets in the cornmeal mixture. Set the coated fillets on a cooling rack and let rest for 5 minutes.
- 4 Gently add the fillets, two at a time, to the hot oil and fry until golden brown, about 5-6 minutes. Remove the fried fillets to a cooling rack set over a newspaper-lined half sheet pan. Repeat method with remaining fillets.
- 5 Spread tartar sauce on both sides of hamburger buns. Place a few cucumber slices on the bottom of each bun. Top with catfish and lettuce and serve.



Cub is committed to sourcing fish and seafood responsibly. We care about you and our oceans.

We are well on our way to achieving our goal of sourcing wild-caught and farm-raised seafood from responsible sources, with more than two-thirds of our seafood originating from responsible producers.

We partner with third-party certification programs who verify that the seafood we source was caught or farmed responsibly. This way, we know where our seafood comes from and how it is produced, ensuring that it is produced safely with care given to the workers, the animals, and the environment.

FOIL

Mediterranean Tilapia Foil Packs

Prep Time: 10 minutes
Cook Time: 18 minutes
Serves: 4

INGREDIENTS:

- 3 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp finely grated lemon zest
- ¼ tsp red pepper flakes
- 1 clove garlic, minced
- 4 (6 oz) tilapia fillets
- 1 tsp chopped fresh thyme
- ½ cup pitted kalamata olives, chopped
- 1 cup halved cherry tomatoes
- 8 thin slices of lemon

DIRECTIONS:

- 1 Preheat the oven to 425°F. Tear four (18x12-inch) sheets of heavy-duty foil. Spray with cooking spray.
- 2 In a small bowl, combine 1 tablespoon olive oil, lemon juice, salt, pepper, lemon zest, red pepper flakes, and garlic. Brush mixture onto both sides of tilapia fillets.
- 3 Arrange one tilapia fillet and one-quarter each of the olives and tomatoes in the center of each piece of foil. Drizzle with ½ tablespoon olive oil and place two lemon slices on top. Bring up two sides of foil so edges meet. Seal edges, making tight ½-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal. Repeat to make three more packets; divide between two baking sheets.
- 4 Transfer to the oven and bake until tilapia is flakey, about 15-18 minutes. Let rest 5 minutes before opening. Carefully unfold foil away from face and serve.



BROIL

Walleye with Lemon Pesto Butter

Prep Time: 5 minutes
Cook Time: 8 minutes
Serves: 4

INGREDIENTS:

- 4 tbsp unsalted butter
- 2 tbsp pesto
- 1 tsp grated lemon zest
- 2 tbsp lemon juice
- 1 tsp salt
- ¼ tsp freshly ground black pepper
- 4 (6 oz each) walleye fillets
- Chopped parsley or basil
- Lemon wedges, optional

DIRECTIONS:

- 1 Adjust oven rack six inches from heating element and preheat broiler. Line a large, rimmed baking sheet with foil and coat with cooking spray.
- 2 In a small bowl, combine room temperature butter, pesto, lemon zest, lemon juice, salt and pepper.
- 3 Place walleye fillets on the prepared baking sheet. Spread 1 tablespoon butter mixture evenly onto each fillet and broil until fish is flaky and cooked through, 5-8 minutes.
- 4 Immediately transfer fillets to serving plates and top with a dollop of remaining butter mixture. Garnish with chopped parsley or basil. Serve hot with lemon wedges on the side.

5 Fish to Try

Not familiar with fish? Take a closer look at our most popular options and how best to make them.



Tilapia

If you're new to cooking fish, start with tilapia. It's flaky, mild, always sold with the skin off and carries the flavor of whatever it's paired with. **Cooking methods:** Fry, poach, roast, sauté, stew



Cod

This white-fleshed fish is popular thanks to its large flake and firm, meaty texture. Haddock and pollock are close relatives and make good substitutes. **Cooking methods:** Fry, poach, roast, sauté, steam, stew



Walleye

Chefs say that walleye has the best flavor of any freshwater fish. The meat has few bones and is light and flaky with a mild flavor. **Cooking methods:** Pan-fry, grill, bake, roast



Catfish

Catfish has a mild, sweet flavor. It's less flaky and denser than other whitefish, making it easy to cook with. It's especially popular for coating in cornmeal and frying. **Cooking methods:** Fry, roast, sauté, stew



Salmon

There are many varieties of salmon, much of which is farmed and labeled Atlantic. It's a favorite for home cooks because it's always available, affordable, and easy to prepare. Wild-caught Pacific varieties include Coho, Pink, Sockeye and King. When it comes to recipes, they can be used interchangeably, along with trout and char. **Cooking methods:** broil, grill, poach, roast, sauté, smoke, stew



Why should birthdays get all the cakes? There are 365 days in a year (and as many reasons to celebrate). Spread around the sprinkles! Finally did a thing you've been putting off forever? Have a slice of pie. Thankful for a friend? Spell it out in donuts. National Oreo Day? You know what to do. From miniscule to major, informal to black tie, Cub has everything you need to celebrate deliciously. What will you fête first?



10 spring celebrations for keeping spirits—and sugar levels—high.



OREO DAY » MARCH 6
Oreo Cupcakes



DAYLIGHT SAVINGS » MARCH 12
Chocolate Chip Message Cookie



PI DAY » MARCH 14
9-inch Honeycrisp Apple Pie



ST. PATRICK'S DAY » MARCH 17
Iced Raised Ring Donuts



ANY DAY
Custom Letter Raised Donuts



FIRST DAY OF SPRING » MARCH 21
8-inch Fruit Tart



CARROT DAY » APRIL 4
8-inch Cream Cheese Carrot Cake



CARAMEL POPCORN DAY » APRIL 6
Medium Caramel Popcorn Bag



COFFEE CAKE DAY » APRIL 7
Apple Danish Coffee Cake



There's a Party Going on Right Here

Spring has lots to celebrate, from Easter and Mother's Day to graduation and loads of fun reasons in between. Let Cub take some, or all, of the cooking and baking off your plate so you can enjoy the party, too.

Our bakeries and delis are treasure troves of à la carte options (our fried chicken has been called the best in town!) and savvy shortcuts (chicken salad + croissants = elegant and easy), plus we do custom orders for cakes, donuts and so much more. Stop by and chat with our experts to create your one-of-a-kind package. We can usually turn around orders in just 48 hours.

Easy Brunch for a Bunch

Rise and shine? Yes, with help from Cub. Here's how to pull it off without breaking a sweat.

BUY:

It's as easy as mixing, matching and serving on a pretty plate

- Cinnamon rolls
- Mini muffins
- Donut holes
- Lemon loaf cake

MAKE:

Fruit Salad with Lime-Infused Syrup

Combine ½ cup water, ½ cup sugar, 1 teaspoon grated lime peel, and 2 tablespoons fresh lime juice in a small saucepan. Bring to a boil. Remove from heat; cool completely. Strain to remove lime peel. Toss with pre-cut Quick & Easy fruit, mix and refrigerate until chilled, about 1 hour.

ASSEMBLE:

Small details have a huge impact

- 1 Start with a store-bought quiche. While it bakes, roast broccoli and tomatoes. Serve on top with freshly chopped parsley.
- 2 Make fancy sandwiches by starting with bakery croissants and adding egg or chicken salad from the deli, plus curly lettuce.
- 3 Lemon poppy seed scones instantly feel gourmet when garnished with fresh slices of lemon.



5 Secrets of Great Hosts

- 1 HAVE A THEME**
It can be as simple as a color, asking everyone to wear a hat, or basing things on a movie/TV show. Anything goes and the sillier the better.
- 2 SERVE A SIGNATURE DRINK**
Savvy hosts create a batch of drinks to fit the theme and mix before guests arrive so they can simultaneously greet, sip, and mingle.
- 3 OUTSOURCE SOME WORK**
Whether it's buying bagged salads and dressing them up, catering the whole thing, or picking up dessert, seasoned hosts know Cub has delicious shortcuts.
- 4 PLAN AN ACTIVITY**
A DIY sundae bar, a story-telling competition, charades, anything that gets everyone involved will make your get together meaningful and memorable.
- 5 SEND EVERYONE PACKING**
Remember the thrill of a birthday party treat bag? Channel that same joy with fancy candy, funny tchotchkes, or hand-written recipe cards to present guests when they leave.



Double Down on Dessert

Skip savory and go all in on a sweet dessert station. It's as easy as loading up on Cub bakery cupcakes, cookies, brownies, bars, adding your favorite candy, and setting the scene. Our bakery does custom orders, too!

ICONIC COCKTAILS

OF
THE

90S

They're back! And thanks to a mix of fresh, high-quality ingredients, they're better than ever. Grab your fanny pack, err, crossbody bag and raise a martini glass to what's old and new again.

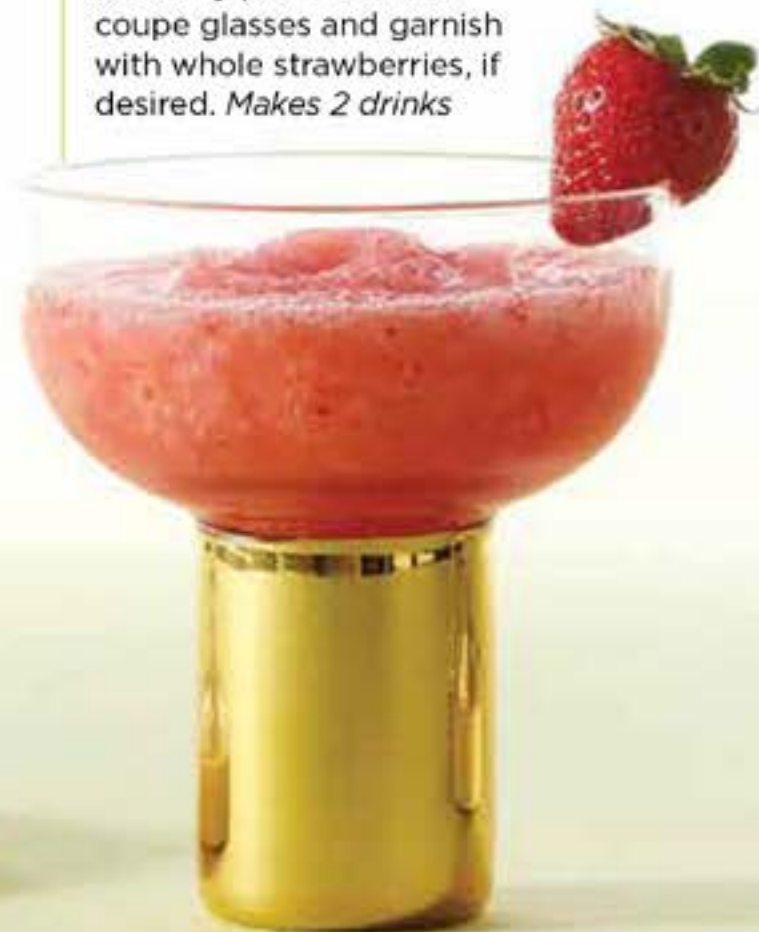
Appletini

Chill a martini glass in the freezer. Fill a cocktail shaker with ice. Add ¼ ounce freshly squeezed lemon juice, ¾ ounce apple juice, and ¾ ounce simple syrup. Cover and shake well. Add 1½ ounces Absolut Vodka and ¾ ounce apple liqueur. Shake again. Strain into chilled martini glass. Add a slice of green apple cut across the equator as garnish, if desired. *Makes 1 drink*



Strawberry Daiquiri

Combine 3 ounces Bacardi Superior Rum, 1½ ounces freshly squeezed lime juice, 1½ ounces simple syrup, 8 sliced strawberries (fresh or frozen) and 2 cups crushed ice in a blender. Cover and blend until slushy. Carefully pour into two coupe glasses and garnish with whole strawberries, if desired. *Makes 2 drinks*



Cold Brew-Tini

Combine 1 tablespoon each finely ground coffee beans and course sugar on a small plate. Tilt the edge of three glasses into a bowl of water, then the mixture to coat the rim. Next, combine 3 ounces cooled espresso, 5 ounces Jameson Cold Brew, and 2 tablespoons sugar in an ice-filled cocktail shaker. Cover and shake well. Strain into prepared glasses. *Makes 3 drinks*



Mexican Lemon Drop

Rub the rim of a coupe or martini glass with a lemon wedge; set aside. Combine 1½ ounces Patrón tequila, ¾ ounce freshly squeezed lemon juice, and ½ ounce simple syrup in an ice-filled cocktail shaker. Cover and shake vigorously. Strain into prepared glass. Use a vegetable peeler to cut a wide piece of lemon peel as garnish, if desired. *Makes 1 drink*



Traditionally made with vodka, Patrón tequila is a surprisingly smooth upgrade that keeps this citrusy drink perfectly simple and sour. Pucker up!



Cosmopolitan

Combine 1½ ounces Absolut Citron, ¾ ounce Cointreau, ¾ ounce cranberry juice, and ¾ ounce freshly squeezed lime juice in an ice-filled cocktail shaker. Cover and shake well. Strain into a martini glass or coupe. Use a vegetable peeler to cut a long piece of orange peel and thread onto a cocktail pick as garnish, if desired. *Makes 1 drink*



The original cosmo used Absolut Citron with triple sec, Rose's lime cordial and cranberry juice. Swapping in fresh lime juice changed the game and made it a go-to drink all the way through the aughts.





Even though Hutch from KS95 is an avid Cub shopper, it's a well-known fact that he is not coming in for black licorice. What does end up in his cart might surprise you. Find out his go-to dinner, the nice things he has to say about co-host Staci (d'aww!) and his top three songs for spring.

Best concert you've been to in the last year
AJR at the Armory. The effects, the music, and the crowd were all amazing. It was such a great experience; one I will never forget!

Top 3 songs for spring:
My go-to spring songs are ones that get me in the mood to clean:
1 AJ Smith, 'No Body'
2 Andy Grammer, 'Good to Be Alive'
3 No Doubt, 'Spider Webs'

Favorite thing about co-host Staci:
She makes me laugh hard. We have such a brother/sister relationship. We prank each other (her more than me) and just get one another. Another thing is that she is always there for people; not just me, but listeners as well. She cares deeply.

State Fair highlights:
Meeting of our amazing listeners. It's still weird for me that people want their picture with me or an autograph. It is an honor to have the listeners we have. They all mean a lot to me.



My go-to dinner is...
ANYTHING in the Quick & Easy section of the CUB deli. The best part is there is something different every time and the options take no time to cook, and little-to-no dishes!

What's something you love to eat but your kids won't touch?
Here is the problem with this question: I end up buying food for my kids and I end up eating their stuff! But if I have to nail it down: hot dish. I will make them like it soon. They say it has too many foods in one "thing".

You've got the day off, what are you up to?
Exploring small Minnesota towns. You can find amazing things in these places. From restaurants and breweries to local places to get the perfect fit (my son taught me that slang for outfit).

Grocery list: write it out, type on phone, or wing it?
I wing it and make many trips.

What Cub Bakery goodie(s) can't you pass up?
The doughnut croissant. The best baked good anywhere!

Pickup, delivery, or DIY?
DIY when it is nice weather. Pickup every winter!

Favorite thing about your Cub:
The staff. Shoutout to the Chaska Cub! I have been able to interact with a lot of the staff. They know customers' names and have gone out of their way to get me what I need. No store has the staff like my Cub has!

Last, but not least, you're at Cub, what three things are definitely in your cart?



1 Cereal! Any kind but there will always be a box of cereal.
Honey Nut Cheerios



2 Cheese...AGAIN, ANY KIND! There is always cheese in my cart.
Essential Everyday Sharp Cheddar



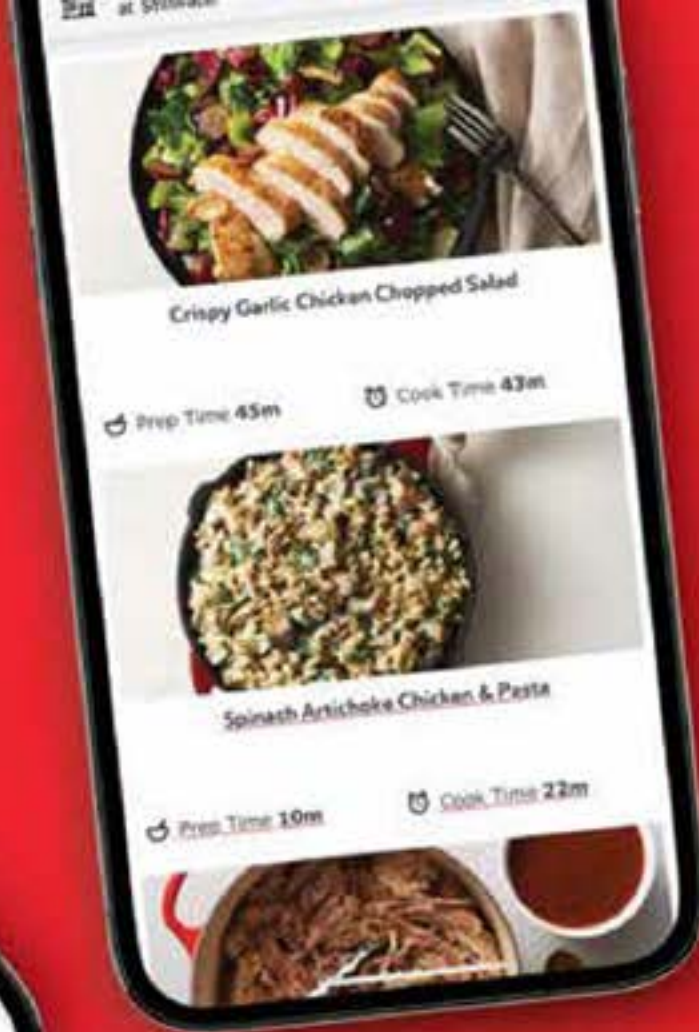
3 Like I mentioned, any Quick & Easy meal. Here's a tip: get the fried or grilled chicken and eat it cold. SO GOOD!

quick & easy

The only thing better than gyros for dinner, are gyros where the prep is done for you.

- Quick & Easy Gyro Kit
- Street Taco Kit
- Cub Fried Chicken Cold, 8 piece





It's All Right Here

Shopping from your phone means you can add everything on your list faster than it takes to walk from our produce section to the chip aisle. Plus, you'll never miss a deal—they're all online just a click away. And get this: marking your favorite items or starting with a past order saves *even more* time. Start your order at cub.com and in the Cub app. You make the meals; we make shopping easy.

**pickup &
delivery**