

SIMPLY

MAY / JUNE 2023

Schnucks

pack the cooler • fire up the grill
get outside and play • illu

6
great
outings

everything you need
to kick off an awesome

Summer

cold salads meet warm sides •
**grab
& go**
all sure to wow a crowd •

free!

schnucks.com/simplyschnucks

FEED YOUR **WHOLE CREW BLUE**

DELICIOUS NUTRITION FOR EVERY BUDDY

Nature's Own

No artificial **FLAVORS, COLORS, OR PRESERVATIVES**

ALL THE SUMMER FLAVOR, NONE OF THE SALT.

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STEAK & CHOP GRILL & BROIL
Grilling Blend

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Schnucks
SINCE 1939

SCHNUCKS ORIGINAL BRATWURST

SCHNUCKS DR LOU

SCHNUCKS HONEY MUSTARD PRETZEL SCHTICKS

CULINARIA GOOEY BUTTER CAKE ICE CREAM

PINEAPPLE SHORT CUTS

MAY-JUNE

2023 contents



We've got everything you need to get outside and make this summer memorable. Just look for the Big Summer Party logo in stores for the best items.



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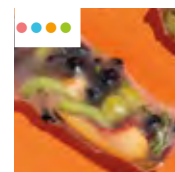
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KEY: • Quick (30 minutes or less) • Simple • Good For You • Meat-Free

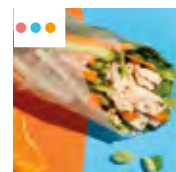
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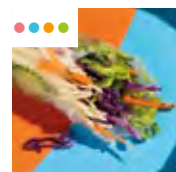
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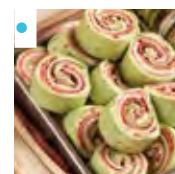
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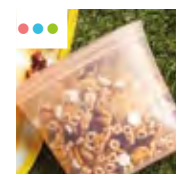
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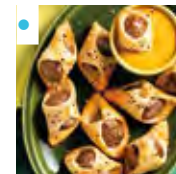
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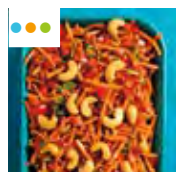
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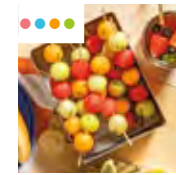


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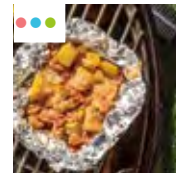
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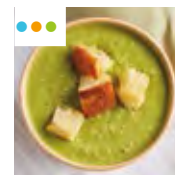


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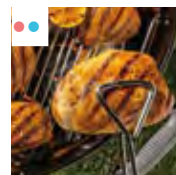
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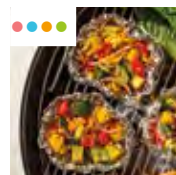
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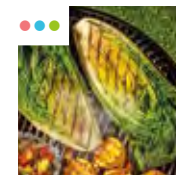
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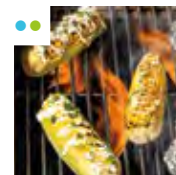
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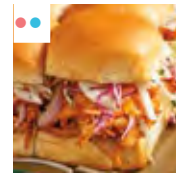
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DESIGNED AND PRINTED BY



summer

Scorpion King

- 2 oz. sweet white wine
- 2 oz. light rum
- 1 oz. orange juice
- 1 oz. amaretto
- ½ oz. brandy
- ½ oz. lemon juice

Orange Rum Runner

- 2 oz. pineapple-orange juice
- 1 oz. light rum
- 1 oz. dark rum
- 1 oz. blackberry liqueur
- 1 oz. banana liqueur

Pomegranate Ginger Jungle Bird

- 2 oz. Fresh Victor Cactus Pear & Pomegranate
- 1½ oz. dark rum
- 1 oz. Fresh Victor Pineapple & Ginger Root
- ¾ oz. Campari

JUST SHAKE WITH ICE,
STRAIN AND SIP!



You'll need some refreshing "ahhh's" to go with all the summer "yummm" packed in this issue! Find fruity drinks for adults and kids at nourish.schnucks.com.

MAKE SUMMER
DELICIOUS
WITH HELLMANN'S



BEST EVER JUICY BURGERS

INGREDIENTS

- 1/2 CUP HELLMANN'S® OR BESTFOODS® REAL MAYONNAISE
- 1/2 CUP PLAIN DRY BREAD CRUMBS
- 1 ENVELOPE LIPTON® RECIPE SECRETS® ONION SOUP MIX
- 2 LBS. GROUND BEEF OR GROUND TURKEY
- 8 HAMBURGER BUNS

METHOD

1. COMBINE MAYONNAISE, BREAD CRUMBS AND SOUP MIX IN BOWL.
2. MIX MAYONNAISE MIXTURE INTO GROUND BEEF; SHAPE INTO 8 PATTIES.
3. GRILL OR BROIL UNTIL DONE. SERVE BURGERS ON BUNS.



PEANUT BUTTER

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STRAWBERRY PURÉE



Allison Primo

SCHNUCKS
REGISTERED DIETITIAN

GOOD FOR YOU

roll with it

Find new ways to enjoy all the freshest flavors of summer. Rice paper is a fun way to wrap up your favorite Good For You foods for a cool snack or meal. Let your imagination go wild with different combinations of Good For You foods. From savory to sweet, it's better in a spring roll.



UNBELEAFABLE ROLL

SERVES: 4
ACTIVE: 15 MIN TOTAL: 15 MIN

- 2 tsp. sesame oil
 - 2 tsp. Schnucks less-sodium soy sauce
 - 2 tsp. rice or white wine vinegar
 - 1 tsp. minced garlic
 - 2 cups shredded Schnucks rotisserie chicken
 - 1 cup shredded butter lettuce
 - ¼ cup chopped fresh basil
 - ¼ cup chopped fresh mint
 - ¾ cup matchstick carrots
 - 3 radishes, cut into matchsticks
 - 1 mini cucumber, cut into matchsticks
 - 8 sheets rice paper
- Sweet chili sauce, for serving

1. In a medium bowl, whisk together first four ingredients; add chicken and toss to coat. In a separate medium bowl, combine next six ingredients (through cucumber).
2. Place 1/8 of filling in rice paper and roll (see instructions below).
Serve immediately.

CAL 215, FAT 5G (1G SAT FAT), CHOL 67MG, SODIUM 424MG, CARB 14G (2G FIBER, 1G SUGARS), PRO 22G

SWEET CHILI SAUCE

SERVES: 8
ACTIVE: 5 MIN TOTAL: 15 MIN

- ⅓ cup rice wine vinegar
- ¼ cup Schnucks honey
- ⅓ cup water
- 1 tbsp. chili paste (such as Sambal Oelek)
- 1 tsp. minced or grated garlic
- 1 tsp. grated ginger
- 1 tsp. Schnucks less-sodium soy sauce
- 1 tsp. ketchup

Whisk together all ingredients. Cover and refrigerate at least 10 minutes before serving.

CAL 37, FAT 0G (0G SAT. FAT), CHOL 0MG, SODIUM 112MG, CARB 10G (0G FIBER, 10G SUGARS), PRO 0G

VEGGIE KICK ROLLS

SERVES: 4
ACTIVE: 15 MIN TOTAL: 15 MIN

- 2 oz. whole wheat angel hair pasta, prepared according to package
 - 1 tsp. toasted sesame oil
 - 1 cup shredded butter lettuce
 - 1 cup shredded red cabbage
 - ¾ cup matchstick carrots
 - 2 mini cucumbers, thinly sliced
 - 2 medium jalapeños, thinly sliced with ribs and seeds removed
 - ¼ cup thinly sliced green onions
 - ¼ cup chopped fresh cilantro
 - 8 sheets rice paper
- Sweet chili sauce, for serving

1. Toss pasta with sesame oil and set aside. In a large bowl, combine next seven ingredients (through cilantro).
2. Place 1/8 of filling in rice paper and roll (see instructions below).
Serve immediately.

For shrimp and veggie spring rolls: Thaw 16 pieces Schnucks 41-50 ct. frozen cooked shrimp; remove tails, and halve lengthwise. Add four half-size pieces to each spring roll.

CAL 152, FAT 4G (1G SAT FAT), CHOL 0MG, SODIUM 64MG, CARB 28G (3G FIBER, 2G SUGARS), PRO 3G

FRUITOPIA ROLL

SERVES: 4
ACTIVE: 15 MIN TOTAL: 15 MIN

- 3 cups sliced fresh strawberries, divided
- 2 fresh kiwis, thinly sliced
- 2 fresh mandarin oranges, peeled and sectioned
- 1 fresh peaches, pitted and cut into thin wedges
- ½ cup fresh blueberries
- ½ cup fresh raspberries
- ½ cup halved grapes
- 8 sheets rice paper
- ¼ cup chopped mint leaves

1. Add 2 cups strawberries to a blender and mix until smooth; transfer to a small bowl and set aside. In a medium bowl, combine remaining fruit.
2. Place 3/4 cup of filling and mint in rice paper and roll (see instructions below).
Serve immediately with puréed strawberries for dipping.

CAL 212, FAT 1G (0G SAT FAT), CHOL 0MG, SODIUM 45MG, CARB 52G (7G FIBER, 25G SUGARS), PRO 3G

keep rolling:



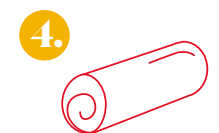
1. Fill a shallow bowl with cold water. Soak one sheet at a time until pliable (about 20 seconds).



2. Transfer wet rice paper to a clean surface and evenly place filling in the middle.



3. Fold both sides in to cover edges of filling.



4. Finish by rolling upwards to form a neat roll shape.

PICNICS 3 WAYS

cooler days ahead

These picnic ideas will inspire you to pack up, head out and enjoy the warmer weather.

flavor in a jar

Pack your salad in individual jars for the perfect portion.

ITALIAN PINWHEELS

SERVES: 8
ACTIVE: 10 MIN TOTAL: 1 HR 10 MIN

- 1 8-oz. pkg. Schnucks cream cheese, softened
- 1 cup drained and finely chopped pepperoncini
- 1 medium tomato, chopped
- 1 tbsp. Schnucks Italian seasoning
- 4 10-inch spinach tortillas
- 8 slices provolone cheese
- 8 slices hard salami
- 8 slices prosciutto
- 12 slices pepperoni

1. In a medium bowl, stir together first four ingredients. Evenly divide mixture among tortillas and spread from edge to edge.
2. Working from left to right, evenly shingle provolone, salami and prosciutto across center of each tortilla. Cover remaining visible cream cheese mixture with pepperoni, overlapping as necessary.
3. Starting at end closest to you, tightly roll up each tortilla so that all ingredients extend from side to side; wrap each tortilla in plastic and refrigerate at least 1 hour or until firm. Keep in the fridge for up to 3 days.
4. When ready to serve, unwrap and slice each roll into 1-inch segments.

CAL 374, FAT 24G (13G SAT FAT), CHOL 61MG, SODIUM 1046MG, CARB 20G (2G FIBER, 2G SUGARS), PRO 20G

picnic panache

Throw down rugs, blankets and pillows for all-day comfort under your favorite tree.

SPICY CUCUMBER SALAD

SERVES: 4
ACTIVE: 5 MIN TOTAL: 1 HR 5 MIN

- 2 tbsp. seasoned rice wine vinegar
- 2 tbsp. chopped fresh cilantro
- 2 tsp. chili garlic sauce
- ½ tsp. toasted sesame seeds
- ¼ tsp. Schnucks honey
- ¼ tsp. salt
- 1 English cucumber, trimmed and thinly sliced
- ¼ small red onion, thinly sliced

In a medium bowl, whisk together first six ingredients. Add cucumber and onion to bowl and toss to coat. Cover and refrigerate at least 1 hour before serving.

CAL 28, FAT 0G (0G SAT FAT), CHOL 0MG, SODIUM 516MG, CARB 6G (1G FIBER, 5G SUGARS), PRO 1G

GREEN GAZPACHO

SERVES: 6
ACTIVE: 10 MIN TOTAL: 1 HR 20 MIN

- 2 slices thick-cut sourdough bread, cut into 1-inch cubes
- ⅓ cup Schnucks olive oil, divided
- ½ tsp. garlic salt
- 1 cucumbers, peeled and seeded
- 2 stalks celery (with leaves), chopped
- 2 small green bell peppers, seeded
- 1 small jalapeño, seeded
- 1 cup packed fresh baby spinach
- 8 large basil leaves
- ¼ cup toasted walnuts
- 2 tbsp. chopped fresh parsley
- 2 cloves fresh garlic
- 1 avocado, peeled and pitted
- ¼ cup white balsamic vinegar
- ¼ cup Schnucks plain nonfat Greek yogurt
- Red pepper flakes, for serving (optional)

1. Preheat oven to 375 degrees. Line a sheet pan with parchment paper.
2. Toss bread with ¼ cup oil and the garlic salt; arrange in a single layer on prepared sheet pan. Bake 10 minutes or until crisp and golden brown. Remove from oven and let cool completely.
3. To a blender, add next nine ingredients (through garlic) and 1½ cups water; blend until smooth. Add avocado, vinegar, yogurt and remaining oil; blend 30 more seconds. Season with salt and pepper (if desired).
4. Cover soup and refrigerate at least 1 hour (or overnight for best flavor). Serve cold and topped with sourdough croutons and red pepper flakes (if using).

CAL 228, FAT 18G (2G SAT FAT), CHOL 1MG, SODIUM 174MG, CARB 15G (3G FIBER, 3G SUGARS), PRO 3G



BERRY TEA MASON JARS

SERVES: 8
ACTIVE: 5 MIN TOTAL: 1 HR - 3 HR 10 MIN

- 10 black or green tea bags
- 2 cups mixed berries
- 16 fresh mint leaves
- 8 1-pt. mason jars

1. Brew tea. For sun tea: Add tea bags to a 1-gallon container; fill with water, cover and place outside in direct sunlight for 3 hours. Or, to prepare indoors: Bring 1 gallon of water to a simmer; remove from heat, add tea bags and let steep 5 minutes.
2. Remove tea bags and evenly divide berries, mint and prepared tea among jars. Cover and refrigerate at least 1 hour before serving.

CAL 18, FAT 0G, CHOL 0MG, SODIUM 4MG, CARB 4G (1G FIBER, 3G SUGARS), PRO 1G

double duty

Freeze partially filled water balloons and use them to chill your cooler. When the water inside melts, they're ready for the coolest water balloon fight!

COWBOY CAVIAR

SERVES: 12
ACTIVE: 5 MIN TOTAL: 35 MIN

- 1/3 cup Schnucks olive oil
- 1/4 cup red wine vinegar
- 1 tbsp. hot honey
- 3 garlic cloves, minced
- 1 lime, juiced
- 1 15-oz. can black-eyed peas, drained and rinsed
- 1 15-oz. can Schnucks no-salt-added black beans, drained and rinsed
- 2 Roma tomatoes, diced
- 1 1/2 cups Schnucks frozen corn, thawed
- 2 medium green bell peppers, diced
- 1/2 medium red onion, diced
- 1/4 cup chopped fresh cilantro
- Tortilla chips and/or endive leaves, for serving

1. In a large bowl, whisk together first five ingredients; add remaining ingredients and toss to coat. Season with salt and pepper (if desired). Cover and refrigerate at least 30 minutes, tossing occasionally. Serve alongside tortilla chips and endive leaves for scooping.

CAL 136, FAT 6G (1G SAT FAT), CHOL 0MG, SODIUM 110MG, CARB 18G (4G FIBER, 4G SUGARS), PRO 4G

just add salt

Sprinkle rock salt over ice to speed up chilling. Another hot tip: Store your cooler in the basement instead of the garage so it's cooler to begin with!

MELON BALL SKEWERS

SERVES: 10
ACTIVE: 15 MIN TOTAL: 20 MIN

- 1/2 cantaloupe, seeded
- 1/2 honeydew, seeded
- 1/2 small seedless watermelon
- 1 tbsp. honey
- 1 lime, juiced
- 1/4 cup chopped mint leaves
- 10-inch wooden skewers

1. Using a melon baller, scoop flesh from melons and place on baking sheet. Alternately thread melon balls onto skewers; refrigerate until ready to serve.
2. In a small bowl, whisk together honey and lime juice; season with salt (if desired). Drizzle mixture over skewers and top with mint. Serve immediately.

CAL 57, FAT 1G (0G SAT FAT), CHOL 0MG, SODIUM 24MG, CARB 15G (2G FIBER, 13G SUGARS), PRO 1G



sparkling personalities

There's more to love than lime! Try all of Schnucks' sparkling flavors to find your favorite.



TURKEY, PEACH & BASIL SANDWICHES

SERVES: 4
ACTIVE: 10 MIN TOTAL: 10 MIN

- 1/4 cup light mayonnaise
- 1 tbsp. lemon juice
- 1 tsp. Schnucks Dijon mustard
- 1/4 tsp. ground cayenne pepper
- 8 slices thick-cut multi-grain bread
- 1 tbsp. Schnucks olive oil
- 4 slices white Cheddar cheese
- 10 oz. thick-sliced deli turkey
- 2 peaches (slightly firm), thinly sliced
- 1/2 medium white onion, thinly sliced
- 8 leaves green leaf lettuce
- 8 large basil leaves

1. Adjust oven rack to upper-middle position and set broiler to high. In a small bowl, whisk together mayonnaise, lemon juice, mustard and cayenne. Season with salt and pepper (if desired). Set aside.
2. On a sheet pan, arrange bread in a single layer and brush one side with oil; add to oven and cook about 3 minutes or until bread is lightly toasted, flipping once halfway through. Transfer half of bread to a cutting board, oil-side down.
3. Immediately top with cheese, turkey, peaches, onion, lettuce and basil. Spread mayonnaise mixture on remaining bread slices and place, sauce side down, on top of sandwiches. Cut in half and serve immediately.

CAL 391, FAT 15G (5G SAT FAT), CHOL 20MG, SODIUM 417MG, CARB 33G (9G FIBER, 8G SUGARS), PRO 32G

going nuts

Increase your ratio of nuts for more protein in your mix and to keep you full longer.

KIDS' CHOICE TRAIL MIX

SERVES: 8
ACTIVE: 5 MIN TOTAL: 5 MIN

- 1 1/2 cups Cheerios cereal with Happy-Heart Shapes
- 1 1/2 cups Schnucks mini caramel rice crisps
- 1/2 8-oz bag Goldfish pretzel crackers
- 1 cup dried blueberries and/or cranberries
- 3/4 cup cashew halves and pieces
- 1 1-oz bag Gerber Banana Vanilla Yogurt Melts

Combine all ingredients in an airtight container; seal and store up to 5 days.

CAL 185, FAT 6G (1G SAT FAT), CHOL 0MG, SODIUM 138MG, CARB 32G (2G FIBER, 19G SUGARS), PRO 4G

earth (& kid!) friendly

Silicone zip bags won't tear or pop, making them perfect for snacks on the go and (no micro-plastics!) more ocean-friendly than plastic!

keep it sizzling

As the nice weather approaches, it's time to get your favorite people together and light up the grill. Prep ahead so you can focus on what matters.

GRILLED CHICKEN THIGHS

SERVES: 6
ACTIVE: 5 MIN TOTAL: 25 MIN

- 6 Schnucks Fresh Natural chicken thighs, patted dry
- ¼ cup Schnucks vegetable oil
- 1 tsb. salt
- 1 tsp. lemon pepper
- 1 tbsp. chopped fresh parsley
- Lemon wedges or BBQ sauce, to serve (optional)

1. Preheat the grill to medium-high heat. Line a baking pan with foil.
2. Place the chicken on the pan, coat with the oil and sprinkle with salt and lemon pepper.
3. Place the chicken on the grill, cover and cook for 20 minutes, turning every 2–3 minutes, until internal temperature of chicken has reached 165 degrees.
4. Arrange on a serving platter, top with parsley and serve with lemon wedges or barbecue sauce (if desired).

CAL 268, FAT 19G (2G SAT FAT), CHOL 0MG, SODIUM 806MG, CARB 0G (0G FIBER, 0G SUGARS), PRO 25G

VEGGIE FOIL PACKETS

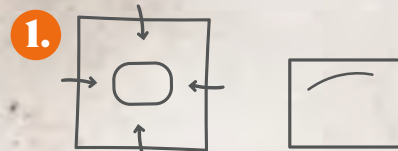
SERVES: 4
ACTIVE: 5 MIN TOTAL: 15 MIN

- 1 medium yellow squash, diced
- 1 medium zucchini, diced
- 1 orange bell pepper, diced
- 1½ cups cherry tomatoes, halved
- ½ medium red onion, sliced
- 1 garlic clove, minced
- 1 tsp. Italian seasoning
- 2 tsp. Schnucks olive oil
- 1 tbsp. chopped fresh parsley
- Salt and pepper to taste

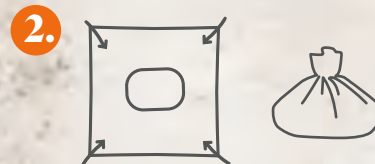
1. Place all ingredients in a large bowl and mix thoroughly.
2. Lay out four approximately 12x12-inch pieces of heavy-duty aluminum foil. Divide the veggies between the foil. Make into a packet (see options below).
3. Place the packets on grill over indirect heat and cover. Cook for 5–7 minutes, rotate packets, and cook for 5 minutes more until veggies are tender. Carefully fold back the foil; serve immediately.

CAL 64, FAT 3G (1G SAT FAT), CHOL 0MG, SODIUM 10MG, CARB 9G (3G FIBER, 6G SUGARS), PRO 2G

two ways to fold:



1. Fold two opposite sides up, fold them together to seal. Then fold the remaining two sides over a few times to finish sealing the packet.



2. Pull all of the sides up and twist to seal at the top

GRILLED CAESAR SALAD

SERVES: 4
ACTIVE: 5 MIN TOTAL: 8 MIN

- 2 heads romaine lettuce, halved lengthwise
- 2 lemons, halved lengthwise
- ½ cup Schnucks Caesar croutons
- ¼ cup Schnucks Caesar dressing
- ¼ cup grated Parmesan cheese

Prepare grill for direct heat. Place lettuce and lemons, cut-side down, onto grill and cook 2–3 minutes, or just until charred. Serve immediately topped with croutons, dressing and cheese.

CAL 173, FAT 12G (3G SAT FAT), CHOL 10MG, SODIUM 357MG, CARB 13G (3G FIBER, 3G SUGARS), PRO 6G



juicy and tender

Make your brine by adding 1 tablespoon of salt for every cup of water, plus your favorite herbs and spices (optional). Soak for at least 15 minutes for tender, juicy, flavorful chicken.

get in the zone

Two-zone cooking might be the most important grilling technique. Divide your grill into direct heat (active flames) and indirect heat (smoldering coals or low flame). Use the first for searing and the second for cooking to perfection.

GRILLED CORN ON THE COB - 3 WAYS

SERVES: 8

ACTIVE: 20 MIN TOTAL: 35 MIN

- 8 ears fresh corn, with husks
Toppings of choice (see below)

1. Prepare grill for medium-high direct heat; lightly oil grate.
2. Remove any loose husks from corn; shuck by peeling down outside layers, keeping them attached at the bottom. Remove silk, then pull husks back up over corn.
3. Fill a large bowl with cool water; add corn and let soak 20 minutes.
4. Place corn over direct heat on grates and cook, turning occasionally, about 20 minutes or until husks have blackened all over.
5. Remove husks from corn and serve immediately with desired toppings.

CAL 88, FAT 1G (0G SAT FAT), CHOL 0MG, SODIUM 15MG, CARB 19G (2G FIBER, 6G SUGARS), PRO 3G

GARLIC STEAK FRY PACKETS

SERVES: 4

ACTIVE: 15 MIN TOTAL: 40 MIN

- 1 lb. baby potatoes, halved
1½ lbs. sirloin steak, cut into 3-inch cubes and marinated with Culinaria Balsamic Vinaigrette Dressing
1 yellow onion, peeled and thinly sliced
1 tbsp. Schnucks olive oil
2 tbsp. chopped fresh parsley
1 tbsp. minced garlic
1 tbsp. Spice Hunter Steak and Chop Grilling Blend
2 tbsp. Schnucks unsalted butter, cubed

1. In a medium pot, bring water to boil over high heat. Add potatoes and cook 5 minutes. Drain immediately and place in a large bowl. Set aside to cool uncovered, about 10 minutes.
2. Add steak, onions, oil, parsley, garlic and Spice Hunter Grilling Blend seasoning to potatoes. Season with salt and pepper (if desired). Toss to combine.

3. Lay out four approximately 12x12-inch pieces of heavy-duty aluminum foil. Divide steak and potatoes evenly among foil sheets, arranging in the middle.
4. Top with butter cubes. Bring all four edges of the foil together and fold over to seal.
5. Preheat grill to high then arrange foil packets evenly on grill grates. Cook 8–10 minutes per side (for medium-well), or until potatoes are tender and steak has reached desired doneness. Let rest 5 minutes before serving.

CAL 484, FAT 27G (11G SAT FAT), CHOL 135MG, SODIUM 107MG, CARB 20G (3G FIBER, 3G SUGARS), PRO 37G

1 ELOTE

SERVES: 8

- ½ cup Schnucks sour cream
2 tbsp. light mayonnaise
½ tsp. chipotle chili powder
¼ tsp. Schnucks garlic powder
¼ tsp. ground cumin
½ cup crumbled cotija cheese
¼ cup chopped fresh cilantro
1 lime, cut into 8 wedges

Whisk together first five ingredients. Add water one teaspoon at a time until sauce reaches a drizzling consistency. Top with cheese and cilantro. Serve with lime wedges on the side.

CAL 67, FAT 5G (3G SAT FAT), CHOL 17MG, SODIUM 165MG, CARB 2G (0G FIBER, 1G SUGARS), PRO 3G

2

BUTTER & OLD BAY

SERVES: 8

- ¼ cup Schnucks unsalted butter, softened
1½ tbsp. Old Bay seasoning
¼ cup chopped fresh parsley

Spread butter onto corn, top with Old Bay and parsley.

CAL 51, FAT 5G (3G SAT FAT), CHOL 15MG, SODIUM 361MG, CARB 0G, PRO 0G

3

SEASONED RANCH

SERVES: 8

- 1 cup buttermilk
½ cup Schnucks sour cream
½ cup light mayonnaise
1 packet Schnucks classic ranch dressing mix
¼ cup thinly sliced fresh green onion

Whisk together first four ingredients. Cover and refrigerate at least 1 hour. Drizzle onto corn and top with green onion.

CAL 97, FAT 8G (2G SAT FAT), CHOL 16MG, SODIUM 216MG, CARB 4G (0G FIBER, 3G SUGARS), PRO 2G



GRILLED ZUCCHINI "FRIES"

SERVES: 4

ACTIVE: 5 MIN TOTAL: 17 MIN

- ¼ cup Schnucks olive oil
- 1 tsp. balsamic vinegar
- ½ tsp. Schnucks Italian seasoning
- 3 medium zucchini, ends trimmed and quartered lengthwise
- Salt and pepper to taste

1. Prepare grill for direct heat. In a large bowl, whisk together first three ingredients; add zucchini and toss to coat.
2. Place zucchini directly on grates; cover and grill about 9 minutes, turning it partway through. Serve immediately.

CAL 148, FAT 15G (2G SAT FAT),
CHOL 0MG, SODIUM 19MG, CARB 5G
(2G FIBER, 4G SUGARS), PRO 2G

GRILLED CABBAGE STEAKS

SERVES: 4

ACTIVE: 5 MIN TOTAL: 15 MIN

- 1 medium head green cabbage, outer leaves removed and stalk trimmed
- ¼ cup Schnucks olive oil
- 1 tbsp. Schnucks lemon juice
- 1 tsp. garlic salt
- ½ tsp. ground black pepper
- 1 tbsp. chopped fresh parsley (if desired)
- 2 slices bacon, cooked and chopped (if desired)

1. Prepare grill for direct heat. Place cabbages on a cutting board and slice into four steaks (about ¾ to 1 inch thick); transfer to a rimmed sheet pan.
2. In a small bowl, whisk together oil, lemon juice, garlic salt and pepper. Brush cabbage all over with oil mixture. Place directly on grates; cover and grill 5 minutes per side or until cabbage is tender and charred.
3. Serve immediately topped with parsley and bacon (if using).

CAL 156, FAT 15G (2G SAT FAT), CHOL 4MG, SODIUM 504MG,
CARB 2G (1G FIBER, 2G SUGARS), PRO 2G

GRILLED APPLE PIE PACKETS

SERVES: 4

ACTIVE: 8 MIN TOTAL: 20 MIN

- 2 large granny smith apples, cored and cut into ½-inch pieces
- ⅓ cup packed Schnucks light brown sugar
- ¼ cup quick-cooking oats
- 3 tbsp. Schnucks unsalted butter, cubed
- 2 tsp. lemon juice
- 1 tsp. cornstarch
- 1 tsp. Schnucks ground cinnamon
- Schnucks vanilla ice cream, for serving

1. Prepare grill for indirect-heat cooking. In a large bowl, toss together all ingredients (except ice cream).
2. Lay out four approximately 12x12-inch pieces of heavy-duty aluminum foil. Evenly divide apple mixture among the sheets of foil. Bring all four edges of the foil together and fold over to seal.
3. Add foil packets to indirect heat; cover and cook 8–12 minutes or until apples are tender. Carefully open packets; top with ice cream and serve immediately.

CAL 199, FAT 9G (5G SAT FAT), CHOL 23MG, SODIUM 1MG, CARB 32G
(3G FIBER, 25G SUGARS), PRO 1G



Rethink your salad game by swapping out leafy greens for summer's freshest produce.

hello, summer

purple berry

SERVES: 4

ACTIVE: 5 MIN TOTAL: 25 MIN

- ¼ cup Schnucks vegetable oil
- 1 tbsp. apple cider vinegar
- 2 tsp. Schnucks honey
- 1 tsp. Dijon mustard
- 1½ cups thinly sliced red cabbage
- ½ medium red onion, thinly sliced
- 4 cups baby spinach
- 1 honeycrisp apple, cored and grated
- 1 cup blackberries
- ¼ cup roasted sunflower seeds

1. In a large bowl, whisk together first four ingredients; add cabbage and onion to bowl and toss to coat. Cover and let sit 20 minutes, tossing occasionally.
2. Uncover bowl and add spinach, apple and blackberries; toss to coat. Top with sunflower seeds; serve immediately.

CAL 260, FAT 19G (3G SAT FAT), CHOL 0MG, SODIUM 104MG, CARB 22G (6G FIBER, 14G SUGARS), PRO 4G

tears of joy

Pop your onion in the freezer for 10 minutes or store them in the fridge to neutralize the enzymes that bring on the waterworks.

spring green

SERVES: 4

ACTIVE: 15 MIN TOTAL: 20 MIN

- 1 bunch asparagus, trimmed and halved lengthwise
- 1½ cups Schnucks frozen peas
- 3 mini cucumbers, trimmed
- 1 2.25-oz. package Schnucks whole pine nuts
- 2 tbsp. lemon juice
- 1 tbsp. chopped parsley
- 1 tsp. Dijon mustard
- ⅓ cup Schnucks olive oil
- 1 10-oz. package mixed baby greens
- 5 radishes, thinly sliced
- Salt and pepper to taste

1. Bring a medium pot of water to a boil; add asparagus and peas; cook 3 minutes or until crisp and tender. Strain and set aside. Meanwhile, using a vegetable peeler or mandolin, slice cucumbers lengthwise into very thin strips.
2. In a dry medium skillet over medium-low heat, cook pine nuts 3–5 minutes, tossing frequently, until golden brown and fragrant. Remove from heat and set aside.
3. In a large bowl, whisk together lemon juice, parsley and mustard; slowly whisk in olive oil until incorporated; season to taste with salt and pepper. Add prepared asparagus, peas and cucumber to bowl along with greens and radishes; toss to combine. Serve immediately topped with toasted pine nuts.

CAL 243, FAT 19G (3G SAT FAT), CHOL 0MG, SODIUM 50MG, CARB 15G (6G FIBER, 6G SUGARS), PRO 7G



carrot orange

SERVES: 4
ACTIVE: 5 MIN TOTAL: 35 MIN

- 3 tbsp. Schnucks vegetable oil
- 2 tbsp. Full Circle low-sodium soy sauce
- 1 lime, juiced
- 1 tbsp. Schnucks honey
- 1 tsp. ground ginger
- 2 garlic cloves, minced
- ½ tsp. hot sauce (if desired)
- 4 cups matchstick carrots
- 1 medium red bell pepper, diced
- ¼ cup coarsely chopped cilantro
- ¼ cup coarsely chopped basil
- 2 green onions, sliced
- ⅓ cup lightly salted cashews
- 1 tbsp. toasted sesame seeds

1. In a large bowl, whisk together first seven ingredients.
2. Add next five ingredients (through green onions) and toss to coat. Cover and let sit 30 minutes, tossing occasionally.
3. Serve topped with cashews and sesame seeds.

CAL 237, FAT 16G (2G SAT FAT), CHOL 0MG,
SODIUM 110MG, CARB 23G (4G FIBER, 13G SUGARS),
PRO 4G

chop and roll

Cut your chopping time in half when you pair a pizza cutter and a large bowl to easily mince herbs or slice green onions.



cherry red caprese

SERVES: 4
ACTIVE: 35 MIN TOTAL: 35 MIN

- 2 tbsp. balsamic vinegar
- 1 tsp. Dijon mustard
- ¼ cup Schnucks olive oil
- 20 oz. multicolor cherry tomatoes, halved
- 1 8 oz. package mozzarella pearls
- ¼ cup chopped fresh basil
- Salt and pepper to taste

1. In a large mixing bowl, whisk together the vinegar, mustard and oil. Add the tomatoes and mozzarella; toss to coat. Let marinate for 30 minutes, tossing occasionally.
2. Place the tomatoes in a large serving bowl. Top with fresh basil.

CAL 294, FAT 24G (9G SAT FAT), CHOL 30MG, SODIUM 129MG,
CARB 11G (2G FIBER, 6G SUGARS), PRO 13G



TRY YOUR {POT}LUCK

Share space, share food and share company. Potlucks bring people together, one dish at a time.

QUICK COLLARD GREENS WITH BACON

SERVES: 4

ACTIVE: 20 MIN TOTAL: 25 MIN

- 3 slices Schnucks thick-cut bacon, chopped
- ½ yellow onion, chopped
- 2 tsp. minced garlic
- 1 10-oz. bag Cut 'N Clean collard greens
- ½ tsp. ground black pepper
- ½ cup Schnucks low-sodium chicken broth
- ½ tsp. hot sauce of choice
- Salt to taste

1. In a large high-sided pan over medium-high heat, cook bacon until crisp, about 5 minutes. Using a slotted spoon, transfer bacon to a plate lined with paper towels; set aside.
2. Return pan with drippings to range over medium-high heat; add onion and sauté 3–4 minutes or until softened. Add garlic and cook 30 seconds more.
3. Add greens and pepper to pan; cook 3 minutes or until wilted, stirring frequently. Stir in broth and bring to a simmer.
4. Reduce heat to low, cover and cook 5 minutes or until greens are tender. Stir in hot sauce and season. Cook uncovered 5 minutes more or until liquid has reduced by half.
5. Top with the bacon and serve immediately.

CAL 97, FAT 6G (2G SAT FAT), CHOL 11MG,
SODIUM 195MG, CARB 9G (4G FIBER, 1G SUGARS),
PRO 6G



GROWN-UP PIGGIES

SERVES: 8

ACTIVE: 20 MIN TOTAL: 40 MIN

- 1 Pillsbury crescent dough sheets (not rolls)
- 4 Schnucks beer bratwurst, cooked and cut into 16 portions
- 2 tbsp. Schnucks Dijon mustard
- 1 egg, beaten
- 2 tbsp. Schnucks everything bagel seasoning

1. Preheat oven to 350 degrees. Line two baking sheets with parchment paper.
2. Roll dough out onto a lightly floured surface. Cut dough into 16 even squares; brush each square with mustard and top with a sausage portion. Fold opposite corners together and pinch to seal. Arrange at least 2 inches apart on baking sheets; brush with egg and sprinkle seasoning over top.
3. Bake 15–20 minutes or until golden brown and puffed. Let cool 10 minutes before serving.

CAL 206, FAT 12G (3G SAT FAT),
CHOL 49MG, SODIUM 829MG,
CARB 14G (1G FIBER, 2G SUGARS),
PRO 6G



PIGGIES ON ICE

Place baked piggies on a baking sheet to freeze before storing in a gallon freezer bag for up to one month. To reheat, place frozen piggies on large ungreased cookie sheets; loosely cover with foil. Bake at 325 degrees for 14 to 16 minutes or until heated through.



BBO CHICKEN SLIDERS

SERVINGS: 6
ACTIVE TIME: 12 MIN TOTAL TIME: 20 MIN

- 1/3 cup Schnucks ranch dressing
- 1 tbsp. chopped fresh parsley
- 1 tsp. apple cider vinegar
- 2 cups shredded coleslaw
- 1/2 cup Schnucks barbecue sauce of choice
- 2 tbsp. Schnucks yellow mustard
- 1 Schnucks rotisserie chicken, shredded, bones and skin removed
- 12 Hawaiian rolls, halved
- 1/4 medium red onion, thinly sliced
- 3 slices Schnucks cheddar cheese
- Salt and pepper to taste

1. Preheat oven to 350 degrees. In a large bowl, whisk together ranch, parsley and vinegar. Add coleslaw and toss to coat; cover and refrigerate. In a separate large bowl, whisk together barbecue sauce and mustard; add chicken and toss to coat.
2. Arrange halved rolls, cut-side up, in a single layer on a foil-lined sheet pan. Evenly top roll bottoms with the chicken mixture, onion and cheese. Bake 6–8 minutes or until cheese is melted.
3. Scoop coleslaw mixture onto cheese and top halves of rolls. Serve immediately.

CAL 314, FAT 12G (5G SAT FAT), CHOL 76MG, SODIUM 873MG, CARB 28G (2G FIBER, 12G SUGARS), PRO 24G



BALSAMIC SOY MUSHROOMS WITH GREEN BEANS

SERVES: 4
ACTIVE: 5 MIN TOTAL: 20 MIN

- 1 lb. fresh baby bella mushrooms, halved
- 1 lb. fresh green beans, trimmed
- 1 tbsp. Schnucks olive oil
- 3 tbsp. balsamic vinegar
- 2 tbsp. Schnucks less-sodium soy sauce
- 1 1/2 tbsp. minced garlic
- 1/2 tsp. chopped fresh thyme
- 1/2 tsp. chopped fresh parsley
- Salt and pepper to taste

1. Prepare grill for direct heat. In a large bowl, toss together first seven ingredients.
2. Using two layers of aluminum foil, form a crimped bowl large enough to hold vegetables. Place pouch directly on grates; cover grill and cook about 15 minutes or until vegetables are tender, stirring occasionally.
3. Serve immediately topped with parsley.

CAL 111, FAT 4G (1G SAT FAT), CHOL 0MG, SODIUM 266MG, CARB 16G (4G FIBER, 8G SUGARS), PRO 6G

PARTY IN A BAG

go impromptu

Stop by any Schnucks to grab-and-go everything you need to enjoy the great outdoors on a moment's notice.



dip deep
Go beyond the traditional flavors and find a large variety for all tastes.



easy salads
Stock up for an impromptu or spontaneous sundowner hangout.



crispy beyond chips
So many options it will be hard to grab just one.



MAKE IT INTO THE
GRILLING

HALL OF FLAVOR

Make your cookout stand out with



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