

# SIMPLY

NOV / DEC 2020

*Schnucks*



A SOCIALLY  
DISTANCED  
CELEBRATION  
PG. 14

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SENDING  
GOOD TIDINGS  
& CHEER WHEN  
YOU'RE NOT NEAR  
PG. 18

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MODERN TAKES  
ON TIMELESS  
TRADITIONS  
PG. 26

FOR THE HOLIDAYS

**FREE**

[schnucks.com/simplyschnucks](https://www.schnucks.com/simplyschnucks)



## **Crispix Mix® Original**

When it comes to snacks, this original version is a sure-fire crowd pleaser.

Prep Time: 10 minutes | Total Time: 55 minutes | Servings: 18

### **Ingredients:**

- 7 cups **Kellogg's® Crispix®** cereal
- 1 cup mixed nuts
- 1 cup pretzels
- 3 tablespoons butter or margarine, melted
- 4 teaspoons Worcestershire sauce
- 2 teaspoons lemon juice
- 1/4 teaspoon garlic salt
- 1/4 teaspoon onion salt

### **Directions:**

1. In 13 x 9 x 2-inch baking pan combine **Kellogg's® Crispix®** cereal, nuts and pretzels. Set aside.
2. Stir together remaining ingredients. Drizzle over cereal mixture. Stir until evenly coated.
3. Bake at 250°F for 45 minutes, stirring every 15 minutes. Spread on paper towels. Cool completely. Store in airtight container.

# Holiday Fun with **Kellogg's®**

## **The Original Rice Krispies Treats™ Recipe**

This classic, delicious snack has been making memories for kids and parents alike for generations.

Prep Time: 10 minutes | Total Time: 30 minutes | Servings: 12

### **Ingredients:**

- 3 tablespoons butter
- 1 package (10 oz., about 40) **JET-PUFFED** Marshmallows
- OR
- 4 cups **JET-PUFFED** Miniature Marshmallows
- 6 cups **Kellogg's® Rice Krispies®** cereal

### **Directions:**

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add **Kellogg's® Rice Krispies®** cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.



A LITTLE

# SPICE

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## Mariana Sanchez

FLORAL MANAGER | SCHNUCKS SOUTH CITY

'Tis the season for giving and Schnucks teammate Mariana Sanchez sets a high bar. By incorporating this virtue into her daily life, Mariana brings a little extra joy to the world—both on and off the clock.

Mariana has been at Schnucks for just over four years and, after trying her hand in a number of areas, has found her home in the floral department. While she relishes the opportunity to work in a creative and positive environment, her true joy comes from brightening her customers' days.

Mariana is a maker at heart and finds purpose in creating gifts for others. During the holidays (and even her birthday), Mariana volunteers her time to assist those who need it most. Whether she is constructing gift boxes for children or assembling custom meals for the homeless, Mariana's goal is simply to bring joy to the world around her.

### *Merry Morsels*

Add some extra comfort and joy to your daily routine by keeping these savory, seasonal snacks on hand alongside your favorite yuletide confections.  
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### ZOOM INTO THE HOLIDAYS

Cozy up by the fire (or just light a few candles) while hosting a vibrant, virtual soiree that the whole family can enjoy.  
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KEY: ● Quick (30 minutes or less) ● Easy ● Budget-friendly ● Dietitian Pick

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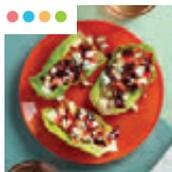
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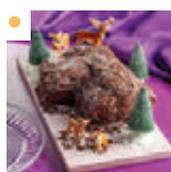
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## RECIPES FROM SCHNUCKS REWARDS APP!

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Then, add them to your Shopping List on the app.

Save recipes to your favorites for  
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BRING  
FLAVOR   
TO YOUR HOLIDAY TABLE



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eat good to



Feel Great



Since “home for the holidays” means something different this year, we’ve dedicated this issue to showing how the food, friends and family that make it special can still come together to work their holiday magic. Use the ideas below as inspiration to keep your mind, body and spirit feeling great!

## NOSH & NOURISH

*Working from home (aka kitchen adjacent) can make it easier to eat healthy and eat together.*

Eat at the table and skip multitasking during meals to fully enjoy the food, the company and the downtime.

Meet kids in the kitchen for a daily check-in during their lunch break. The whole family will feel rejuvenated to tackle the rest of the day.

Turn grazing into a good habit by stocking your kitchen with fresh fruits and veggies.

## KEEP CONNECTED

*Not since the advent of three-way calling has a phone done more to bring us together.*

Take a walk-and-talk-on-the-phone break with a friend from afar. You’ll get to catch up and get in those steps!

Many of your favorite board games are available as apps. Make the finger foods on pg. 9 for one hand and tap to win with the other.

Start group chats with family and friends to keep everyone in touch (and see who has the best memes, of course).

## CHERISH TRADITIONS

*Let the first bite of favorite recipes evoke treasured memories of family and friends.*

Ask family members for their recipes. Not only will they be flattered, they’ll be touched that you’re thinking of them.

Incorporate pictures of family gatherings from previous holidays into your decorations.

Use our guide on pg. 15 to make a virtual dinner feel as magical as an in-person event.

## GIFT YOUR GRATITUDE

*A handwritten note with an intentional gift are this year’s version of a big hug.*

If you’re the maker of a treasured dish or the holder of secret family recipe, see pg. 18 for ways to serve it up from afar.

Make baked goods or treats that revive a shared memory—like Grandma’s cookies—and send to family members.

For far-flung loved ones who can’t get back, let home come to them with a package filled with local goodies.

## MAKE TIME FOR YOURSELF

*While friends and family are very important, remember that a little alone time can be just what we need to recharge.*

Find a meditation or white noise app to help center you on stressful days.

Rediscover coloring books, keep a journal or work on a puzzle. These hobbies are a nice, low-key distraction.

Step outside. Even just a few minutes of fresh air and sunshine can brighten your mood.

Bring home the

Scents of the

Holidays



Schnucks®



# festive Finger Food

We're ready for our days to be a bit merrier and brighter. Add the spirit of the season to your routine by keeping these celebratory snacks around the house.



## Snacks Around the House

Build toasts at a moment's notice by refrigerating prepared ricotta mixture and shredded Brussels sprouts up to three days.

### RICOTTA TOASTS

with Shredded Brussels Sprouts

Serves: 6 | Active: 20 min | Total: 25 min

Preheat oven to 400 degrees. Remove crusts from **4 slices of your favorite bread** and cut each slice diagonally into 4 wedges. Place onto a foil-lined baking sheet and drizzle with **2 tbsp. Schnucks olive oil**. Bake until crisp and browned, 8-10 minutes. Remove from oven and let cool. Meanwhile, in a medium bowl stir together **1 cup ricotta cheese**, **2 tbsp. Schnucks grated Parmesan cheese**, **1 tbsp. sliced fresh chives** and **½ tsp. garlic powder**. In a separate medium bowl combine **1 cup shredded Brussels sprouts** with the **zest and juice of 1 small lemon**. Spread cheese mixture onto toasted bread and top with dressed Brussels sprouts. Season with **crushed red pepper** and serve immediately.

PER SERVING: CAL 170, FAT 10G (3.5G SAT FAT), CHOL 20MG, SODIUM 190MG, CARB 14G (1G FIBER, 2G SUGARS), PRO 8G

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# Make Everyday Sparkle

SPARKLING FLAVORS OF APPLE,  
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### Snacks Around the House

Refrigerate **cornbread chorizo bites** up to three days. To serve, bake at 350 degrees for five minutes.

**PILLSBURY CORNBREAD SWIRLS** are the easiest way to home-baked cornbread, with minimal mess and prep time!

### Everything Bagel **CHEESE BALL**

Serves: 8

Active: 20 min | Total: 1 hr 20 min

In a medium bowl combine **16 oz. Schnucks cream cheese (softened), 1 cup shredded white Cheddar cheese, 1 thinly sliced green onion, 1 tbsp. prepared horseradish, 1 tsp. Worcestershire sauce and ½ tsp. Schnucks hot sauce.** Cover and refrigerate at least one hour. Meanwhile, in a small bowl combine **1 tbsp. poppy seeds, 1 tbsp. toasted sesame seeds, 1 tbsp. dried minced garlic and 1 tbsp. dried minced onion.** Form cheese mixture into a ball and roll in seasoning mixture. Serve with bagel chips and vegetables of choice. Refrigerate prepared cheese ball up to one week.

PER SERVING: CAL 280, FAT 25G (14G SAT. FAT), CHOL 70MG, SODIUM 290MG, CARB 6G (0.5G FIBER, 3G SUGARS), PRO 7G

### Cornbread **CHORIZO BITES**

Serves: 6 | Active: 20 min | Total: 20 min

Prepare **6 Schnucks chorizo links** according to package directions. Meanwhile, preheat oven to 375 degrees. Open an **11-oz. can of Pillsbury Cornbread Swirls**, separate rounds and unroll dough. Wrap one strip of dough around each chorizo link and bake until golden brown, 13-17 minutes. Cut into bite-size pieces and serve with **salsa verde** for dipping.

PER SERVING: CAL 360, FAT 22G (8G SAT. FAT), CHOL 40MG, SODIUM 930MG, CARB 28G (2G FIBER, 6G SUGARS), PRO 11G

### Season's Grazings **SNACK MIX**

Serves: 10 | Active: 10 min | Total: 10 min

In a large bowl combine **2 cups cinnamon multigrain cereal, 2 cups yogurt-covered pretzel twists, 2 cups popcorn, 1 cup roasted salted pistachios, 1 cup honey roasted cashews, 1 cup dried cranberries and 1 cup salted caramel baking chips.**

Store in an airtight container up to one week.

PER SERVING: CAL 510, FAT 27G (11G SAT. FAT), CHOL 0MG, SODIUM 320MG, CARB 62G (4G FIBER, 40G SUGARS), PRO 10G



**RUFFINO**  
DAL 1877

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Holidays  
like bubbles!*

DAL  1877  
**RUFFINO**  
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**Winter-Spiced PICKLES**

Serves: 6 | Active: 20 min | Total: 2 days

In a medium saucepan combine **1½ cups water, ½ cup sugar, ¼ cup apple cider vinegar, 1 tsp. minced garlic, 1 cinnamon stick, 1 bay leaf, 1 tbsp. kosher salt, 1 tsp. crushed red pepper flakes, 1 tsp. black peppercorns and 1 tsp. cloves.** Bring mixture to a boil, reduce heat to low and simmer 10 minutes. Remove from heat, let cool and discard cinnamon stick. Pour mixture over **6 quartered mini cucumbers** (or one sliced English cucumber) and refrigerate in a medium airtight container, ensuring that cucumbers are submerged in brine. Allow to marinate for 2 days before serving; pickles may be stored in refrigerator up to one week.

PER SERVING: CAL 15, FAT 0G (0G SAT. FAT), CHOL 0MG, SODIUM 60MG, CARB 3G (0.5G FIBER, 2G SUGARS), PRO 0G

**Snacks  
Around the House**

Keep cooked bacon on hand so these salads come together in a snap.

**Holiday HAND SALADS**

Serves: 6 | Active: 10 min | Total: 15 min

Top **6 romaine or endive leaves** with equal portions of **1 diced apple or pear, 2 slices cooked, crumbled bacon, 2 tbsp. crumbled blue cheese and 2 tbsp. sliced almonds.** Warm **2 tbsp. seedless raspberry jam** in microwave for 10 seconds. Drizzle jam over toppings and serve.

PER SERVING: CAL 80, FAT 4G (1G SAT. FAT), CHOL 5MG, SODIUM 115MG, CARB 10G (2G FIBER, 7G SUGARS), PRO 3G





# Staying Home

FOR THE  
HOLIDAYS



During a year that's just shy of jolly, spreading a little holiday cheer is more important than ever—even if it's from a distance.

You don't need to spend money to add holiday magic to your home—simply decorate what you already own.



Bring the great outdoors in! Mother Nature offers beautiful, natural decor—free of charge.

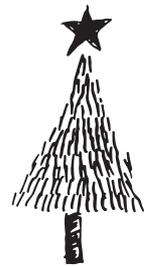


No fireplace? No problem! Simply hang stockings from coat hooks or use adhesive hooks to display on a wall.

Holiday lights make for a festive video-chat background. Set up in front of the tree or simply string lights along a wall behind you. Next, light taper candles behind your screen to add a warm, cozy glow to your stream.



Branch out from trimming the tree—you can also deck your halls (or walls) with lights, ornaments, garland and wreaths.



**It's the most wonderful time of the year**, but in 2020 that phrase requires a bit of reimagining. As loved ones practice social distancing and plan to stay home, this year's gatherings get relocated to the cloud. And while hosting an online event may be a little unfamiliar, we've covered all the basics to get you started!

### first things first

Planning is key to a successful virtual get-together. Start by setting a schedule and determining activities for the event. A shared holiday playlist, online card games and a mail-in gift exchange are all great ways to set the mood for a fun and festive celebration. Finally, send the invite and let everyone know how they can participate.

### comfort and joy

Choose a cozy, yuletide backdrop for the call. A fireplace or a fully trimmed tree are great options but are not required; we have plenty of affordable, space-saving decorating tips to fit any home.

### set the table

One of the most magical parts of the holiday season is sharing a meal with the ones you love most. Replicate the feeling of gathering 'round the table by sharing a menu that all of your guests can make. Our meal plan (next page) includes all of the traditional holiday flavors but is easy enough for anyone to prepare.



Brighten your table (and your spirits) with a quick and thrifty bouquet. Simply toss your leftover fresh herbs into a vase with a little winter foliage.

# Holiday Dinner for Two

(or three ... or four)

We've taken the guesswork out of holiday cooking! Each of these recipes has been crafted to feed two people (with plenty of leftovers for the next day) but can easily be modified to feed a larger family. Simply double the recipes to feed three to four people, triple them to feed five to six and so on.

## SIMPLE CITRUS & BEET SALAD

Serves: 2 (with leftovers)  
Active: 5 min | Total: 5 min

Fresh flavors and convenience come together to create this sensational seasonal salad.

- 1 6-oz. package salad greens
- 1 small orange, peeled and sliced
- ½ cup pickled or Harvard beets
- ¼ cup roasted unsalted pecan halves
- ¼ cup crumbled feta
- 1-2 tbsp. Schnucks olive oil
- 1-2 tsp. champagne or white wine vinegar
- Chopped fresh parsley, to serve

Add all ingredients to a large bowl and toss to combine. Serve immediately.

PER SERVING: CAL 170, FAT 13G (2.5G SAT. FAT), CHOL 10MG, SODIUM 160MG, CARB 11G (3G FIBER, 6G SUGARS), PRO 3G

## SHORTCUT SAUSAGE & CIDER STUFFING

Serves: 2 (with leftovers)  
Active: 5 min | Total: 15 min

A few easy upgrades elevate this boxed stuffing from ordinary to extraordinary.

- ¼ cup Schnucks unsalted butter
- 2 large apples, cored and diced
- 1½ cups apple cider
- 1 6 oz. box Schnucks turkey stuffing mix
- 5 oz. fully cooked turkey or meatless sausage crumbles, warmed

Melt butter in a large saucepan over medium heat. Add apples and sauté until slightly softened, 2-3 minutes. Add cider and bring to a boil over high heat. Stir in remaining ingredients, cover, remove from heat and let rest 5 minutes. Fluff with a fork and serve.

PER SERVING: CAL 340, FAT 17G (1G SAT. FAT), CHOL 65MG, SODIUM 800MG, CARB 58G (4G FIBER, 24G SUGARS), PRO 13G

## ONE-PAN HOLIDAY DINNER

Serves: 2 (with leftovers)  
Active: 45 min | Total: 1 hr 15 min

This simple sheet-pan meal covers all of the traditional holiday flavors but comes together in a fraction of the time.

- ¼ cup melted butter, divided
- 1 tsp. chopped fresh rosemary leaves
- 1 tsp. fresh thyme leaves
- 1 2 lb. boneless skin-on turkey breast
- 4 tbsp. packed brown sugar, divided
- 1 tbsp. maple syrup

- 2 medium yams or sweet potatoes, cut into 1-inch cubes
- ½ lb. Brussels sprouts, ends trimmed and halved lengthwise
- 2 tbsp. Schnucks olive oil
- ½ tsp. garlic powder
- 1½ cups cranberries
- 2 tbsp. Schnucks orange juice

1. Preheat oven to 400 degrees. Combine half of butter with herbs. Cover turkey with mixture and season with salt and pepper if desired. Add to middle of a prepared sheet pan.
2. In a large bowl stir together remaining butter, half of brown sugar and maple syrup; add yams and toss to coat. Spread yams across one side of pan. Roast 25 minutes.
3. Meanwhile, wipe bowl clean. Add Brussels sprouts, oil and garlic powder and toss to coat. Season with salt and pepper if desired.
4. In a small oven-safe dish, combine cranberries, juice and remaining brown sugar. Remove pan from oven and stir yams. Add Brussels sprouts and dish of cranberry mixture to remaining area on pan and roast until turkey is cooked through, yams are soft, cranberries have burst and Brussels sprouts are crisp tender, about 25 more minutes.

PER SERVING: CAL 730, FAT 28G (11G SAT. FAT), CHOL 170MG, SODIUM 240MG, CARB 59G (8G FIBER, 20G SUGARS), PRO 61G

## MINI PUMPKIN PIES

Serves: 24 | Active: 15 min | Total: 45 min

These mini pies are perfect for feeding a gathering—or just yourself! Just freeze whatever you don't eat (up to one month). To serve, defrost overnight then bake at 350 degrees for 5 minutes to crisp the crust.

- 2 14.1-oz. packages refrigerated pie crusts
- 1 30-oz. can Libby's pumpkin pie mix
- ¾ cup evaporated milk
- 2 eggs

1. Preheat oven to 375 degrees. Using a 3½-inch round cookie cutter, form pie crusts into 24 rounds and carefully press into cups of two prepared 12-cup muffin tins.
2. In a large bowl whisk together pie mix, evaporated milk and eggs. Divide among dough cups and bake until filling is set, 25-30 minutes. Let cool before serving.

PER SERVING: CAL 200, FAT 9G (3.5G SAT. FAT), CHOL 20MG, SODIUM 190MG, CARB 26G (1G FIBER, 7G SUGARS), PRO 2G



## grocery list

We've compiled everything you'll need to feed a family of two. Have more at your meal? Just find your family size below and add those ingredients to the list.

- 1 6-oz. package salad greens
- 1 small orange
- 1 16-oz. jar pickled or Harvard beets
- 1 6-oz. package Schnucks unsalted pecan halves
- 1 6-oz. package crumbled feta
- 1 bottle Schnucks olive oil
- 1 bottle white wine vinegar
- 1 bunch fresh parsley
- 1 6-oz. box turkey stuffing mix
- ½ gallon apple cider
- 1 package fully cooked turkey or meatless sausage crumbles
- 2 large apples
- 1 16-oz. package Schnucks butter
- 1 package fresh rosemary
- 1 package fresh thyme
- 2 lb. boneless skin-on turkey breast
- 1 package brown sugar
- 1 bottle maple syrup
- 2 medium yams or sweet potatoes
- ½ lb. fresh Brussels sprouts
- 1 12-oz. package fresh cranberries
- 1 14.1-oz. package refrigerated pie crusts
- 1 x-oz. can pumpkin pie mix
- 1 container whipped cream

### for a family of 3-4, add:

- 1 6-oz. package salad greens
- 1 small orange
- 1 6-oz. box turkey stuffing mix
- 2 large apples
- 2 lbs. boneless skin-on turkey breast
- 2 medium yams or sweet potatoes
- ½ lb. fresh Brussels sprouts

### for a family of 5-6, add:

- 2 6-oz. packages salad greens
- 2 small oranges
- 1 16-oz. jar pickled or Harvard beets
- 2 6-oz. boxes turkey stuffing mix
- 1 package fully cooked turkey or meatless sausage crumbles
- 4 large apples
- 4 lbs. boneless skin-on turkey breast
- 4 medium yams or sweet potatoes
- 1 lb. fresh Brussels sprouts
- 1 12-oz. package fresh cranberries

# A TASTE OF HOME

GIVE THE GIFT OF MEMORIES THAT ONLY A FAVORITE RECIPE, LOCAL FLAVOR OR HANDMADE TREAT CAN EVOKE. SHARING THE HOLIDAYS CAN BE AS SIMPLE AS PACK, SHIP, LOVE.

## To ship or not to ship?

While we encourage delivering gifts by hand, we know this is not always an option. If you plan to send gifts in the mail, follow these instructions to ensure they arrive as intended.

### *Box it Up*

Even though your gift is already in a container, you'll want to double-up on the packaging so your decorations aren't damaged in transit. Choose a sturdy cardboard box that provides a snug fit while still leaving room for packing material. Seal the deal with a layer or two of packing tape.

### *Cushioning is Key*

When it comes to shipping—the less movement, the better. Use packing material such as airbags and packing peanuts between your present and the cardboard box. For decorative protection inside your gift, use crumpled or shredded paper to fill space. Wrap any fragile items with bubble wrap.

### *Keep it Cool*

If you're shipping perishable items, you'll need a way to keep them cool. First, use a water-resistant container as the gift packaging. Next, place that package inside a foam cooler with packing material and a few ice packs. Finally, place your cooler inside a tight-fitting cardboard box and seal it with packing tape. Or, only send non-perishables and include a Schnucks gift card for any remaining items.

## Midwestern Jollof-Style Rice

Serve this Nigerian-inspired rice as a side or add cooked meat, fish and/or vegetables to make it the main course.

### *Assembly*

Dutch oven, to prepare rice

- + 1 32-oz. box Schnucks unsalted vegetable stock
- + Jar filled with 1½ cups local rice such as Castor River Farms long-grain white or brown rice
- + Produce: 1 large tomato, 1 medium onion, 1 head of garlic
- + 1 bottle scotch bonnet or habanero hot sauce
- + Jar of spices: 2 tbsp. salt-free Cajun seasoning, 1 tsp. dried thyme leaves, 1 bay leaf
- + Schnucks gift card to purchase remaining items for recipe
- + Recipe card (pg. 25)

### *Winter Warmer*

Traditional jollof rice uses actual scotch bonnet chili peppers, but we swapped them for a bottle of hot sauce so that there's enough to turn up the heat all season long!



## Family-Style Favorites

This locally focused appetizer box does it all, from elevated entertaining to late-night snacking.

### Assembly

Local cured meats such as Volpi Genoa Salame, Coppa and Mortadella

+ Local hard cheeses such as Hemme Brothers Aged Cheddar and Marcoat Jersey Creamery Cave-Aged Gouda

+ Mixed nuts such as Planters Nut-rition Wholesome Nut Mix

+ Chocolate bars such as Godiva Masterpieces

+ Sauces such as jam and mustard

+ Crispy crackers, for serving

### Chill Out

Dry-cured meats and hard cheeses will last longer without refrigeration than their perishable counterparts.

However, if you'll be shipping this gift in the mail, it's a good idea to keep everything cool. See our shipping tips on page 18 for more info.

### PLANTERS

PLANTERS NUT-RITION is a wholesome, crunchy snack option that you can feel good about.

*Craving a New  
Cookie Recipe?*

Choose from one of ours  
at [Schnucks.com/cookies](https://Schnucks.com/cookies).

## Handcrafted Cookie Kit

Perfect for kids and parents alike—  
this cookie decorating kit packs  
flavor and fun into one.

### *Assembly*

- Cookie jar, for storing finished cookies
- + Festively shaped gingerbread or sugar cookies
- + Variety of sprinkles, separated into 2-ounce portion cups
- + 4-ounce plastic squeeze bottles filled with colorful icing



*Baked Jelly Donuts  
8 servings  
1/2 cup. can. Bisquick  
1/2 cup of  
sugar*

## Homestyle Baked Jelly Donuts

These super-simple sweets are perfect for breakfast, dessert or holiday celebrations.

### *Assembly*

Jar containing 2 cups baking mix (like Bisquick), 2 tbsp. Schnucks sugar, 1/8 tsp. ground cinnamon and 1/8 tsp. ground nutmeg

- + 1-2 jars local jellies or jams such as Norm's Farms elderberry jam
- + Jar with 1/2 cup powdered sugar
- + Pastry bag, for filling donuts
- + Schnucks gift card to purchase remaining items for recipe
- + Recipe card (pg. 25)



## Local Love Salsiccia & Spinach Lasagna

Cheesy, spicy and hearty—this locally inspired lasagna is the definition of comfort food.

### Assembly

- 9x13-inch casserole dish, to prepare lasagna
- + 2 24-oz. jars local pasta sauce such as Taste of the Hill, Anthonino's or Mama's Sugo
- + 1 package Schnucks lasagna
- + 1 13.5-oz. can spinach
- + 1 7-oz. jar Schnucks sliced mushrooms
- + 1 jar minced garlic
- + Jar with 2 tbsp. Italian seasoning
- + Schnucks gift card to purchase remaining items for recipe
- + Recipe card (pg. 25)

*Easy Lasagna*

- 2 24-oz. jars marinara sauce
- 1 13.5-oz. can cooked spinach
- 1 7-oz. jar uncooked lasagna
- 1 15-oz. jar Salsiccia
- 2 7-oz. jars Schnucks sliced mushrooms
- 1 jar minced garlic
- 1 jar with 2 tbsp. Italian seasoning
- 2 Tbsp. Italian seasoning



**LASAGNA**  
Enriched Macaroni

## Holiday Cheers Mulled Wine with Apple Cider

A warming blend of red wine, apple cider and mulling spices make this the ultimate cold-weather cocktail.

### Assembly

- 1 750-milliliter bottle local dry red wine such as Stone Hill Hermannsberger
- + 1 10-oz. bottle apple cider
- + 1 3.4-oz. bottle cognac
  - + 1 orange
  - + Jar with ¼ cup honey
  - + Jar with spices: 2 cinnamon sticks, 5 cloves, 3 cardamom pods, 2 star anise
- + Recipe card (pg. 25)

### Bundle Up

Provide extra padding for glass and fragile items by wrapping objects in bubble wrap and using plenty of packing material. Check with your carrier for rules and regulations on shipping alcohol.



### Homestyle Baked Jelly Donuts

Serves: about 8 | Active: 10 min | Total: 30 min

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 2 cups baking mix (like Bisquick) | 1 large Schnucks egg            |
| 2 tbsp. Schnucks sugar            | 1 cup local jam of choice       |
| 1/8 tsp. ground cinnamon          | 1/4 cup unsalted butter, melted |
| 1/8 tsp. ground nutmeg            | 1/2 cup powdered sugar          |
| 1/3 cup milk                      |                                 |

1. Preheat oven to 400 degrees. In a large bowl thoroughly mix first six ingredients. Transfer dough to a floured work surface, knead and roll out about 1/2-inch thick. Cut into circles using a round 2 1/2-inch cookie cutter and place on a prepared baking sheet.
2. Bake until golden brown, 8-10 minutes. Meanwhile, add jam to a pastry bag, add melted butter to a medium bowl and add powdered sugar to a separate medium bowl.
3. While donuts are still hot, dip in butter to coat then roll in powdered sugar until covered on all sides.
4. Cut a deep slit into donuts and equally pipe jam into each one. Serve warm or allow to cool.

PER SERVING: CAL 270, FAT 9G (1G SAT. FAT), CHOL 40MG, SODIUM 310MG, CARB 59G (1G FIBER, 31G SUGARS), PRO 4G

### Holiday Cheers Mulled Wine with Apple Cider

Serves: 6 | Active: 15 min | Total: 15 min

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| 1 10-oz. bottle apple cider or juice | 2 star anise                         |
| 1/4 cup Schnucks honey               | Juice and zest of one orange         |
| 2 cinnamon sticks                    | 1 750-milliliter bottle dry red wine |
| 5 cloves                             | 1 3.4-oz. bottle cognac              |
| 3 cardamom pods, crushed             |                                      |

1. In a large saucepan combine cider, honey, cinnamon sticks, cloves, cardamom, star anise, orange juice and zest. Bring to a boil over high heat and cook two minutes.
2. Add red wine and cognac, reduce heat to low and simmer until warmed through, about 10 minutes.
3. Pour mixture through a fine mesh strainer to remove solids. Serve warm.

PER SERVING: CAL 230, FAT 0G (0G SAT. FAT), CHOL 0MG, SODIUM 10MG, CARB 23G (0.5G FIBER, 19G SUGARS), PRO 0G

### Midwestern Jollof-Style Rice

Serves: 6 | Active: 25 min | Total: 45 min

- |  |   |
|--|---|
| 2 cups Schnucks unsalted vegetable stock                 | 1 tbsp. habanero or scotch bonnet hot sauce |
| 1 large tomato, coarsely chopped                         | 2 tbsp. vegetable oil                       |
| 1 large red bell pepper, seeds removed, coarsely chopped | 2 tbsp. salt-free Cajun seasoning           |
| 1 medium onion, coarsely chopped                         | 1 tsp. dried thyme leaves                   |
| 2 garlic cloves, minced                                  | 1 bay leaf                                  |
|  | 1 cup local long-grain white or brown rice  |

1. In a blender or food processor combine stock, tomato, bell pepper, onion, garlic and hot sauce (or chili pepper) and process until smooth.
2. Heat oil in a large skillet over medium heat and add blended vegetable mixture, Cajun seasoning, thyme and bay leaf. Bring to a boil, stir in rice and reduce heat to low.
3. Cover and simmer until rice is al dente, about 25 minutes. Add a splash of water if rice begins to dry out. Discard bay leaf before serving.

PER SERVING: CAL 180, FAT 5G (0G SAT. FAT), CHOL 0MG, SODIUM 20MG, CARB 30G (2G FIBER, 3G SUGARS), PRO 4G

### Local Love Salsiccia & Spinach Lasagna

Serves: 12 | Active: 25 min | Total: 1 hr 15 min

- |   |   |
|---|---|
| 1 15-oz. container ricotta cheese                                   | 1 1/2 tsp. minced garlic  |
| 1 8-oz. package Schnucks shredded Italian six cheese blend, divided | 2 tbsp. Schnucks Italian seasoning                                |
| 1 13.5-oz. can spinach, drained                                     | 2 24-oz. jars local pasta sauce                                   |
| 1 7-oz. jar Schnucks sliced mushrooms, drained                      | 1 lb. Schnucks fresh ground salsiccia sausage, cooked and drained |
|   | 9 Schnucks lasagna noodles (not no-boil)                          |

1. Preheat oven to 350 degrees. In a medium bowl stir together ricotta, 1 cup cheese, spinach, mushrooms, garlic and Italian seasoning.
2. Spread about 12 ounces pasta sauce along the bottom of a prepared 9x13-inch baking dish, then top with 3 noodles.
3. Spread half of cheese mixture on noodles, followed by half of sausage, 12 more ounces pasta sauce and 3 more noodles. Repeat.
4. Spread remaining sauce over top layer of noodles and cover with remaining cheese.
5. Cover dish with foil and bake 50 minutes. Remove foil and bake until cheese is bubbly and noodles are fork tender, 10-15 more minutes. Let cool 10 minutes before cutting.

PER SERVING: CAL 390, FAT 20G (9G SAT. FAT), CHOL 50MG, SODIUM 1050MG, CARB 30G (4G FIBER, 7G SUGARS), PRO 22G

TO SHARE THESE RECIPE CARDS, PHOTOCOPY THIS PAGE OR PRINT FROM [SCHNUCKS.COM/ATASTEOFHOME](https://www.schnucks.com/atasteofhome). THEN JUST CUT AND PLACE IN YOUR GIFT BOX.

NOVEL

# TRADITIONS

## *Grilled Cheese Shooters*

Cut grilled cheese sandwiches into wedges and serve with a glass of tomato soup.



When it comes to holiday traditions, what's old is new again. Thanks to fresh flavors and imaginative ingredients, these retro recipes are reliving their glory days.

### MINI MINCEMEAT PIES

Serves: 12 | Active: 20 min | Total: 45 min

- 2 tbsp. Schnucks butter
- 1 large apple, peeled, cored and diced
- ¾ cup raisins
- ½ cup brown sugar, packed
- 2 tbsp. brandy
- ¼ cup chopped almonds
- 1 tsp. allspice
- 1 tsp. cinnamon
- 1 tsp. ground ginger
- 1 tbsp. orange zest
- 1 14.1-oz package refrigerated pie crusts

1. Preheat oven to 375 degrees. Meanwhile, melt butter in a medium saucepan. Add apples, raisins, brown sugar, brandy, almonds, allspice, cinnamon and ginger. Bring to a boil, reduce heat to low and simmer 3-4 minutes. Remove from heat and stir in orange zest.
2. Unroll pie crusts and cut into twelve rounds using a 3-inch cookie cutter. Press into each cup of a prepared 12-cup muffin tin. Cut remaining dough into twelve fun shapes (such as stars) using 2-inch cookie cutters.
3. Evenly divide apple mixture among dough cups and top each with a shaped cutout.
4. Bake until crust is golden brown and cooked through, 20-25 minutes. Let cool.

PER SERVING: CAL 260, FAT 12G (4.5G SAT. FAT), CHOL 5MG, SODIUM 160MG, CARB 38G (2G FIBER, 12G SUGARS), PRO 2G

### AVOCADO SHRIMP COCKTAIL

Serves: 4

Active: 15 min | Total: 15 min

- ¼ cup Schnucks cocktail sauce
- ¼ cup Schnucks mayonnaise
- 1 cup baby arugula leaves
- 1 avocado, cut into 8 wedges
- 2 radishes, thinly sliced
- 1 lemon, cut into 8 wedges
- 12 fully cooked peeled and deveined jumbo shrimp
- ½ tsp. salt-free Cajun seasoning
- Crackers of choice, for serving

Combine cocktail sauce and mayonnaise and spoon into the bottoms of 4 cocktail glasses. Evenly divide arugula, avocado, radish and lemon among each glass. Place 3 shrimp in each glass and evenly sprinkle with Cajun seasoning. Serve with crackers.

PER SERVING: CAL 230, FAT 16G (2.5G SAT. FAT), CHOL 115MG, SODIUM 300MG, CARB 9G (3G FIBER, 4G SUGARS), PRO 15G

### AMBROSIA SALAD SHOOTERS

Serves: 6

Active: 15 min | Total: 2 hr 15 min

- 1 cup whipped cream
- ½ cup vanilla Greek yogurt
- 1 cup canned mandarin oranges, drained
- 1 cup canned pineapple tidbits, drained
- 1 cup green grapes, halved
- ½ cup mini marshmallows
- ½ cup maraschino cherries, stems removed and halved
- ¼ cup toasted coconut flakes

1. In a large bowl, stir together whipped cream and Greek yogurt. Add remaining ingredients and gently toss to coat.
2. Equally divide mixture among 4 glasses and refrigerate 2 hours before serving.

PER SERVING: CAL 140, FAT 3.5G (2.5G SAT. FAT), CHOL 0MG, SODIUM 25MG, CARB 27G (2G FIBER, 23G SUGARS), PRO 2G



### Traditional Goes Tropical

For an island-inspired take on mincemeat, simply swap out the apple for 8 oz. crushed pineapple (drained), the raisins for dried mango (and/or dried cherries) and the brandy for spiced rum.

## TACO CRESCENT RING

Serves: 8

Active: 15 min | Total: 40 min

- 1 1.25-oz. package Schnucks less-sodium taco seasoning
- 1 lb. 93/7 ground beef (or ground turkey), cooked and drained
- 1 cup Schnucks shredded Cheddar cheese
- ½ cup Schnucks no-salt-added black beans, drained and rinsed
- 1 jalapeño, finely diced
- 2 8-oz. cans crescent rolls
- Sunset Angel Sweet tomatoes and shredded lettuce, to serve

1. Preheat oven to 375 degrees. In a large bowl combine taco seasoning with ¼ cup water. Stir in meat, cheese, beans and jalapeño.

2. Unroll crescent rolls and separate into individual triangles. On a prepared sheet pan, arrange triangles in a sunburst shape, overlapping short sides of triangles to form a 5-inch circle in center.

3. Spoon meat mixture on top of dough near base of triangle to create a ring. Pull dough points inward over filling, tucking underneath center of ring to secure.

4. Bake until dough is golden brown and cooked through, 20-25 minutes.

5. Let cool 5 minutes. Cover ring with tomatoes and lettuce. Slice and serve.

PER SERVING: CAL 380, FAT 18G (8G SAT. FAT), CHOL 50MG, SODIUM 750MG, CARB 31G (1G FIBER, 7G SUGARS), PRO 20G



### SUNSET ANGEL SWEET TOMATOES

balance the rich flavors of this dish with their vibrant sweetness.



### Customize Your Crescent

Almost anything can become a crescent ring! Make your own creation or try these other flavor combos—just cook, combine and fill!

**Buffalo:** shredded chicken, cream cheese, hot sauce, ranch dressing, Cheddar cheese, crumbled blue cheese, chopped celery

**Jambalaya:** Cajun-spiced rice, sliced andouille sausage, shredded chicken, peeled and deveined shrimp, chopped peppers and onions

**Tzimmes:** chopped sweet potato, sliced carrots, mixed dried fruit, orange marmalade, honey, brown sugar, cinnamon



## The Main Event

Need a main course to accompany these sides and sweets? Try our *Garlic Herb Strip Loin Roast*, *Honey Sage Roasted Turkey*, *Orange Rosemary Roasted Ham* or *Lemon Horseradish Salmon*. Find these recipes at [schnucks.com/themainevent](http://schnucks.com/themainevent).

### APPLE "NOODLE" KUGEL

Serves: 16

Active: 15 min | Total: 45 min

- 1 cup sour cream
- ¼ cup melted butter
- ¼ cup sugar
- ¼ cup golden raisins
- 2 eggs, beaten
- 1 tsp. ground cinnamon
- 1 tsp. vanilla extract
- 4 large apples, spiralized or julienned
- 1 cup corn flakes, crushed

1. Preheat oven to 350 degrees. In a medium bowl combine sour cream, butter, sugar, raisins, eggs, cinnamon and vanilla. Add apples to mixture and toss to coat.
2. Pour apple mixture into a prepared casserole dish and bake 30 minutes. Top with corn flakes and cook until apples are softened and top is golden brown, about 15 minutes.

PER SERVING: CAL 120, FAT 5G (2.5G SAT. FAT), CHOL 0MG, SODIUM 60MG, CARB 18G (2G FIBER, 12G SUGARS), PRO 2G

**GROUND PORK** gives this dish rich flavor while also providing essential vitamins and minerals.

### TERIYAKI PORK HOT DISH

Serves: 8

Active: 20 min | Total: 45 min

- 2 tbsp. Schnucks vegetable oil
- 8 oz. sliced mushrooms
- 1 cup sliced celery
- 1 diced red bell pepper
- 1 lb. ground pork, cooked
- 1 cup shredded carrots
- 2½ cups low-sodium chicken broth
- ¼ cup teriyaki sauce
- 1 tsp. minced garlic
- 1 cup uncooked long-grain rice
- 5 oz. can chow mein noodles
- 2 thinly sliced green onions

1. Preheat oven to 350 degrees. Heat oil in a large skillet over medium-high heat. Sauté mushrooms, celery and bell pepper until softened, about 5 minutes. Add pork, carrots, broth, teriyaki sauce and garlic. Bring to a boil, remove from heat and stir in rice.
2. Bake 35 minutes, stir and top with chow mein noodles. Cook until rice is tender and liquid is absorbed, 15-20 more minutes. Serve topped with sliced green onion.

PER SERVING: CAL 390, FAT 20G (6G SAT. FAT), CHOL 40MG, SODIUM 580MG, CARB 36G (3G FIBER, 4G SUGARS), PRO 17G

### VEGAN GREEN BEAN CASSEROLE

Serves: 8 | Active: 20 min | Total: 45 min

- 2 lbs. fresh green beans, ends trimmed
- Schnucks vegetable oil, for frying
- 2 small onions, thinly sliced
- 1 lb. sliced mushrooms of choice
- 2 tbsp. Schnucks flour
- 12 oz. low-sodium vegetable broth
- 1 cup canned coconut milk
- 1 tsp. fresh thyme leaves
- 1 tsp. minced garlic

1. Preheat oven to 350 degrees and bring a large pot of water to a boil. Add green beans to pot and cook until bright green and crisp tender, 3-5 minutes. Drain beans and add to an ice bath to stop cooking.
2. Heat ½-inch oil in a large saucepan over medium-high heat. Add sliced onion, fry

until golden-brown and drain on paper towels. Let oil cool then discard.

2. Heat 2 tablespoons oil over medium-high heat. Add mushrooms and sauté until softened, about 4 minutes. Add flour and cook 2 more minutes, stirring constantly.
3. Stir in broth, coconut milk, thyme and garlic. Bring to a boil, reduce heat to low and simmer 5 minutes. Season with salt and pepper if desired.

4. Add green beans to a prepared casserole dish and pour mixture over top. Bake until bubbly, 20-25 minutes. Top with fried onions and bake 5 more minutes before serving.

PER SERVING: CAL 150, FAT 8G (5G SAT. FAT), CHOL 0MG, SODIUM 25MG, CARB 15G (4G FIBER, 7G SUGARS), PRO 6G

## *Yes, You Can Gelatinize That!*

As long as you follow the basic formula, that is: 1 oz. Knox unflavored gelatin + 1 cup cold water + 4 cups additional liquid + ½ cup sugar + 3-4 cups chopped fruit, vegetables or nuts. Make your dream gelatin or try one of these combos:

**Spiced Apple:** 3½ cups apple cider + ½ cup bourbon + 3-4 cups chopped apples or pears + ¼ tsp. ground cinnamon + ¼ tsp. ground cloves

**Jellied Cranberry Sauce:** 2 cups orange juice + 2 cups cranberry juice + 2 cups chopped cranberries + 1 cup chopped apples + ½ cup chopped pecans

## **BOOZY GELATIN FRUIT SALAD**

Serves: 4 | Active: 20 min | Total: 8 hr

- 1 oz. Knox unflavored gelatin
- 1 cup cold water
- 3 cups white grape or apple juice
- 1 cup Moscato wine
- ½ cup Schnucks sugar
- 2 large apples, diced
- 1 cup grapes
- 1 orange, peeled and thinly sliced

1. In a small bowl sprinkle gelatin over cold water and set aside 5 minutes.
2. Meanwhile, in a medium saucepan bring juice, wine and sugar to a boil. Stir in gelatin mixture and remove from heat.
3. Arrange fruit inside a prepared Bundt pan. Pour gelatin mixture over top. Cover and refrigerate until set, about 8 hours.
4. To serve, dip pan in warm water for 15-20 seconds and carefully invert onto a platter. Garnish as desired.

**Bonus tip:** To make a non-alcoholic version of this recipe, simply swap out the wine for another cup of juice.

PER SERVING: CAL 350, FAT 0.5G (0G SAT. FAT), CHOL 0MG, SODIUM 50MG, CARB 79G (4G FIBER, 70G SUGARS), PRO 2G





## Boss Log

Espresso yourself (or not!) by changing up the flavor combinations in this festive dessert.

**Berry White Chocolate:**  
Remove cereal. Substitute 1 cup berry pie filling for 1 cup whipped topping. Replace coffee with 1 tbsp. lemon zest. Cover cake with white chocolate frosting.

**Caramel Horchatta:**  
Remove cereal. Replace coffee with 1 tbsp. ground cinnamon. Cover cake with vanilla frosting and drizzle with caramel syrup.



**COCOA PEBBLES**  
make this cake rock by adding a crispy texture and an extra layer of chocolatey goodness!

### MOCHA CRUNCH YULE LOG

Serves: 12 | Active: 40 min | Total: 2 hr

- 1 15.25-oz. box yellow cake mix
- 1 cup Cocoa Pebbles cereal, plus more for garnish
- 1 cup powdered sugar, plus more to dust and garnish
- 8 oz. cream cheese, softened
- 2 tbsp. prepared espresso or coffee
- 2 cups frozen whipped topping, thawed
- 1 16-oz. jar chocolate fudge frosting

1. Preheat oven to 350 degrees. Line an 18x13-inch sheet pan with parchment paper and spray with nonstick cooking spray. Prepare cake batter according to package directions and gently fold in cereal.
2. Pour batter into pan and bake until a toothpick inserted in the middle of cake comes out clean, 15-17 minutes.

3. Dust a lint-free kitchen towel with powdered sugar and carefully invert cake onto towel while cake is still hot. Remove parchment and tightly roll cake up around the towel (with towel between layers). Refrigerate until cooled completely.
4. In a large mixing bowl beat cream cheese, 1 cup powdered sugar and espresso. Stir in whipped topping until fully combined.
5. Once cake is cool, unroll and frost the top evenly with cream cheese mixture. Roll back up (without towel between layers), using towel to help keep cake tightly wrapped.
6. Cover outside of cake with frosting. Using a toothpick, draw lines in frosting to look like bark. Dust with powdered sugar and garnish with additional cereal.

PER SERVING: CAL 510, FAT 24G (9G SAT. FAT), CHOL 65MG, SODIUM 480MG, CARB 70G (0G FIBER, 50G SUGARS), PRO 4G



# well Seasoned



## **BREAK THE RULES**

Traditionally, one would serve red wine with beef—but we don't think it's that cut-and-dry. The crisp acidity of a wine like Sauvignon Blanc pairs nicely with a rich roast, especially when seasoned with bright herbs and prepared medium-rare or less.





With a Certified Angus Beef roast, you're well on your way to a delicious, show-stopping centerpiece for the holiday table. Use these helpful tips to ensure that it's prepared to perfection.

## how to make a boast-worthy roast

### Choose a Cut Above

A Certified Angus Beef roast ensures that you're starting with beef that is tender, juicy and full of flavor.

### Season the Deal

Now is not the time to hold back! Season with plenty of kosher salt, black pepper, herbs and spices. For a bright and balanced roast, try using citrus zest, minced garlic and lots of chopped fresh herbs like parsley and rosemary. Or add rich, deep flavor with ingredients like ground coffee, ancho chili powder, cocoa powder and brown sugar. To let seasonings and beef meld, cover and refrigerate at least 8 hours and up to 2 days—the longer, the better.

### It's All About Temperature

Before going in the oven, your roast should be close to room temperature; remove it from the fridge about 1 hour prior to cooking. Place your beef on a wire rack set inside a sheet pan and roast slow and low (between 200-300 degrees) until about 10 degrees short of your target temperature (about 125 degrees for medium rare, 135 degrees for medium, etc.).

### Rest Up

Fight the urge to dig right in! Resting completes the cooking process and disperses rich flavor throughout the roast. Tent with foil and set aside at least 30 minutes before carving. If you're making gravy, now is the time to do so!



## IT'S ALL GRAVY

The holiday spread just wouldn't be complete without a little gravy goodness! Check out our in-depth gravy guide at [schnucks.com/gravy](https://www.schnucks.com/gravy).



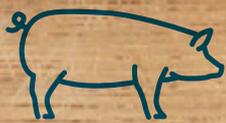
# PORK: GOOD FOR YOU



Illinois Pork Producers.  
Generations of Commitment.

## PORK IS A DELICIOUS, HEALTHY PROTEIN

**24g**  
PROTEIN



**3oz**

PORK LOIN = 165 CALORIES  
PORK SIRLOIN = 173 CALORIES  
PORK TENDERLOIN<sup>1</sup> = 122 CALORIES

### COMPARED TO OTHER PROTEINS

6 TABLESPOONS  
OF PEANUT BUTTER



564 CALORIES

1½ CUPS OF COOKED  
BLACK BEANS



340 CALORIES

4 HARD-BOILED  
EGGS



310 CALORIES

## HEALTH BENEFITS OF LEAN PORK

+ PRESERVES LEAN MUSCLE TO  
HELP MAINTAIN WEIGHT LOSS<sup>2</sup>

+ EXCELLENT SOURCE OF  
VITAMINS AND MINERALS  
THIAMIN, RIBOFLAVIN, SELENIUM,  
NIACIN, B6, B12

+ CERTIFIED  
HEART-HEALTHY

SIRLOIN, TENDERLOIN



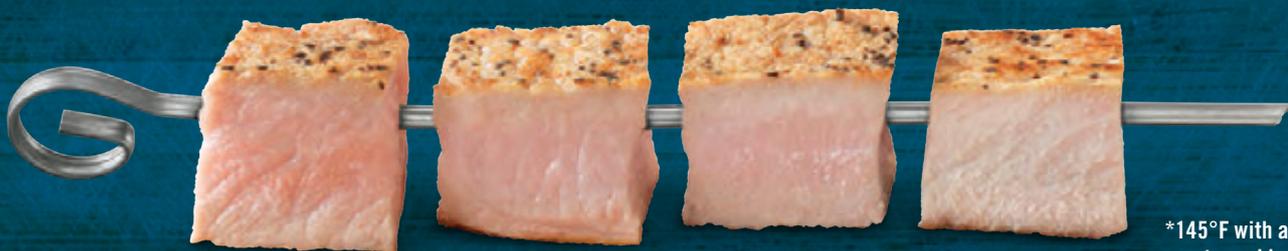
1. Three ounces of pork tenderloin offers 22 grams of protein.

2. Kim, J. E., O'Connor, L. E., Sands, L. P., Slebodnik, M. B., & Campbell, W. W. (2016). Effects of dietary protein intake on body composition changes after weight loss in older adults: a systematic review and meta-analysis. *Nutrition Reviews*, 74(3), 210–224.

Heart-Check certification does not apply to research on weight loss.

Source: U.S. Department of Agriculture Nutrient Database Release 18, 2006 Revised USDA Nutrient Data Set for Fresh Pork

## FOR DELICIOUS RESULTS, COOK TO 145°F!



**MEDIUM-RARE\***  
145-150°F

**MEDIUM**  
150-155°F

**MEDIUM-WELL**  
155-160°F

**WELL**  
160°F

\*145°F with a 3-minute rest provides the optimal eating experience and is the minimum safe internal cooking temperature provided by USDA's Food Safety & Inspection Service.



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This message funded by America's Pork Producers and the Pork Checkoff.