

# SIMPLY

JAN / FEB 2022

*Schnucks*<sup>®</sup>



good  
for  
you™

50+

**nutritious  
meal ideas  
for a  
happier,  
healthier  
you!**

FREE

[schnucks.com/simplyschnucks](http://schnucks.com/simplyschnucks)

healthy made easy!

# GET TO KNOW OUR BRANDS



Our Full Circle brand gives you organic and best-of-nature products to help you live a healthier lifestyle. Eco-friendly choices for less!

NEW!

REAL

FRUIT & VEGGIE



READY FOR MORNINGS

APPLE & CARROT



STRAWBERRY & SQUASH

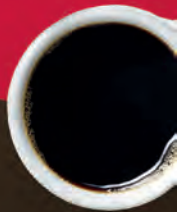


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# JAN-FEB

2022 **contents**

## 6 Breakfast | 300 - 350 Calories

Start your day off right with a fresh, balanced meal to keep you full and focused.

## 12 Lunch | 400 - 450 Calories

Keep your mind and body energized with these satisfying snacks and lunch ideas.

## 18 Dinner | 500 - 550 Calories

These hearty, healthy meals are packed with the nutrients you need to finish your day strong.

## 24 Dessert | 215 - 265 Calories

Satisfy your sweet tooth with these tasty, lightened-up treats.

## 26 Recipes

A compilation of every recipe in the issue for easy meal planning.

# SIMPLY

*Schnucks*

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**SCHNUCKS  
REGISTERED  
DIETITIAN**

## GOOD FOR YOU!

Over the past year we've seen the communities we serve prioritizing their health and well-being. As a neighborhood grocery store, it's our goal to provide simple ways to make healthy eating easier. One way we have done this is by creating an entire magazine of well-balanced, calorie-controlled recipes to take the work out of planning healthy meals.

Personal wellness may look a little different for each of us, but it all starts by making the next good choice for your health. So no matter if your goal is to lose weight, increase your energy or simply add more nutritious foods to your meals, start small and know that small changes over time can have a big impact. With over 50 different meals, snacks and even a few sweet treats in this issue you are sure to find a recipe or product that inspires you.

Use this as a guide to jumpstart your wellness routine and customize recipes to best meet you and your family's needs. If you have a day where you feel like you have fallen off course, don't get discouraged. Remember, it's all about balance and tomorrow offers an opportunity to try again. At Schnucks, we know leading a healthy lifestyle means continuing to make good choices day after day even when January ends. This is why we are intensifying our focus on wellness and are creating a new way for you to shop, feel and live healthier. I hope you'll join us on our Good For You journey.



new!

good  
for  
you<sup>TM</sup>  
*Schnucks*

As your neighborhood grocery store, we're looking to build a happier, healthier community and help you take a step forward on your health journey — wherever you may be. That's why we created

**Good For You.**

see page 4-5 for more!



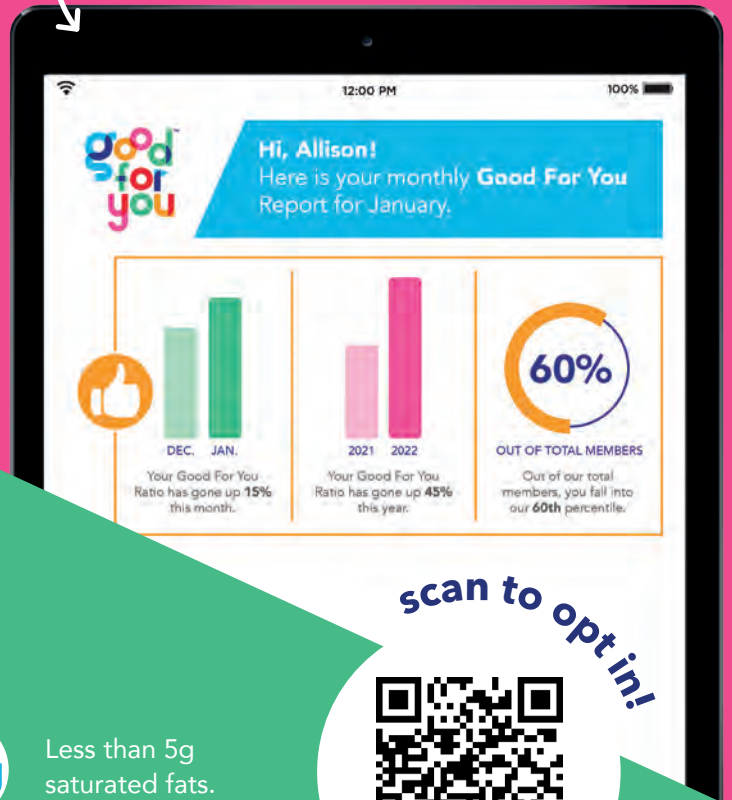
# how

Opt in now through the end of February for a chance to win **\$1,000** in Schnucks Rewards Points.

**Opt in!**  
Join the Schnucks health and wellness community and start reaping the benefits.

**When you opt in,** you'll be able to see the overall healthiness of your purchases at a glance every time you shop. You'll receive monthly email reports to gauge your progress.

**Good For You is a FREE wellness program at Schnucks designed to help you make healthier choices.** With the help of nutrition experts, we've evaluated all food items sold at Schnucks stores and compiled a list of over **5,000 products** that are good for you!



## Good For You items are:



Fruits and veggies.



100% whole grains, eggs and lean meats.



Free from artificial flavors, sweeteners and colors.



Less than 5g saturated fats.



Less than 8g added sugar.

scan to opt in!



# it works

There are many perks of being a **Good For You** member:



Enjoy exclusive deals to keep you motivated, such as special opportunities to earn 2X Points on Good For You products. Good for your health and your wallet—that's a win-win!



Learn useful tips to help improve your overall health and wellness.



Get access every month to new, delicious recipes featuring Good For You items to help you and your family eat healthier.



Utilize our fitness library full of resources to help you stay physically active.



Receive data to keep track of your Good For You progress! See how many items you buy that are Good For You each time you shop. Watch your percentages go up as you make more and more healthy choices!

Visit [schnucks.com/goodforyou](https://www.schnucks.com/goodforyou) for more info!

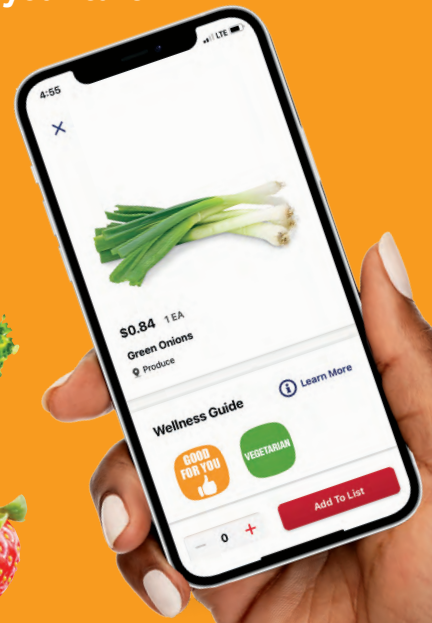
**LEGAL DISCLAIMER**

This information is not intended as a substitute for medical advice; nor is it designed to diagnose or treat a medical condition. Always consult with your physician or medical professional for your individual health needs and questions.

**GOOD FOR YOU**



Look for the **Good For You icon** — both in store and in the app — and add those items to your cart!



If it's fresh produce, it's Good For You!

Schnucks	
GROCERY	
👍 BANANAS 1 LB.....	0.49
👍 ORGANICGRL 50/50.....	4.59
HAMBURGER HELPER.....	1.84
MARUCHAN SOUP 6PK.....	1.44
👍 SCHNUCKS BNLS CHKN BRST.....	12.83
👍 SCHNUCKS BLACK BEANS.....	0.94
👍 CHKNOFHESEA TUNA X2.....	2.68
SCHNUCKS SPAGHETTI X3.....	3.12
RED BARON PEPP PIZZA.....	2.99
👍 BRDSEYE BROCCOLI FLORETS.....	3.09
👍 BRDSEYE SWT PEAS.....	1.50
JKS PIZZA.....	

Enter your Rewards phone number at checkout.

**Check your receipt!**

On your printed receipt, you'll find the total percentage of Good For You items you purchased. View your **digital receipt** to find out which individual products were Good For You as shown here!



Locally owned and locally produced—Prairie Farms has been providing high-quality dairy since 1938.



**Avocado Spinach Crepe**

342 CALORIES  
PG. 26



**Ham & Feta Egg Scramble**

350 CALORIES  
PG. 26



**Sheet-Pan Spinach + Egg Bagel Sandwiches**

330 CALORIES  
PG. 26



Hatfield is pork with a pledge to treat farmers, animals and the environment with respect.





# break fast

Start your  
day off right  
with a fresh,  
balanced meal  
to keep you full  
and focused.

**Sweet Potato**

**Egg Cups**

322 CALORIES

PG. 26



**Pear +**

**Avocado Toast**

346 CALORIES

PG. 27



**Apple +**

**Cinnamon Toast**

313 CALORIES

PG. 27



**Orange +**

**Ricotta Toast**

301 CALORIES

PG. 27



Crusty and chewy on the outside, moist and soft on the inside—Izzio's Demi Baguette makes the perfect base for any topping combo.

**Lox & Cream  
Cheese Waffle**

330 CALORIES  
PG. 27



Kodiak Cakes Buttermilk Power Cakes are crafted with 100% whole grains and 14 grams of protein per serving.



**Piña Colada  
Overnight Oats**

326 CALORIES  
PG. 27



Refreshing and jam-packed with vitamins, nutrients, and electrolytes—Vita Coco helps keep your body hydrated.



**Nacho-Style  
Breakfast Poppers**

336 CALORIES  
PG. 27



**Lemon Ricotta  
Pancakes**

302 CALORIES  
PG. 27



**Oatmeal with  
Honey-Poached Pears**

331 CALORIES  
PG. 28



Packed with calcium and vitamins, Full Circle Almond Milk is a calorie-smart, dairy-free alternative to traditional milk.



# busy. morning meals

No time? No problem!

1 cup Great Grains  
Blueberry Morning Cereal +  
¾ cup Schnucks Skim Milk +  
½ cup quartered strawberries

PER SERVING: CAL 309, FAT 4G (0G SAT. FAT),  
CHOL 4MG, SODIUM 297MG, CARB 63G (6G  
FIBER, 29G SUGARS), PRO 11G



12 oz. Mocha Super  
Coffee + 1 Clif Chocolate  
& Peanut Butter Nut  
Butter Bar + 1 kiwi

PER SERVING: CAL 350 FAT  
14G (6G SAT. FAT), CHOL 5MG,  
SODIUM 162MG, CARB 40G (7G  
FIBER, 16G SUGARS), PRO 18G



1 Chocolate Sea Salt  
RXBAR + 1 banana

PER SERVING: CAL 305, FAT  
9G (2G SAT. FAT), CHOL  
0MG, SODIUM 241MG,  
CARB 49G (7G FIBER, 26G  
SUGARS), PRO 13G



⅓ cup Bear Naked  
Cacao & Cashew Butter Granola +  
¾ cup Schnucks Vanilla  
Greek Yogurt + ½ cup raspberries  
+ 1 clementine

PER SERVING: CAL 343, FAT 8G (2G SAT.  
FAT), CHOL 5MG, SODIUM 143MG, CARB  
53G (7G FIBER, 31G SUGARS), PRO 19G



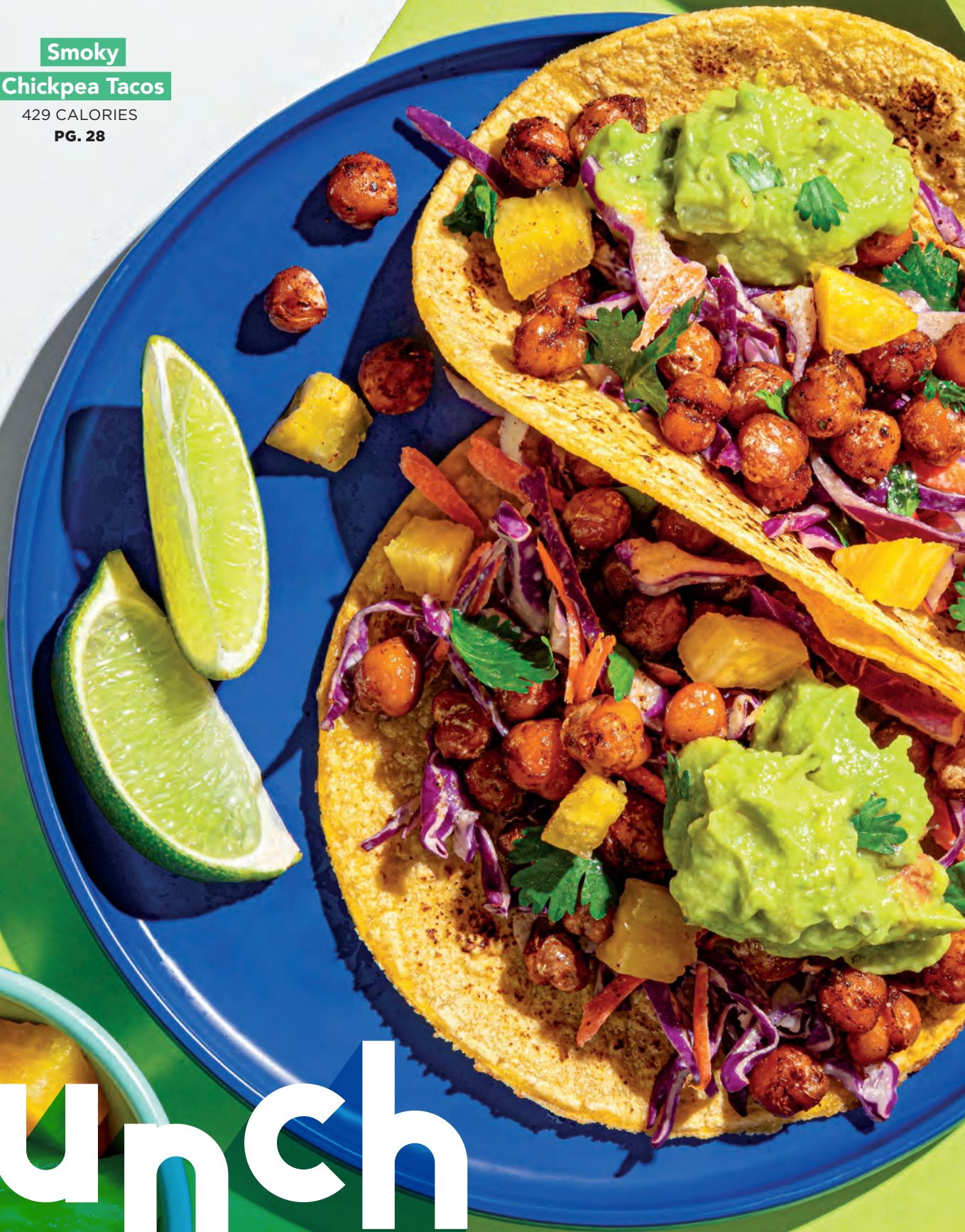
Mix together 2¾ cups crushed Special K Red Berries Cereal +  
½ cup old-fashioned oats + ¾ cup Full Circle Creamy  
Peanut Butter + ½ cup roughly chopped nuts + ½ cup  
honey + ½ tsp. vanilla extract + 2 tsp. chia seeds.  
Form into 14 balls. Cover and refrigerate up to 1 week.  
PER SERVING (2 BALLS): CAL 336, FAT 18G (3G SAT. FAT), CHOL 0MG,  
SODIUM 132MG, CARB 36G (5G FIBER, 20G SUGARS), PRO 9G



**Smoky**  
**Chickpea Tacos**

429 CALORIES

PG. 28



lunch



Keep your mind and body energized with these satisfying snacks and lunch ideas.



### Avocado Feta Dip

432 CALORIES  
PG. 28



## Kevin's natural foods

Crafted with quality ingredients that don't sacrifice on flavor, Kevin's Korean BBQ-style chicken makes meal time simple, delicious and nutritious.

### Korean BBQ Lettuce Wraps

419 CALORIES  
PG. 28



**Chopped  
Brussels  
Sprouts Salad**

416 CALORIES  
PG. 29



**Open-Faced  
Tuna Melt**

409 CALORIES  
PG. 29



**Spinach + Pesto**  
**Personal Pita Pizza**

424 CALORIES  
PG. 29



**BBQ Chicken + Pineapple**  
**Personal Pita Pizza**

450 CALORIES  
PG. 29



**Blueberry + Feta**  
**Personal Pita Pizza**

403 CALORIES  
PG. 29



**Salmon  
Fried Rice**

440 CALORIES  
PG. 29

**Thai Peanut Chicken  
Salad Wrap**

406 CALORIES  
PG. 30



Flatout Light Original Flatbreads pack the whole grains, fiber and protein you want into a slim, 60-calorie package.



100% GRASS-FED

Verde Farms Ground Beef is 100% grass-fed and pasture-raised; simple and delicious for you and the planet.

**Mini Burger  
Kabobs**

445 CALORIES  
PG. 30



**Vegetarian Garbanzo +**

**Edamame Chili**

409 CALORIES

PG. 30



**1 cup SkinnyPop Sweet & Salty Kettle Corn +  
14 Natural Whole Almonds**

PER SERVING: CAL 153, FAT 11G (1G SAT. FAT), CHOL 0MG, SODIUM 44MG, CARB 10G (3G FIBER, 3G SUGARS), PRO 4G



**2 tbsp. walnuts +  
1 tbsp. dried berries +  
2 slices dried mango +  
1½ tsp. sunflower seeds**

PER SERVING: CAL 149, FAT 10G (1G SAT. FAT), CHOL 0MG, SODIUM 13MG, CARB 13G (2G FIBER, 11G SUGARS), PRO 3G



**⅓ cup Savory Wild Smokehouse Bacon Portabella Jerky +  
1 Babybel Original Round**

PER SERVING: CAL 150, FAT 8G (4G SAT. FAT), CHOL 15MG, SODIUM 460MG, CARB 14G (3G FIBER, 9G SUGARS), PRO 10G

Grab-and-go snacks around 150 calories.

# midday fuel



**1 pouch StarKist Deli-Style Tuna Salad +  
10 Good Thins Simply Salt Rice Snacks**

PER SERVING: CAL 151, FAT 2G (1G SAT. FAT), CHOL 30MG, SODIUM 507MG, CARB 17G (1G FIBER, 1G SUGARS), PRO 14G

**Kellogg's Carrot & Apple Nutri-Grain Bar +  
½ cup chopped watermelon**

PER SERVING: CAL 153, FAT 3G (1G SAT. FAT), CHOL 0MG, SODIUM 116MG, CARB 30G (1G FIBER, 15G SUGARS), PRO 2G



PER SERVING: CAL 150, FAT 8G (4G SAT. FAT), CHOL 15MG, SODIUM 460MG, CARB 14G (3G FIBER, 9G SUGARS), PRO 10G



**Quinoa**

**Tuna Casserole**

506 CALORIES

PG. 30



**Vegan Goulash**

548 CALORIES

PG. 31



These hearty, healthy meals are packed with the nutrients you need to finish your day strong.

**Meatless**

**Sloppy Joes**

523 CALORIES

PG. 31



# dinner

**Roasted Red  
Pepper Salmon**

528 CALORIES  
PG. 31



**Pork +  
Green Bean  
Stir-Fry**

527 CALORIES  
PG. 31



**Steak +  
Sweet Potato  
Bites with  
Chipotle Sauce**

538 CALORIES  
PG. 32



**Spaghetti Squash  
+ Meatballs**

500 CALORIES  
PG. 32



**Cajun  
Sheet-Pan  
Dinner**

507 CALORIES  
PG. 32



**Balsamic  
Bruschetta  
Chicken**

545 CALORIES  
PG. 32



  
Al Fresco chicken sausage is full of flavor and protein. It's the perfect solution to fast family meals.





**Baked  
Eggplant Parmesan**

550 CALORIES  
PG. 33



# Simple snack combos for around 150 calories.

## afternoon delights



1 5.3-oz. pkg. Oikos Blended Strawberry Nonfat Yogurt + ¼ cup sliced strawberries + 1 tsp. Full Circle Peanut Butter

PER SERVING: CAL 145, FAT 3G (1G SAT. FAT), CHOL 10MG, SODIUM 56MG, CARB 15G (1G FIBER, 13G SUGARS), PRO 14G



8 cucumber slices + 1 slice Schnucks Cheddar Cheese (quartered) + 2 slices Applegate Deli Turkey (halved) + 2 cherry tomatoes (halved)

PER SERVING: CAL 149, FAT 8G (4.5G SAT. FAT), CHOL 45MG, SODIUM 401MG, CARB 4.5G (0G FIBER, 1.5G SUGARS), PRO 16G



15 Airly Cheddar Oat Cloud Crackers + 2 tbsp. Cabo Fresh Guacamole

PER SERVING: CAL 152, FAT 9G (1G SAT. FAT), CHOL 0MG, SODIUM 313MG, CARB 16G (3G FIBER, 1G SUGARS), PRO 2G

½ cup Schnucks Lowfat Cottage Cheese + ½ tsp. extra-virgin olive oil + ½ cup chopped bell pepper + ½ cup halved grape tomato + ½ cup sliced cucumber + sliced chives + black pepper

PER SERVING: CAL 150, FAT 5G (2G SAT. FAT), CHOL 15MG, SODIUM 497MG, CARB 13G (3G FIBER, 10G SUGARS), PRO 14G



1 can Cherry Bubly + 1 small apple (sliced) + 1½ tbsp. chocolate hummus

PER SERVING: CAL 145, FAT 4G (1G SAT. FAT), CHOL 0MG, SODIUM 32MG, CARB 30G (5G FIBER, 22G SUGARS), PRO 1G



**Chocolate  
Mug Cake**

265 CALORIES  
PG. 33



**Raspberry  
Chocolate Mousse**

224 CALORIES  
PG. 33



**Lightened-Up  
Bananas Foster**

215 CALORIES  
PG. 33



Keep your body strong by eating low-fat dairy like Greek yogurt for high-quality protein, calcium and Vitamin D.

# dessert

Satisfy your sweet tooth with these tasty, lightened-up treats.



nourish your good!

There's so much good to love about yogurt



- ✓ Good for the planet
- ✓ Good for the farmer
- ✓ Good for the cow
- ✓ Good for YOU!

# Best Enjoyed

NOT IN MODERATION.





**AVOCADO SPINACH CREPE**

**SERVES:** 4

**ACTIVE:** 30 MIN - **TOTAL:** 35 MIN

- 4 cups chopped fresh spinach, divided
- 12 oz. cherry tomatoes, quartered
- 1 avocado, sliced
- 3/4 cup chopped fresh cilantro
- 3 green onions, sliced
- 1 tbsp. olive oil
- 1 tbsp. lime juice
- 1/4 tsp. ground black pepper
- 1 cup self-rising flour
- 1 cup skim milk
- 1 large egg
- 1 cup Prairie Farms Cottage Cheese
- Hot sauce and lime wedges, to serve

1. Add 1 cup spinach to a large bowl along with next seven ingredients. Toss to combine.
2. Add 3 cups spinach, flour, milk and egg to a blender and mix until smooth.
3. Coat a large skillet with cooking spray and heat over medium-high. Add 2–3 tablespoons batter and tilt pan to spread in all directions. Cook 2 minutes or until golden brown. Flip and cook 1 minute more or until set. Repeat with remaining batter.
4. Fill crepes with avocado mixture and cottage cheese. Serve with hot sauce and lime wedges, if desired.

PER SERVING: CAL 342, FAT 15G (3G SAT. FAT), CHOL 55MG, SODIUM 670MG, CARB 38G (6G FIBER, 5G SUGARS), PRO 16G



**SHEET-PAN SPINACH + EGG BAGEL SANDWICHES**

**SERVES:** 8

**ACTIVE:** 20 MIN - **TOTAL:** 40 MIN

- 8 slices turkey bacon, chopped
- 2 cups baby spinach, plus more to serve

- 8 eggs
- 3 tbsp. skim milk
- 8 Thomas' Bagel Thins, split and toasted
- 8 slices reduced-fat Cheddar cheese
- Sliced tomato, sliced red onion, sliced avocado and hot sauce, to serve

1. Preheat oven to 300 degrees. Spray a large skillet with cooking spray and heat over medium-high. Add bacon and cook, stirring frequently, 3–4 minutes or until desired doneness. Add spinach and cook, stirring frequently, 1 minute or until wilted. Season with salt and pepper, if desired.
2. In a large bowl, whisk together eggs and milk. Add bacon mixture.
3. To a greased 13x9-inch baking pan, add mixture and bake 15–18 minutes or until set. Cut egg mixture into eight portions.
4. Sandwich each egg portion between Bagel Thins along with remaining ingredients. Serve.

**PREP TIP**

Recipe can be prepared ahead of time through step 3. Freeze egg portions in a single layer on a sheet pan (to keep from sticking together) then add to a freezer bag. Freeze until ready to serve, up to 3 months. Reheat by microwaving each portion on high for about 30 seconds. Assemble sandwiches as directed in step 4.

PER SERVING: CAL 330, FAT 16G (5G SAT. FAT), CHOL 215MG, SODIUM 592MG, CARB 30G (6G FIBER, 5G SUGARS), PRO 19G



**HAM + FETA EGG SCRAMBLE**

**Side (per serving):** 1/2 cup mixed berries

**SERVES:** 4

**ACTIVE:** 15 MIN - **TOTAL:** 25 MIN

- 1 tbsp. olive oil
- 1 7-oz. Original Uncured Hatfield Ham Steak, cubed
- 1 bell pepper, chopped
- 1 cup halved cherry tomatoes
- 4 eggs, beaten
- 1 cup egg whites
- 3/4 cup skim milk
- 2 oz. feta cheese, crumbled
- 1/2 avocado, cut into 8 slices
- Chopped parsley, to serve

1. Heat oil in a large skillet over medium. Add ham, bell pepper and tomatoes. Cook, stirring frequently, 4–5 minutes or until bell pepper is just tender.

2. In a large bowl, whisk together eggs, egg whites and milk.
3. Add egg mixture to the skillet and cook, gently stirring, 4–5 minutes or until set.
4. Sprinkle with chopped parsley; season with salt and pepper, if desired and serve.

PER SERVING: CAL 350, FAT 16G (5G SAT. FAT), CHOL 201MG, SODIUM 786MG, CARB 22G (5G FIBER, 13G SUGARS), PRO 28.5G



**SWEET POTATO EGG CUPS**

**Side (per serving):** 2 cups spring mix, 1/2 cup sliced grape tomatoes and 1 1/2 tbsp. light vinaigrette dressing

**SERVES:** 3

**ACTIVE:** 20 MIN - **TOTAL:** 30 MIN

- 1 8-oz. sweet potato, peeled and grated
- 1/4 cup shredded Parmesan cheese
- 2 tsp. fresh thyme leaves, plus more to serve
- 1 tsp. onion powder
- 6 large eggs

1. Preheat oven to 375 degrees. In a medium bowl, mix together first four ingredients. Season with salt and pepper, if desired.
2. Coat a muffin pan with cooking spray and add mixture to 6 of the cups; press mixture into the bottom and up the sides. Spray tops with cooking spray and bake 10 minutes.
3. Crack an egg into each cup and sprinkle with salt and pepper, if desired. Bake 12–14 minutes or until desired doneness.
4. Sprinkle with thyme leaves and serve.

PER SERVING: CAL 322, FAT 16G (4G SAT. FAT), CHOL 377MG, SODIUM 615MG, CARB 27G (5G FIBER, 7G SUGARS), PRO 19G



**BREAKFAST TOAST 3 WAYS**

**SERVES:** 1

**ACTIVE:** 5 MIN - **TOTAL:** 5 MIN

**3 ½-inch slices Izzio Artisan Bakery French Classic Demi Baguette Bread, toasted**

**Top with flavor of choice:**

**Pear + Avocado**

- ½ oz. soft blue cheese
- ¼ medium avocado, diced
- ½ small pear, sliced
- 2 tbsp. chopped walnuts

PER SERVING: CAL 346, FAT 17G (4G SAT. FAT), CHOL 11MG, SODIUM 481MG, CARB 42G (7G FIBER, 8G SUGARS), PRO 10G

**Orange + Ricotta**

- ⅓ cup part-skim ricotta cheese
- ½ tsp. orange zest
- 1 small orange, sectioned
- 1 tsp. honey

PER SERVING: CAL 301, FAT 7G (4G SAT. FAT), CHOL 26MG, SODIUM 362MG, CARB 47G (4G FIBER, 15G SUGARS), PRO 14G

**Apple + Cinnamon**

- 1½ tbsp. almond butter
- ½ small apple, sliced
- 1 tsp. ground cinnamon

PER SERVING: CAL 313, FAT 14G (1G SAT. FAT), CHOL 0MG, SODIUM 333MG, CARB 42G (8G FIBER, 9G SUGARS), PRO 9G



**LOX + CREAM CHEESE WAFFLE**

**SERVES:** 2

**ACTIVE:** 10 MIN - **TOTAL:** 20 MIN

- 1 cup Kodiak Buttermilk Power Cakes Flapjack & Waffle Mix
- 1 tbsp. canola oil
- 2 tbsp. light whipped cream cheese
- 1 tbsp. chopped green onion
- 1 tbsp. chopped fresh dill, plus more to serve
- ¼ cup cherry tomatoes, halved
- 2 oz. Culinaria Smoked Salmon Sliced red onion, to serve (if desired)

1. Stir together 1 cup water, waffle mix and oil in a medium bowl until just combined.
2. Preheat and grease waffle iron. Add half of batter and cook according to waffle iron instructions. Repeat with remaining batter.
3. Stir cream cheese, green onion and dill in a small bowl to combine; divide evenly among waffles and spread over tops. Top with tomato, salmon and, if desired, sliced red onion. Garnish with fresh dill and serve.

PER SERVING: CAL 330, FAT 13G (2G SAT. FAT), CHOL 33MG, SODIUM 730MG, CARB 34G (6G FIBER, 4G SUGARS), PRO 22G



**PIÑA COLADA OVERNIGHT OATS**

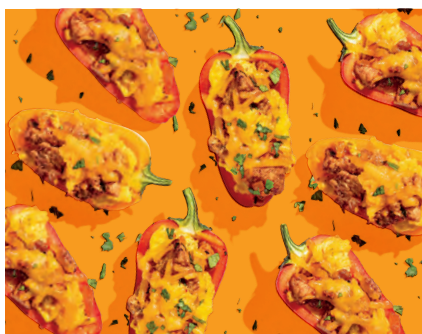
**SERVES:** 1

**ACTIVE:** 5 MIN - **TOTAL:** 8 HR 5 MIN

- ¼ 16.9-oz. carton Vita Coco Coconut Water
- ½ cup old-fashioned oats
- ⅓ cup canned crushed pineapple in 100% juice, drained
- ¼ cup plain Greek yogurt
- 2 tbsp. finely shredded coconut, plus more to serve
- 1 tsp. chia seeds
- 1 tsp. vanilla extract
- Pineapple wedges, to serve (if desired)

1. Add first seven ingredients to a jar. Cover and shake. Refrigerate 8–24 hours.
2. Stir and serve topped with additional coconut and pineapple wedges, if desired.

PER SERVING: CAL 326, FAT 11G (7G SAT. FAT), CHOL 1MG, SODIUM 26MG, CARB 51G (8G FIBER, 20G SUGARS), PRO 8G



**NACHO-STYLE BREAKFAST POPPERS**

**SERVES:** 4

**ACTIVE:** 20 min - **TOTAL:** 30 min

- 1 tbsp. olive oil, divided
- 12 oz. lean ground turkey
- ½ cup chopped onion
- 1 tsp. minced garlic
- ¼ cup low-sodium chicken broth
- ¼ cup no-salt-added tomato sauce
- 1 tbsp. chopped fresh cilantro, plus more to serve (if desired)
- 1 tsp. ground cumin

- 4 eggs, lightly beaten
- 16 mini peppers, halved and seeded
- ½ cup shredded Cheddar cheese

1. Preheat oven to 400 degrees. Heat ½ tablespoon oil in a large skillet over medium-high. Add turkey, onion and garlic. Cook, stirring frequently and breaking up meat, 6–8 minutes or until cooked through.
2. Add chicken broth, tomato sauce, cilantro and cumin. Cook, stirring occasionally, 2–3 minutes or until bubbly and heated through. Remove from skillet.
3. Wipe skillet clean, add remaining oil and return to range over medium. Add eggs and cook, gently stirring, 4–5 minutes or until eggs are fluffy. Return sausage mixture to skillet and toss to combine.
4. Place peppers, cut-side up, on a foil-lined baking sheet. Divide egg mixture evenly over peppers, then top with cheese and bake 8–10 minutes or until cheese is melted.
5. Serve topped with fresh cilantro.

PER SERVING: CAL 336, FAT 20G (7G SAT. FAT), CHOL 264MG, SODIUM 813MG, CARB 10G (3G FIBER, 6G SUGARS), PRO 27G



**LEMON RICOTTA PANCAKES**

**SERVES:** 4

**ACTIVE:** 25 MIN - **TOTAL:** 30 MIN

- 1 cup part-skim ricotta cheese
- ¼ cup 1% milk
- 3 eggs, separated
- 1 tbsp. granulated sugar
- ⅓ cup Full Circle Whole-Wheat Flour
- 1 tbsp. lemon zest
- ¼ tsp. salt
- ⅛ tsp. cream of tartar
- 1 tbsp. canola oil
- 4 cups berries of choice, chopped if large
- 2 tbsp. lemon juice

1. In a large bowl, whisk together ricotta, milk, egg yolks and sugar. Gently fold in flour, lemon zest and salt. In another large bowl, beat egg whites and cream of tartar with an electric mixer on medium speed until soft peaks form; fold into ricotta mixture.
2. Heat oil in a large skillet over medium-low. Working in batches, add ¼-cup scoops of batter to pan and cook 4–5 minutes or until bubbles form. Flip pancakes and cook 2–3 minutes or until bottoms are golden.
3. Meanwhile, add berries and lemon juice to a small saucepan. Warm over medium-low

heat until berries soften and begin to release their juices, 5–10 minutes. Spoon berries over pancakes and serve.

PER SERVING: CAL 302, FAT 13G (5G SAT. FAT), CHOL 159MG, SODIUM 270MG, CARB 34G (6G FIBER, 14G SUGARS), PRO 15G



### OATMEAL WITH HONEY-POACHED PEARS

**SERVES:** 4

**ACTIVE:** 10 MIN - **TOTAL:** 35 MIN

- 2 tbsp. honey, plus more to serve
- 1 tbsp. minced fresh ginger
- 2 tsp. ground cinnamon
- 2 large pears, cored and quartered
- 3½ cups Full Circle Unsweetened Almond Milk
- 2 cups old-fashioned oats
- 2 tbsp. chopped pistachios

1. Add first three ingredients along with 3 cups water to a large saucepan; bring to a boil. Add pears and simmer over medium-low, 25–30 minutes or until very tender.
2. Using almond milk as the liquid, prepare oats according to package instructions.
3. Serve pears over oatmeal. Top with pistachios and more honey, if desired.

PER SERVING: CAL 331, FAT 7G (1G SAT. FAT), CHOL 0MG, SODIUM 133MG, CARB 64G (10G FIBER, 28G SUGARS), PRO 7G



### SMOKY CHICKPEA TACOS

**Side (per serving):** ¾ cup Schnucks Pineapple Shortcuts

**SERVES:** 5

**ACTIVE:** 20 MIN - **TOTAL:** 30 MIN

- 2 tbsp. olive oil
- 2 15-oz. cans Full Circle Garbanzo

- Beans (chickpeas), rinsed and drained
- 2 tsp. ground cumin
- 2 tsp. chili powder
- 1 tsp. smoked paprika
- ⅛ tsp. cayenne pepper
- ¼ cup plain Greek yogurt
- 2 tbsp. lime juice
- 1 tsp. adobo sauce (from can of chipotle peppers in adobo)
- 2 cups shredded red cabbage
- 1½ cups shredded carrot
- 2 tbsp. chopped fresh cilantro, plus more to serve
- 10 small corn tortillas, warmed
- 10 tbsp. Cabo Fresh Guacamole
- Lime wedges, to serve

1. Heat oil in a large skillet over medium-high. Add next five ingredients, stir to combine and cook, stirring occasionally, 8–10 minutes or until chickpeas are golden. Season with salt and pepper, if desired.
2. Meanwhile, in a medium bowl, whisk together yogurt, lime juice and adobo sauce. Add cabbage, carrot and cilantro; toss to combine.
3. Fill tortillas with chickpeas and slaw. Top each with 1 tablespoon guacamole and a pinch of cilantro. Garnish with lime wedges.

#### PREP TIP

Save the liquid from your can of chickpeas to make the *Raspberry Chocolate Mousse* on pg. 33.

PER SERVING: CAL 429, FAT 13G (2G SAT. FAT), CHOL 1MG, SODIUM 370MG, CARB 71G (16G FIBER, 19G SUGARS), PRO 13G



### AVOCADO FETA DIP

**Side (per serving):** 20 Crav'n Original Thin Wheat Crackers and 1 cup grapes

**SERVES:** 6

**ACTIVE:** 20 MIN - **TOTAL:** 20 MIN

- 2 large avocados, chopped
- 2 large tomatoes, chopped
- 4 oz. feta, crumbled
- ½ cup chopped red onion
- ½ cup chopped fresh cilantro, plus more to serve
- 1 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. minced garlic
- ½ tsp. salt
- Crushed red pepper, to serve

1. In a large bowl stir together avocados, tomatoes, feta, red onion, cilantro, olive oil, vinegar, garlic and salt.
2. To serve, garnish with cilantro and crushed red pepper, if desired.

PER SERVING: CAL 432, FAT 25G (6G SAT. FAT), CHOL 17MG, SODIUM 617MG, CARB 50G (11G FIBER, 23G SUGARS), PRO 8G



### KOREAN BBQ LETTUCE WRAPS

**SERVES:** 4

**ACTIVE:** 30 MIN - **TOTAL:** 30 MIN

- 3 cups chopped pineapple
- 2 cups shredded red cabbage
- 1 cup shredded carrot
- 3 tbsp. toasted sesame oil
- ½ jalapeño pepper, finely chopped
- 2 tbsp. sliced green onion
- 1 tsp. lime zest
- 3 tbsp. lime juice, divided
- 1 16-oz. pkg. Kevin's Natural Foods Korean BBQ-Style Chicken
- 2 cups cooked brown rice
- 2 tbsp. chopped fresh cilantro
- 12 leaves bibb or butter lettuce
- Sliced jalapeño, sliced red onion and sriracha sauce, to serve (if desired)

1. Add first seven ingredients to a large bowl along with 2 tablespoons of the lime juice. Season with salt and pepper, if desired. Toss gently to combine.
2. Prepare chicken according to package instructions; shred using 2 forks.
3. In a medium bowl stir together rice, cilantro and remaining lime juice.
4. Fill lettuce leaves with rice, chicken and pineapple slaw. Serve topped with sliced jalapeño, red onion and sriracha, if desired.

PER SERVING: CAL 419, FAT 14G (2G SAT. FAT), CHOL 56MG, SODIUM 442MG, CARB 50G (6G FIBER, 17G SUGARS), PRO 23G



### CHOPPED BRUSSELS SPROUTS SALAD

**SERVES:** 4

**ACTIVE:** 20 MIN - **TOTAL:** 20 MIN

- ¼ cup olive oil
- 3 tbsp. red wine vinegar
- 2 tbsp. minced shallot
- 2 tsp. Dijon mustard
- 2 tsp. honey
- 1 lb. Brussels sprouts, trimmed and sliced
- 8 oz. red cabbage, shredded
- 1 apple, chopped
- ½ cup crumbled feta cheese
- ½ cup pecan halves
- ½ cup pomegranate arils
- 3 slices bacon, cooked and crumbled
- 2 tbsp. chopped fresh parsley

In a large bowl whisk together first five ingredients. Season with salt and pepper, if desired. Add remaining ingredients and toss to combine. Serve immediately.

PER SERVING: CAL 416, FAT 30G (6G SAT. FAT), CHOL 21MG, SODIUM 451MG, CARB 31G (9G FIBER, 16G SUGARS), PRO 12G



### OPEN-FACED TUNA MELT

**Side (per serving):** 1 cup sliced apple with ½ cup nonfat vanilla yogurt

**SERVES:** 4

**ACTIVE:** 20 MIN - **TOTAL:** 35 MIN

- 4 slices whole grain bread
- 2 4.5-oz. cans Starkist No-Salt-Added Chunk White Albacore Tuna in Water, drained and broken into chunks
- ⅓ cup chopped celery
- ⅓ cup chopped red onion
- ⅓ cup Schnucks light mayonnaise
- 1 tbsp. olive oil

- 1 tbsp. chopped fresh parsley, plus more to serve
- ½ tsp. celery seed
- ½ tsp. dried dill weed
- ½ tsp. onion powder
- 4 Sargento Cheddar Cheese Ultra Thin Slices
- 4 large tomato slices

1. Preheat oven to 400 degrees. Add bread to a large, parchment-lined baking sheet. Bake about 5 minutes or until toasted. Meanwhile, in a large bowl stir together next nine ingredients. Season with salt and pepper, if desired.
2. Top each slice of toast with a slice of cheese. Evenly divide tuna mixture over cheese and bake 8–10 minutes, or until warmed through and cheese is melted.
3. To serve, top with tomato slices. Sprinkle with parsley and black pepper, if desired.

PER SERVING: CAL 409, FAT 19G (3G SAT. FAT), CHOL 202MG, SODIUM 412MG, CARB 28G (3G FIBER, 1G SUGARS), PRO 31G



### PERSONAL PITA PIZZA 3 WAYS

**Side (per serving):** ½ cup grapes

**SERVES:** 1

**ACTIVE:** 10 MIN - **TOTAL:** 20 MIN

**Start with:**

- 1 whole-grain pita bread round

**Choose a flavor:**

**Spinach + Pesto**

- 2 tbsp. basil pesto
- ¼ cup chopped fresh spinach
- ¼ cup Schnucks shredded part-skim mozzarella cheese
- ⅛ tsp. crushed red pepper
- Garnish: fresh arugula or spinach

PER SERVING: CAL 424, FAT 18G (5G SAT. FAT), CHOL 14MG, SODIUM 688MG, CARB 54G (7G FIBER, 16G SUGARS), PRO 15G

**Blueberry + Feta**

- ¼ cup part-skim ricotta cheese
- ¼ cup blueberries
- 2 tbsp. crumbled feta cheese
- ½ tsp. chopped fresh thyme, plus more to serve
- Garnish: 1 tsp. honey

PER SERVING: CAL 403, FAT 11G (6G SAT. FAT), CHOL 36MG, SODIUM 617MG, CARB 64G (7G FIBER, 24G SUGARS), PRO 17G

### BBQ Chicken + Pineapple

- 2 tbsp. barbecue sauce
- ¼ cup shredded chicken breast
- 1 red onion slice, separated into rings
- 3 tbsp. pineapple tidbits in 100% juice
- 1 tbsp. chopped fresh parsley, plus more to serve
- ¼ cup Schnucks shredded pizza cheese
- Garnish: cracked black pepper

PER SERVING: CAL 450, FAT 10G (5G SAT. FAT), CHOL 49MG, SODIUM 760MG, CARB 70G (7G FIBER, 29G SUGARS), PRO 26G

1. Preheat oven to 400 degrees. To a parchment-lined baking sheet, add pita bread and spread with first ingredient of chosen flavor. Top with remaining ingredients (except garnish).
2. Bake 10–13 minutes or until cheese is melted. Garnish and serve immediately.



### SALMON FRIED RICE

**SERVES:** 4

**ACTIVE:** 30 MIN - **TOTAL:** 35 MIN

- 2 tbsp. vegetable oil, divided
- 1 lb. skinless wild salmon fillet
- ½ cup frozen peas
- ½ cup chopped green onion
- 1 tsp. minced garlic
- 1 tsp. minced ginger
- 2 cups cold cooked brown rice (or 1 8.8-oz. pouch Uncle Ben's Whole Grain Brown Ready Rice)
- 3 eggs
- 2 tbsp. reduced-sodium soy sauce
- 1 tbsp. toasted sesame oil
- Toasted sesame seeds and sriracha sauce, to serve (if desired)

1. Heat 1 tablespoon vegetable oil in a large skillet over medium-high. Add salmon and cook 10–12 minutes, or until it flakes easily with a fork, turning once halfway through. Remove from skillet and flake into 1-inch pieces.

2. In the same skillet, heat remaining vegetable oil over medium-high. Add peas, green onion, garlic and ginger. Cook, stirring frequently, 4–5 minutes or until peas are tender. Add rice and cook, stirring frequently, 2–3 minutes or until slightly golden and toasted.

3. Push mixture to one side of the pan and add eggs to the other side. Cook egg, stirring constantly, about 1 minute or until scrambled.

4. Pour soy sauce and sesame oil over top; stir together all ingredients in pan. Add salmon back to pan and toss gently to heat through. Serve topped with toasted sesame seeds and sriracha, if desired.

PER SERVING: CAL 440, FAT 23G (3.5G SAT. FAT), CHOL 202MG, SODIUM 412MG, CARB 28G (3G FIBER, 1G SUGARS), PRO 31G



### THAI PEANUT CHICKEN SALAD WRAP

Side (per serving): 1 clementine

**SERVES:** 6

**ACTIVE:** 25 MIN - **TOTAL:** 25 MIN

- ¼ cup olive oil
- ¼ cup Full Circle Peanut Butter
- 3 tbsp. natural rice vinegar
- 1 tbsp. honey
- 1 tbsp. reduced-sodium soy sauce
- 1 tbsp. grated fresh ginger
- 2 tsp. minced garlic
- 1 tsp. toasted sesame oil
- ¼ tsp. crushed red pepper
- 4 cups coleslaw mix
- 2 cups chopped, cooked chicken breast
- ¼ cup unsalted peanuts
- ¼ cup chopped fresh cilantro
- 12 leaves bibb or butter lettuce
- 6 Flatout Light Original Wraps

1. In a large bowl, whisk together first nine ingredients. Season with salt and pepper, if desired. Add coleslaw mix, chicken, peanuts and cilantro; toss to combine.  
2. Place 2 lettuce leaves on each wrap and top evenly with filling. Roll up and serve.

PER SERVING: CAL 406, FAT 21G (3G SAT. FAT), CHOL 40MG, SODIUM 583MG, CARB 34G (13G FIBER, 12G SUGARS), PRO 28G



### VEGETARIAN GARBANZO + EDAMAME CHILI

Side (per serving): 1 pear

**SERVES:** 6

**ACTIVE:** 20 MIN - **TOTAL:** 45 MIN

- 2 tbsp. olive oil
- 2 medium onions, chopped
- 2 carrots, chopped
- 2 tsp. minced garlic
- 3 cups low-sodium vegetable broth
- 1 28-oz. can crushed tomatoes
- 1 15-oz. can Full Circle kidney beans, rinsed and drained
- 1 15-oz. can Full Circle garbanzo beans, rinsed and drained
- 1 cup frozen whole-kernel corn
- ¾ cup frozen shelled edamame
- 1 4-oz. can diced green chilies
- 2 tbsp. no-salt-added tomato paste
- 1 tbsp. chili powder
- 1 tbsp. dried Italian seasoning, crushed
- 1 tsp. ground cumin
- ½ tsp. crushed red pepper
- ¾ cup low-fat sour cream
- Sliced green onions and lime wedges, to serve

1. Heat oil in a large pot over medium. Add onions, carrots and garlic. Cook, stirring occasionally, 6–8 minutes or until vegetables are crisp-tender. Add next 11 ingredients and bring to a boil. Reduce heat and simmer, stirring occasionally, 20–25 minutes or until thickened.  
2. Serve topped with sour cream, green onions and lime wedges.

#### PREP TIP

Save the liquid from your can of chickpeas to make the [Raspberry Chocolate Mousse](#) on pg. 33.

PER SERVING: CAL 409, FAT 9G (2G SAT. FAT), CHOL 8MG, SODIUM 512MG, CARB 77G (18G FIBER, 29G SUGARS), PRO 15G



### MINI BURGER KABOBS

Side (per serving): 1 cup berries, 1 cup each carrot and celery sticks, 2 tbsp. Bolthouse Farms Ranch Dressing

**SERVES:** 5

**ACTIVE:** 25 MIN - **TOTAL:** 35 MIN

- 1 lb. Verde Farms 93% lean ground beef
- ½ cup plain breadcrumbs
- 1 egg
- 2 tsp. Worcestershire sauce
- 2 tsp. mustard

- 1 tsp. minced garlic
- ¼ tsp. ground black pepper
- 1 tbsp. vegetable oil
- 5 Sargento Cheddar Cheese Ultra Thin Slices, quartered
- 5 Bibb lettuce leaves, quartered
- 20 red onion squares
- 20 cherry tomatoes

1. To a large bowl, add first seven ingredients. Gently mix until just combined and form into 20 meatball-sized patties.  
2. Heat oil in a large skillet over medium-high. Add patties and cook, turning once halfway through, 8–10 minutes or until desired doneness. Top each with cheese and cook 1 minute more or until melted.  
3. On 20 skewers or long toothpicks, thread a patty, lettuce quarter, red onion square and tomato.

PER SERVING: CAL 445, FAT 17G (6G SAT. FAT), CHOL 106MG, SODIUM 561MG, CARB 47G (10G FIBER, 24G SUGARS), PRO 30G



### QUINOA TUNA CASSEROLE

**SERVES:** 4

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

- 1 12-oz. pkg. Full Circle frozen green beans
- 1½ cups reduced-sodium chicken broth
- ¾ cup dry quinoa, rinsed
- 2 tbsp. unsalted butter
- ¼ cup all-purpose flour
- 1¼ cup skim milk
- 1 tsp. garlic powder
- ¾ cup panko breadcrumbs
- ¾ cup shredded reduced-fat Cheddar cheese, divided
- 1 tbsp. olive oil
- 2 5-oz. cans white tuna in water, drained and flaked
- Chopped parsley and paprika, to serve

1. Add green beans, broth and quinoa to a large saucepan. Bring to a boil and reduce heat. Cover and simmer, stirring occasionally, 15–20 minutes or until quinoa is tender. Remove from pan.  
2. In the same saucepan, melt butter over medium-high heat. Add flour and cook, whisking constantly, for 1 minute. Add milk and garlic powder; continue to cook, whisking frequently, 5 minutes or until thickened.  
3. Preheat oven to 350 degrees. In a small bowl combine panko, ½ cup cheese and



the oil. To a large greased baking dish add quinoa mixture, sauce, tuna and remaining cheese. Stir to combine and top with panko mixture. Bake 20–25 minutes or until bubbly. Sprinkle with parsley and paprika.

PER SERVING: CAL 506, FAT 22G (8G SAT. FAT), CHOL 63MG, SODIUM 695MG, CARB 41G (5G FIBER, 6G SUGARS), PRO 34G



### VEGAN GOULASH

**SERVES:** 4

**ACTIVE:** 15 MIN - **TOTAL:** 45 MIN

- 2 **tblsp.** olive oil
- 1 **12-oz. pkg.** Lightlife Smart Original Plant-Based Crumbles
- 2 **cups** button mushrooms, halved
- 1 **yellow squash**, chopped
- 1 **zucchini**, chopped
- 1 **bell pepper**, chopped
- 2 **tsp.** minced garlic
- 4 **cups** unsalted vegetable broth
- 1 **28-oz. can** no-salt-added diced tomatoes
- 1 **14-oz. can** no-salt-added tomato sauce
- 1 **cup** corn kernels
- 1 **tblsp.** Schnucks Italian seasoning
- 1½ **tsp.** paprika
- 8 **oz.** whole-wheat elbow pasta

1. Heat oil in a large pot over medium. Add next six ingredients and cook, stirring occasionally, 5–7 minutes or until vegetables are just crisp-tender.
2. Add broth, tomatoes, tomato sauce, corn, Italian seasoning and paprika. Bring to a gentle boil. Cook, stirring occasionally, for 15 minutes.
3. Add pasta and return to a gentle boil. Cook, stirring often, 10–12 minutes or until pasta and vegetables are tender.

PER SERVING: CAL 548, FAT 9G (1G SAT. FAT), CHOL 0MG, SODIUM 791MG, CARB 89G (14G FIBER, 17G SUGARS), PRO 33G



### MEATLESS SLOPPY JOES

**Side (per serving):** 3 **tblsp.** yogurt aioli (recipe below) and 1 **cup** prepared frozen sweet potato fries

**SERVES:** 6

**ACTIVE:** 15 MIN - **TOTAL:** 40 MIN

- 1½ **cups** reduced-sodium vegetable broth
- ¾ **cup** Full Circle Red Lentils, rinsed
- 2 **tblsp.** olive oil
- 1 **onion**, chopped
- 1 **red bell pepper**, chopped
- 1 **tsp.** minced garlic
- 1 **15-oz. can** no-salt-added tomato sauce
- 1 **14.5-oz. can** Full Circle Black Beans, rinsed and drained
- 1 **tblsp.** Worcestershire sauce
- 2 **tsp.** chili powder
- 1 **tsp.** ground cumin
- 6 **whole-wheat hamburger buns**
- Shredded lettuce and sliced red onion, to serve (if desired)**

1. In a medium saucepan, bring broth to a boil over high heat. Add lentils and reduce heat to medium-low. Cook, stirring occasionally, 7–10 minutes or until just tender. Drain if liquid remains.
2. Heat oil in a large skillet over medium-high. Add onion, bell pepper and garlic. Cook, stirring occasionally, 5–7 minutes or until tender. Add cooked lentils, tomato sauce, beans, Worcestershire, chili powder and cumin. Bring to a boil and reduce heat to medium-low. Simmer, stirring occasionally, 10–15 minutes or until thickened.
3. Serve on hamburger buns topped with lettuce and onion, if desired.

**Yogurt aioli:** Stir together 1 **cup** plain whole Greek yogurt, 2 **tblsp.** lemon juice, 2 **tsp.** minced garlic, 1 **tsp.** lemon zest and, if desired, ¼ **teaspoon** chipotle chili powder. Stir to combine. Season with salt and pepper, if desired.

PER SERVING: CAL 523, FAT 9G (2G SAT. FAT), CHOL 5MG, SODIUM 330MG, CARB 95G (13G FIBER, 8G SUGARS), PRO 19G



### ROASTED RED PEPPER SALMON

**Side (per serving):** ½ **cup** cooked asparagus and ½ **cup** cooked farro

**SERVES:** 4

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

- 1 **tblsp.** olive oil
- 4 **5-oz.** skinless salmon fillets
- 1 **tblsp.** unsalted butter
- ¾ **cup** chopped roasted red peppers
- 2 **tsp.** minced garlic
- 4 **cups** fresh baby spinach
- ⅓ **cup** whole milk
- ¼ **cup** chopped fresh parsley
- ¼ **cup** grated Parmesan cheese
- ¼ **tsp.** crushed red pepper

1. Heat oil in a large skillet over medium-high. Add salmon and cook 8–10 minutes or until salmon flakes with a fork, turning once halfway through. Remove from skillet.
2. In the same skillet, melt butter over medium heat. Add peppers and garlic; cook, stirring frequently, 1 minute. Add spinach and cook, stirring frequently, 1–2 minutes more or until wilted.
3. Add milk, parsley, Parmesan cheese and crushed red pepper. Bring to a gentle boil and cook, stirring frequently, 2–4 minutes or until slightly thickened. Season with salt and pepper, if desired. Serve salmon topped with spinach mixture.

PER SERVING: CAL 528, FAT 29G (8G SAT. FAT), CHOL 94MG, SODIUM 496MG, CARB 29G (5G FIBER, 2G SUGARS), PRO 39G



### PORK + GREEN BEAN STIR-FRY

**Side (per serving):** ¾ **cup** cooked brown rice

**SERVES:** 4

**ACTIVE:** 20 MIN - **TOTAL:** 30 MIN

- 1 **lb.** Schnucks ground pork
- 1 **tblsp.** vegetable oil
- 20 **oz.** fresh green beans, trimmed and cut into 2-inch pieces
- 1 **medium onion**, chopped
- 1 **tblsp.** minced garlic
- 1 **tblsp.** minced fresh ginger
- ¼ **cup** Full Circle Teriyaki Sauce
- 1 **tblsp.** Sambal Olek Garlic Chili Sauce
- Sliced green onion and chili peppers, to serve**

1. Brown pork in a large skillet over medium-high heat until cooked through; remove from pan.
2. Add oil to skillet, then green beans, onion, garlic and ginger. Sauté 2–5 minutes or until crisp-tender.
3. Return pork to skillet along with teriyaki and garlic chili sauces; stir to heat through.
4. Serve topped with green onion and chili peppers, if desired.

PER SERVING: CAL 527, FAT 24G (7G SAT. FAT), CHOL 77MG, SODIUM 394MG, CARB 54G (7G FIBER, 10G SUGARS), PRO 27G



### STEAK + SWEET POTATO BITES WITH CHIPOTLE SAUCE

**Side (per serving):** 1 cup tropical fruit seasoned with lime juice, lime zest and cayenne pepper

**SERVES:** 4

**ACTIVE:** 25 MIN - **TOTAL:** 50 MIN

- 2 tbsp. olive oil, divided
- 1¼ lb. sweet potatoes, peeled and cut into ½-inch pieces
- 1¼ lb. beef sirloin steaks, cut into 1-inch pieces
- ⅔ cup plain Greek yogurt
- 2 tsp. minced garlic
- 1 tsp. chipotle chili powder
- Chopped fresh cilantro, to serve

1. Heat 1 tablespoon oil in a large skillet over medium-high. Add potatoes and cook, stirring once or twice, 12–15 minutes or until tender and browned. Remove from pan.
2. Wipe pan clean and return to range with remaining olive oil over medium-high heat. Add steak and cook, stirring once or twice, 10–12 minutes or until desired doneness. Return potatoes to skillet and heat through. Season with salt and pepper, if desired.
3. In a small bowl, combine yogurt, garlic and chili powder. Season with salt and pepper, if desired.
4. Top steak mixture with cilantro and serve with yogurt sauce for dipping.

PER SERVING: CAL 538, FAT 25G (8G SAT. FAT), CHOL 107MG, SODIUM 168MG, CARB 45G (6G FIBER, 19G SUGARS), PRO 33G



### SPAGHETTI SQUASH + MEATBALLS

**Side (per serving):** 1 cup cooked broccoli

**SERVES:** 4

**ACTIVE:** 30 MIN - **TOTAL:** 1 HR 20 MIN

- 2 tbsp. olive oil
- 1 tbsp. minced garlic
- 2 medium spaghetti squashes, halved lengthwise and seeded
- 1 cup no-salt-added pasta sauce
- ¼ cup shredded Parmesan cheese
- ¼ cup chopped fresh basil, plus whole basil leaves to serve
- ¼ tsp. crushed red pepper
- 1 12.7-oz. pkg. Gardein Classic Meatless Meatballs, prepared according to instructions
- 1 cup shredded part-skim mozzarella cheese

1. Preheat oven to 400 degrees. Combine oil and garlic in a small bowl; brush over cut sides of squash. Place squash, cut sides down, on a foil-lined baking sheet. Bake 40–45 minutes or until flesh is tender.
2. Shred squash with two forks, leaving ¼-inch flesh in each shell. Add shredded squash to a large bowl along with pasta sauce, Parmesan cheese, basil and crushed red pepper. Stir to combine and season with salt and pepper, if desired.
3. Return squash mixture to shells. Top with meatballs and mozzarella cheese. Bake 10–15 minutes or until cheese is melted.
4. Serve topped with fresh basil leaves.

PER SERVING: CAL 500, FAT 23G (5G SAT. FAT), CHOL 18MG, SODIUM 691MG, CARB 54G (14G FIBER, 14G SUGARS), PRO 27G



### CAJUN SHEET-PAN DINNER

**Side (per serving):** ¾ cup cooked wild rice

**SERVES:** 4

**ACTIVE:** 20 MIN - **TOTAL:** 35 MIN

- 1 11-oz. pkg. Al Fresco Roasted Pepper and Asiago Chicken Sausage, cut into 1-inch pieces
- 2 bell peppers, cut into 1-inch pieces
- 2 yellow squashes, cut into 1-inch pieces
- 2 zucchinis, cut into 1-inch pieces
- 2 red onions, cut into 1-inch pieces
- 2 tbsp. olive oil
- 1 tsp. Spice Hunter Cajun Creole Seasoning Blend
- 1 tbsp. minced garlic
- 8 oz. large shrimp, peeled and deveined
- Chopped parsley and lemon wedges, to serve

1. Preheat oven to 450 degrees. In a large bowl, toss together first eight ingredients and divide among two sheet pans, arranging in a single layer. Roast 8 minutes. Stir and add shrimp to pan. Roast 4–6 minutes more or until shrimp is cooked through.
2. Serve garnished with parsley and lemon wedges, if desired.

PER SERVING: CAL 507, FAT 19G (4G SAT. FAT), CHOL 131MG, SODIUM 817MG, CARB 55G (8G FIBER, 9G SUGARS), PRO 33G



### BALSAMIC BRUSCHETTA CHICKEN

**Side (per serving):** ½ cup cooked potatoes and 1½ cups mixed greens mixed with ¼ cup peach slices, ½ tsp. olive oil and ½ tsp. balsamic vinegar

**SERVES:** 4

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

- 4 small boneless skinless chicken breasts
- 2 tsp. Schnucks Italian seasoning
- 1 tsp. garlic powder
- 2 tbsp. olive oil, divided
- 4 slices part-skim mozzarella cheese
- 6 roma tomatoes, chopped
- ½ cup chopped basil, plus more to serve
- 2 tbsp. balsamic vinegar
- 1 tbsp. minced garlic
- ¼ cup balsamic glaze

1. Sprinkle chicken breasts with Italian seasoning and garlic powder. Season with salt and pepper, if desired.
2. Heat 1 tablespoon oil in a large skillet over medium-high. Add chicken and cook, turning once halfway through cooking, 12–15 minutes or until cooked through. Top with mozzarella cheese, cover and continue cooking 1–2 minutes or until cheese has melted. Remove from heat.
3. In medium bowl, toss together tomatoes, basil, vinegar, garlic and remaining oil. Season with salt and pepper, if desired.
4. Top chicken with tomato mixture and drizzle with balsamic glaze. Garnish with more basil, if desired.

PER SERVING: CAL 545, FAT 24G (6G SAT. FAT), CHOL 127MG, SODIUM 424MG, CARB 35G (4G FIBER, 16G SUGARS), PRO 47G



## BAKED EGGPLANT PARMESAN

Side (per serving): 2 oz. whole-wheat pasta

**SERVES:** 4

**ACTIVE:** 30 MIN - **TOTAL:** 2 HR

- 2 1-lb. medium eggplants, sliced lengthwise ½–¾-inch thick
- 1 tsp. salt
- 2 eggs, lightly beaten
- 1 cup panko breadcrumbs
- ½ cup grated Parmesan cheese
- 2 tsp. Schnucks Italian seasoning
- 1 tsp. garlic powder
- 2 tbsp. olive oil
- ¼ cups pasta sauce
- 1¼ cups shredded part-skim mozzarella cheese
- Fresh basil leaves, to serve

1. Place eggplant slices on a double layer of paper towels and sprinkle both sides with salt. Let stand 30 minutes then pat eggplant dry with more paper towels.
2. Preheat oven to 375 degrees. Add eggs to a shallow dish. In a second shallow dish, stir together breadcrumbs, Parmesan, Italian seasoning and garlic powder. Season with salt and pepper, if desired. Dip eggplant slices in egg then coat in panko mixture.
3. Grease a parchment-lined sheet pan with olive oil. Arrange eggplant slices on prepared pan and bake, turning once halfway through, 30–35 minutes or until tender.
4. Increase temperature to 450 degrees. Top eggplant slices with pasta sauce and mozzarella. Bake 6–8 minutes more or until cheese is golden and bubbly.
5. Garnish with basil and serve.

PER SERVING: CAL 550, FAT 19G (7G SAT. FAT), CHOL 122MG, SODIUM 664MG, CARB 72G (10G FIBER, 12G SUGARS), PRO 28G



## RASPBERRY CHOCOLATE MOUSSE

**SERVES:** 4

**ACTIVE:** 30 MIN - **TOTAL:** 12 HR 30 MIN

- 4 oz. semisweet or bittersweet chocolate, chopped
- 2 tbsp. Full Circle Unsweetened Almond Milk
- ¾ cup aquafaba (liquid from can of chickpeas)
- 3 tbsp. powdered sugar
- 3 cups raspberries, divided

1. Place chocolate in a medium microwave-safe bowl and microwave, stirring every 30 seconds, 2–3 minutes or until melted. Stir in almond milk and cool 20 minutes.
2. Add aquafaba and powdered sugar to a large bowl. Using a hand mixer, beat together 10–12 minutes or until stiff peaks form. Add chocolate mixture, a third at a time, and carefully fold in to combine after each addition.
3. Coarsely mash 2 cups raspberries in a small bowl.
4. Divide half of the mousse mixture evenly among four mason jars and top with mashed raspberries. Add remaining mousse mixture. Cover and chill 12–24 hours or until set.
5. Divide the remaining raspberries among the four jars to top each mousse.

PER SERVING: CAL 224, FAT 9G (5G SAT. FAT), CHOL 0MG, SODIUM 9MG, CARB 35G (8 FIBER, 26G SUGARS), PRO 2G



## CHOCOLATE MUG CAKE

**SERVES:** 1

**ACTIVE:** 10 MIN - **TOTAL:** 10 MIN

- ½ small ripe banana
- 3 tbsp. whole-wheat flour
- 1 tbsp. dark chocolate chips
- 1 egg white
- 1 tbsp. Full Circle Unsweetened Almond Milk
- 1 tbsp. unsweetened cocoa powder, plus additional to serve
- 2 tsp. maple syrup
- ¼ tsp. baking powder
- Light whipped topping, to serve (if desired)

1. Using a spoon or fork, mash banana in a small bowl. Add flour, chocolate chips, egg white, almond milk, cocoa powder, maple syrup and baking powder. Stir to combine.

2. Pour batter into a greased microwave-safe mug. Microwave on high 1–1½ minutes, checking doneness after 1 minute, or until cooked through.

3. To serve, top with whipped topping, if desired.

PER SERVING: CAL 265, FAT 7G (4G SAT. FAT), CHOL 0MG, SODIUM 159MG, CARB 50G (7G FIBER, 21G SUGARS), PRO 10G



## LIGHTENED-UP BANANAS FOSTER

**SERVES:** 6

**ACTIVE:** 15 MIN - **TOTAL:** 3 HR 20 MIN

- 3 cups Schnucks vanilla Greek yogurt
- 2 tbsp. maple syrup
- ¼ cup lemon juice, divided
- ¼ tsp. salt
- 6 medium bananas, halved lengthwise
- 2 tbsp. packed brown sugar
- 1½ tsp. ground cinnamon
- ¾ tsp. ground nutmeg

1. In a stand mixer or large food processor, combine yogurt, maple syrup, 2 tablespoons lemon juice and the salt. Process until smooth, scraping down edges of bowl with a rubber spatula, as needed. Transfer to a 2-quart rectangular baking dish and cover. Freeze 3 hours, stirring gently and re-covering every 30 minutes.
2. Preheat oven to 400 degrees. To a greased baking dish, add banana and drizzle with remaining lemon juice. Sprinkle with sugar, cinnamon and nutmeg. Bake 10–15 minutes or until desired doneness.
3. Serve bananas over top of frozen yogurt.

PER SERVING: CAL 215, FAT 3G (1G SAT. FAT), CHOL 4MG, SODIUM 110MG, CARB 43G (4G FIBER, 29G SUGARS), PRO 9G

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