

# SIMPLY

NOV / DEC 2022

**Schnucks**

amazing  
PG. 6 apps

roasted PG. 4  
beet salad

## the Holiday Hosting Guide

SIMPLE HEALTHFUL SWAPS PG.5

FIVE FESTIVE FEASTS PG.10

OH-SO-NICE NEXTOVERS PG.26

free

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# NOV-DEC

## 2022 HOLIDAY HOSTING GUIDE

With so many reasons to come together and celebrate this time of year, what could be better than an issue of *SIMPLY SCHNUCKS* packed with tasty recipes, healthful (and helpful!) hints and beautiful table décor inspiration. Every page is dedicated to making your holiday hosting happy.

4-5

### Healthier holiday

Discover simple recipe swaps that bring a side of healthy to your holiday.

6-9

### Simplify the season

Satisfy growling tummies before the big meal with apps and snacks that are easy to whip up.

10-24

### 'Tis the season

Join us for five festive feasts including celebrations from around the world.

26-27

### Nextovers

Great ideas for using those extra scoops and servings that are too tasty not to use.

4  
days before

**Stop by Schnucks** to purchase all your necessary ingredients. Schnucks Rewards members earn 2% back on every purchase,<sup>†</sup> holidays — and every day!

3  
days before

**Make your holidays 'appy** by ordering ahead for prepared food to feed arriving guests, or schedule curbside pick-up\* or delivery for groceries.

2  
days before

**Begin prepping** by defrosting frozen items, baking pies and breads, and making appetizers and snacks that can be kept at room temperature.

1  
days before

**Get started** by prepping large main entrées, like turkey. Write out your timeline for the big day.

0  
the day of

**Enjoy the day** by serving Schnucks cinnamon rolls and setting out appetizers around lunch to tide over tummies until dinner. Deep breath; you got this!

7  
days after

**Use up leftovers** for easy meals for up to 7 days after your event while you revel in the holiday season.

\*Available at select Schnucks locations. †Restrictions apply.

## RECIPE index

• Quick (30 minutes or less) • Simple • Good For You • Meat-Free

### APPETIZERS



6 Romaine Hand Salads



6 Spinach Yogurt Dip



7 Cranberry Salsa



9 Avocado Hummus



9 Sweet and Spicy Mixed Nuts



9 Honey Mustard Popcorn



9 Shrimp Cocktail with Spicy Horseradish Sauce

### SIDES



4 Roasted Beet Salad



10 Sweet Potato Gratin



10 Mushroom Stuffing



11 Cranberry Brussels Sprouts



14 Roasted Carrots



14 Kugel



15 Latkes



16 Green Bean Casserole



16 Mashed Potatoes



18 Rum Sweet Potato Cornbread



18 Savory Collard Greens



19 Fried Okra Salad



19 Jollof

### MAINS



12 Pork Tamales



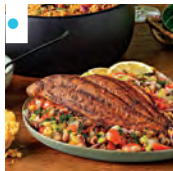
12 Pork Pozole



15 Brisket



17 Glazed Ham



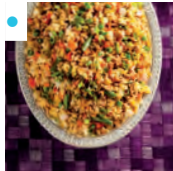
19 Creole Catfish



26 Chilaquiles



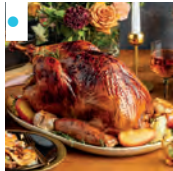
26 Brisket and Latke Sandwich



26 Ham Golden Fried Rice



26 Kale Salad

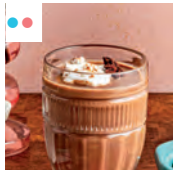


11 Cider-Glazed Turkey

### DESSERTS



11 Gingersnap and Cranberry Lime Pie



13 Champurrado



13 Buñuelos



17 Figgy Pudding

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Opt in today to start keeping track of your health!

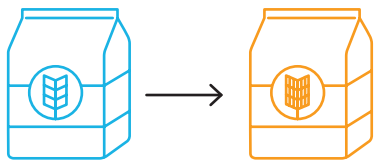


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GOOD FOR YOU

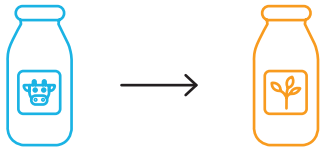
# healthier holiday

Eating healthy during the holidays can be made easy with a few small swaps. Use our guide below to swap in Good For You foods to lighten up your classic holiday dishes, or bring a new dish to your table – like our roasted beet salad – to balance out your meal. Most importantly, enjoy the moments around the table with your friends and family during this special time of year.



### swap refined grains for whole grains

Whole grains offer more fiber and B vitamins than their white, or refined, counterparts. Simple swaps such as brown rice are an easy way to add more nutrition to your holiday dishes.



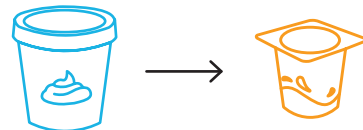
### sub whole milk with low-fat or plant-based milk

Swap out whole milk for a low-fat variety to cut back on saturated fat. Choosing plant-based options like unsweetened almond or oat milks also reduces saturated fat and accommodates for your dairy-free guests.



### mix and match potatoes and cauliflower

Try making half mashed cauliflower and half mashed potatoes for a lighter dish! You'll cut back on carbs and calories, and your guests likely won't taste a difference.



### swap out sour cream for Greek yogurt

Add extra protein to a dish when you substitute sour cream for plain Greek yogurt. Opt for low-fat varieties to know you are choosing Good For You foods!



### instead of eggs, go for canned pumpkin

Use 1/4 cup canned pumpkin for each egg in baked dishes to get more of this favorite holiday vegetable into your meals and cut back on fat and calories in the dish.

## ROASTED BEET SALAD

SERVES: 6  
ACTIVE: 15 MIN TOTAL: 15 MIN

- 1½ lbs. beets, medium sized, scrubbed, trimmed and cut into ¼-in. slices
- 2 granny smith apples, thinly sliced
- 3 radishes, thinly sliced
- 4 cups baby arugula
- 8 oz. fresh mozzarella ball, diced
- ½ cup pistachios, toasted
- 4 tbsp. olive oil
- 4 tsp. red wine vinegar

1 tsp. cracked black peppercorns

- Preheat oven to 450 degrees.
- In a medium bowl, toss beets with 1 tablespoon oil and spread in a single layer on a large baking sheet. Sprinkle beets with a little salt, if desired.
- Place baking sheet in oven and roast for 20 minutes or until the beets begin to turn golden brown and crispy.
- Remove and set aside to cool before transferring to a large salad bowl.
- Add apple, radishes, arugula, mozzarella

and pistachios to bowl and toss ingredients together.  
6. In a small bowl, whisk together remaining tablespoon of oil, red wine vinegar and cracked peppercorns. Drizzle over salad and serve immediately.

PER SERVING: CAL 254, FAT, 18G (3G SAT FAT), CHOL 4MG, SODIUM 149MG, CARB 24G (5G FIBER, 8G SUGARS), PRO 5G



# happy hosting

Start your hosting off right with simple appetizers that can be made in advance and served on demand to drop-in guests, front porch carolers and tiny tummies who can't wait for dinner to be served!

## ROMAINE HAND SALADS

SERVES: 10

ACTIVE: 10 MIN TOTAL: 1 HR 10 MIN

- 2 cups Schnucks plain nonfat Greek yogurt
- ¼ cup Pecorino Romano cheese, grated, plus more to serve
- 1 clove garlic, grated
- 1 tbsp. fresh lemon juice
- 1 tsp. salt
- 1 tsp. pepper
- ½ cup sherry vinegar
- ¼ cup honey
- 1 medium red onion, thinly sliced
- 3 romaine hearts, quartered lengthwise into wedges
- ¼ cup chopped hazelnuts, toasted

1. In a medium bowl, whisk together first six ingredients. Refrigerate at least 1 hour.
2. In a microwave-safe bowl, combine ½ cup of water, vinegar and honey. Microwave to a boil, about 3–4 minutes. Add onion and cover with plastic wrap. Let sit at room temperature 1 hour.
3. Dip lettuce wedge in prepared yogurt. Place on platter, open side up. Top dipped section of each wedge with hazelnuts and cheese. Season with salt and pepper, if desired. Repeat with remaining wedges.
4. Serve immediately with dressing in small bowl in center of platter and with onions on the side.

PER SERVING: CAL 88, FAT 3G (1G SAT FAT), CHOL 4MG, SODIUM 296MG, CARB 11 (1G FIBER, 9G SUGARS), PRO 6G

## SPINACH YOGURT DIP

SERVES: 6

ACTIVE: 15 MIN TOTAL: 15 MIN

- ½ cup walnuts
- 4 tbsp. Schnucks olive oil, divided
- 2 tbsp. garlic, minced
- 1 16-oz. pkg. Schnucks frozen cut leaf spinach, thawed and drained
- 2 cups nonfat Greek yogurt
- 1 tbsp. fresh mint, chopped

1. Preheat oven to 350 degrees. Toss walnuts with one tablespoon oil, spread on baking sheet and bake until golden brown, 6–8 minutes. Allow to cool: chop coarsely.
2. In a large skillet, sauté garlic in remaining oil over medium heat, about 2 minutes, then add spinach. Stir 3–5 minutes or until moisture is mostly evaporated.
3. Cool slightly, then drain excess liquid.
4. In a medium bowl, combine yogurt with spinach mixture. Season with salt and pepper, if desired.
5. Garnish with walnuts and mint. Serve immediately with your favorite snack crackers.

PER SERVING: CAL 210, FAT 16G (2G SAT FAT), CHOL 5MG, SODIUM 85MG, CARB 8G (3G FIBER, 3G SUGARS), PRO 12G

2022 HOLIDAY HOSTING HINT:

MAKE DIP &amp; ONIONS UP TO 2 DAYS BEFORE

PLATE TO SERVE WHEN GUESTS ARRIVE

2022 HOLIDAY HOSTING HINT:

CRANBERRY SALSA WILL STAY FRESH IN

YOUR FRIDGE FOR UP TO 7 DAYS

SERVE WITH YOUR FAVORITE PARTY CRACKERS

## CRANBERRY SALSA

SERVES: 8

ACTIVE: 10 MIN TOTAL: 1 HR 10 MIN

- 1 16-oz. bag Cape Cod Select frozen cranberries, thawed
- ⅓ cup sliced green onions
- 2 medium jalapeños, seeds removed, minced
- ¼ cup fresh cilantro leaves, chopped
- 2 tbsp. grated fresh ginger
- 1 lime, zested and juiced
- ¼ cup honey
- Softened cream cheese (optional)

1. In a medium bowl, combine all ingredients and stir gently.
2. Cover and refrigerate for at least 1 hour. Serve over cream cheese, as a dip, if desired.

PER SERVING: CAL 68, FAT 0G (0G SAT FAT), CHOL 0MG, SODIUM 1MG, CARB 17G (3G FIBER, 11G SUGARS), PRO 0G



2022 HOLIDAY HOSTING HINT:

MIXED NUTS AND POPCORN ARE THE PERFECT

SNACK TO TAKE ALONG WHILE CAROLING

2022 HOLIDAY HOSTING HINT:

HAVE AN ASSORTMENT OF CRACKERS,

VEGGIE SLICES, AND PITA FOR GUESTS TO DIP

### AVOCADO HUMMUS

SERVES: 8

ACTIVE: 10 MIN TOTAL: 10 MIN

- 1 15-oz. can Full Circle garbanzo beans, rinsed and drained
- 2 medium ripe avocados
- 2 tbsp. lemon juice
- 2 tbsp. tahini
- 1 tbsp. Schnucks olive oil
- 1 tsp. cumin
- Crushed red pepper and pepitas to serve (optional)

1. In a blender or food processor, add all ingredients except pepper and seeds. Blend until smooth. Add salt, to taste.
2. Top with crushed red pepper and pumpkin seeds, if desired. Serve with your favorite snack crackers.

PER SERVING: CAL 140, FAT 10G (2G SAT FAT), CHOL 0MG, SODIUM 80MG, CARB 11G (5G FIBER, 1G SUGARS), PRO 4G

### SWEET AND SPICY MIXED NUTS

SERVES: 16-18

ACTIVE: 5 MIN TOTAL: 20 MIN

- 2 tbsp. Schnucks pure maple syrup
- 1 tbsp. unsalted butter, melted

- ½ tsp. chili powder
- ½ tsp. ground cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper
- ¼ tsp. ground cinnamon
- 4 cups unsalted or lightly salted mixed nuts

1. Preheat oven to 350 degrees. Line baking sheet with foil.
2. In a large mixing bowl, combine all ingredients except nuts. Add nuts, stir to coat.
3. Spread nuts evenly on pan. Bake 15-20 minutes, stirring every 5 minutes until fragrant. Cool before serving.

PER SERVING: CAL 190, FAT 16G (2.5G SAT FAT), CHOL 0MG, SODIUM 70MG, CARB 8G (2G FIBER, 3G SUGARS), PRO 6G

### HONEY MUSTARD POPCORN

SERVES: 6

ACTIVE: 5 MIN TOTAL: 5 MIN

- 10 cups unseasoned popped popcorn
- 2 tbsp. Schnucks honey
- 2 tbsp. unsalted butter, melted
- 2 tbsp. Schnucks yellow mustard
- 1 tsp. salt
- 1 tsp. onion powder
- ½ tsp. garlic powder

1. In a small bowl, microwave honey and butter for 20 seconds.
2. Stir in mustard, salt, onion and garlic powder until well combined.
3. Pour honey mustard sauce over popcorn in a large mixing bowl. Toss until evenly coated.

PER SERVING: CAL 120, FAT 8G (3G SAT FAT), CHOL 10MG, SODIUM 440MG, CARB 14G (1G FIBER, 6G SUGARS), PRO 1G

### SHRIMP COCKTAIL WITH SPICY HORSERADISH SAUCE

SERVES: 5

ACTIVE: 5 MIN TOTAL: 5 MIN

- 1 cup Schnucks ketchup
- 2 tbsp. fresh horseradish root, finely grated
- 1 tbsp. lemon juice
- 1 tsp. Worcestershire sauce
- ¼ tsp. hot sauce
- 1 16-oz. pkg. Schnucks frozen cooked shrimp (16-20 ct.), thawed

1. In a medium bowl, mix all ingredients except shrimp together.
2. Serve with chilled shrimp.

PER SERVING: CAL 160, FAT 0G (0G SAT FAT), CHOL 170MG, SODIUM 630MG, CARB 17G (0G FIBER, 13G SUGARS), PRO 22G



# happy thanksgiving

Observed on the fourth Thursday in November, Thanksgiving began in 1621 as a celebration to mark the end of harvest. It's a time for family and friends to enjoy a traditional feast.

## Mushroom stuffing

## Crispy cubes

Forget to set bread out to dry for your stuffing? Cut into cubes and bake at 350 degrees for about 20 minutes.

## Sweet potato gratin

## Cider-glazed turkey

## Carving 101

However you cook your turkey, watch our video for tips on carving your bird right at the table.



## Cranberry Brussels Sprouts

## Crantastic

Coat cranberries with light corn syrup. Spread in a single layer on wire rack. Dry in refrigerator for 30 minutes. Toss in a bowl with sugar until coated. Use to add a dash of flair to desserts and cocktails.

## Gingersnap and cranberry lime pie



# Lovely Las Posadas

Celebrated December 16-24, Las Posadas is a novenario, or nine-day devotional, where the journey of Joseph and Mary is reenacted each night. When they arrive at the "inn" carols are sung and a piñata is opened before sitting down to feast.

*Pork Pozole*

## Go-to toppings

Put out lime wedges, avocado slices, pico de gallo and radishes so guests can add that final flourish of flavor.

*Pork Tamales*

*Champurrado*

*Buñuelos*

**Extra warm and cozy**

Top off a mug of champurrado with a bit of ancho liqueur for a warm glow on a cold night.



# HAPPY HAPPY HANUKKAH

The Festival of Lights is observed for eight nights (celebrated this year from December 18-26) with the lighting of candles and telling of stories around the dinner table.

## Pantry Za'atar Spice

★  
This Za'atar-like blend replaces salt and pepper at your table and is made from spices you likely already have on hand:

- 1 tbsp. dried thyme
- ¼ tsp. crushed red pepper
- 1 tbsp. ground cumin
- 1 tbsp. ground coriander
- 1 tbsp. sesame seeds
- ½ tbsp. black pepper
- ½ tbsp. lemon zest
- ½ tsp. salt

## Kugel

## Best Dressed

★  
Keep horseradish sauce, sour cream, pickles and grainy mustard handy for guests.

## Roasted Carrots

## Latkes

## Brisket



# Merriest Christmas

Christmas is a holiday celebrated in as many different ways as there are reindeer on Santa's sleigh. Leading up to December 25, many faiths observe Advent in preparation for the birth of Jesus, represented by the color purple.

## spritz things up

\*  
Set out bite-size fruit or berries and cinnamon sticks for guests to add to their glass of wine or spirits. Club soda adds extra holiday sparkle.

## put a bow on it

\*  
Serve main dishes with flair by garnishing with fresh herbs and spices used during baking to tie it all together!

mashed potatoes

glazed ham

green bean casserole

figgy pudding



# Joyful Kwanzaa

Celebrated December 26-January 1, Kwanzaa recognizes the seven principles of African heritage: unity, self-determination, responsibility, cooperation, purpose, creativity and faith.

## RAISE YOUR GLASS

Red wines low in tannins like pinot noir and gamay will complement your Kwanzaa dishes. Look for words like round, fruity, soft and vanilla in the flavor profile.

## JOLLOF

## RUM SWEET PO'AI'Ō CORNBREAD

## FEELING COOL

Let guests cool the heat of spicy dishes with citrus wedge garnishes and cold tea or lemonade on the table.

## CREOLE CATFISH

## SAVORY COLLARD GREENS



# Thanksgiving

## CIDER-GLAZED TURKEY

SERVES: 12  
ACTIVE: 30 MIN TOTAL: 3 HR 20 MIN



- 1 12-lb. whole turkey, brined
- 6 tbsp. butter, softened and divided
- 1 tbsp. chopped fresh thyme
- 1 tsp. fresh cracked pepper
- 6 fresh garlic heads, top cut off
- 4 small yellow onions, quartered
- 4 small apples, quartered
- 4 fresh thyme sprigs
- 2 cups cider
- ¼ cup apple jelly

1. Preheat oven to 350 degrees. In a small bowl, combine 4 tablespoons butter, thyme and pepper. Rub butter under skin. Place half of onions, apples, garlic and thyme in turkey cavity.  
2. Place turkey in roasting pan with half of tonions, apples, garlic, thyme and cider. Roast 1½–2 hours, basting every 30 minutes, until internal temperature reaches 165 degrees.  
3. In a small saucepan, combine remaining butter with apple jelly. Cook 2 minutes over medium-high heat until thick and glossy.  
4. Brush turkey with glaze and roast 10 minutes.  
5. Rest turkey 20 minutes before serving.

PER SERVING: CAL 369, FAT 23G (8G SAT FAT), CHOL 55MG, SODIUM 74MG, CARB 32G (3G FIBER, 14G SUGARS), PRO 11G

## MUSHROOM STUFFING

SERVES: 10  
ACTIVE: 20 MIN TOTAL: 1 HR 20 MIN

- 1 27-oz. loaf Dave’s Killer Bread, 21 Whole Grains and Seeds, dried and cut into 1-inch cubes
- 4 tbsp. olive oil
- 1 lb. mushrooms, diced
- 1 large yellow onion, diced
- 3 large celery stalks, diced
- 1 tbsp. minced garlic
- 2 tsp. dried sage
- 1 tsp. dried thyme
- ½ cup pine nuts
- 1 tbsp. pure maple syrup
- 3 cups broth, cold
- 2 eggs, whisked
- ¼ cup fresh parsley, divided

1. Preheat oven to 350 degrees. In a large pan, heat oil on medium and cook mushrooms, onions, celery, garlic and herbs, 3–5 minutes until soft. Remove from heat. Stir in bread, pine nuts and maple syrup.  
2. In a small bowl, mix broth, eggs and parsley. Pour over bread mixture and toss. Transfer to greased 9x13-inch baking dish. Cover and bake

30 minutes, then 10 minutes, uncovered, until golden brown.

PER SERVING: CAL 340, FAT 15G (2G SAT FAT), CHOL 42MG, SODIUM 598MG, CARB 40G (7G FIBER, 9G SUGARS), PRO 14G

## SWEET POTATO GRATIN

SERVES: 10  
ACTIVE: 20 MIN TOTAL: 1 HR 5 MIN

- ½ 10-oz. bag mini marshmallows
- 1 cup half-and-half, divided
- 1 tsp. cinnamon
- 2 tsp. minced garlic
- 1 tsp. salt
- ½ tsp. white pepper
- ¼ tsp. nutmeg
- 2 medium sweet potatoes, thinly sliced to ¼-in. thick rounds
- ⅔ cup shredded white cheddar cheese
- ¼ cup grated parmesan cheese
- 1 tsp. butter
- ¾ cup chopped pecans
- 1½ tbsp. light brown sugar
- 3 tsp. pure maple syrup

1. Preheat oven to 325 degrees. Stir marshmallows in heat proof bowl over medium pot of simmering water. When melted, add ⅛ cup half-and-half and cinnamon. Set aside.  
2. In a medium saucepan, mix remaining half-and-half with garlic, salt, pepper and nutmeg. Simmer for 10 minutes. Set aside.  
3. In a medium skillet, melt butter over medium-high heat. Add pecans, brown sugar and maple syrup. Cook, stirring frequently, 3–4 minutes until caramelized. Set aside.  
4. In a greased 8x8-inch baking dish, add potatoes and cheddar in 3 layers. Pour sauce over layers, top with parmesan, cover and bake 1 hour. Bake 10 minutes uncovered until top is golden brown. Top with pecans and drizzle with marshmallows before serving.

PER SERVING: CAL 222, FAT 12G (4G SAT FAT), CHOL 19MG, SODIUM 409MG, CARB 23G (2G FIBER, 13G SUGARS), PRO 7G

## BRUSSELS SPROUTS

SERVES: 8  
ACTIVE: 20 MIN TOTAL: 25 MIN

- 1½ lb. Brussels sprouts, trimmed and cut in half
- 2 tbsp. olive oil
- 1 cup fresh cranberries

- ½ cup pecans, chopped
- 2 shallots, sliced
- ¼ cup honey
- ¼ cup balsamic vinegar

1. Preheat oven to 400 degrees. Coat a large, rimmed sheet pan with cooking spray.  
2. In a large bowl, toss sprouts with olive oil and season with salt and pepper. Transfer to pan and roast 10 minutes. Stir sprouts before adding cranberries, pecans and shallots. Roast 10–15 minutes until cranberries are bursting.  
3. In a small saucepan, bring honey and vinegar to boil over medium heat. Reduce heat and simmer 5–8 minutes until thick. Drizzle sprouts with glaze and serve.

PER SERVING: CAL 159, FAT 8G (1G SAT FAT), CHOL 0MG, SODIUM 25MG, CARB 21G (5G FIBER, 13G SUGARS), PRO 4G

## CRANBERRY LIME PIE

SERVES: 8  
ACTIVE: 20 MIN TOTAL: 2 HR 40 MIN

- 1 5-oz. package ginger cookies
- ¾ cup pecans
- ¾ tbsp. butter, room temperature
- 2 tbsp. brown sugar
- 6 oz. cranberries
- ¾ cup sugar, divided
- 3 large eggs
- 3 large egg yolks
- 1 tsp. lime zest, finely grated
- ½ cup fresh lime juice
- ⅛ tsp. salt

1. Preheat oven to 350 degrees. Pulse cookies and pecans together in a food processor until mix is the texture of sand. Add 4 tablespoons melted butter and brown sugar. Press mixture into 9-inch pie plate. Bake until set, 12–15 minutes, set aside to cool.  
2. In a large pot, combine cranberries, sugar and ¼ cup water. Bring to a boil over medium-high heat, reduce heat and simmer until cranberries burst, 12–15 minutes. Purée with mixer until smooth.  
3. Add eggs, egg yolks, lime zest, juice and salt. Cook on low heat, stirring constantly, until thick, about 8–10 minutes. Remove from heat and add butter until fully mixed. Fill crust and chill 2 hours.

PER SERVING: CAL 432, FAT 29G (13G SAT FAT), CHOL 185MG, SODIUM 162MG, CARB 47G (2G FIBER, 34G SUGARS), PRO 6G

# Las Posadas

## PORK TAMALES

SERVES: 9-10  
ACTIVE: 30 MIN TOTAL: 1 HR 45 MIN

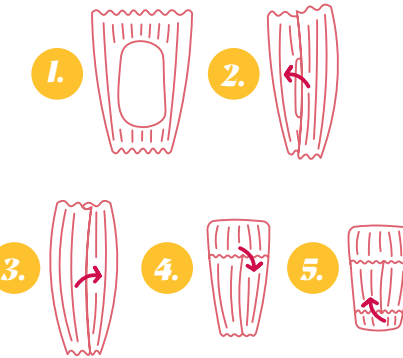


- 2 cups cooked pork roast, shredded
- 1 10-oz. can Schnucks red enchilada sauce, divided
- 20 dried corn husks\*
- 2 cups Bob’s Red Mill Masa Harina corn flour
- 2 tsp. baking powder
- 1 tsp. garlic powder
- ½ tsp. salt
- ⅓ cup safflower or vegetable oil
- 2 cups unsalted chicken broth

1. In a medium bowl, combine pork and ½ can enchilada sauce. Cover and set aside.  
2. Fill large bowl with warm water and soak corn husks at least 30 minutes.  
3. In a medium bowl, stir together masa, baking powder, garlic powder and salt. Whisk in oil before adding broth ½ cup at a time until mixture resembles peanut butter.  
4. Remove husks from water pat dry. On smooth side of husk, evenly spread 2–3 tablespoons of masa mixture in center. Top with 1–2 tablespoons of pork. Fold sides, top and bottom of husk toward center to enclose. Repeat process with remaining tamales.  
5. Bring a large pot of water to a gentle boil, arrange tamales in steamer basket and place basket 2-inches above water. Cover and steam 45–60 minutes. Allow to cool slightly and serve with remaining enchilada sauce.

PER SERVING: CAL 250, FAT 11G (2G SAT FAT), CHOL 30MG, SODIUM 470MG, CARB 24G (2G FIBER, 3G SUGARS), PRO 14G

## HOW TO: fold tamales



\*use parchment paper instead of corn husks if preferred

## PORK POZOLE

SERVES: 8  
ACTIVE: 5 MIN TOTAL: 45 MIN

- 1 tbsp. Schnucks vegetable oil
- 1 medium onion, diced
- 3 garlic cloves, chopped
- 1 tbsp. ground cumin
- 1 tbsp. chili powder
- ½ tsp. dried oregano
- 1 4-oz. can Schnucks diced green chiles
- 2 15-oz. cans of white hominy, drained and rinsed
- 2 cups cooked pork roast, cut into 1-in. cubes
- 4 cups unsalted chicken broth
- ¼ cup chopped fresh cilantro
- Lime wedges and sliced radishes to serve, if desired

1. In medium pot, heat oil over medium. Add onions and garlic and cook 3–4 minutes until translucent. Add cumin, chili powder and oregano; stir to coat. Stir in chiles, hominy, pork, broth and 1 cup water.  
2. Bring to a boil, then lower heat to simmer 30 minutes. Remove from heat and cool at room temperature 10–15 minutes.  
3. Stir in cilantro and serve with sliced radishes and lime wedges, if desired.

PER SERVING: CAL 190, FAT 7G (2G SAT FAT), CHOL 35MG, SODIUM 400MG, CARB 14G (3G FIBER, 3G SUGARS), PRO 16G

## CHAMPURRADO

SERVES: 6  
ACTIVE: 30 MIN TOTAL: 35 MIN

- 1 cinnamon stick
- 1 star anise pod
- ⅓ cup Bob’s Red Mill Masa Harina corn flour
- ⅓ tsp. salt
- 2 cups reduced-fat milk
- 2 tbsp. packed coconut sugar
- 1 3.5-oz. Culinaria Belgian cocoa nibs 70% dark chocolate bar, finely chopped
- ½ tsp. cayenne pepper (optional)

1. In a medium pot, add cinnamon stick, star anise and 2½ cups water. Bring to low boil over medium heat before simmering 10–12 minutes. Remove spices.

2. In a medium bowl, whisk masa harina, salt and 1 cup very hot water until no lumps remain, about 3–5 minutes. Set aside.  
3. To the pot of prepared spiced water, add finely chopped chocolate with sugar, milk and cayenne pepper (if using). Bring to a low simmer, stirring occasionally, until chocolate and sugar dissolve, about 5 minutes.  
4. Pour masa harina mixture into pot while whisking continuously. Turn heat up to medium-high and bring to low boil. Reduce heat and simmer 10–12 minutes or until thickened. Serve immediately.

PER SERVING: CAL 190, FAT 9G (5G SAT FAT), CHOL 5MG, SODIUM 45MG, CARB 23G (3G FIBER, 13G SUGARS), PRO 4G

## BUÑUELOS

SERVES: 8  
ACTIVE: 30 MIN TOTAL: 1 HR

- 2 cups Schnucks all-purpose flour
- 1½ tsp. baking powder
- ½ tsp. salt
- ¾ cup warm water
- ¼ cup Schnucks vegetable oil, plus more for frying
- ½ cup granulated sugar
- 1 tsp. cinnamon

1. In a large bowl, mix the flour, baking powder and salt until combined. Add the water and oil, then stir until the dough comes together.  
2. Transfer the dough to clean work surface and knead for 8–10 minutes, until smooth and elastic. Roll dough into a ball, place it in a clean bowl, cover with plastic wrap and let rest for 30 minutes.  
3. Divide the dough into eight balls. On a lightly floured surface, roll out each ball into 8– to 10-inch pancakes. In small bowl, mix sugar and cinnamon for topping.  
4. Line a sheet pan with paper towels. In a deep skillet over medium-high heat, bring an inch of oil to 350 degrees. Fry the dough for about 1 minute on each side or until golden brown. Transfer to the sheet pan and sprinkle with cinnamon sugar; repeat with remaining dough. Serve immediately.

PER SERVING: CAL 224, FAT 7G (2G SAT FAT) CHOL 0MG, SODIUM 150MG, CARB 38G (1G FIBER, 13G SUGARS 13) PRO 4G



# HANUKKAH

## ROASTED CARROTS

SERVES: 4

ACTIVE: 5 MIN TOTAL: 35 MIN

- 14 green-top carrots, washed, peeled and tops trimmed
- 2 tbsp. Schnucks honey
- 2 tbsp. Balsamic vinegar
- 2 tbsp. Schnucks olive oil
- Chopped parsley for garnish

1. Preheat oven to 400 degrees. Whisk honey, vinegar and olive oil in large bowl. Add carrots and toss with salt and pepper. 2. Spread carrots on rimmed baking sheet, roast for 30 minutes until tender. 3. Serve warm with chopped parsley.

PER SERVING: CAL 149, FAT 6G (1G SAT FAT), CHOL 0MG, SODIUM 120MG, CARB 24G (5G FIBER, 16G SUGARS), PRO 2G

## KUGEL

SERVES: 8-10

ACTIVE: 5 MIN TOTAL: 45 MIN

- 8 oz. egg noodles, cooked according to package directions
- 2 tbsp. butter, melted
- 2 cups low-fat cottage cheese
- 2 tbsp. sugar
- 6 eggs, whisked
- ½ tsp. Spice Hunter ground Highland Harvest Saigon cinnamon
- ½ cup golden raisins
- Chopped green onion for garnish
- Season with salt and pepper, to taste

1. Preheat oven to 375 degrees. Mix all of the ingredients together in large bowl. 2. Pour mix into buttered casserole dish. Bake 30–40 minutes until top is lightly browned and kugel is set. 3. Cool for 15 minutes before slicing. Serve with green onions as garnish.

PER SERVING: CAL 209, FAT 8G (4G SAT FAT), CHOL 137MG, SODIUM 190MG, CARB 21G (1G FIBER, 12G SUGARS), PRO 14G



## BRISKET

SERVES: 4-6

ACTIVE: 45 MIN TOTAL: 7 HR 30 MIN

- 1 tsp. dried thyme
- 2 tsp. dried sage
- 1 tbsp. paprika
- 1 tsp. kosher salt
- 2 tsp. black pepper
- 5 lbs beef brisket
- 2 tbsp. Schnucks olive oil
- 2 medium onions, thickly sliced
- 2½ cups low-sodium beef broth
- ¼ cup red wine vinegar
- 1 tbsp. tomato paste
- 5 cloves garlic, peeled and crushed
- 1 bay leaf

1. Preheat oven to 300 degrees. In a small bowl, mix thyme, sage, paprika, salt and pepper. Place brisket on large plate and rub seasoning mixture into both sides. Cover and sit at room temperature for 45 minutes. 2. Heat oil in a large, oven proof skillet over medium-high heat. Sear both sides of brisket until browned. Remove brisket and set aside. 3. Add onions to skillet and cook, stirring frequently, until softened and browned. Add beef broth, red wine vinegar, tomato paste, garlic and bay leaf to skillet. 4. Return brisket to skillet, cover pan with foil and place in oven. Bake for 6 hours or until tender. Remove and let rest for 30 minutes before carving.

PER SERVING: CAL 841, FAT 32G (10G SAT FAT), CHOL 379MG, SODIUM 709MG, CARB 6G (2G FIBER, 2G SUGARS), PRO 129G

## LATKES

SERVES: 8

ACTIVE: 15 MIN TOTAL: 45 MIN

- 1 30-oz. bag frozen shredded potatoes, thawed and patted dry
- 1 medium onion, finely diced
- 2 eggs, lightly beaten
- 1 tsp. kosher salt
- ¼ tsp. black pepper
- ¼ cup Schnucks all-purpose flour
- ½ tsp. baking powder
- 3 tbsp. Schnucks vegetable oil
- Applesauce and/or sour cream for serving

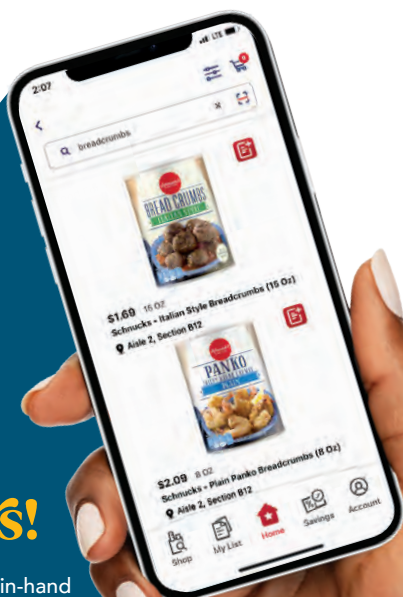
1. In a large mixing bowl, place potatoes, onion, eggs, salt, pepper, flour and baking soda. Mix until just combined. 2. In a large skillet, heat oil over medium heat. Working in batches, add ½ cup of mixture to hot oil and press down to flatten. Do not overcrowd skillet. Cook 3–5 minutes per side until golden brown. Keep warm in oven while cooking additional batches. 3. Serve immediately with applesauce or sour cream, if desired.

PER SERVING: CAL 325, FAT 7G (2G SAT FAT), CHOL 41MG, SODIUM 382MG, CARB 59G (6G FIBER, 1G SUGARS), PRO 9G



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# Christmas

## GLAZED HAM

SERVES: 8

ACTIVE: 30 MIN TOTAL: 2 HR 40 MIN

- 5 lbs. spiral sliced ham
- 2 bay leaves
- 1 stick Spice Hunter whole Indonesian cinnamon stick
- 1 tbsp. coriander seeds
- 1 tsp. whole peppercorns
- ¾ cup Madeira wine
- ¼ cup Schnucks honey
- 2 tbsp. sherry vinegar
- 20 whole cloves

1. Preheat oven to 375 degrees. Place ham in large pot, cut-side down, and cover with cold water. Add bay leaves, cinnamon, coriander seed and peppercorns. Bring to boil and simmer for 1 hour 30 minutes, adding water as needed to keep ham covered. Skim froth while cooking. 2. In small pot add wine, honey, cloves and vinegar. Bring to boil, then lower heat, simmering 10–15 minutes stirring occasionally, until glaze is thickened and glossy. 3. Transfer ham to large roasting pan and coat with half of glaze. Roast 15 minutes. 4. Rotate pan and pour remaining glaze over ham. Roast for 25–35 minutes until ham is golden brown, basting with pan juices frequently. 5. Rest ham for 15 minutes before serving.

PER SERVING: CAL 135, FAT 4G (1G SAT FAT), CHOL 44MG, SODIUM 758MG, CARB 10G (1G FIBER, 9G SUGARS), PRO 11G

## GREEN BEAN CASSEROLE

SERVES: 12

ACTIVE: 12 MIN TOTAL: 30 MIN

- 3 10-oz. bags Schnucks Steamin' Easy Freshly Frozen Cut Green Beans
- ½ lb. sliced baby bella mushrooms
- 2 tbsp. butter
- 2 tbsp. flour
- ½ cup minced sweet yellow onion
- 2 tsp. minced garlic
- 1 tsp. cracked black pepper
- ½ cup reduced sodium vegetable broth
- 1 cup Schnucks plain Greek yogurt
- 1 tbsp. Worcestershire sauce
- 1 cup shredded Swiss cheese
- ⅓ cup cornflakes
- ⅓ cup slivered almonds

PER SERVING: CAL 256, FAT 16G (6G SAT FAT), CHOL 23MG, SODIUM 364MG, CARB 25G (4G FIBER, 2G SUGARS), PRO 5G



1. Preheat oven to 400 degrees. Prepare green beans according to package, drain, then spread in oiled 7x11-baking dish. 2. In large skillet over medium heat, melt butter and cook mushrooms until tender. Add onions, garlic and pepper, cooking until browned. Add flour and stir for 1 minute. Stir while gradually adding broth. Bring to boil and cook until thickened, stirring often. 3. Remove from heat before stirring in yogurt, Worcestershire sauce and Swiss cheese, mixing until cheese is melted. 4. Pour over green beans and sprinkle top with cornflakes and almonds. Bake uncovered for 12–16 minutes until bubbling around edges.

PER SERVING: CAL 189, FAT 13G (4G SAT FAT), CHOL 18MG, SODIUM 69MG, CARB 11G (4G FIBER, 3G SUGARS), PRO 9G

## MASHED POTATOES

SERVES: 8

ACTIVE: 20 MIN TOTAL: 35 MIN

- 3 lbs. Yukon gold potatoes, peeled and cut into 1-in. cubes
- 1 tsp. salt
- 2 oz. cream cheese
- ¼ cup milk
- ¼ cup butter
- 2 tsp. minced garlic
- 1 tsp. Spice Hunter garlic pepper blend
- 1 tbsp. chives, freshly chopped
- Chopped fresh parsley, to serve

1. Fill large pot ⅓ full with water, add salt and bring to a boil before adding potatoes and returning to boil. 2. Partially cover pot with lid, reduce heat and simmer 20 minutes. Add water as needed to keep potatoes under water. Drain and add potatoes to large bowl. 3. In medium bowl, microwave cream cheese, milk, butter and garlic for 2 minutes. Add to potatoes and mash until desired creaminess is reached. Stir in pepper blend and chives. 4. Serve while hot, garnished with parsley.

PER SERVING: CAL 256, FAT 16G (6G SAT FAT), CHOL 23MG, SODIUM 364MG, CARB 25G (4G FIBER, 2G SUGARS), PRO 5G

## FIGGY PUDDING

SERVES: 8

ACTIVE: 25 MIN TOTAL: 2 HR

- 1 cup raisins
- ¾ cup chopped dried figs
- ¾ cup chopped pitted dates
- 2 tbsp. lemon zest
- 2 tbsp. orange zest
- ½ cup brandy
- 1 15.2-oz box Duncan Hines Dark Chocolate Fudge cake mix
- 1 tsp. pumpkin pie spice mix
- 1 egg
- 1 Granny Smith apple, peeled and grated
- ¼ cup sliced almonds
- Serve dusted with powdered sugar, if desired

1. In a medium microwave-safe bowl, mix dried fruit and zest with brandy. If needed, add water to cover fruit. Cover bowl with plate; microwave on high 2½ minutes. Set aside to steam until room temperature. 2. In medium bowl, stir cake and spice mix together. Add fruit/brandy mix, egg, apple and almonds. Stir until thick and sticky. 3. Butter a 2½ quart oven-safe bowl and line bottom with parchment paper. Add batter and smooth the top. Place a lightly buttered piece of parchment paper cut to fit top of bowl with butter touching batter. Cover tightly with two layers of foil, securing with kitchen twine. 4. In a large pot full of simmering water, fold a kitchen towel and place at bottom of pot before carefully placing bowl in water. Water should come halfway up bowl's sides. 5. Cover pot and steam bowl over low heat for 1½ hours. Check water level every half hour. Add water as needed to keep level halfway up side of bowl. Carefully remove bowl from pot and cool for 5 minutes. 6. Invert bowl on serving plate. Set aside until pudding slides onto plate. Serve warm with powdered sugar, if desired.

PER SERVING: CAL 445, FAT 1G (5G SAT FAT), CHOL 628MG, SODIUM 613MG, CARB 86G (6G FIBER, 55G SUGARS), PRO 8G



# KWANZAA

## SAVORY COLLARD GREENS

SERVES: 6

ACTIVE: 1 HR TOTAL: 1 HR

- 2 14-oz. pkgs. PictSweet Farms frozen chopped collard greens
- ¼ cup extra-virgin olive oil
- 1 cup chopped red onion
- 2 tbsp. minced garlic
- 1 medium tomato, finely chopped
- 1 medium jalapeño, sliced
- 1 tsp. Schnucks ground cumin
- 1 tsp. ground cardamom

1. In a large pot, bring water to boil over high heat. Add frozen collards and cook until soft, about 10 minutes. Drain well in colander.

2. In a large frying pan, add oil and onion over medium heat and cook, stirring often, until onion is translucent. Add garlic and cook, stirring, 1 minute. Add tomato and jalapeño, cooking an additional 5 minutes.

3. Add collards to pan, cover and cook 10 minutes. Reduce heat to medium-low, stir in spices, re-cover and cook about 3 minutes. Remove from heat and season with salt and pepper, if desired.

PER SERVING: CAL 127, FAT 10G (1G SAT FAT), CHOL 0MG, SODIUM 25MG, CARB 11G (5G FIBER, 1G SUGARS), PRO 4G

## JOLLOF

SERVES: 4

ACTIVE: 35 MIN TOTAL: 40 MIN

- 1 14.5-oz. can Schnucks petite diced tomatoes
- 2 red bell peppers, trimmed and diced
- 1 red onion, diced
- 2 garlic cloves
- 1 chili pepper of choice, stemmed and seeded
- 2 tbsp. vegetable oil
- 1 tbsp. curry powder
- 1 tsp. smoked paprika
- 1 tsp. fresh grated ginger root
- 1 tsp. dried thyme
- 1 cup Schnucks basmati rice
- 2 bay leaves
- 1 15.5-oz. can Schnucks black-eyed peas, drained and rinsed
- ¼ cup frozen okra

1. In food processor, add tomatoes, one red bell pepper, garlic, onion and chili pepper. Blend into a smooth paste.



2. In a large skillet, heat oil and prepared purée over medium. Stir in remaining spices and cook until combined, about 5 minutes. Stir rice and bay leaves into pan. Add 1½ cups water, bring to a boil, cover and simmer for 15 minutes, stirring occasionally.

3. Add beans, remaining bell pepper, and frozen okra. Cook 10 minutes more or until rice is soft and sauce is thick. Season with salt and pepper, if desired.

PER SERVING: CAL 330, FAT 8G (1G SAT FAT), CHOL 0MG, SODIUM 230MG, CARB 56G (6G FIBER, 7G SUGARS), PRO 9G

## CREOLE CATFISH

SERVES: 4

ACTIVE: 20 MIN TOTAL: 35 MIN

- ½ cup butter
- ½ cup Schnucks Cajun seasoning
- 4 catfish fillets
- Lemon wedges, if desired

1. In a shallow bowl, melt butter. On a small plate, spread Cajun seasoning in an even layer. Dip fish fillets one at a time in melted butter, then dredge both sides in seasoning. Gently shake off excess.

2. In smoking hot cast-iron frying pan, sear each side of fish fillets for 2–3 minutes, using a wide metal spatula to flip gently.

3. Remove from heat and garnish with lemon wedge, if desired.

PER SERVING: CAL 403, FAT 29G (16G SAT FAT), CHOL 153MG, SODIUM 697MG, CARB 0G (2G FIBER, 1G SUGARS), PRO 28G

## FRIED OKRA SALAD

SERVES: 4

ACTIVE: 45 MIN TOTAL: 1 HR

- 1 lbs. frozen okra, thawed
- ½ cup cider vinegar
- 4 tbsp. vegetable oil
- 3 tbsp. olive oil
- 2 tbsp. chopped parsley
- ¼ tsp. red pepper flakes
- 1 sweet bell pepper, seeded and diced
- 2 celery stalks, thinly sliced
- 1 red shallot, thinly sliced
- 1 10-oz. pkg. cherry tomatoes, quartered

- 1 15-oz. can Schnucks sweet corn, drained
- 1 15.5-oz. can Schnucks black-eyed peas, drained and rinsed

1. In a medium bowl, add thawed okra and cider vinegar. Marinate for 30 minutes. Drain and rinse.

2. In a medium skillet, heat vegetable oil over medium-high. Working in batches, fry okra 3–5 minutes until golden and crispy. Transfer to paper towel-lined plate.

3. In a large bowl, whisk together olive oil, parsley, and red pepper flakes. Add fried okra, sweet peppers, celery, shallot, tomatoes, corn and black-eyed peas. Toss to combine and serve. Season with salt and pepper, if desired.

PER SERVING: CAL 461, FAT 26G (4G SAT FAT), CHOL 0MG, SODIUM 517MG, CARB 53G (12G FIBER, 12G SUGARS), PRO 9G

## RUM SWEET POTATO CORNBREAD MUFFINS

SERVES: 12

ACTIVE: 10 MIN TOTAL: 30 MIN

- 2 7.5-oz boxes Pillsbury corn muffin mix
- ¼ tsp. ground cinnamon
- ⅔ cup mashed sweet potato
- ½ cup So Delicious dairy free unsweetened coconut milk
- 2 Schnucks large eggs
- 2 tbsp. Bacardi spiced rum
- ½ tsp. vanilla extract

1. Preheat oven to 400 degrees. Coat two 12-cup muffin pans with cooking spray or insert muffin cup liners.

2. In large bowl, whisk corn muffin mix and cinnamon. In a medium bowl, whisk mashed sweet potato with remaining ingredients until combined.

3. Slowly whisk wet ingredients into dry ingredients until combined, about 2–3 minutes. Let batter sit 10 minutes.

4. Fill prepared muffin cups ¾ full. Bake 15–20 minutes or until golden brown.

PER SERVING: CAL 181, FAT 4G (0.5G SAT FAT), CHOL 31MG, SODIUM 300MG, CARB 31G (0G FIBER, 11G SUGARS), PRO 3G

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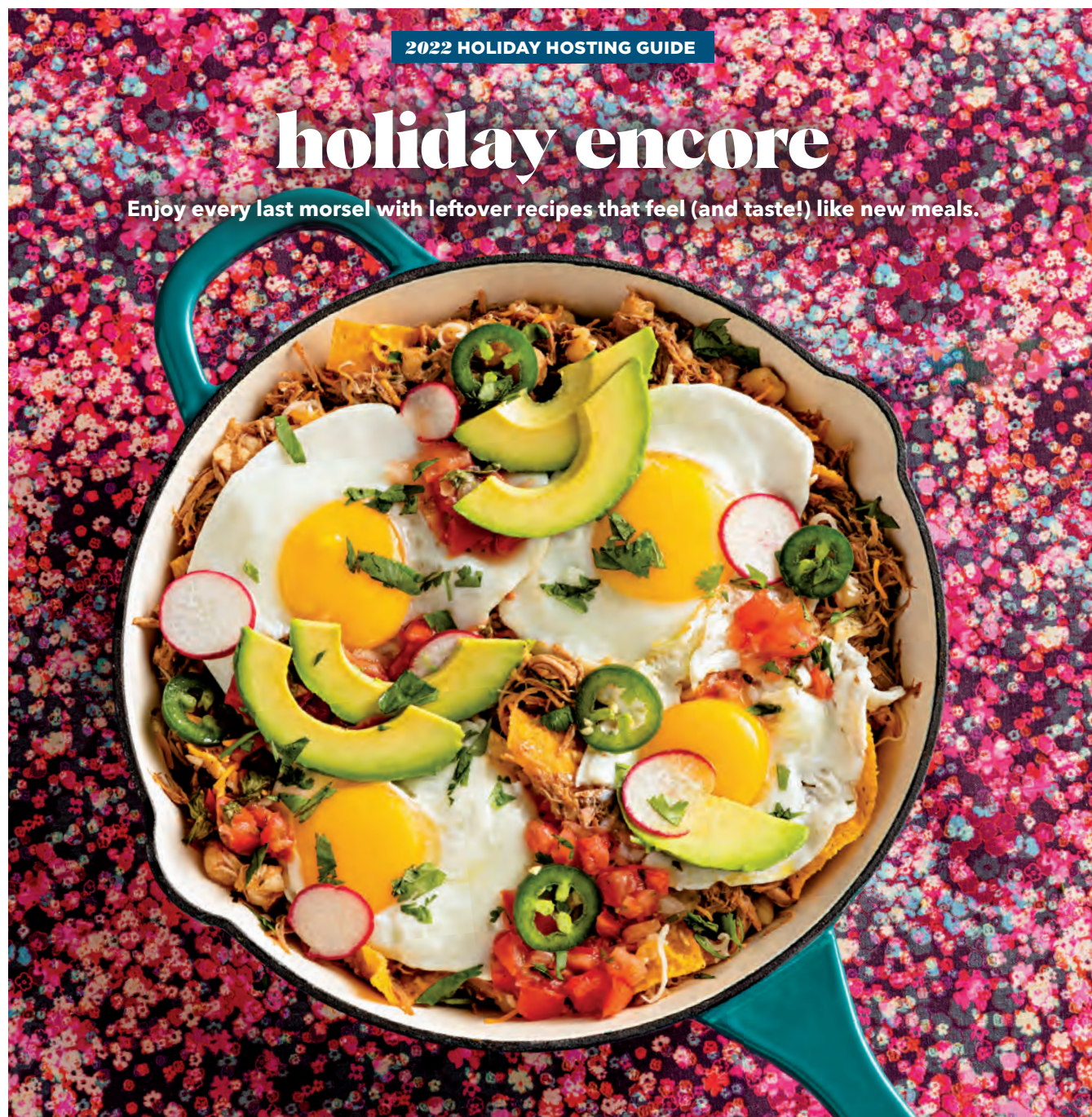
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**THE SPICE HUNTER**



# holiday encore

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## LAS POSADAS CHILAQUILES

SERVES: 4

ACTIVE: 5 MIN TOTAL: 10 MIN

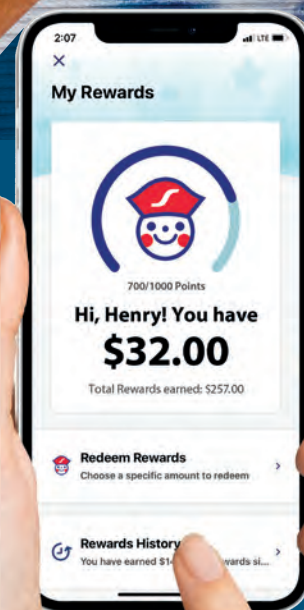
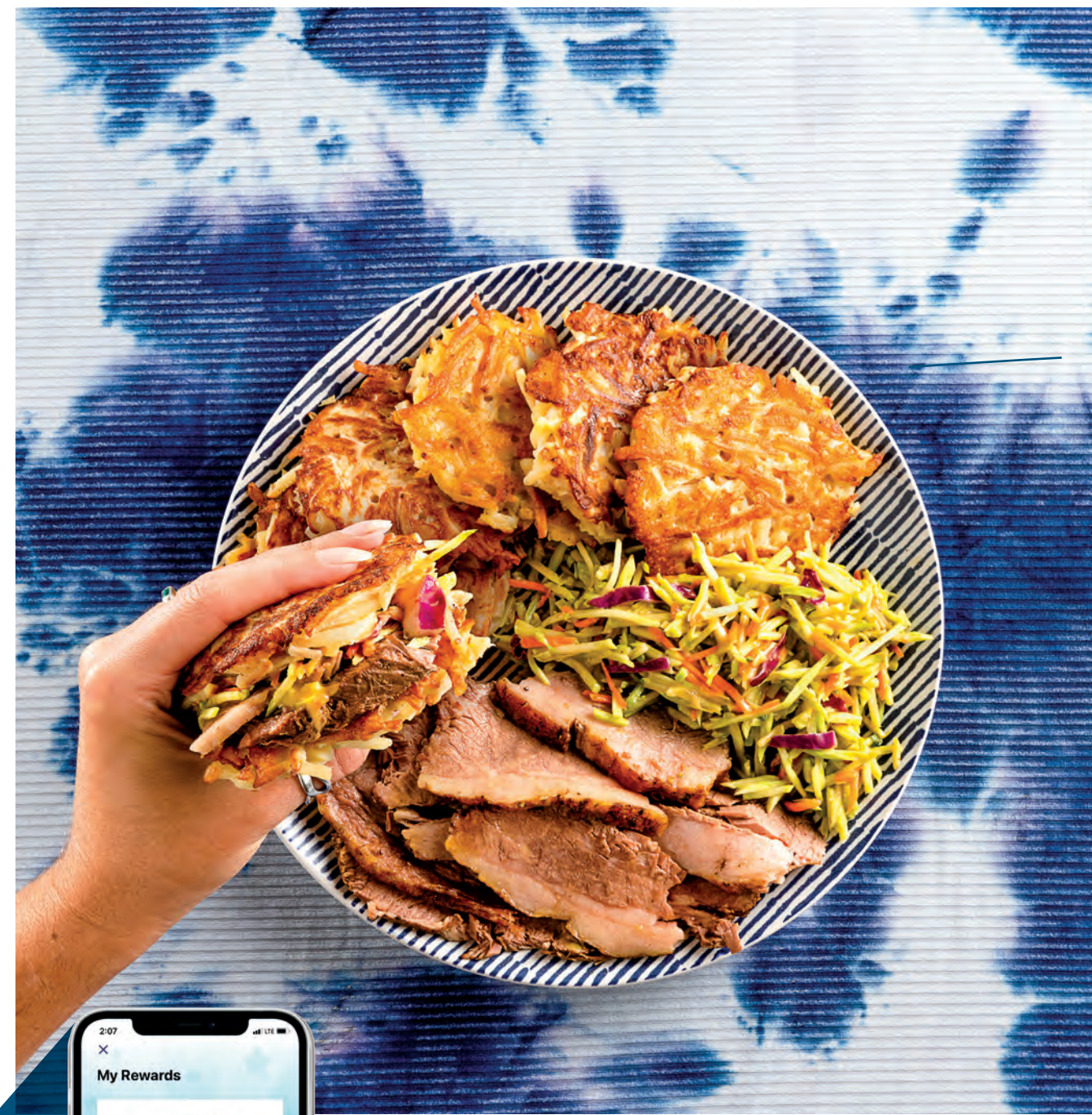
- 3 cups leftover pork pozole
- 6 oz. corn tortilla chips
- 1 tbsp. Schnucks vegetable oil
- 4 Schnucks eggs
- ¼ cup chopped fresh cilantro
- Sliced radishes, avocado, pico de gallo and/or shredded cheese to serve, if desired

1. In a large skillet, warm pozole over medium heat. Stir in chips; cook 3–5 minutes or until warm.
2. In a medium nonstick skillet, fry eggs in oil over medium heat until desired doneness.
3. Divide mixture evenly among 4 plates. Top with fried eggs and cilantro. Serve with radishes, avocado, pico de gallo and/or shredded cheese, if desired.

PER SERVING: CAL 469, FAT 23G (6G SAT FAT), CHOL 215MG, SODIUM 575MG, CARB 44G (5G FIBER, 1G SUGARS), PRO 20G

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## HANUKKAH BRISKET & LATKE SANDWICH

SERVES: 4

ACTIVE: 5 MIN TOTAL: 10 MIN

- 1 12-oz. bag Schnucks Fresh Ready to Eat Broccoli Slaw
- ⅓ cup Schnucks Honey Mustard Dressing
- 8 leftover latkes
- 12 oz. leftover brisket, thinly sliced

1. In a medium bowl, toss slaw and dressing. Set aside.
2. In a large skillet over medium-low heat, cook latkes 3–5 minutes, turning once, until warmed through.
3. In a covered microwave-safe dish, microwave brisket 2–3 minutes or until warmed through.
4. Evenly divide brisket and slaw between four latkes. Serve immediately.

PER SERVING: CAL 515, FAT 30G (8G SAT FAT), CHOL 48MG, SODIUM 785MG, CARB 41G (3G FIBER, 7G SUGARS) PRO 20G





### CHRISTMAS HAM GOLDEN FRIED RICE

SERVES: 4

ACTIVE: 20 MIN TOTAL: 25 MIN

- 2 cups cooked white rice, refrigerated
- 4 egg yolks
- 2 tbsp. Schnucks vegetable oil
- 1 small onion, minced
- 1 large garlic clove, minced
- ½ tsp. white pepper
- ¼ tsp. ground ginger

- 1 cup diced leftover ham
  - 1 cup Schnucks frozen mixed vegetables, thawed and drained
  - 1 green onion, thinly sliced
- Soy sauce, if desired

1. In a medium bowl, stir rice and egg yolks together until well mixed.
2. Heat a large skillet on high. Add oil and reduce to medium-high. Add onion, garlic, white pepper and ginger, stirring frequently, until fragrant and soft, about 3 minutes. Add ham, stirring frequently,

- until lightly charred, about 2 minutes.
3. Stir in thawed vegetables until well mixed, about 30 seconds. Add egg and rice mixture; cook, stirring frequently, until egg is cooked and rice is dry, 5–10 minutes. Season with salt and pepper, if desired.
  4. Top with green onion. Serve immediately with soy sauce, if desired.

PER SERVING: CAL 267, FAT 11G (5G SAT FAT), CHOL 212MG, SODIUM 331MG, CARB 29G (2G FIBER, 3G SUGARS), PRO 10G



### KWANZAA KALE SALAD

SERVES: 4

ACTIVE: 15 MIN TOTAL: 20 MIN

- 2½ cups leftover cornbread, cubed
- 3 oz. Schnucks Parmesan cheese
- 2 oz. Schnucks olive oil
- 6 oz. kale, stems removed
- ⅓ cup Marzetti Simply Lemon Vinaigrette Dressing
- 2 tbsp. maple syrup
- ½ tsp. red pepper flakes
- 12 cherry tomatoes, halved

- 3 strips cooked bacon, crumbled
- ¼ cup toasted pecans
- 1 leftover creole fish fillet, flaked

1. Preheat oven to 400 degrees. Add cubed cornbread to baking sheet, sprinkle parmesan over top, drizzle with oil and toss gently to combine. Bake in a single layer until golden brown, about 10–15 minutes.
2. In a large bowl, add torn kale leaves. Using your hands, massage and rub leaves together for 2–3 minutes until leaves soften and turn dark green.

3. In a small bowl, whisk together lemon vinaigrette with maple syrup and red pepper flakes. Add dressing to kale and toss to combine.
4. Top salad with cheesy cornbread croutons, cherry tomatoes, bacon crumbles, pecans and flaked creole fish. Season with salt and pepper, if desired. Serve immediately.

PER SERVING: CAL 515, FAT 30G (8G SAT FAT), CHOL 48MG, SODIUM 785MG, CARB 41G (3G FIBER, 7G SUGARS), PRO 20G



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