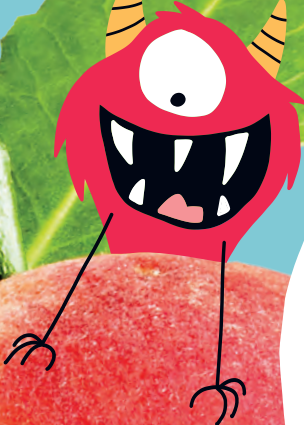


SIMPLY

JULY / AUG 2022



BEAT THE
LUNCH RUSH



5 SMOOTHIES
Li'l Monsters
WILL LOVE

happy
HEALTHY

KIDS!

FARM
FRESH
FUN!



FREE!

schnucks.com/simplyschnucks

JULY-AUGUST

2022 contents



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Sippin' Pretty

These are the simplest of smoothies! Just fruit, veggies and ice.



Liz Rotz (left) and Madison Loethen (right) with their kids

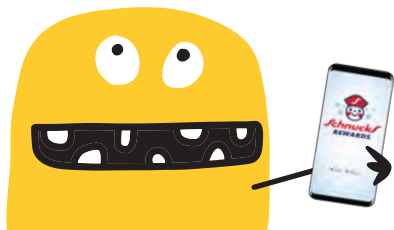
happy, healthy kids!

Liz Rotz (@lizrotz) and Madison Loethen (@madisonloethen) are both lifestyle bloggers from the St. Louis area that focus on providing wellness content for families of all sizes. As mothers that are dedicated to keeping their families healthy, they choose Schnucks as their go-to grocer thanks to our large selection of nutritious offerings and helpful information. Liz explains, "Our family loves to live an active lifestyle so it's important for us to pick healthy foods to help fuel us for all the fun! We love shopping at Schnucks for the fresh produce, quick and easy healthy meals and other great resources in store and in the app to keep our family on a healthy lifestyle track!"

When asked about how they get their kids to make healthy choices, Madison explains "We talk about eating foods that make our bodies STRONG! We tell our toddler what foods are good for her body and we all flex our muscles when we take a bite of the healthy food." Madison and her toddler also love cooking together; "It's a fun activity we can do together and that way she is more likely to eat it too." Liz and her family shop for groceries together and talk about the items that they put in their cart; "Meal planning and having lots of options help us stay on track! We love making energy bites to always have an easy and healthy snack available. We also always keep fresh veggies and fruit prepped in our fridge."

They are both members of our *Good for You* program and utilize its unique features to simplify shopping for healthy foods. Madison and her family look for the thumbs-up icon while shopping; "When we see it, we know we are getting something good for our body." Liz loves "finding new *Good for You* recipes in the Schnucks Rewards app; the bonus offers for extra rewards sweeten the deal!" For more information, visit [Schnucks.com/goodforyou](https://www.schnucks.com/goodforyou) and opt in today!

The Schnucks Rewards app makes the back-to-school season a breeze! Order ahead, find recipes, add items to your shopping list, save with exclusive digital coupons and so much more!



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

BREAKFAST



4 Parfaits 3 Ways



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SNACKS & SMOOTHIES



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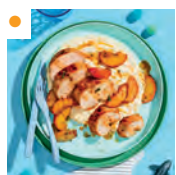
DINNER



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SIMPLY Schnucks

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PEANUT BUTTER
NUTRITIOUS • DELICIOUS • VERSATILE

SUMMER
RECIPES



National
Peanut Board
AMERICA'S PEANUT FARMERS



KODIAK BREAKFAST: QUICK, DELICIOUS, & BETTER-FOR-YOU

Back-to-school schedules can be...an adventure.
Make your mornings easy with Kodiak Cups. They're

- packed with **protein** to keep kids roaming.
- crafted with **100% whole grains** that taste better.
- **no mess, no stress.** Eat it in the cup.



GOOD FOR YOU

play with yo food!



What's creamy, delicious, versatile and Good For You? It's Yogurt! Whether you're enjoying it on its own or making these mouth-watering recipes—yogurt made from nutrient-rich dairy is a tasty treat.

GOOD FOR YOU



Look for the orange icon when shopping and have your kids pick out something new to try at home! Then, take a look at your receipt to see how many items are Good For You.



lemon-berry yogurt pops

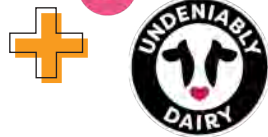
SERVES: 8-10

ACTIVE: 15 MIN - TOTAL: 6 HRS 15 MINS

- 2½ cups fresh blackberries
- 1 cup packed baby spinach
- 5 cups Schnucks nonfat plain Greek yogurt
- Zest and juice of 3 lemons
- 3 tbsp. honey
- 1 tsp. vanilla extract

1. In a blender, mix blackberries and spinach until smooth. In a separate medium bowl, whisk together remaining ingredients.
2. Fill ice pop molds about a third of the way with berry purée. Fill remaining space with yogurt mixture. To create swirls, use a chopstick to gently poke through layers.
3. Gently tap the molds on counter to remove any air bubbles. Insert food-safe wooden craft sticks and freeze at least 6 hours.
4. To remove ice pops from molds, run under warm water 10–15 seconds. Wiggle ice pops out and serve.

PER SERVING: CAL 135, FAT 0G (0G SAT. FAT), CHOL 8MG, SODIUM 73MG, CARB 20G (3G FIBER, 16G SUGARS), PRO 15G



nutrish that's delish

One serving of yogurt contains many of the essential nutrients your body needs. From A to zinc, these vitamins and minerals help to build strong bones and teeth, develop and repair muscles, generate energy and keep your immune system working properly.

a probiotic power up

Yogurt is a probiotic food, meaning that it is proven to have health benefits when consumed in adequate amounts. In addition to improved digestion and reduced inflammation, eating yogurt has also been linked to overall heart health, lower blood pressure and a reduced risk of type 2 diabetes.

for more than mornings

Think you can only enjoy yogurt as a morning meal? Think again! While a bowl of yogurt topped with fruit and granola is always welcome at our table, this versatile ingredient can also be used to make delicious dips, soups, marinades, sauces and salad dressings. In a pinch, yogurt also makes a great swap for sour cream!

a little about lactose

Lactose intolerance may lead some individuals to avoid or reduce dairy food consumption. Fortunately, the fermenting process of yogurt helps to reduce lactose, which may make it easier to digest. Greek- and Icelandic-style yogurts have even less lactose thanks to their unique straining process.

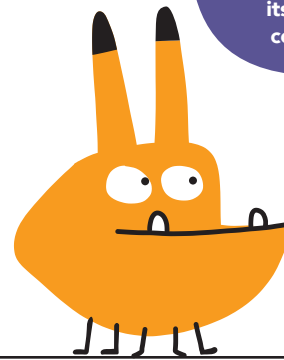
old as time

It is estimated that people have been eating yogurt for over 10,000 years! Lucky for us though, it is now offered in a wide variety of fun flavors and styles.

scan to opt into the Good for You program today!



Want to be big and strong? Try Greek yogurt! It packs double the protein of its traditional counterpart.



parfaits 3 ways

1. peanut butter-berry parfait

SERVES: 2 - ACTIVE: 5 MIN - TOTAL: 5 MIN

- 1 cup Schnucks nonfat plain Greek yogurt, divided
- 3/4 cup Schnucks frozen mixed berries, thawed and drained, divided
- 2 tsp. Schnucks honey, divided
- 1/4 cup creamy peanut butter, divided
- 1/2 cup Culinaria Blueberry Flax Granola, divided

Mash together half of yogurt, 1/4 cup berries and half of honey. In a separate bowl stir together remaining yogurt, remaining honey and 3 tablespoons peanut butter. In two 10-ounce glasses, layer berry yogurt, remaining berries, half of granola and peanut butter yogurt. Top with remaining granola and peanut butter.

PER SERVING: CAL 402, FAT 19G (3G SAT. FAT), CHOL 7MG, SODIUM 230MG, CARB 39G (6G FIBER, 23G SUGARS), PRO 21G

2. tropical avocado parfait

SERVES: 2 - ACTIVE: 5 MIN - TOTAL: 5 MIN

- 2 tsp. Full Circle unsweetened coconut flakes, toasted
- 1 cup Schnucks nonfat plain Greek yogurt, divided
- 1 avocado, mashed
- 2 tsp. Schnucks honey, divided
- Zest and juice of 1 lime, divided
- 1 Dole Tropical Fruit Cup in 100% juice
- 1 kiwi, peeled and diced
- 2 tsp. chopped macadamia nuts

Stir together half of yogurt, the avocado, half of honey and 1 teaspoon lime juice. In a separate bowl stir together remaining yogurt, lime juice, zest and honey. In two 10-ounce glasses, layer the avocado yogurt, fruit and the lime yogurt. Top with the toasted coconut and nuts.

PER SERVING: CAL 355, FAT 19G (4G SAT. FAT), CHOL 7MG, SODIUM 63MG, CARB 37G (9G FIBER, 26G SUGARS), PRO 15G

3. banana cream pie parfait

SERVES: 2 - ACTIVE: 5 MIN - TOTAL: 5 MIN

- 1 banana, divided
- 1 cup Schnucks nonfat plain Greek yogurt
- 2 tsp. Schnucks honey
- 1/2 tsp. vanilla extract
- 1/2 cup Teddy Grahams, divided
- 1 tbsp. Schnucks slivered almonds

Mash half of banana and stir into yogurt along with honey and vanilla extract. Slice remaining banana. Crush 1/3 cup Teddy Grahams. In two 10-ounce glasses, layer the yogurt mixture, half of sliced banana and crushed Teddy Grahams. Top with remaining sliced banana, teddy grahams and almonds.

PER SERVING: CAL 195, FAT 3G (0G SAT. FAT), CHOL 78MG, SODIUM 78MG, CARB 31G (3G FIBER, 21G SUGARS), PRO 13G



National Peanut Board

Peanut Butter is packed with helpful nutrients that provide the energy we need to start the day strong.

To toast coconut, add to a small pan and cook over medium-low heat 3-5 minutes or until golden brown, stirring frequently.



granola froyo cups

SERVINGS: 12
ACTIVE: 10 MIN - **TOTAL:** 3 HOURS

- 1 cup Full Circle Oat & Honey Granola
- 1 tbsp. Schnucks unsalted butter, melted
- 2 tbsp. Schnucks honey, divided
- 3 cups Schnucks nonfat plain Greek yogurt
- 1 tbsp. vanilla extract
- 1½ cups fresh peaches, sliced
- 1½ cups fresh strawberries, diced

1. In a small bowl toss together granola, butter and half of honey. In a separate medium bowl, whisk together yogurt, vanilla and remaining honey.
2. Fill a muffin tin with liners; divide granola mixture across all. Evenly top granola with yogurt mixture and fruit. Freeze at least 2 hours.

PER SERVING: CAL 108, FAT 2G (1G SAT. FAT), CHOL 6MG, SODIUM 42MG, CARB 16G (1G FIBER, 10G SUGARS), PRO 7G



Kellogg's



1 BOX = 1 FREE BOOK

1 CAJA = 1 LIBRO GRATIS



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Visita FeedingReading.com/espanol para obtener más información.

Send each receipt separately. Receipts must be submitted within 30 days of purchase and no later than 10/30/2022. Book credits must be redeemed by 10/15/2022 at 11:59 PM (ET). Limit 10 books per participant. Must be a U.S. resident, 16 years of age or older, and a registered member of Kellogg's Family Rewards™. See FeedingReading.com for full list of participating products. Los recibos se deben presentar por separado. Los recibos se deben presentar dentro de 30 días desde la compra. Fecha de 10/30/2022. Los créditos del libro deben canjearse antes del 10/15/2022 a las 11:59 p.m. (hora del este). Límite de 10 libros por participante. Debes ser residente de EE. UU., de 16 años de edad o más y ser miembro registrado de Kellogg's Family Rewards™. Ver FeedingReading.com para obtener una lista completa de los productos participantes. ©, TM, © 2022 Kellogg NA Co.

Penguin
Random
House

YUMMY!



BACK-TO-SCHOOL ESSENTIALS

- NUTRITIOUS
- DELICIOUS
- PLANET-FRIENDLY
- FUN!



YOGURT

IS A SMART CHOICE FOR
BREAKFAST, LUNCH, AND
AFTER-SCHOOL SNACKS.

WHAT'S IN STORE

top six picks

Get the best value on kid-approved items here at Schnucks. From toothpaste to cucumbers, we have it all! Read about our top 6 picks below.

Flouristat is a super ingredient that is clinically proven to fight cavities and protect those pearly whites!



topcare sunscreen

Protect sensitive skin from the sun with our brand, Topcare, to get the best value for your dollar. It's hypoallergenic, UV blocking and fast drying so you can get back to fun!

gerber puffs

Finger food you can feel good about—these melt-in-your-mouth snacks are perfect for Schnucks' littlest shoppers and are made with no artificial flavors or GMOs.

mucci snack-size cucumber poppers

Convenient, crunchy and refreshing—these mini cucumbers are an easy addition to any lunchbox. Enjoy them on their own or paired with a dip for a super-simple snack.

tru fru nature's bananas

Everyone will want a bite of these sweet treats! Bananas are picked at their prime ripeness and hyper-chilled to lock in flavor and nutrition.

crest toothpaste

Crest Kid's Cavity Protection Sparkle Fun Toothpaste is gentle on teeth and clinically proven to help prevent tooth decay. The sparkles and bubblegum flavor are a fun bonus!

smartfood sea salt popcorn

Snack smarter with this delicious, whole-grain, air-popped popcorn. At only 40 calories per cup, it's perfect for pairing with lunch, family movie night and everything in between.

SIMPLIFY THE SEASON

breakfast before the bus

These recipes were crafted to make mornings as easy as possible while still providing fun, delicious meals that kids will love.



Made with no preservatives, artificial flavors or colors, Skippy Peanut Butter is the perfect topping for this banana split.



1



Thaw berries in the refrigerator overnight so you're ready to assemble your banana split in the morning!

2



Packed full of protein, whole grains and wholesome ingredients, Kodiak Cakes Oatmeal is a filling breakfast that's ready to eat in less than a minute.

2. easy maple & pear oatmeal

SERVES: 1 - **ACTIVE:** 2 MIN - **TOTAL:** 5 MIN

Dice half of a **fresh pear** and add to a small bowl with 2 tbsp. **raisins**, ½ tsp. **vanilla extract** and ¼ tsp. **cinnamon**; toss to combine and let sit 3 minutes. Add mixture and ⅓ cup **skim milk** to 1 **Kodiak Cakes Maple & Brown Sugar Oatmeal Power Cup**. Microwave on high for 45 seconds. Let cool 1 minute. Stir and serve.

PER SERVING: CAL 377, FAT 3G (0G SAT. FAT), CHOL 7MG, SODIUM 246MG, CARB 71G (8G FIBER, 37G SUGARS), PRO 18G

3. peanut butter freezer bars

MAKES: 12 BARS

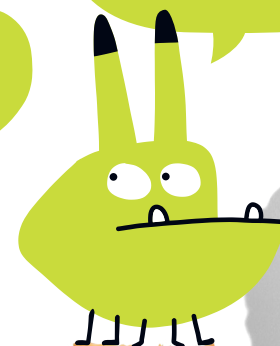
ACTIVE: 20 MIN - **TOTAL:** 1 HR 20 MIN

In a small saucepan, combine ½ cup **creamy peanut butter**, ¼ cup **honey** and ¼ cup **coconut oil**. Cook over medium heat, stirring occasionally, about 2 minutes or until melted. Remove from heat, stir in 1 tsp. **vanilla extract** and set aside. In a large bowl, mash 3 **ripe bananas** then stir in 4 cups **Kashi Go Peanut Butter Crunch cereal**, followed by the peanut butter mixture, until well coated. Line an 8x8-inch pan with parchment paper; press cereal mixture into pan until evenly distributed. Freeze 1 hour then cut into 12 bars. Serve frozen.

PER BAR: CAL 249, FAT 14G (5G SAT. FAT), CHOL 0MG, SODIUM 108MG, CARB 28G (4G FIBER, 15G SUGARS), PRO 7G

Bars can be stored in the freezer for 6 months. Individually wrap each in a layer of parchment paper followed by plastic wrap.

3



1. breakfast banana split

SERVES: 1 - **ACTIVE:** 10 MIN - **TOTAL:** 10 MIN

Thaw ⅓ cup **frozen mixed berries**; set aside. Slice 1 **banana** lengthwise and arrange on a plate. Top with ½ cup **Schnucks nonfat plain Greek yogurt**, the berries (and any juice that has accumulated) and ¼ cup **Schnucks Classic Granola**. Add 2 tbsp. **Skippy creamy peanut butter** to a small bowl and microwave 1 minute, stirring every 15–20 seconds. Drizzle over top of banana split and serve immediately.

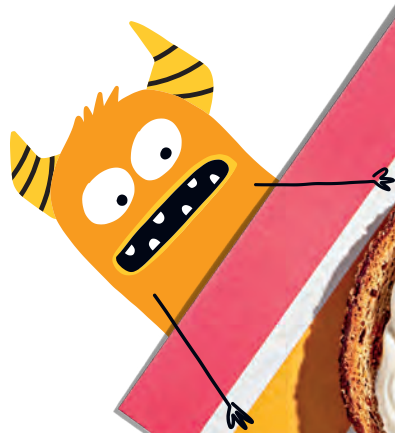
PER SERVING: CAL 486, FAT 20G (4G SAT. FAT), CHOL 7MG, SODIUM 235MG, CARB 59G (9G FIBER, 31G SUGARS), PRO 22G

Kashi

Kashi GO Peanut Butter Crunch is a great way to start the day—boasting plant-based ingredients, 10 grams of protein and 6 grams of fiber!



Roasted Grapes and Lemon Cream Cheese can be prepared up to a week in advance! Cover separately and refrigerate until ready to serve.



4



Go with grapes every day for a whole bunch of healthy! Research suggests that grapes may contribute to heart health, brain health and more.

5



GOOD FOR YOU

This recipe is perfect for using up leftover veggies!



4. lemony grape toast

SERVES: 4 - **ACTIVE:** 20 MIN - **TOTAL:** 20 MIN

Preheat oven to 425 degrees. On a foil-lined sheet pan, toss together 2 cups **seedless grapes**, 2 tbsp. **olive oil** and 2 tbsp. **honey**. Season with salt if desired. Spread into an even layer; roast 15–20 minutes or until grapes have burst and mixture is syrupy. Meanwhile, in a medium bowl whisk together half of an 8-oz. pkg. **Schnucks whipped cream cheese**; zest and juice of half a **lemon**; and ½ tbsp. honey. Toast 4 slices of **whole-grain bread**. Evenly spread the lemon cream cheese onto toast and top with the roasted grapes. If desired, top with more lemon zest and serve immediately.

PER SERVING: CAL 307, FAT 19G (8G SAT. FAT), CHOL 30MG, SODIUM 198MG, CARB 32G (3G FIBER, 22G SUGARS), PRO 5G

5. quick pita breakfast sammie

SERVES: 2 - **ACTIVE:** 10 MIN - **TOTAL:** 12 MIN

Add 1 cup chopped, **cooked vegetables** (such as broccoli, cauliflower, asparagus and/or potatoes) to a microwave-safe bowl; reheat in microwave until warm, about 1 minute. In a small bowl, beat 3 **eggs** with 2 tbsp. **milk**. Stir egg mixture and ¼ cup sliced **green onions** into the vegetables; season with salt and pepper, if desired. Microwave about 1 minute or until eggs are cooked through, stirring once halfway through. Top with ¼ cup **Schnucks shredded cheese of choice**. Halve one **whole-wheat pita pocket**. Evenly divide egg mixture among pita halves and serve.

PER BAR: CAL 301, FAT 11G (4G SAT. FAT), CHOL 289MG, SODIUM 409MG, CARB 32G (7G FIBER, 4G SUGARS), PRO 19G

6



6. upside-down carrot banana bread

SERVES: 8 - ACTIVE: 30 MIN - TOTAL: 1 HR 30 MIN

Preheat oven to 350 degrees; move rack to middle position. Line an 8x4-inch loaf pan with parchment paper and coat with nonstick cooking spray. Trim and halve 6–8 **small carrots** lengthwise; set aside. In a large bowl, microwave 2 tbsp. **Schnucks unsalted butter** and $\frac{1}{4}$ cup **honey** until melted; stir to combine. Add the carrots and toss to coat; arrange in an even layer along bottom of the prepared pan and drizzle any remaining honey butter over top. In another large bowl, whisk together 1 box **Pillsbury Banana Quick Bread mix**, 1 cup water, $\frac{2}{3}$ cup **vegetable oil**, $\frac{1}{2}$ cup **grated carrot** and 2 **eggs**; pour into pan over carrots. Bake about 1 hour or until a toothpick inserted in center of loaf comes out clean. Let cool 20 minutes before removing from pan. Serve warm or cool.

PER SERVING: CAL 404, FAT 23G (4G SAT. FAT), CHOL 54MG, SODIUM 289MG, CARB 48G (1G FIBER, 27G SUGARS), PRO 5G



Danimals

Delicious, convenient Danimals Smoothies are an easy addition to any lunchbox and perfect for on-the-go snacking.



**SUPER
POWERED
CEREAL
BITES**

pg. 19

serve with:
Danimals Strawberry Banana Smoothie
Broccoli & Honey Mustard Dip
Sliced Fresh Watermelon

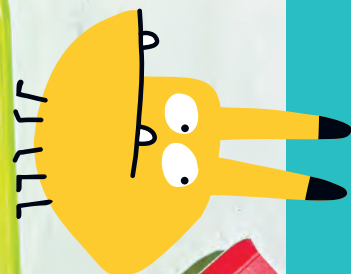
BRILLIANTLY BITE-SIZED!



These mini meals make lunchtime fun and prepwork easy! Look for our time-saving prep tips throughout to make these easy eats come together in no time!

serve with:

Natural Delights Pitted Fresh Medjool Dates
Bell Pepper Strips & Guacamole
Cottage Cheese & Pineapple



DIY TACO CUPS

SERVES: 1 - ACTIVE: 10 MIN - TOTAL: 10 MIN

- | | |
|--|--|
| 10 tortilla scoops | 1/4 cup Schnucks shredded Mexican-style cheese |
| 1/4 16-oz pkg. taco-seasoned ground turkey, prepared according to instructions | 1/4 cup shredded lettuce |
| 1/4 cup diced fresh tomato | 1/4 cup plain Greek yogurt |
| | 2 tbsp. sliced black olives |

Place all ingredients in separate containers (or compartments of a lunchbox) to be assembled during lunch.

Prep Tip: These can be prepared up to 4 days in advance. Cover and refrigerate until ready to serve. Taco meat can be frozen up to 4 months—just thaw in the refrigerator the night before serving.

PER SERVING: CAL 488, FAT 28G (12G SAT. FAT), CHOL 108MG, SODIUM 1136MG, CARB 28G (4G FIBER, 8G SUGARS), PRO 32G

These Natural Delights Fresh Medjool Dates are a wholesome, naturally sweet superfood; pitted and individually packaged for the simplest of snacking.



serve with:
Full Circle
Organic Mozzarella
String Cheese
Schnucks
Pretzel Sticks
Side Salad with
Fruit & Seeds
Fresh Apple



Full Circle Organic
Mozzarella String Cheese is
individually wrapped and
perfect for on-the-go
nutrition.

**APPLE SAMMIE
SNACKERS** pg. 19

MINI MEATLOAF KABOBS

SERVES: 6 - ACTIVE: 15 MIN - TOTAL: 25 MIN

- 1 lb. Schnucks 90/10 ground beef
- 1 7-oz. jar Schnucks sliced mushrooms, drained and minced
- ½ 1-oz. pouch Schnucks Onion Soup & Dip Mix
- 1 egg
- ⅓ cup Schnucks plain breadcrumbs
- ¼ cup milk
- ¼ tsp. paprika
- 6 10-inch bamboo skewers, soaked
- 2 small bell peppers, cut into ½-inch squares
- ⅓ cup ketchup
- 1 tsp. Worcestershire sauce

1. Prepare grill for medium-high direct heat. In a large bowl, thoroughly mix first seven ingredients; form into 1-inch balls. Thread onto skewers along with peppers, alternating after each addition. Cut off the sharp tip of the skewer. Refrigerate 10 minutes.

2. In a small bowl, stir together remaining ingredients; set aside. Grill kabobs 6–8 minutes, turning frequently, until beef is cooked through. Brush the ketchup mixture over kabobs during last minute of cooking. Serve warm or cold.

Prep Tip 1: These can also be baked! Arrange kabobs on a foil-lined sheet pan and bake at 350 degrees 35–40 minutes, flipping and basting with the ketchup mixture halfway through cooking.

Prep Tip 2: These can be prepared up to 5 days in advance. Cover and refrigerate until ready to serve. Or, freeze up to 6 months—just thaw in the refrigerator the night before serving.

PER SERVING: CAL 209, FAT 9G (3G SAT. FAT), CHOL 80MG, SODIUM 661MG, CARB 13G (2G FIBER, 4G SUGARS), PRO 19G

GOOD FOR YOU



serve with:

Nutri-Grain Apple & Carrot Soft-Baked Breakfast Bar
Pasta Salad
Fresh Clementine



Filled with fruits and veggies, plus 8 grams of whole grains, Nutri-Grain Apple & Carrot Soft-Baked Breakfast Bars are a tasty, convenient breakfast, side or snack.

Did you know you can use the Schnucks Rewards app to find items? Scan here to locate bamboo skewers at your local Schnucks!





Oscar Mayer

Enjoy the fresh taste you want with nothing you don't—like artificial flavors or added hormones—with Oscar Mayer Natural Turkey Breast.

serve with:

Nut-Free Trail Mix
Celery Sticks & Apple Wedges with Sunflower Butter Dip
Fresh Pear

LI'L LUNCH ROLLUPS

SERVES: 4 - **ACTIVE:** 15 MIN - **TOTAL:** 30 MIN

- 1 8-oz. tube crescent dough sheet
- 2 tbsp. Schnucks light mayonnaise
- 1 tbsp. Schnucks yellow mustard
- 1/3 lb. Oscar Mayer Natural Turkey Breast
- 1 cup Schnucks shredded cheese of choice
- 1 egg, lightly beaten
- Poppy or sesame seeds, if desired

1. Preheat oven to 350 degrees. Unroll dough and cut in half horizontally. Stir together mayo and mustard; spread over dough then evenly top with turkey and cheese.
2. Starting from the long sides, roll up both sheets of dough and pinch seams to seal. Cut each roll into 6 pieces and arrange cut-side up on a large, parchment-lined baking sheet.
3. Brush tops of rollups with egg and sprinkle with seeds, if using.

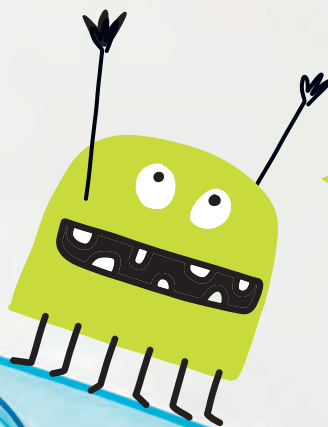
4. Bake 18–20 minutes or until golden brown and cheese is melted. Serve warm or cold.

Prep Tip: These can be prepared up to 3 days in advance. Cover and refrigerate until ready to serve. Or, assemble through step 2 and freeze up to 1 month. Thaw and bake before serving.

PER SERVING: CAL 387, FAT 23G (8G SAT. FAT), CHOL 84MG, SODIUM 1076MG, CARB 25G (0G FIBER, 4G SUGARS), PRO 19G

TINY TUNA MELTS

pg. 19



serve with:

- SkinnyPop Original Popcorn
- Fresh Grapes
- Fresh Cucumber Slices & Yogurt Ranch Dip

Popped to perfection, **SkinnyPop Popcorn** is a tasty, guilt-free snack that can be enjoyed anytime.



serve with:

- Full Circle Organic Diced Peaches
- Nonfat Yogurt with Berries & Granola
- Baby Carrots & Snap Peas with Hummus

LITTLE ITALY NUGGETS
next page



Full Circle Organic Diced Peaches are picked and packed at the peak of freshness and an excellent source of vitamin C.



LITTLE ITALY NUGGETS

SERVES: 4

ACTIVE: 15 MIN - TOTAL: 30 MIN

- 1 tube crescent rolls
- ½ cup Schnucks pizza sauce
- ¾ cup Schnucks shredded mozzarella cheese
- 1 jarred roasted red pepper, sliced into 16 strips
- 4 Al Fresco Sweet Italian Style Chicken Sausage links, quartered
- 1 egg, lightly beaten
- ¼ cup Schnucks shredded Parmesan cheese

1. Preheat oven to 375 degrees. Unroll crescent rolls and cut each triangle in half lengthwise, from middle of shortest side to furthest point. Evenly divide sauce, mozzarella, pepper strips and sausage among the centers of triangle halves; roll dough around filling.

2. Place rolls on a parchment-lined baking sheet. Brush with egg and sprinkle with Parmesan. Bake about 15 minutes or until golden brown. Serve warm or cold.

Prep Tip: These can be prepared up to 3 days in advance. Cover and refrigerate until ready to serve. Or, assemble through step 1 and freeze up to 1 month. Thaw and bake before serving.

PER SERVING: CAL 436, FAT 24G (9G SAT. FAT), CHOL 117MG, SODIUM 1281MG, CARB 29G (1G FIBER, 7G SUGARS), PRO 25G

TINY TUNA MELTS

SERVES: 2

ACTIVE: 10 MIN - TOTAL: 20 MIN

- 4 mini bagels, halved
- ¼ lb. Schnucks tuna salad
- 1 roma tomato, cut into 8 slices
- 2 slices Schnucks Cheddar cheese, cut into 8 squares

Preheat oven to 350 degrees. Arrange halved bagels cut-side up on a baking sheet; evenly divide tuna, tomato and cheese atop each bagel half. Bake about 10 minutes or until cheese is melted.

Prep Tip: These can be prepared up to 1 day in advance. Cover and refrigerate until ready to serve.

PER SERVING: CAL 454, FAT 20G (7G SAT. FAT), CHOL 48MG, SODIUM 1022MG, CARB 49G (2G FIBER, 8G SUGARS), PRO 19G

SUPER-POWERED CEREAL BITES

SERVES: 4

ACTIVE: 15 MIN - TOTAL: 15 MIN

- 3 cups Frosted Mini Wheats cereal, crushed
- ½ cup Schnucks old fashioned oats
- ¾ cup sunflower butter
- ¼ cup chopped dried fruit
- ¼ cup finely chopped nuts and/or seeds
- ⅓ cup honey
- 2 tsp. cocoa powder

In a large bowl, thoroughly mix together all ingredients. Form into 12 balls. Refrigerate in an airtight container up to 1 week.

Prep Tip: These can be prepared up to 1 week in advance. Cover and refrigerate until ready to serve. Or, freeze up to 4 months—just thaw in the refrigerator the night before serving.

PER SERVING: CAL 626, FAT 30G (3G SAT. FAT), CHOL 0MG, SODIUM 206MG, CARB 79G (9G FIBER, 41G SUGARS), PRO 16G

APPLE SAMMIE SNACKERS

SERVES: 2

ACTIVE: 8 MIN - TOTAL: 8 MIN

- 8 slices Schnucks white sandwich bread
- ⅓ cup sunflower butter
- 1 Starr Ranch honeycrisp apple, cored and diced

Using a 2-inch round cookie cutter, cut two circles out of each slice of bread; discard scraps or reserve for another use. Add a teaspoon of sunflower butter to each bread round. Evenly divide apple among half of the bread rounds, then top each with a remaining bread round. Crimp edges with a fork to seal.

Prep Tip: These can be prepared up to 5 days in advance. Cover and refrigerate until ready to serve. Or, freeze up to 4 months—just thaw in the refrigerator the night before serving.

PER SERVING: CAL 462, FAT 26G (2G SAT. FAT), CHOL 0MG, SODIUM 382MG, CARB 52G (6G FIBER, 18G SUGARS), PRO 12G



Kellogg's Frosted Mini Wheats Cereal is high in fiber and made with ten layers of whole-grain goodness.



Crafted with Italian spices and red and green peppers—Al Fresco Sweet Italian Style Chicken Sausage makes meals easy and delicious.



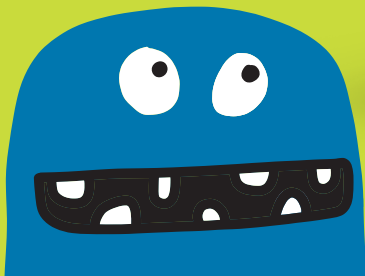
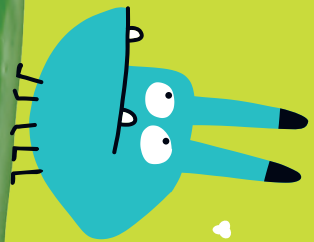
Offering generations of experience and a diverse selection of delicious apples—Starr Ranch has been growing the finest fruit for over 85 years.



FARM FRIENDS!



The li'l monsters take a trip to our neighbor's farms to teach us about where fresh local produce comes from and how to turn it into yummy dinners for the family!




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We work with Foodshed to provide the freshest produce while also supporting our local farmers.




GROWN BY:
**ZIMMERMAN
FARMS**
Vandalia, MO

**MAC & CHEESE
STUFFED PEPPERS**

pg. 23




GROWN BY:
**ZIMMERMAN
FARMS**
Vandalia, MO



MAC & CHEESE STUFFED PEPPERS

SERVES: 4 - ACTIVE: 25 MIN - TOTAL: 55 MIN

- 2½ tbsp. Schnucks unsalted butter, divided
- 1 small local yellow squash, shredded and squeezed of excess moisture
- 2 tbsp. flour
- 2 cups Schnucks 2% reduced-fat milk
- 2 tsp. paprika
- 1½ cups Schnucks shredded cheese of choice
- 8 oz. Schnucks whole-wheat rotini, prepared according to instructions
- 4 medium local green bell peppers, tops and seeds removed
- ¼ cup Schnucks Italian-style panko breadcrumbs

1. Preheat oven to 350 degrees. In a large skillet, melt 2 tablespoons butter over medium heat; add squash and sauté 5–6 minutes or until squash is tender. Stir in flour and sauté one minute more.
2. Reduce heat to medium-low. Add milk and paprika; cook, stirring occasionally until milk is steaming and thickened. Remove from heat and stir in cheese until melted. Season with salt and pepper, if desired. Stir in pasta.
3. Arrange peppers cut-side up in a baking dish; evenly fill them with the pasta mixture.
4. In a small bowl, microwave remaining butter until melted. Add breadcrumbs to bowl and toss to combine; sprinkle on top of each pepper. Bake 30–35 minutes or until peppers are tender and topping is browned. Serve immediately.

PER SERVING: CAL 565, FAT 25G (15G SAT. FAT), CHOL 73MG, SODIUM 366MG, CARB 61G (9G FIBER, 6G SUGARS), PRO 25G

The Zimmermans grow a wide variety of produce specifically for Schnucks stores. One of their specialties are heirloom tomatoes, which pack a big local flavor and come in exciting colors like green, purple and black!



TOMATO GRILLED PIZZA

SERVES: 6 - ACTIVE: 20 MIN - TOTAL: 25 MIN

- 1 13.8-oz. tube refrigerated pizza crust
- ¼ cup cornmeal
- All-purpose flour, for shaping dough
- ¼ cup Schnucks olive oil, plus more to oil grates
- 1¼ cups Culinaria pizza sauce
- 4 garlic cloves, thinly sliced
- 5-6 medium Heirloom tomatoes, sliced
- 3 cups Schnucks shredded mozzarella cheese
- Fresh basil leaves

1. Prepare grill for high, direct heat. Evenly sprinkle cornmeal over a 16x14-inch rimless cookie sheet. Set aside.
2. On a lightly floured surface, shape pizza dough by hand, flattening and stretching into a rectangle slightly smaller than the cookie sheet. Let rest 5 minutes; repeat.
3. Place the dough onto the cookie sheet. Oil grill grates. Let dough slide off cookie sheet onto grill. Close lid and cook 2–3 minutes or until bottom is browned and top is bubbling, using a spatula to rotate 90 degrees if necessary for even cooking. Return dough, grilled-side up, to cookie sheet; close grill lid to retain heat.

4. Brush the grilled dough with olive oil; evenly spread pizza sauce over top, leaving a narrow border around edge. Evenly arrange garlic and cheese over sauce. Arrange tomato slices over cheese.

5. Oil grates once more and return pizza to grill. Reduce heat to medium and close lid. Cook 2–3 minutes or until bottom is browned and cheese is melted. Transfer pizza to a cutting board, sprinkle basil over top and let cool 5 minutes. Slice into squares and serve.

PER SERVING: CAL 494, FAT 27G (8G SAT. FAT), CHOL 40MG, SODIUM 971MG, CARB 47G (4G FIBER, 7G SUGARS), PRO 21G

PEACH-GLAZED CHICKEN WITH CAULIFLOWER GRITS

SERVES: 4 - ACTIVE: 35 MIN - TOTAL: 40 MIN

- 1 large head cauliflower, finely grated
- $\frac{3}{4}$ cup Schnucks 2% reduced-fat milk
- 2 tbsp. Schnucks unsalted butter, divided
- $\frac{1}{2}$ cup Schnucks shredded Cheddar cheese
- $1\frac{1}{2}$ tbsp. white wine vinegar
- 2 tsp. fresh thyme leaves (or $\frac{1}{2}$ tsp. dried)
- 1 tsp. minced ginger
- 4 6-oz. boneless, skinless chicken breasts
- 4 fresh peaches, sliced
- 1 tbsp. honey
- 2 tsp. whole-grain mustard

1. Add cauliflower, milk and 1 tablespoon butter to a large saucepan and bring to a simmer over medium-high heat. Cook, stirring often, about 10 minutes or until tender. Remove from heat and stir in cheese. Season with salt and pepper, if desired; cover to keep warm.

2. Combine vinegar, thyme and ginger in a small bowl. Set aside.

3. Heat remaining butter in a large skillet over medium-high. Season chicken with salt and pepper, if desired; cook 3–5 minutes per side.

4. Add peaches, honey and mustard to skillet; cook until peaches begin to caramelize, 3–5 minutes. Stir in $\frac{1}{2}$ cup water and the vinegar mixture; increase heat to high and cook 2–3 minutes or until liquid has reduced by half, occasionally spooning mixture over chicken.

5. Serve cauliflower grits topped with chicken and peach glaze.

PER SERVING: CAL 457, FAT 17G (8G SAT. FAT), CHOL 142MG, SODIUM 398MG, CARB 32G (7G FIBER, 21G SUGARS), PRO 47G

Schnucks partners with local farmers like Chris Eckert, who has the finest peaches grown right here in the Midwest.

TIME-SAVING TIP!

Rather than grating your own cauliflower, use a 10- to 12-oz. bag of store-bought riced cauliflower instead. While it won't be quite as creamy, it will still be delicious.






GROWN BY:
**ECKERT'S
FARMS**
Belleville, IL

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CHEESY CORN & ZUCCHINI QUESADILLAS

SERVES: 4 - **ACTIVE:** 15 MIN - **TOTAL:** 15 MIN

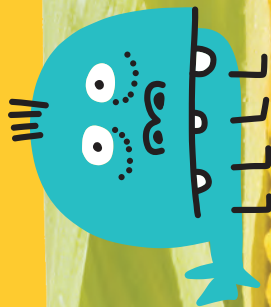
- 1 tbsp. vegetable oil, divided
- 1 cup fresh local corn (about 2 medium ears)
- 1 medium local zucchini, finely diced
- 1 green onion, thinly sliced
- ¼ cup chopped fresh cilantro
- 1 tsp. lime juice
- ¼ tsp. chili powder
- 4 Schnucks 10-inch flour tortillas
- 1½ cups Schnucks shredded pepper jack cheese
- Schnucks salsa, sour cream and/or guacamole, to serve (if desired)

1. Heat half of oil in a large skillet over medium-high. Add corn and zucchini; sauté 4–6 minutes or until lightly browned. Transfer mixture to a medium bowl along with onion, cilantro, lime juice and chili powder; toss to combine. Season with salt, if desired.

2. Lightly brush 2 tortillas with oil on one side; flip over and evenly layer with half of cheese, corn mixture and remaining cheese. Top each with a remaining tortilla and lightly brush tops with oil.

3. In a large skillet over medium heat (working in batches if necessary), cook each quesadilla 2–3 minutes per side or until golden brown and cheese is melted. Cut into triangles and serve with salsa, sour cream and/or guacamole for dipping (if using).

PER SERVING: CAL 430, FAT 22G (9G SAT. FAT), CHOL 40MG, SODIUM 836MG, CARB 47G (4G FIBER, 5G SUGARS), PRO 16G





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backyard festival all summer long



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smooth sailing

Made with just plants and a little ice, these super-simple smoothies come together in no time—perfect for a busy-morning breakfast or an after-school snack!

No need to peel your kiwi—the skin is packed with fiber and vitamins. Just halve and blend!



- 1 banana, sliced
- + 1 cup frozen diced butternut squash
- + 1 cup fresh or frozen sliced peaches
- + ½ cup fresh or frozen mango chunks



- 3 oranges, peeled
- + 1 apple, sliced
- + 2 cups baby carrots



- 1 banana, sliced
- + 1 kiwi, halved
- + 1 cup green grapes
- + 1 cup packed Dole Baby Spinach



- ½ lb. fresh or frozen strawberries, leaves removed
- + 1 banana, sliced
- + ⅔ cup fresh or frozen cauliflower florets
- + ½ cup fresh or frozen raspberries



- 2 pints (4 cups) fresh or frozen blueberries
- + ½ avocado, peeled and pitted
- + ½ cup packed Dole Baby Spinach



Dole Baby Spinach is a versatile, nutritious addition to any salad or smoothie. Packed with vitamins and minerals, this leafy green supports a healthy lifestyle.

start here!

In a blender, combine ingredients from chosen smoothie with 1 cup ice and the fruit and juice from half a 20-oz. can Schnucks pineapple chunks. Blend until smooth. If too thick, add extra pineapple juice. If too thin, add extra ice. Serve immediately. Makes 4 cups.

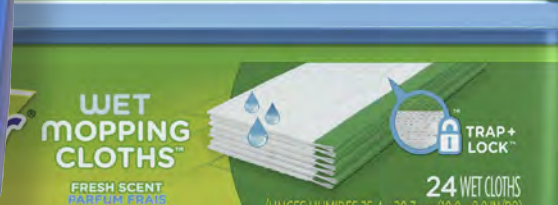
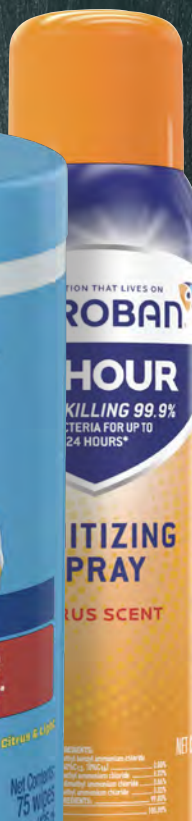
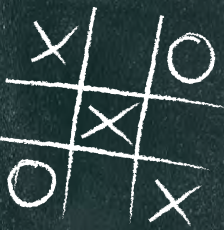
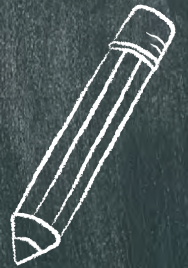


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