

SIMPLY

JAN / FEB 2023

Schnucks

EAT GOOD TO FEEL GREAT

LET'S HAVE A
toast
PG.7

• RICE &
shine
PG.18

sweet
SOMETHINGS
PG.28

FREE!

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



Fill up on big taste
and bigger smiles.

10g
Protein

6g
Fiber



©, TM, © 2022 Kashi Company



IN SEASON
YEAR ROUND

GET TO KNOW OUR BRAND

Our Full Circle brand gives you organic and best-of-nature products to help you live a healthier lifestyle. They're made with ingredients you can feel good about.



EARN
2X
POINTS
ON FULL CIRCLE PRODUCTS
1/4/23-1/31/23!



@2022 Schnucks

TASTE WHAT'S POSSIBLE

SEE NUTRITION INFORMATION FOR SAT & FAT CONTENT

15g Protein
1g Sugar
8 Vitamins
3g Net Carbs

FULFIL CHOCOLATE SALTED CARAMEL FLAVOR VITAMIN & PROTEIN BAR
NET WT 1.41 OZ (40g) NON-GMO • GLUTEN FREE

15g Protein
1g Sugar
2-3g Net Carbs

NOW AVAILABLE IN 4CTS!
USA.FULFILNUTRITION.COM

4 BARS
FULFIL VITAMIN & PROTEIN BAR
CHOCOLATE SALTED CARAMEL FLAVOR



PARK **KODIAK** CITY

FULL STEAM AHEAD

CRAFTED WITH 100% WHOLE GRAINS AND PROTEIN

kodiakcakes.com

JAN-FEB 2023

EAT GOOD TO FEEL GREAT

6

Good For You

Get inspired for breakfast or lunch with a dish everyone can make... toast!

8

What's In Store

Discover products you'll love with our shopping guide.

10

Main Ingredient

Go beyond scrambled or poached when working this protein into your day.

14

Simplify the Season

Celebrate the in-season goodness of beets, sweet potatoes and citrus.

18

Sugar & Spice & Everything Rice

Rice, quinoa and riced veggies are the base of these hearty bowls packed with nutrition.

24

Dinner's Ready in 20

Perfect for those action-packed nights, these quick and easy meals don't skimp on the good stuff.

28

Just Desserts

Satisfy your sweet tooth without the sugar slump.



just look for the icon!





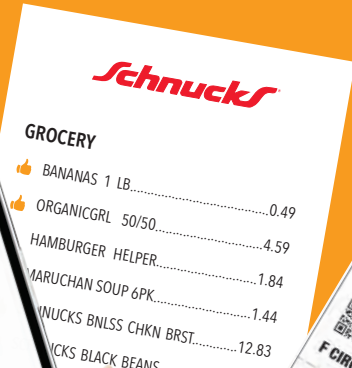
discover the health of your shopping cart

Good For You is our FREE wellness program at Schnucks designed to help you make better choices. Look for the Good For You icon – both in store and in the app – and add those items to your cart!

When you opt in, you'll be able to see and keep track of your purchases every time you shop.

Here's how to use Good For You in 4 easy steps:

- 1 Opt in to Good For You by scanning the QR code below.
- 2 Enter your Rewards phone number at checkout.
- 3 Check your receipt! You'll find the total percentage of Good For You items you purchased. View your digital receipt to find out which purchases were Good For You!
- 4 Watch your inbox for monthly emails that help gauge your progress.



scan to opt in!



FREE COFFEE

BUY 3 PARTICIPATING SPECIAL K® PRODUCTS AND GET A 12CT BOX OF GREEN MOUNTAIN COFFEE ROASTERS® K-CUP® PODS •



©, TM, © 2021 Kellogg NA Co. © Keurig Green Mountain, Inc. 2021. K-Cup is a trademark of Keurig Green Mountain Inc. used with permission

LITTLE SLICE, BIG NUTRITION



SINGLE SERVING SIZE **RECIPE** index

This issue, our recipe index doubles as a single serving guide to help you visualize the portion size for the nutritional values listed.

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

BREAKFAST



7 Strawberry Lemon Toast



7 Almond Butter & Banana Toast



7 Hummus and Apple Toast



10 Breakfast Pizza

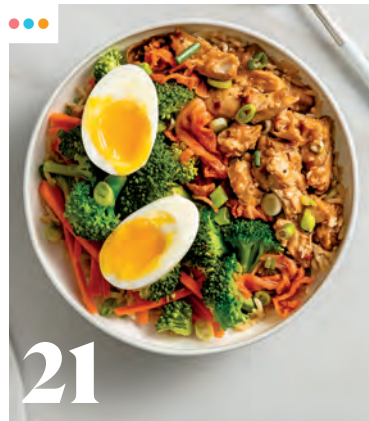


12 Sweet Potato Breakfast Skillet Nachos



20 Brown Rice Breakfast Pudding

LUNCH & SNACKS



21 Korean Chicken Bowl



7 Avocado, Cucumber & Radish Toast



13 Shrimp & Egg Drop Soup



15 Citrus Fennel and Avocado Salad with String cheese



17 Beet Fries & Buffalo Cauliflower with Ranch Dip



21 Burrito Bowl



27 Portobello Philly Cheesesteak Wrap



27 Beef and Bean Tostadas

SIMPLY *Schnucks*

ADVERTISING SALES

Olivia Bleitz, obleitz@schnucks.com

VICE PRESIDENT OF CREATIVE

Erin Calvin

PHOTOGRAPHERS

Terry Doran, Eric Hinders

PHOTO DIRECTOR

Madison Beck

FOOD STYLING &

RECIPE DEVELOPMENT

Natalie Frischknecht,
Caroline Tremmel

PHOTO RETOUCHING

Ben Dixon, Brian McGilvra

CONTRIBUTING WRITER

Dayne Logan

EDITORIAL SUPPORT

Kelly Kraemer, Olivia Bleitz,
Stephanie Tolle-Crespo,
Allison Primo, Catherine Boyle,
Jenn Freeman, Maki Shinohara-Palmer

DESIGNED AND PRINTED BY



DINNER



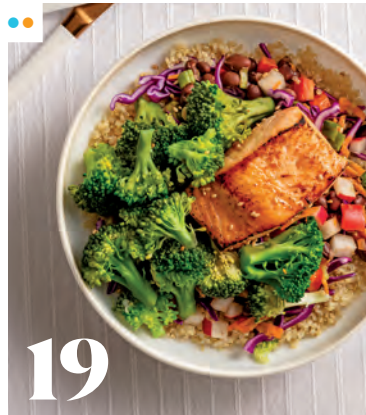
11 Parmesan Polenta



14 Blackened Fish Tacos with Rainbow Citrus Slaw



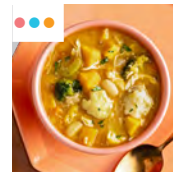
16 Root Vegetable Enchiladas



19 Teriyaki Salmon Bowl



23 Sweet Potato Bowl



25 Chicken & Vegetable Soup with dumplings

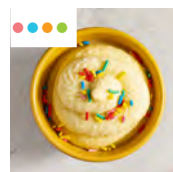


26 Spicy Garlic & Cherry Tomato Pasta

DESSERTS & TREATS



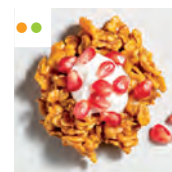
28 Dark Chocolate Banana Pops



28 Pineapple Soft Serve



29 Kodiak Maple Brown Sugar Oatmeal Cookies



29 Special K No Bake Cookie Nests

Good
for
you™



Opt in today to discover the health of your shopping cart.



3

1

2

4



Tapped from trees on the Hoyt family farm, Skinny Sticks maple syrup tastes great on more than just pancakes.



Allison Primo
SCHNUCKS
REGISTERED DIETITIAN

GOOD FOR YOU

let's toast

Putting together a nutritious meal or snack doesn't need to take a long time. Toast can be the perfect solution for healthy eating made easy. Aim to include three food groups like whole grains, protein and fresh produce for a balanced and tasty toast.

STRAWBERRY LEMON

SERVES: 4
 ACTIVE: 5 MIN TOTAL: 15 MIN

- 1 Full Circle Demi Baguette
- 5 oz. low-fat lemon yogurt
- 8 strawberries, sliced
- 8 small mint leaves

Preheat oven to 400 degrees. Cut loaf in half lengthwise. Toast bread until golden brown on edges. Remove from oven and cool 5 minutes. Cut into four portions. Spread with yogurt; top with strawberries and mint leaves.

PER SERVING: CAL 168, FAT 1G (0.5G SAT FAT), CHOL 4MG, SODIUM 289MG, CARB 30G (2G FIBER, 4G SUGARS), PRO 7G

ALMOND BUTTER & BANANA

SERVES: 2
 ACTIVE: 4 MIN TOTAL: 8 MIN

- 2 slices wholegrain bread
- 2 tbsp. Full Circle organic almond butter
- ½ banana, sliced
- 1 tsp. Skinny Sticks maple syrup, divided

Toast the bread to desired doneness. Spread with almond butter, then top with sliced banana and drizzle with syrup.

PER SERVING: CAL 241, FAT 11G (1G SAT FAT), CHOL 0MG, SODIUM 151MG, CARB 33G (7G FIBER, 9G SUGARS), PRO 7G

HUMMUS AND APPLE

SERVES: 2
 ACTIVE: 4 MIN TOTAL: 8 MIN

- 2 slices Izzio Lucky Seven Multigrain bread
- ¼ cup Schnucks classic hummus
- ½ honeycrisp apple, thinly sliced
- 1 tbsp. roasted pumpkin seeds

Toast the bread to desired doneness. Spread with hummus, then top with apples and pumpkin seeds.

PER SERVING: CAL 161, FAT 4G (0.5G SAT FAT), CHOL 0MG, SODIUM 181MG, CARB 28G (6G FIBER, 9G SUGARS), PRO 6G

AVOCADO, CUCUMBER & RADISH

SERVES: 2
 ACTIVE: 4 MIN TOTAL: 8 MIN

- 2 slices Dave's Killer Bread Organic 21 Whole Grains And Seeds Thin Sliced
- 1 avocado, halved, pitted and peeled
- ¼ English cucumber, thinly sliced
- 2 radishes, thinly sliced

Toast the bread to desired doneness. Top each slice with cucumbers. Slice half an avocado with a fork and place on top of cucumbers. Season with salt and pepper if desired and top with radishes.

PER SERVING: CAL 186, FAT 12G (2G SAT FAT), CHOL 0MG, SODIUM 110MG, CARB 19G (8G FIBER, 4G SUGARS), PRO 5G



Full Circle's classic French style demi-baguette is crafted from scratch without artificial preservatives.



Lucky Seven multigrain is made with seven grains and seeds that perfectly pair with your favorite sandwiches and toasts.



Loaded with hearty grains and great flavor, Dave's 21 Whole Grains And Seeds Thin Sliced is big nutrition in a little slice.

good products, good habits

1. HEALTHY CHOICE CAFE STEAMERS

Don't let being busy break a good habit. Stock up with products like these so you and your family can live happy lives built on healthy habits. Finding the right items can help you reach your wellness goals.

2. ALIGN PROBIOTIC GUMMIES

3. FULFIL CHOCOLATE SALTED CARAMEL PROTEIN BAR

4. GREAT GRAINS BLUEBERRY MORNING CEREAL





5. GOGO SQUEEZ APPLESAUCE

6. PRAIRIE FARMS COTTAGE CHEESE

7. SKINNYPOP POPCORN

8. BUBLY SPARKLING WATER

9. HALO + CLEVER
PERFECT KETCHUP

MAIN INGREDIENT

truly egg-cellent

Eggs are a great way to get protein in your diet. And there's so many more ways to love 'em other than scrambled! These starter ideas will get your imagination hatchin'.

BREAKFAST PIZZA

SERVES: 2

ACTIVE: 10 MIN TOTAL: 25 MIN

- 2 Joseph's whole grain pitas
- 1/3 cup Schnucks nonfat plain Greek yogurt
- 1/4 red onion, thinly sliced
- 1/2 small red pepper, thinly sliced
- 1/2 cup packed spinach leaves, roughly chopped
- 1/3 cup low-fat shredded mozzarella cheese
- 2 eggs

1. Preheat oven to 400 degrees and move rack to bottom third. Place each pita on a large cookie sheet. Spread yogurt onto pitas, then top with onion, peppers, spinach leaves and cheese.

2. Using the back of a spoon, make an indentation in middle of each pizza to cradle egg.

Carefully crack 1 egg per pizza into each indentation.

3. Bake 10–15 minutes on bottom third rack until egg is cooked to desired doneness and cheese is melted.

PER SERVING: CAL 258, FAT 10G (3G SAT FAT),
CHOL 198MG, SODIUM 462MG, CARB 22G (6G FIBER,
7G SUGARS), PRO 25G





SHRIMP & EGG DROP SOUP

SERVES: 4

ACTIVE: 15 MIN TOTAL: 20 MIN

- 8 Schnucks 8 to 12-count raw peeled and rinsed shrimp
- 1 tsp. sesame oil, divided
- 1 tsp. minced garlic, divided
- 1 tsp. low-sodium soy sauce, divided
- 1 tbsp. canola oil
- 1 cup grated carrot
- 1 cup chopped baby spinach
- $\frac{1}{8}$ tsp. Schnucks sugar
- $\frac{1}{8}$ tsp. pepper
- 4 cups Schnucks low-sodium chicken broth
- $\frac{1}{2}$ tsp. turmeric
- 3 tbsp. cornstarch
- $\frac{1}{3}$ cup water
- 4 eggs, lightly beaten
- 1 sliced green onion

1. In a small bowl, toss shrimp with $\frac{1}{2}$ teaspoon sesame oil, $\frac{1}{2}$ teaspoon garlic and $\frac{1}{2}$ teaspoon soy sauce. Cover and refrigerate for 15 minutes. Spear 2 shrimps per skewer.

2. In a medium pot, heat canola and remaining sesame oil over medium-high. Add $\frac{1}{2}$ teaspoon garlic and cook 3–5 minutes, stirring often. Add spinach, sugar, pepper and $\frac{1}{2}$ teaspoon soy sauce. Stir for 1 minute or until spinach wilts.

3. Add chicken stock and turmeric; bring to a boil and reduce heat to medium-low; simmer 5 minutes.

4. In a small bowl, mix cornstarch and water together until dissolved. Stirring soup continuously, add cornstarch slurry slowly but steadily.

5. Bring soup back to simmer and cook 2–3 minutes or until soup noticeably starts to thicken. Using a ladle, stir soup in a circular motion and slowly drizzle eggs in.

6. Preheat oven to broil on high. Prepare a broiling pan with nonstick spray and arrange shrimp skewers in single layer. Broil 3–5 minutes, until shrimp turns pink. Top with sliced green onions; serve with soup immediately.

PER SERVING: CAL 248, FAT 10G (2G SAT FAT), CHOL 316MG, SODIUM 385MG, CARB 13G (2G FIBER, 4G SUGARS), PRO 26G



Mini Babybels are the perfect small yet mighty snack that can double as a tasty addition to meals.



SWEET POTATO BREAKFAST SKILLET NACHOS

SERVES: 6

ACTIVE: 15 MIN TOTAL: 50 MIN

- 1 20-oz. Pictsweet Farms frozen sweet potato waffle fries
- 4 Babybel snack cheese
- 1 15-oz. can Full Circle black beans, drained and rinsed
- 1 large red bell pepper, diced
- 1 medium red onion, diced
- 2 large eggs
- ½ cup Herdez salsa verde
- 2 tbsp. Schnucks plain nonfat Greek yogurt
- 1 avocado, sliced
- 2 green onions, sliced
- 1 tbsp. chopped cilantro

1. Bake sweet potato fries on rimmed baking sheet according to instructions. Remove from oven and set aside.
2. In a small bowl, remove outer wax shell and shred Babybel cheese rounds with a box grater.
3. Set oven to broil on low. In a cast-iron skillet, arrange sweet potato fries on bottom. Layer with half of cheese, beans, bell pepper and red onion. Top with remaining ingredients and make 2 shallow nests to crack eggs into. Season with salt and pepper if desired.
4. Broil on low in middle of oven until egg is cooked but yolk is still runny, 3–5 minutes. Remove and set aside.
5. In a small bowl mix together salsa verde and yogurt until combined. Serve on top of skillet nachos with your choice of avocado, green onions & cilantro.

PER SERVING: CAL 406, FAT 21G (5G SAT FAT), CHOL 72MG, SODIUM 531MG, CARB 43G (9G FIBER, 8G SUGARS), PRO 14G



PARMESAN POLENTA

SERVES: 4

ACTIVE: 10 MIN TOTAL: 25 MIN

- ½ 18-oz. roll Ancient Harvest premade polenta
- ½ cup low-fat milk
- ¼ cup grated parmesan cheese
- 1 tbsp. Schnucks olive oil
- ½ small yellow bell pepper, sliced
- ¼ small onion, sliced
- ½ cup cherry tomatoes, halved
- 1 cup packed spinach
- ¼ cup white vinegar
- 4 eggs

1. In a small pot over medium-low heat, add the polenta, milk and parmesan. Whisk frequently until warmed through, about 6–8 minutes. Divide among 4 bowls, cover for warmth and set aside.

2. Heat oil in a medium skillet over medium-high heat, add peppers and cook for 5 minutes, until peppers begin to soften. Add onion and cook for 4 more minutes. Add tomatoes and spinach; cook until spinach is wilted, about 4 minutes. Place vegetables on top of polenta.

3. Fill a medium pot halfway with water, add vinegar and bring to boil. Reduce heat to medium-low, until simmering. Crack eggs into water (gently and one at a time) and let cook 5 minutes. Place egg on top of prepared bowls, then season with salt and pepper, if desired. Serve Immediately.

PER SERVING: CAL 188, FAT 10G (3G SAT FAT), CHOL 170MG, SODIUM 299MG, CARB 15G (0.5G FIBER, 3G SUGARS), PRO 13G



the zest is yet to come

Put some spring in your day with fresh citrus and root veggies that liven up winter meals.

BLACKENED FISH TACOS WITH RAINBOW CITRUS SLAW

SERVES: 6

ACTIVE: 12 MIN TOTAL: 18 MIN

- 1 cup Dole colorful coleslaw mix
- 1 jalapeño, seeded and sliced lengthwise
- ½ small red bell pepper, thinly sliced
- ¼ cup pineapple, chopped
- ½ cup cilantro, chopped
- 4 green onions, sliced
- 1 orange, zested and juiced
- ¼ cup Schnucks canola oil, divided
- 1 tsp. rice vinegar
- ¼ tsp. salt
- 1½ lb. tilapia fillets
- 2 tbsp. Old Bay Blackened seasoning
- 12 6-inch Mission yellow corn tortillas, warmed

1. In a medium bowl, toss coleslaw mix with peppers, pineapple, cilantro, green onions, orange juice and zest, 2 tablespoons oil, vinegar and salt. Taste and adjust seasoning as needed. Refrigerate until ready to serve.
2. Press the spice mixture onto both sides of the fillets so they are well coated.
3. Preheat a large nonstick skillet over medium-high heat. Add remaining oil and sear fish 3 minutes per side. Rest on cutting board for 5 minutes under tented tinfoil.
4. Flake fish into each tortilla and top with citrus slaw. Serve immediately.

PER SERVING: CAL 346, FAT 13G (2G SAT FAT),
CHOL 45MG, SODIUM 413MG, CARB 31G
(7G FIBER, 10G SUGARS), PRO 25G



CITRUS FENNEL AND AVOCADO SALAD WITH STRING CHEESE

SERVES: 6

ACTIVE: 15 MIN TOTAL: 40 MIN

For the salad:

- 2 fennel bulbs, stemmed and trimmed
- 1 tbsp. olive oil
- 10 oz. spring mix baby greens
- 2 avocados, peeled, pitted and thinly sliced
- 2 mandarin oranges, peeled and sliced
- 1 ruby grapefruit, peeled and sliced
- 1 stick Full Circle string cheese, pulled apart
- 3 hard boiled eggs, peeled and halved
- $\frac{1}{3}$ cup toasted sliced almonds
- $\frac{1}{4}$ cup fresh mint leaves

For the dressing:

- 2 tbsp. lemon juice
- 1 garlic clove, minced
- $\frac{1}{2}$ tsp. Full Circle Dijon mustard
- $\frac{1}{4}$ cup olive oil

1. Preheat oven to 400 degrees. Slice fennel bulbs into thin wedges. In a medium bowl toss fennel with olive oil. Evenly arrange the fennel on a baking sheet lined with foil; season with salt and pepper if desired. Roast for 25–30 minutes or until tender and browned. Set aside.

2. Prepare the dressing in a small bowl. Add the garlic, lemon juice and mustard; whisk to combine. Slowly whisk in the olive oil, season with salt and pepper, if desired, and set aside.

3. Place the greens onto a platter and top with the fennel and remaining ingredients. Drizzle with the dressing; serve immediately.

PER SERVING: CAL 334, FAT 23G (3G SAT FAT), CHOL 108MG, SODIUM 227MG, CARB 24G (11G FIBER, 6G SUGARS), PRO 12G



Wholesome, nutritious
milk and dairy products
from farms near you.



ROOT VEGETABLE ENCHILADAS

SERVES: 6

ACTIVE: 45 MIN TOTAL: 1 HR

- 1 medium sweet potato, diced
- 2 small turnips, diced
- ½ medium onion, diced
- 1 tbsp. Schnucks olive oil
- 1 tsp. Full Circle organic ground cumin
- 1 tsp. dried oregano
- 1 15.25-oz. can Schnucks no salt added black beans, drained and rinsed
- 8 8 inch whole wheat flour tortillas
- 1 10-oz. can green enchilada sauce, divided
- ½ cup nonfat Greek yogurt
- ½ Full Circle shredded white mild cheddar cheese

1. Preheat the oven to 425 degrees. Toss the sweet potatoes, turnips and onion with the olive oil, cumin and oregano. Spread evenly on a foil-lined baking sheet and roast for 25–30 minutes or until fork tender and browned. Let cool.
2. Reduce oven temperature to 350 degrees. In a medium bowl, mix the vegetables with beans, yogurt and a quarter cup of enchilada sauce.
3. In a 9x13 baking dish, spread a quarter cup of enchilada sauce on bottom of pan. Divide filling between the tortillas, roll up and place in dish. Pour the remaining sauce over the enchiladas and sprinkle with cheese.
4. Cover with foil and bake for 20 minutes, until heated through and cheese is melted.

PER SERVING: CAL 353, FAT 9G (3G SAT FAT), CHOL 10MG, SODIUM 746MG, CARB 47G (8G FIBER, 5G SUGARS), PRO 22G



BEET FRIES & BUFFALO CAULIFLOWER WITH RANCH DIP

SERVES: 6

ACTIVE: 15 MIN TOTAL: 55 MIN

- ½ cup nonfat plain Greek yogurt
- ½ cup Silk original almond milk
- 2 tsp. unseasoned rice vinegar
- 1 tbsp. Full Circle organic parsley flakes
- 1 tsp. Full Circle organic garlic powder
- 1 tsp. dried chives
- 1 tsp. Full Circle onion powder
- ½ tsp. dried dill
- ½ tsp. black pepper
- 2 large fresh beets, peeled
- 1 head fresh cauliflower, broken into florets
- 1 tbsp. Schnucks cornstarch, divided
- 2 tbsp. Full Circle olive oil, divided
- 1 packet McCormick buffalo seasoning mix

1. In a small bowl, add first 9 ingredients. Whisk to combine thoroughly and refrigerate covered for 30 minutes.
2. Preheat oven to 425 degrees with racks in lower and upper thirds of oven. Line two large, rimmed baking sheets with parchment paper.
3. Cut beets into ¼-½-inch thick fries. Arrange on one pan in single layer. On second pan, arrange cauliflower florets.
4. Sprinkle cornstarch over each pan and toss until lightly coated in powder. Next, drizzle oil and toss until veggies are evenly coated and no powdery spots remain. Sprinkle cauliflower with buffalo seasoning mix.
5. Bake 20 minutes, cauliflower pan on top rack, beet pan on bottom rack. Remove pans and flip fries to other side. Arrange in a single layer and return pans to oven, beet pan on top and cauliflower pan on bottom.

6. Bake additional 10-18 minutes or until veggies are crispy. They will change from shiny to more matte. Season with salt and pepper, if desired. Serve with dip.

PER SERVING: CAL 148, FAT 5G (1G SAT FAT), CHOL 0MG, SODIUM 318MG, CARB 13G (2G FIBER, 8G SUGARS), PRO 13G



Plant-based beverages,
creamers and yogurts that
your family will love.

sugar
spice &

everything

RICE

AND
grains, too!

Your favorite rices and grains are the foundation for these hearty recipes that will bowl you over!



KOREAN CHICKEN BOWL

SERVES: 4

ACTIVE: 10 MIN TOTAL: 12 MIN

- 1½ cups brown rice, cooked
- 1 10.8-oz. Schnucks Steamin' Easy broccoli florets, cooked
- 2 tsp. sesame oil
- 2 cloves garlic, grated
- ½ cup Asian pear, peeled and grated
- 1 tbsp. low-sodium soy sauce
- ¼ tsp. ground ginger
- ¼ tsp. Schnucks red pepper flakes
- 1 16-oz. package Kevin's Korean BBQ-style chicken
- 4 soft-boiled eggs, halved

- ½ cup Bolthouse Farms Matchstix carrots
- ½ cup kimchi
- 1 sliced green onion

1. In a large sauté pan, heat sesame oil over medium-high. Add garlic and stir 1 minute until fragrant.
2. Add grated pear, soy sauce, ginger and red pepper flakes. Stir until combined and bring to boil; reduce heat to simmer until sauce starts to thicken, 3–5 minutes.
3. Stir in Korean BBQ chicken, cover and simmer 3–5 minutes or until heated through.

4. Serve immediately over rice and broccoli. Garnish with soft-boiled eggs, carrots, kimchi and green onions.

PER SERVING: CAL 359, FAT 11G (3G SAT FAT), CHOL 241MG, SODIUM 735MG, CARB 29G (5G FIBER, 7G SUGARS), PRO 28G

kevin's
natural foods

**Kevin's prepared entrées
and sauces makes clean
eating taste delicious.**



BROWN RICE BREAKFAST PUDDING BOWL

SERVES: 4

ACTIVE: 10 MIN TOTAL: 12 MIN

- 1½ cups cooked brown rice, cold
- 1 cup low-fat milk
- 2 tbsp. Full Circle peanut butter
- 1 tsp. vanilla
- 3 bananas, divided
- ½ cup Kashi Go Peanut Butter Crunch
- 1 cup blueberries

1. In a small sauce pan over medium low heat, add rice, milk, peanut butter and vanilla. Bring to simmer, stirring occasionally, about 5 minutes.
2. In a small bowl, mash one banana. Add to rice pudding and stir to combine. Cook 1 minute or until thickened.
3. Divide rice pudding between 4 bowls and top with thinly sliced remaining banana, Kashi cereal and blueberries. Serve warm.

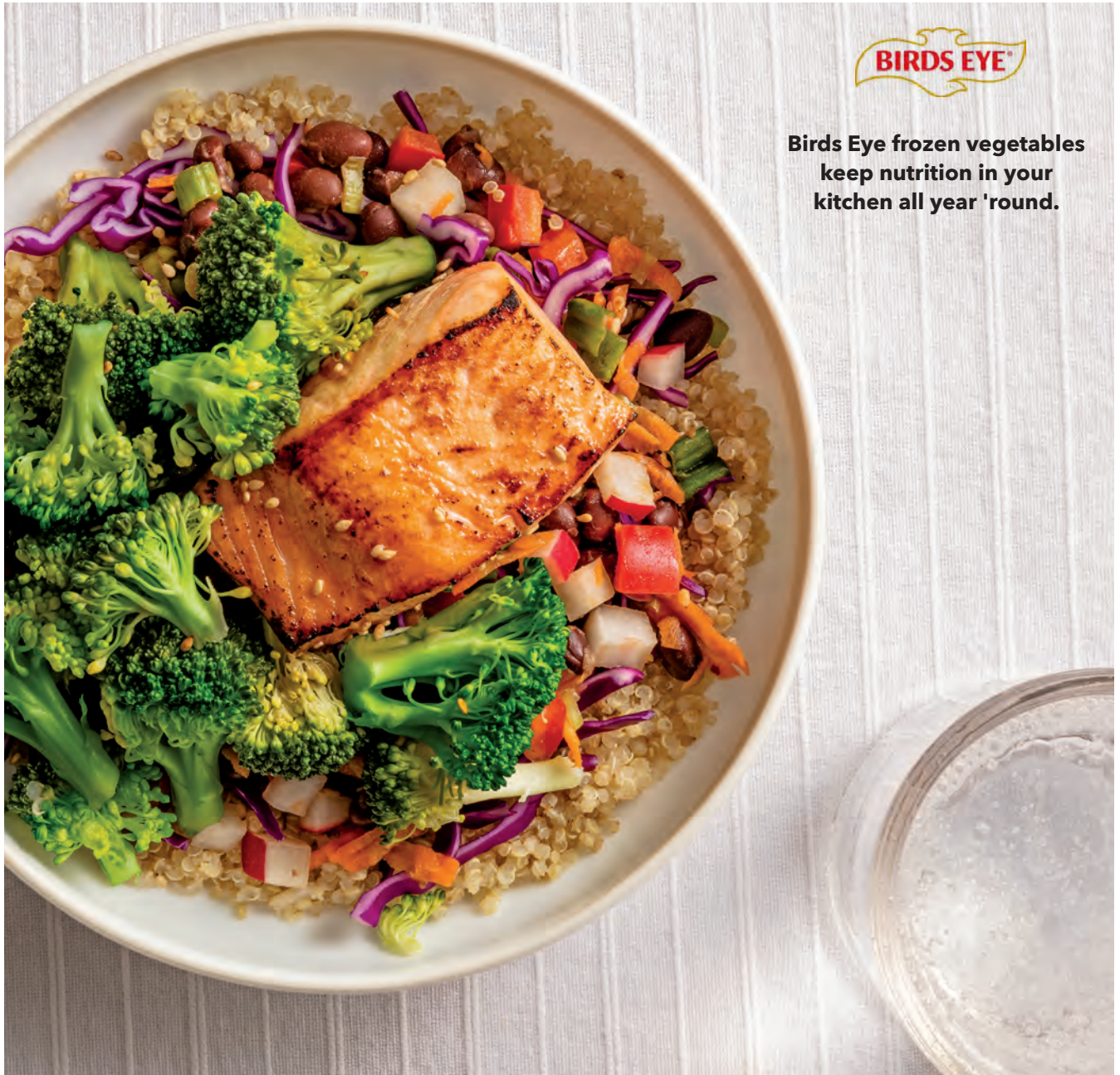
PER SERVING: CAL 273, FAT 7G (1G SAT FAT),
CHOL 3MG, SODIUM 68MG, CARB 47G
(5G FIBER, 19G SUGARS), PRO 8G

Kashi

**Whole grain and plant-based
cereals, bars, waffles and more
made from simple ingredients.**



**Birds Eye frozen vegetables
keep nutrition in your
kitchen all year 'round.**



TERIYAKI SALMON BOWL

SERVINGS: 4

ACTIVE: 10 MIN TOTAL: 45 MIN

- 2 6-oz. salmon fillets
- 2 tbsp. low-sodium teriyaki sauce
- 1½ cup quinoa, cooked
- 1 10.8-oz. bag Birds Eye broccoli florets
- 1 15.25-oz. can Schnucks no salt black beans, drained and rinsed
- 1 cup red cabbage, finely shredded
- 1 cup carrots, shredded
- 2 radishes, diced
- ½ cup red bell pepper, diced
- ½ cup green onions, sliced

- 1 tbsp. sesame seeds, toasted
- 1 tbsp. rice vinegar
- 1½ tsp. sesame oil
- 1 tsp. lime juice
- ½ tsp. honey
- ½ tsp. ground ginger

1. In a medium bowl, coat the salmon with the teriyaki sauce. Let marinate for 15–30 minutes, turning occasionally. Prepare broccoli according to package directions.

2. Preheat the oven to 425 degrees. Place the salmon on a foil-covered rimmed sheet pan and cook for 10–15 minutes, until salmon is cooked through.

3. In a medium bowl, combine beans with red cabbage, carrots, radishes, bell peppers and green onions. In a small bowl, whisk together sesame seeds, vinegar, lime juice, oil, honey and ginger until thoroughly combined, 1–2 minutes. Drizzle dressing over bean salad and toss to combine. Refrigerate until ready to serve.

4. Divide quinoa among four bowls, top with broccoli, bean salad and half a salmon fillet. Serve immediately.

PER SERVING: CAL 409, FAT 9G (2G SAT FAT), CHOL 70MG, SODIUM 350MG, CARB 46G (10G FIBER, 8G SUGARS), PRO 35G



BURRITO BOWL

SERVES: 4

ACTIVE: 8 MIN TOTAL: 16 MIN

- 10 oz. frozen cauliflower rice
- ½ 12-oz. box Lightlife Mexican plant-based crumbles
- 1 15-oz. can Full Circle black beans, rinsed and drained
- 1 cup frozen corn kernels, thawed
- 1 avocado
- 1 cup Schnucks pico de gallo
- ¼ cup chopped cilantro
- 1 lime, cut into wedges
- 40 Full Circle white corn tortilla chips

1. Heat the rice and crumbles according to package directions. Warm the beans and corn in the microwave for 3–4 minutes.
2. Peel, seed and slice the avocado. Divide the rice, beans, crumbles, corn and avocado among four bowls. Top with pico and cilantro. Serve with lime and chips, if desired.

PER SERVING: CAL 429, FAT 14G (2G SAT FAT), CHOL 0MG, SODIUM 733MG, CARB 61G (17G FIBER, 7G SUGARS), PRO 19G



Full Circle white corn tortilla chips are organic, gluten free and in season year round for you to enjoy.



Full of nutrients and electrolytes, coconut water pairs perfectly with this sweet potato bowl and is a delicious way to stay hydrated.



SWEET POTATO BOWL

SERVES: 4

ACTIVE: 20 MIN TOTAL: 40 MIN

- 2 medium sweet potatoes, peeled and diced
- 4 tbsp. Full Circle peanut butter
- 3 tbsp. low sodium soy sauce
- 1 tbsp. sesame oil
- 4 tbsp. Schnucks olive oil
- 1 tsp. garlic powder
- ½ tsp. ginger powder
- 1 lime, zested and juiced
- 1 cup brown rice, cooked
- 1 large red bell pepper, sliced
- 1 small red onion, sliced
- 1 cup Bolthouse Farms Matchstix carrots

- 1 cup shelled edamame, steamed
- 1 small seedless cucumber, sliced
- 1 tsp. red pepper flakes
- 2 tbsp. Lee Kum Kee sriracha mayo

1. Preheat oven to 400 degrees. Line a rimmed baking sheet with foil and spray with cooking oil. Arrange sweet potato in single layer.
2. In a small microwave-safe bowl, heat peanut butter 30 seconds or until smooth and liquid. Add soy sauce, oils, garlic and ginger powder to bowl, then whisk until smooth. Reserve half of peanut sauce for dressing.
3. Drizzle half peanut sauce over sweet potatoes and toss until evenly coated. Season with salt and pepper, if desired.

Roast for 30 minutes or until fork tender. Set aside.

4. Add lime zest and juice to remaining peanut sauce, then whisk to combine. Season with salt and red pepper, if desired. Refrigerate until ready to serve.
5. To serve, arrange ¼ cup brown rice in a bowl. Top with sweet potatoes, bell pepper, onion, carrot sticks, steamed edamame and cucumber slices.
6. Drizzle with peanut dressing and garnish with red pepper flakes and sriracha mayo. Serve immediately.

PER SERVING: CAL 497, FAT 33G (5G SAT FAT), CHOL 5MG, SODIUM 555MG, CARB 42G (7G FIBER, 5G SUGARS), PRO 12G

Dinner's ready IN 20

Tonight is a great night to have dinner at the table. Even on your most action-packed evening, these quick and easy recipes will leave you enough time to savor every bite.





CHICKEN & VEGETABLE SOUP WITH DUMPLINGS

SERVES: 6

ACTIVE: 20 MIN TOTAL: 55 MIN

- 1 tbsp. Schnucks olive oil
- ½ cup white onion, diced
- 2 medium sweet potatoes, peeled and diced
- 2 stalks celery, thinly sliced
- 2 tbsp. minced garlic
- 1 tbsp. Spice Hunter Italian Seasoning
- 2 cups cooked chicken breast, shredded
- 4 medium tomatoes, diced
- 1 14.5-oz. can cannellini beans, drained and rinsed
- 2 tbsp. Full Circle organic tomato paste
- 6 cups Full Circle organic chicken stock
- 1 12-oz. bag Schnucks freshly frozen Florentine vegetables
- 1 6-oz. can Pillsbury flaky layers buttermilk biscuits
- 2 tbsp. chopped fresh parsley

1. In a large pot over medium-high heat, add oil, onion, sweet potato and celery. Cook 5–6 minutes, stirring often, or until softened and onions are translucent.
2. Add garlic and seasoning, then cook 30 seconds, stirring continuously.
3. Add chicken, tomatoes, beans, tomato paste and broth to pot, then bring to a boil. Add frozen vegetables and reduce heat to simmer. Cook for 20–25 minutes.
5. Remove biscuit dough from can and divide each biscuit into quarters. Drop dough balls into simmering soup one at a time and simmer until all dough balls float, 5-7 minutes.
6. Stir in parsley; season with salt and pepper, if desired. Serve immediately.

PER SERVING: CAL 332, FAT 5G (2G SAT FAT), CHOL 36MG, SODIUM 658MG, CARB 45G (7G FIBER, 11G SUGARS), PRO 23G



With 23g of protein, this one-ingredient red lentil pasta brings more nutrition to your favorite meals.



Perfect with pasta, Waterloo Sparkling Water adds unique refreshment to your table.



SPICY GARLIC & CHERRY TOMATO PASTA

SERVES: 4

ACTIVE: 20 MIN TOTAL: 25 MIN

- 1 8.8-oz. package Barilla Red Lentil penne pasta
- 4 tbsp. Schnucks olive oil, divided
- 3 tbsp. non-pareil capers, drained
- 3 garlic cloves, thinly sliced
- 1 tsp. Full Circle organic crushed red pepper flakes
- 1 ½ lbs. cherry tomatoes
- 3 tbsp. tomato paste
- ½ cup packed fresh basil, thinly sliced
- ¼ cup Pecorino Romano cheese, grated

1. Bring a large pot of water to boil on high heat. Cook penne according to package directions until al dente. Drain, reserving ⅔ cup of pasta water for sauce; cover and set aside.
2. In a large nonstick sauté pan, heat 2 tablespoons olive oil over medium-high. Pat capers dry, then add to pan and cook 2–3 minutes, stirring frequently, until crisp. Transfer capers to a paper towel-lined plate.
3. Add remaining olive oil, garlic and red pepper flakes to hot pan. Sauté 1 minute or until fragrant. Add cherry tomatoes,

then cook until blistered and starting to burst, about 3–5 minutes.

4. Reduce heat to medium and add tomato paste, stirring frequently. Cook until color darkens, about 2 minutes. Add reserved ⅔ cup pasta water and cook 10 minutes, stirring occasionally, until saucy. Season with salt and pepper, if desired.

5. Stir in cooked pasta and half the sliced basil. Top with crispy capers, remaining basil and pecorino romano cheese. Serve immediately.

PER SERVING: CAL 378, FAT 18G (3G SAT FAT), CHOL 5MG, SODIUM 333MG, CARB 45G (9G FIBER, 7G SUGARS), PRO 18G

PORTOBELLO PHILLY CHEESESTEAK WRAP

SERVES: 4

ACTIVE: 20 MIN TOTAL: 25 MIN

- 2 tsp. Schnucks olive oil, divided
- 1 medium onion, sliced
- 2 bell peppers, thinly sliced
- 5 large portobello mushrooms, stems and gills removed, sliced
- 1 tsp. Italian seasoning
- 1 tbsp. Schnucks all-purpose flour
- ¼ cup Full Circle vegetable broth
- 1 tbsp. reduced-sodium soy sauce

4 slices reduced-fat provolone cheese

4 Flatout Light Original Flatbread

1. In a large skillet over medium-high heat, heat 1 teaspoon of oil. Add onions and peppers, then cook, stirring frequently, until browned and softened, about 8 minutes. Place in a small bowl, cover and set aside.

2. In same skillet, heat 1 teaspoon of oil. Add mushrooms and Italian seasoning then cook, stirring frequently, until browned, about 10 minutes. Add flour, stir to coat, then add broth and soy sauce. Stir until bubbling and thickened.

3. In a separate skillet over medium heat, warm flatbread on both sides, then top with mushrooms, onions, peppers and cheese. Roll up and serve immediately.

PER SERVING: CAL 204, FAT 8G (2G SAT FAT), CHOL 10MG, SODIUM 495MG, CARB 29G (14G FIBER, 5G SUGARS), PRO 14G



Fuel your day with flatbreads made with protein, fiber and whole grains.



BEEF AND BEAN TOSTADAS

SERVES: 4

ACTIVE: 5 MIN TOTAL: 10 MIN

- 1 lb. Verde 93/7 ground beef
- 1 tsp. Schnucks vegetable oil
- ½ tsp. chili powder
- ½ tsp. onion powder
- ½ 15.25-oz. can Schnucks no salt added black beans, rinsed and drained
- ½ tsp. ground cumin
- ½ tsp. dried oregano
- 4 tostada shells
- 1 cup frozen corn, thawed
- ¼ cup Schnucks finely shredded mild cheddar cheese
- 1 medium avocado, diced
- 1 ½ cup romaine lettuce, thinly sliced
- ½ cup Schnucks pico de gallo
- ¼ cup chopped fresh cilantro
- 1 lime, cut into 8 wedges for serving

1. Heat the oil in a medium skillet over medium heat. Add the ground beef, chili and onion powder. Cook, breaking up the meat and stirring frequently, for 10–15 minutes or until beef is thoroughly cooked.
2. In a small pot over medium heat, add the beans, ¼ cup water, cumin and oregano. Season with salt and pepper, if desired. Let simmer for 5 minutes. Roughly mash with a potato masher.
3. Spread the beans over the tostada shells, then top with beef and remaining ingredients. Serve with lime wedges.

PER SERVING: CAL 486, FAT 18G (6G SAT FAT), CHOL 83MG, SODIUM 272MG, CARB 47G (11G FIBER, 1G SUGARS), PRO 34G

Verde beef is raised the old-fashioned way. Our 100% grass-fed pasture cattle makes for memorable meals.



sweet tooth approved

A mindful approach to desserts and treats will keep your cravings satisfied. There's something here for all you cookie monsters, ice cream aficionados and chocoholics out there!

DARK CHOCOLATE BANANA POPS

SERVES: 12

ACTIVE: 10 MIN TOTAL: 2 HR 15 MIN

- 6 large bananas, firm
- $\frac{3}{4}$ cup Lily's dark chocolate baking chips
- $\frac{1}{4}$ cup Full Circle creamy almond butter
- $\frac{1}{2}$ cup sliced almonds

1. Line a baking sheet that will fit your freezer with parchment paper.
2. Peel bananas, slice into halves and insert a small popsicle stick into a flat end. Place each banana on prepared baking sheet and freeze for a minimum 2 hours.

3. In a tall glass cup or jar, add chocolate and almond butter. Microwave, stirring every 20–30 seconds, until fully melted and smooth.
4. Dip frozen bananas into chocolate. Quickly sprinkle with 1 teaspoon each of almonds before chocolate cools.
5. Return to freezer until chocolate hardens, about 5 minutes. Store in Ziploc bag up to 1 week in freezer.

PER SERVING: CAL 179, FAT 10G (3G SAT FAT), CHOL 0MG, SODIUM 1MG, CARB 19G (3G FIBER, 8G SUGARS), PRO 4G

PINEAPPLE SOFT SERVE

SERVES: 6

ACTIVE: 5 MIN TOTAL: 5 MIN

- 1 16-oz. bag Schnucks freshly frozen unsweetened pineapple chunks
- 1 medium banana, sliced
- $\frac{3}{4}$ cup canned Schnucks Lite coconut milk, divided
- 1 tsp. vanilla
- 1 tbsp. honey

1. In a food processor or blender, add pineapple, banana, $\frac{1}{2}$ cup coconut milk, vanilla and honey. If mixture is too thick, add additional tablespoons of coconut milk until mixture blends.
2. Blend 1–2 minutes or until soft serve is smooth. Place into pastry bag fitted with a star tip and pipe into six small dishes. Serve immediately.

PER SERVING: CAL 90, FAT 2G (2G SAT FAT), CHOL 0MG, SODIUM 5MG, CARB 17G (2G FIBER, 7G SUGARS), PRO 1G



Made with real fruits, nuts and whole grains for deliciousness any time of day.



SPECIAL K NO BAKE COOKIE NESTS

SERVES: 12

ACTIVE: 15 MIN TOTAL: 45 MIN

- ½ cup light brown sugar
- ⅓ cup skim milk
- 2 tbsp. canola oil
- ¾ cup Full Circle creamy peanut butter
- 2 tsp. Schnucks pure vanilla extract
- ½ tsp. cinnamon
- 3 cups Special K original cereal
- ¼ cup Schnucks nonfat plain Greek yogurt
- 1 cup pomegranate seeds

1. In a medium sauce pan over medium heat, bring sugar, milk and oil to boil. Cook 1–2 minutes, stirring constantly.
2. Remove pan from heat. Stir peanut butter, vanilla and cinnamon into sugar mixture until smooth, about 1 minute. Add cereal and stir until fully coated.
3. Line a baking sheet with parchment paper. Using a spoon, drop mixture onto pan, leaving 1 inch between all 12 cookies. Create a small crater in middle of each cookie for nest effect. Cool completely in refrigerator, about 30 minutes.
4. Once cool, spoon 1 teaspoon yogurt into center of each cookie. Top with pomegranate seeds. Serve immediately.

Note: Store cookies, yogurt and seeds separately in refrigerator up to 3 days.

PER SERVING: CAL 209, FAT 10G (1G SAT FAT),
CHOL 1MG, SODIUM 92MG, CARB 24G
(3G FIBER, 7G SUGARS), PRO 6G

KODIAK MAPLE BROWN SUGAR OATMEAL COOKIES

SERVES: 12

ACTIVE: 10 MIN TOTAL: 55 MIN

- 3 packages Kodiak Cakes maple brown sugar oatmeal
- ½ cup Schnucks all-purpose flour
- ½ tsp. baking powder
- 2 tbsp. butter, melted
- ¼ cup maple syrup
- ¼ cup skim milk
- 1 egg
- 1 tsp. Schnucks pure vanilla extract
- ½ cup Schnucks raisins
- ½ cup roasted unsalted pistachios

1. Preheat oven to 325 degrees. In a medium bowl, add oatmeal, flour and baking powder. Whisk to combine.
2. Add butter, maple syrup and milk. Whisk to combine for about 1 minute. Add remaining ingredients, stirring until a thick batter forms, 2–3 minutes.
3. Refrigerate dough for 30 minutes or until firm. Line a rimmed baking sheet with parchment paper.

4. Scoop 1 tablespoon of dough onto lined sheet pans, leaving 2 inches between each ball, making 24 total.
5. Bake cookies 12–15 minutes or until light golden brown.
6. Remove from oven and let cool on baking sheet for 10 minutes. Cookies can be stored for up to 7 days at room temperature in an airtight container.

PER SERVING: CAL 145, FAT 5G (2G SAT FAT),
CHOL 19MG, SODIUM 76MG, CARB 21G
(1G FIBER, 8G SUGARS), PRO 5G



Oats plus protein make an
unbeatable combination for
breakfast or dessert.

Good For You

Sweepstakes!

Take a step forward on your wellness journey by opting into our Good For You program by 1/31/23 and you could win \$500 in Schnucks Rewards Points!* Already a member? You're automatically entered.

Good For You is our FREE wellness program designed to help you find healthier choices and keep track of your purchases every time you shop.



Look for the icon on items throughout the store and add them to your cart.



scan to opt in!



*No purchase necessary to enter or win. Sweepstakes begins 1/04/23 and ends 1/31/23. Odds of winning depends on entries received. Void where prohibited. This sweepstakes is intended only for legal residents of Illinois, Indiana, Missouri, and Wisconsin who are (a) 18 years of age or older and (b) are enrolled in Schnucks Rewards at the time of entry.

©2022 Schnucks