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Simplify the season and spread some cheer with the Schnucks Rewards app!











scan here to access current digital coupons for ingredients used in this issue



'appy holidays!

When it comes to Rewards Points, are you a saver or a spender? For all you savers out there—now's the time you've been waiting for! Use the Schnucks Rewards app to check your balance and redeem those hard-earned Points when feeding the family this holiday season. Or, for all the spenders—bigger meals means bigger benefits. Enter your phone number on the pin pad or scan your in-app barcode, checkout and watch your Points add up!

And although we love seeing those Rewards roll in, our app is about so much more than Points. Follow along throughout the issue to discover how Schnucks Rewards is the ultimate holiday helper!

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we've got something for everyone!

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Check out our holiday gift



ADVERTISING SALES

Olivia Bleitz, obleitz@schnucks.com

EXECUTIVE CREATIVE DIRECTOR Erin Calvin

ART DIRECTION

Matt Zack

ASSISTANT ART DIRECTION

Janaye Clifford

CONTRIBUTING DESIGNER

Lauren Garnes

PHOTOGRAPHY

Eric Hinders, Terry Doran

PHOTO DIRECTION

Madison Beck

FOOD STYLING

Caroline Tremmel, Annie Whyte, Jessica Lucius

RECIPE DEVELOPER & CONTRIBUTING NUTRITIONIST

Elizabeth Burt

CONTRIBUTING WRITER

Dayne Logan

EDITORIAL SUPPORT

Nick Kassebaum, Kelly Kraemer, Stephanie Tolle-Crespo, Joy Petty, Allison Primo, Olivia Bleitz, Catherine Boyle

PHOTO RETOUCHING

Ben Dixon, Brian McGilvra





Enjoy more time at your table.

Share fast, easy *holiday favorites* with your family this season.















HOLIDAY YOUR WAY

WINTER WARMER • FANCY THAT! • THE CRAFTIEST CHRISTMAS COOKIES • HOLIDAY GIFT GUIDE • HOST WITH THE MOST





■ Updated Beef Stroganoff with Kluski

SERVES: 6

ACTIVE: 45 MIN - TOTAL: 1 HR 15 MIN

- 1 8-oz. container Schnucks sour cream
- 2 tbsp. black pepper
- 1/4 cup Schnucks olive oil, divided
- 2 medium sweet yellow onions, chopped
- lb. mixed sliced mushrooms (such as shiitake, button or cremini)
- 2 tsp. minced garlic
- 1 sprig fresh thyme
- 1 cup dry red wine
- 1 cup unsalted beef stock
- 2 tbsp. Schnucks unsalted butter
- 4 Certified Angus Beef flat iron steaks (about ½ lb. each)
- 12 oz. dried Schnucks Kluski Noodles Chopped fresh dill, to serve (if desired)
- 1. In a small bowl whisk together sour cream and black pepper until mixture becomes slightly thinner in consistency. Cover and refrigerate until ready to serve.
- 2. Heat 2 tablespoons oil in a large high-sided skillet over medium heat. Add onions and cook about 10 minutes or until softened and golden brown, stirring occasionally. Stir in mushrooms and continue to cook, stirring occasionally, until browned and tender, 5–8 minutes more. Stir in wine and stock, scraping up any browned bits from bottom of pan. Add thyme sprig, reduce heat to low and simmer, stirring occasionally, 30 minutes or until most of liquid has cooked off. Remove thyme sprig, add butter and stir until completely melted. Season with salt and pepper, if desired. Remove mixture from pan and keep warm.
- 3. Meanwhile, remove steaks from refrigerator and allow to reach room temperature. Prepare noodles according to package directions. Toss cooked noodles with mushroom mixture and keep warm.
- 4. Wipe skillet clean and return to range with remaining oil; heat over medium-high heat until shimmering. Season steaks with salt and pepper, if desired. Working in batches if necessary, cook steaks until desired doneness. Transfer to a cutting board and let rest 5 minutes. Slice against the grain.
- **5.** Serve noodle mixture topped with peppered sour cream, sliced steak and fresh dill, if desired.

PER SERVING: CAL 709, FAT 33G (12G SAT. FAT), CHOL 176MG, SODIUM 158MG, CARB 50G (3G FIBER, 7G SUGARS), PRO 46G



SERVES: 6

ACTIVE: 25 MIN - TOTAL: 40 MIN

- lb. plant-based vegan ground beef (such as Beyond Beef)
- ½ cup Schnucks panko breadcrumbs
- ½ cup frozen chopped spinach, thawed and squeezed of excess moisture
- 1/4 cup finely diced onion
- 2 tbsp. aquafaba (liquid from can of chickpeas) or 1 egg
- 2 tsp. minced garlic
- 1 tsp. crushed red pepper (if desired)
- ½ tsp. salt
- 1 16-oz. box Schnucks dried spaghetti
- 1 24-oz. jar pasta sauce of choice Chopped fresh parsley (if desired)
- 1. Preheat oven to 425 degrees. In a medium bowl combine first eight ingredients, working together with your hands until well mixed. Form into 18 meatballs (about 1¼ inches in diameter) and arrange on a sheet pan. Lightly coat meatballs with nonstick cooking spray.

 2. Bake 10–12 minutes or until browned and firm, turning once halfway through.
- 3. Meanwhile, prepare spaghetti according to package directions and heat pasta sauce in a pot. Serve pasta topped with meatballs and sauce. Garnish with chopped parsley, if desired.

PER SERVING: CAL 552, FAT 9G (2G SAT. FAT), CHOL 151MG, SODIUM 977MG, CARB 80G (7G FIBER, 11G SUGARS), PRO 37G

Winter Orange Chicken ▶

SERVES: 4

ACTIVE: 30 MIN - TOTAL: 1 HR

- 1 cup cranberry juice
- 2 tbsp. Schnucks olive oil
- 2 tsp. minced garlic
- 2 tsp. minced ginger
- 2 tsp. chopped fresh rosemary, plus additional sprigs for garnish
- 4 Schnucks bone-in chicken thighs
- 2 oranges, peeled (if desired) and sliced crosswise Fresh parsley leaves, to garnish (if desired)
- 1. In a small saucepan bring cranberry juice to a boil. Reduce heat to low and simmer 15-20 minutes or until juice has reduced to about 1/4 cup. Remove from heat and set aside.
- 2. Preheat oven to 375 degrees. Heat a large ovenproof skillet over mediumhigh heat. In a small bowl combine olive oil, garlic, ginger, rosemary and salt. Rub chicken with oil mixture and place, skinside down, onto skillet. Cook 3-4 minutes or until browned. Flip chicken, transfer skillet to oven and bake 15 minutes.
- 3. Add oranges to skillet. Bake 10–15 minutes more or until chicken reaches an internal temperature of 165 degrees.
- 4. Transfer chicken and oranges to a platter; let cool slightly. Meanwhile, pour pan juices into saucepan with cranberry reduction and cook over medium-high heat, stirring frequently, just until warmed through. Pour over top of chicken and oranges. Garnish with rosemary sprigs and/or parsley, if desired. Serve immediately.

PER SERVING: CAL 330, FAT 21G (5G SAT. FAT), CHOL 79MG, SODIUM 1382MG, CARB 18G (2G FIBER, 14G SUGARS), PRO 17G



with Quesadilla Strips

SERVES: 8

ACTIVE: 25 MIN - TOTAL: 50 MIN

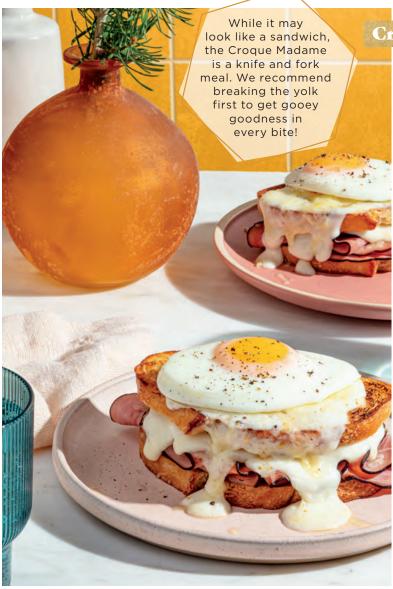
- 12 oz. fresh tomatillos, husked
- 2 tbsp. Schnucks olive oil
- 1½ lb. boneless pork shoulder roast, trimmed of fat and cut into 3/4-inch pieces
 - 1 large onion, chopped
 - 15-oz. can white beans, drained and rinsed
 - 1 14.5-oz. can Schnucks chicken broth
 - 1 4-oz. can diced green chiles
 - 2 tsp. minced garlic
 - tsp. ground cumin
 - Schnucks 6-inch flour tortillas
- 2 cups Schnucks shredded Mexican-style cheese of choice
- 1½ cups chopped fresh spinach
 - 2 tbsp. chopped fresh cilantro, plus more to serve
 - 2 tsp. lime juice

Sour cream, to serve (if desired)

- 1. Preheat broiler. Spread tomatillos onto a sheet pan and broil 5-8 minutes, turning occasionally, until blistered and charred on all sides. Cool completely, transfer to a food processor and mix until smooth.
- 2. Heat oil in a large pot over medium-high heat. Add pork and onion to pot and cook until browned. Stir in beans, broth, chiles, garlic, cumin and the tomatillo purée. Bring to a boil, reduce heat and simmer, covered, 30-40 minutes or until pork is tender.
- 3. Meanwhile, heat a large skillet over medium heat. Place one tortilla on the skillet and top with 1 cup cheese and another tortilla. Cook about 5 minutes or until cheese is melted and tortillas are golden brown, turning once halfway through. Repeat with remaining tortillas and cheese. Cut into strips.
- 4. Just before serving, stir spinach, cilantro and lime juice into chili. Serve with quesadilla strips, additional cilantro and sour cream, if desired.

PER SERVING: CAL 557, FAT 33G (13G SAT. FAT), CHOL 120MG, SODIUM 733MG, CARB 25G (4G FIBER, 4G SUGARS), PRO 39G





Croque Madame

SERVES: 4

ACTIVE: 25 MIN - TOTAL: 35 MIN

- 6 tbsp. Schnucks unsalted butter, divided
- 2 tbsp. all-purpose flour
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1½ cups milk
- 1/8 tsp. nutmeg
- 1 bay leaf
- 8 oz. shredded Gruyere cheese, divided
- 8 slices sourdough bread
- 2 tbsp. Schnucks Dijon mustard
- 12 oz. sliced deli ham
- 4 eggs
- 1. Preheat oven to 450 degrees. To make bechamel, melt 2 tablespoons butter in a small saucepan over medium heat. Add flour, salt and pepper; whisk until combined. Whisk in milk and nutmeg, add bay leaf and cook, stirring frequently, until thickened and bubbly. Discard bay leaf. Remove from heat, stir in 1 cup cheese and set aside.
- 2. Spread 1 teaspoon butter on one side of each bread slice and arrange, butter-side down, on a sheet pan. Spread mustard on half of the bread slices and top with ham. Evenly divide ½ cup cheese among remaining bread slices.
- 3. Bake on the bottom rack 4–5 minutes or until bread has toasted and cheese has melted.
- Meanwhile, in a skillet, fry eggs in remaining butter until desired doneness. Season with salt and pepper, if desired.
 Remove sheet pan from oven and preheat broiler.
- Evenly spread half of the bechamel over ham, then top with remaining bread slices, cheese-side down, to make sandwiches.
- 6. Evenly top sandwiches with remaining bechamel and cheese. Broil 1–2 minutes or until bubbly and browned. Top each sandwich with a fried egg and serve immediately

PER SERVING: CAL 805, FAT 47G (26G SAT. FAT), CHOL 347MG, SODIUM 1693MG, CARB 49G (2G FIBER, 5G SUGARS), PRO 50G

Apple Cider Poutine Salad (pg. 3)

SERVES: 6

ACTIVE: 30 MIN - TOTAL: 40 MIN

- ½ 26-32-oz. bag frozen French fries
- 10 oz. chopped fresh kale, washed
- 5 tbsp. Schnucks unsalted butter, divided
- 1 large shallot, finely chopped
- 1½ tsp. chopped fresh sage
 - 1 tsp. minced garlic
 - 3 tbsp. all-purpose flour
- 1½ cup Schnucks low-sodium chicken broth
 - 1 cup apple cider or juice
- 3 tbsp. apple cider vinegar, divided
- 1 tbsp. Schnucks olive oil
- 1½ cups cheese curds
 - cup shredded Schnucks rotisserie chicken, warmed

- **1.** Prepare French fries according to package directions. Keep warm.
- 2. In a small saucepan melt 4 tablespoons butter over medium heat. Add shallot, sage and garlic. Cook, stirring occasionally, about 8 minutes or until shallots are just crisp-tender. Season with salt and pepper, if desired.
- 3. Sprinkle shallots with flour and cook, stirring frequently, 1–2 minutes more. Gradually whisk in broth, apple cider and 2 tablespoons vinegar. Bring mixture to a boil, reduce heat to low and simmer, stirring often, about 5 minutes or until thickened.
- Meanwhile, in a large nonstick skillet melt remaining butter over medium heat. Add kale, cover and cook 1 minute. Uncover. Cook, stirring frequently, 1 minute more or until just wilted. Toss with remaining vinegar. Season with salt and pepper, if desired.
 Transfer kale to a serving bowl. Top with French fries, cheese curds and rotisserie chicken. Drizzle with cider gravy and serve immediately.

PER SERVING: CAL 427, FAT 28G (13G SAT. FAT), CHOL 42MG, SODIUM 421MG, CARB 32G (3G FIBER, 6G SUGARS), PRO 16G



VEGETABLES FOR THE SKILLET









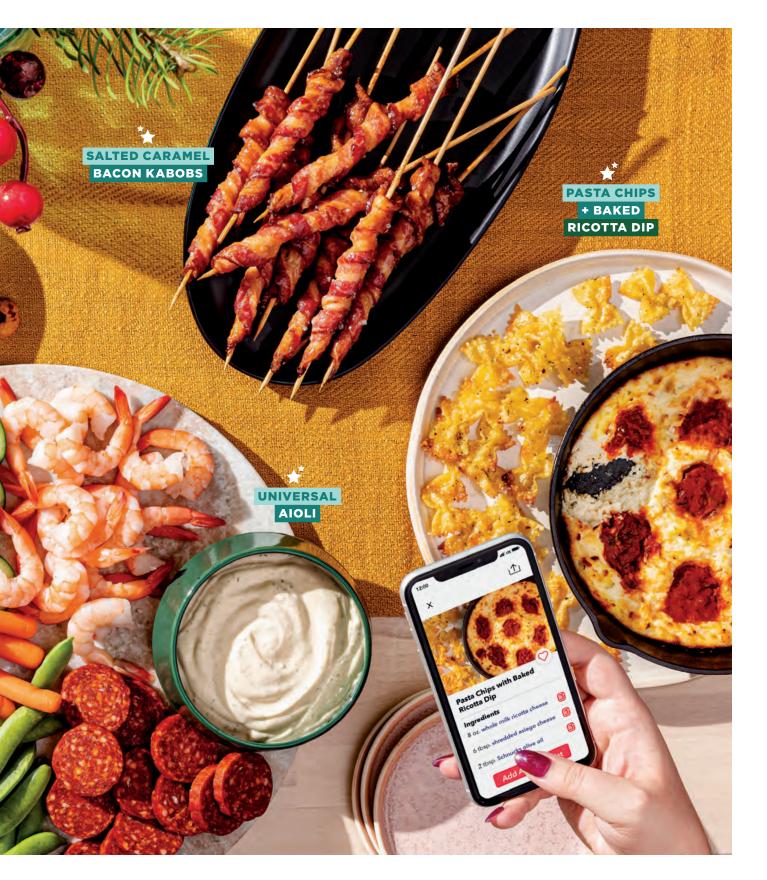


In the freezer aisle.

pictsweetfarms.com



By sprucing up the simplest of ingredients, these easy hors d'oeuvres add holiday sparkle to any gathering, whether it's Christmas with the family or Tuesday with friends.



'appy holidays!

See a recipe you like? Instantly add the ingredients to your shopping list in the Schnucks Rewards app.

Learn more on pg. 29





ACTIVE: 10 MIN - TOTAL: 20 MIN

- 4 cups unsalted mixed nuts
- 1/4 cup Schnucks pure maple syrup
- 2 tbsp. Schnucks olive or canola oil
- tbsp. finely chopped fresh rosemary
- 1 tbsp. finely chopped fresh thyme
- 1 tsp. minced garlic
- 1/4 tsp. cayenne pepper
- 1 tbsp. flaky sea salt

Preheat oven to 350 degrees. In a large bowl combine first seven ingredients and toss to coat. Spread onto a parchment-lined sheet pan. Bake 12-15 minutes or until toasted, stirring occasionally, Immediately transfer nuts to a bowl and toss with sea salt. Let cool 5-10 minutes. Serve warm or at room temperature.

PER SERVING: CAL 209, FAT 19G (3G SAT. FAT), CHOL 0MG, SODIUM 352MG, CARB 11G (2G FIBER, 4G SUGARS), PRO 5G

Figs in a Blanket

SERVES: 12

ACTIVE: 25 MIN - TOTAL: 40 MIN

- 12 dried mission figs, halved lengthwise
- 34 cup dry red wine
- 3 tbsp. Schnucks honey
- 1 tsp. crushed red pepper flakes
- 1 cinnamon stick
- 1 8-oz. can Schnucks crescent rolls
- 1/4 cup gorgonzola cheese
- 1 large egg

Sesame seeds or poppy seeds

- 1. Preheat oven to 375 degrees. In a small saucepan stir together figs, wine, honey, red pepper and the cinnamon stick. Bring to a boil, reduce heat to low and simmer 10 minutes or until figs are softened. Remove figs with a slotted spoon, reserving wine mixture. Discard cinnamon stick.
- 2. Unroll dough, separate into eight triangles and cut each lengthwise into three narrow triangles. Spread ½ teaspoon gorgonzola on each triangle and top with a fig half. Roll pastry around fig and press to seal. Arrange point-side down on a parchment-lined sheet pan.
- 3. Beat egg with 1 tablespoon water in a small bowl. Brush top of each pastry with egg wash and sprinkle with seeds. Bake
- 11-14 minutes or until golden brown.
- 4. Serve warm with reserved wine mixture for dipping, if desired.

PER SERVING: CAL 148, FAT 5G (2G SAT. FAT), CHOL 18MG, SODIUM 194MG, CARB 20G (1G FIBER, 10G SUGARS), PRO 3G

Pasta Chips with Baked Ricotta Dip

ACTIVE: 25 MIN - TOTAL: 45 MIN

- 8 oz. whole milk ricotta cheese
- tbsp. shredded asiago cheese, divided
- tbsp. Schnucks olive oil
- 1½ tsp. garlic powder, divided
- 1½ tsp. chopped fresh thyme
 - 1 tsp. lemon zest
- ½ tsp. crushed red pepper
- 1/4 cup Schnucks marinara sauce
- 8 oz. Schnucks bowtie pasta
- 1 tsp. Italian seasoning
- ½ tsp. salt
- 1. Preheat oven to 400 degrees. In a large bowl stir together ricotta, 2 tablespoons shredded asiago, olive oil, ½ teaspoon garlic powder, thyme, lemon zest and red pepper.
- 2. Transfer mixture to a small baking dish. Using a spoon, make indents in top of cheese and fill with marinara. Bake 15-20 minutes or until bubbly and lightly browned.
- 3. Meanwhile, cook pasta to al dente according to package directions. Drain and toss with remaining asiago and garlic powder, the Italian seasoning and salt.
- 4. For an air fryer, working in batches if needed, cook at 400 degrees, tossing occasionally, 10-12 minutes or until pasta is golden brown and crisp. Or, for an oven, bake in a single layer on a parchment-lined sheet pan at 375 degrees for 18-20 minutes.
- 5. Serve pasta chips with baked ricotta dip.

PER SERVING: CAL 209, FAT 9G (4G SAT, FAT). CHOL 20MG, SODIUM 249MG, CARB 24G (1G FIBER, 1G SUGARS), PRO 8G

Universal Aioli

SERVES: 8

ACTIVE: 10 MIN - TOTAL: 45 MIN

- 4-6 large cloves garlic
- 3 tbsp. Schnucks olive oil, divided
- 1/2 cup Schnucks mayonnaise
- 2 tbsp. lemon juice
- 1 tbsp. finely chopped shallot
- 1/4 tsp. cayenne pepper
- 1 tbsp. chopped fresh parsley
- 1. Preheat oven to 400 degrees. Arrange garlic cloves on a parchment-lined sheet pan and toss with 1 tablespoon olive oil.
- 2. Roast 35-40 minutes or until garlic feels soft when squeezed. Let cool.
- 3. Squeeze cooked garlic out of the cloves into a food processor. Add mayonnaise, lemon juice, shallot, cayenne pepper and the remaining olive oil; mix until smooth. Stir in parsley. Season with salt and pepper, if desired. Serve immediately or cover and refrigerate up to 5 days.

PER SERVING: CAL 139, FAT 15G (2G SAT. FAT), CHOL 5MG, SODIUM 71MG, CARB 1G (0G FIBER, OG SUGARS), PRO OG

Salted Caramel Bacon Kabobs

SERVES: 8

ACTIVE: 25 MIN - TOTAL: 45 MIN

- 2 tbsp. Schnucks unsalted butter
- 1/4 cup packed brown sugar
- 1 tbsp. light corn syrup
- 2 tbsp. heavy whipping cream
- 1 tsp. vanilla extract
- 1 16-oz. package thick-cut bacon
- 16 8–10-inch wood skewers, soaked 30 min.
- 1 tsp. flaky sea salt
- 1. Preheat oven to 400 degrees. In a small saucepan melt butter over medium-low heat. Add brown sugar and corn syrup; cook, stirring frequently, until sugar has melted and mixture is bubbly. Stir in whipping cream and vanilla, remove from heat and set aside.
- 2. Place a wire rack onto a foil-lined sheet pan. Thread or wrap each bacon slice onto a skewer and place onto rack. Bake 15 minutes.
- 3. Brush bacon with caramel mixture, turning to coat each side. Bake 5 minutes more. Immediately sprinkle with salt and serve.

PER SERVING: CAL 334, FAT 30G (11G SAT. FAT), CHOL 51MG, SODIUM 712MG, CARB 9G (0G FIBER, 8G SUGARS), PRO 7G

NYC Breakfast 7-Layer Dip

SERVES: 16

ACTIVE: 25 MIN - TOTAL: 2 HR 25 MIN

- ½ cup Schnucks Dill Dip
- 4 oz. Schnucks cream cheese, softened
- 2 tsp. lemon zest
- 1 lb. smoked salmon, divided
- ½ cup chopped radishes
- ½ cup finely chopped red onion
- ½ cup thinly sliced cucumber
- ½ cup chopped tomato
- 1/4 cup coarsely chopped capers
- 2 tbsp. sliced fresh chives Everything bagel chips, to serve
- 1. Add dill dip, cream cheese and lemon zest to a medium bowl and beat with an electric mixer until well combined.
- 2. Line a 6-inch round cake pan or baking dish with plastic wrap. Press a third of the salmon into an even layer across bottom of pan. Spread half of the cream cheese mixture evenly over salmon. Sprinkle radishes and onion over cream cheese mixture, pressing down lightly. Top with half of remaining salmon. Arrange cucumber slices over salmon, then scatter tomatoes and capers over cucumber. Spread remaining cream cheese mixture over top and finish with a final layer of salmon. Cover dip with plastic wrap and chill 2-24 hours.
- 3. Uncover dip and carefully invert onto a plate. Remove pan and peel away plastic. Top with chives and serve with bagel chips.

PER SERVING: CAL 77, FAT 5G (2G SAT. FAT), CHOL 14MG, SODIUM 701MG, CARB 2G (0G FIBER, 1G SUGARS), PRO 6G





the craftiest christmas cookies

Starting with your tried-and-true sugar cookie recipe, we'll show you how to create edible works of art that are as fun for your family to make as they are to eat!

Need a cookie recipe?

Find one in the Schnucks Rewards app or at Schnucks.com



1. Sift 3% cups powdered sugar and 3½ tablespoons meringue powder into the bowl of a stand mixer fitted with a paddle attachment. Mix on the lowest setting for 1 minute. Add 6 tablespoons warm water then 2 tablespoons light corn syrup. Increase speed to medium and continue to mix 5-6 minutes or until soft, glossy peaks form. If icing is too stiff, add 1-2 more tablespoons warm water and mix.



2. Remove bowl from mixer and—using a rubber spatula—stir in warm water, 1 teaspoon at a time, until icing reaches the proper consistency. To test, pick up some icing with your spatula and drop it back into the bowl. It should take 15-20 seconds to sink back into the bowl and for the surface of the icing to smooth back out. Let icing sit 20-30 minutes. Pop any bubbles that have formed on the surface with a toothpick.



3. Transfer icing to a piping bag fitted with a coupler and a small, round tip. If there is icing left over in the bowl, cover with a damp paper towel and plastic wrap until ready to use to keep it from drying out. Outline the cookies with icing by piping a thin border along the edges. Let set for a few minutes.



4. After cookies have been outlined, flood completely by filling with icing. If necessary, use a toothpick to help pull the frosting to the edges (and pop any air bubbles). Transfer finished cookies to paper towels and allow to set for at least 12 hours or overnight. Make sure icing is completely dry before moving onto the next step.



5. Cover workspace with newspaper or paper towels. Gather several small bowls and some food-safe paint brushes. Add a little clear extract of choice (such as vanilla, almond or lemon) to one of the bowls and set aside. Make different shades of "paint" by dividing varying amounts of gel food coloring among several bowls; mix each with a few drops of the extract to thin out. For a darker hue, use more food coloring (and vice-versa).



6. Paint colors onto the iced cookies in any pattern you'd like; overlapping, alternating shades and thinning with clear extract as desired. For a speckled design, add some "paint" or extract to your brush and tap the handle to flick spots onto cookies. If desired, add finishing touches by decorating with sprinkles, sanding sugar, edible glitter, food paint, etc. while the cookies are still wet. Let dry at least 2 hours.



Need help finding an ingredient? Just search for it in the app. Not only will we tell you which aisle and section to find it in, but we'll also let you know if there are any coupons or promotions!

Aisle 7, Section B5



Whether you're buying for a chocoholic, a sports fan or that special someone in your life, Schnucks has you covered! Use this guide to find a gift for everyone on your list—no need to check it twice.

1. For that Special Someone: An artfully arranged bouquet from Schnucks Floral

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- **2. For the Wine Drinker:**Bottles from local wineries such as St. James and Syncopation
- **3. For the Coffee Craver:** Kaldi Columbia Community Whole-Bean Coffee
- **4. For the Sports Fan:**A St. Louis sports-inspired tee from Arch Apparel
- **5. For the Chocoholic:** Culinaria Chocolate Bars
- **6. For the Home Chef:** A Do-It-All Spice Blend (like the one used for the ribs on pg. 24)
- **7. For Santa's Helpers:** Schnucks Gooey Butter Cookies

- 8. For the Mindful Midnight Snacker: Vegan snacks like Savory Wild Portabella Jerky, Unreal Almond Butter Cups and Bada Bean Bada Boom Crunchy Broad Beans
- 9. For the Hot Head:
 Bottles of craft hot sauce
 like 314 Hot Sauce, Sriracha
 Grenada, Mike's Hot Honey and
 Siete Hot Sauce
- 10. For the Easy-Going
 Entertainer: Cheeseboard Kit
- **11. For the Plant Parent:** A beautiful, live poinsettia from Schnucks Floral
- **12. For the Self-Care Seeker:** Home spa items like Smith & Vandiver Bath Bombs, Burt's Bees Face Masks and Olay Regenerist Night Recovery Cream

- **13. For the Craft Beer Enthusiast:** Beer from local breweries like Urban Chestnut and 2nd Shift
- **14. For the Bourbon-Lover:** Fig, Cinnamon and Rosemary Infused Bourbon (recipe above)
- **15. For your Work Bestie:** The Foundry Fit & Fresh Camo Lunchbox with Snack Containers
- **16. For the Traveler:** Reduce 34 oz. Insulated Flask
- **17. For Charity:** Donate your Rewards Points to charity in the Schnucks Rewards app. Learn more on page 29.
- 18. For Everyone Else:

A Schnucks Gift Card never goes out of style. Plus, you'll earn 5x points on gift card purchases—once in November and once in December.

host with the most

Looking to accommodate different diets as a holiday host? Use the Wellness Guide in the Schnucks Rewards app to find everything from gluten-free breadcrumbs to vegetarian sausage. Follow the steps below to get started!



HOW TO FILTER:



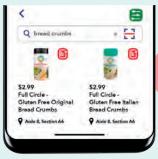
Open the app and tap the search bar.



Tap on the filter icon in the top right corner to view all the ways you can search based on specific dietary needs.



Select what meets your needs and close the filter window.



Search for the ingredients you need to view the items that will work for you and your guests.



VIEW THE ATTRIBUTES OF **EACH INGREDIENT:**

Not sure if an ingredient you have is suitable for your quests? Search for the item (or scan its barcode) and tap to view its wellness icons. Learn more about the scanning feature on page 29.



Scroll down to view its nutrition and ingredient information.



attribute guide

Tap Learn More in the Wellness Guide to view the rest of our attributes.



Products that contain 95% or more certified organic ingredients.



Products that are declared gluten free on the package by the manufacturer.

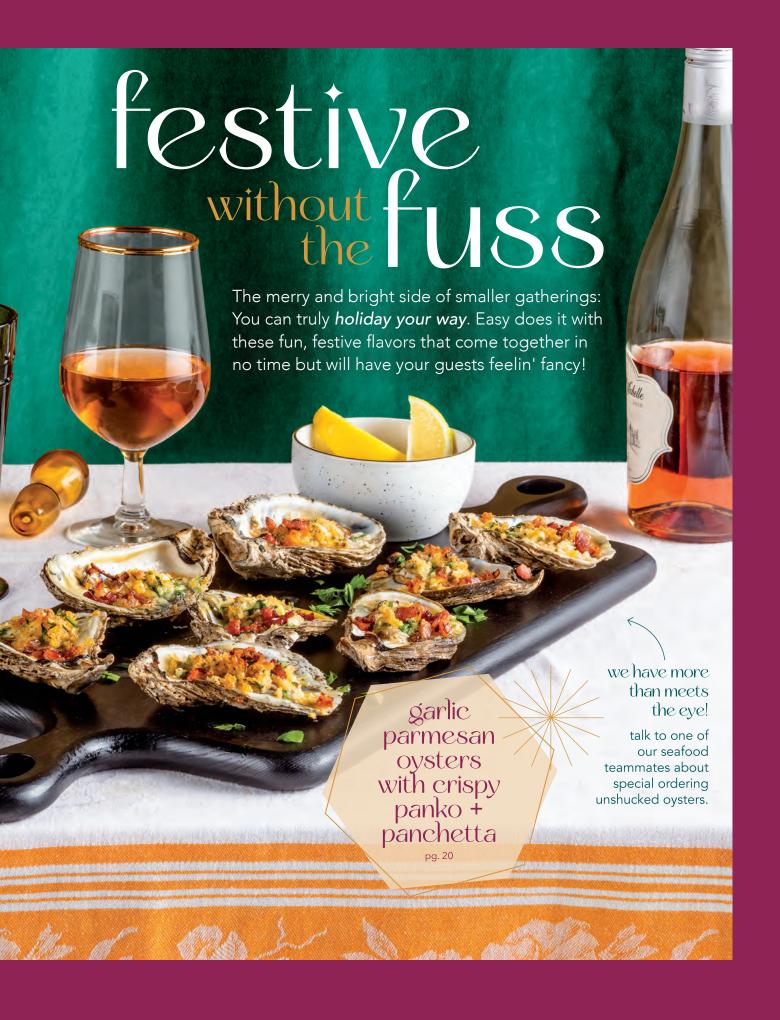


Products that are declared vegetarian or vegan on the package by the manufacturer.



SCAN AND FOLLOW THE DIRECTIONS **ABOVE TO UTILIZE** THE WELLNESS GUIDE





SPICY MAPLE ROASTED CARROTS + CITRUS

SERVES: 6

ACTIVE: 20 MIN - TOTAL: 55 MIN

- 2 lbs. multicolor carrots, unpeeled, halved if large, tops trimmed to
- 1 tbsp. Schnucks olive oil
- 1/4 cup unsalted butter
- 1/4 cup Schnucks maple syrup
- ½ tsp. ground cayenne pepper Juice and zest of one lime, divided
- 11/2 lbs. mixed citrus fruits, sliced 1/8-inch thick, seeds removed
- 1/4 cup candied pecans, coarsely chopped
- 1/4 cup roasted pepitas (shelled pumpkin seeds) Mint leaves, to garnish (if desired)
- 1. Preheat oven to 425 degrees. Toss carrots with olive oil and arrange in a single layer on a rimmed, parchment-lined sheet pan. Season with salt and pepper, if desired. Roast 20 minutes.
- 2. Meanwhile, in a small saucepan combine butter, maple syrup, cayenne and lime juice. Cook over medium-high heat, stirring occasionally, until foamy, 3-5 minutes.
- 3. Remove pan from oven; add citrus and turn carrots. Drizzle butter mixture over top of produce and roast until browned, glazed and tender, 15-20 minutes more.
- 4. Arrange citrus and carrots on a serving platter and sprinkle with pecans, pepitas, lime zest and mint leaves, if desired. Serve immediately.

PER SERVING: CAL 303, FAT 15G (6G SAT. FAT), CHOL 20MG, SODIUM 136MG, CARB 41G (8G FIBER, 28G SUGARS), PRO 4G

CAESAR SALAD PIZZA WITH CRISPY PARMESAN

SERVES: 6

ACTIVE: 30 MIN - TOTAL: 45 MIN

- 1 small red onion, thinly sliced
- ½ cup finely shredded Parmesan cheese, plus additional for serving (if desired)
- 1 Schnucks Thick Pizza Crust
- 1½ cups Schnucks shredded mozzarella cheese
 - 3 cups chopped romaine, kale, spinach and/or radicchio
- ½ cup Schnucks Caesar Dressing
- 1. Preheat oven to 400 degrees. Place sliced onion in a medium bowl, cover with ice water and set aside (this helps to mellow the bite of the raw onion). On a parchment-lined sheet pan, spread Parmesan into an 8-inch circle and bake about 10 minutes or until lightly browned and crisp. Transfer cheese crisp to a wire rack and let cool.
- 2. Increase heat to 500 degrees. Top pizza crust with mozzarella, leaving a 1-inch border. Place directly on middle oven rack and bake 5 minutes or until cheese is melted.
- 3. Meanwhile, drain onion and pat dry with paper towels. Add to a large bowl along with salad greens and dressing; toss to coat.
- 4. Remove pizza from oven and immediately top with salad mixture. Break cheese crisp into large pieces and scatter over top. Serve topped with cracked black pepper and additional shredded Parmesan, if desired.

PER SERVING: CAL 312, FAT 19G (6G SAT. FAT), CHOL 23MG, SODIUM 729MG, CARB 22G (1G FIBER, 3G SUGARS), PRO 13G

GARLIC PARMESAN OYSTERS WITH CRISPY PANKO + PANCETTA

SERVES: 12

ACTIVE: 30 MIN - TOTAL: 40 MIN

- 24 oysters in shells Coarse salt (if desired)
- ½ cup panko breadcrumbs
- 1/4 cup grated or shredded Parmesan cheese
- 1/4 cup chopped fresh parsley, divided, plus more to serve
- 3 tbsp. Schnucks olive oil, divided
- 1 tbsp. minced garlic, divided
- 1 tsp. lemon zest
- ½ tsp. ground cayenne pepper
- 1 stick unsalted butter, softened
- 1 4-oz. package chopped pancetta
- 1 large shallot, finely diced Lemon wedges, to serve
- 1. Shuck oysters. Run knife along inside of bottom shell to loosen meat, retaining as much juice as possible. Discard top shells. Place on a rimmed sheet pan (if necessary to keep oyster shells steady, fill pan with a shallow layer of coarse salt first). Set aside.

- 2. In a medium bowl toss together panko, cheese, half of parsley, 2 tablespoons olive oil, half of garlic, lemon zest and cayenne. In a separate bowl combine butter, remaining parsley and remaining garlic. Season both mixtures with salt and pepper, if desired.
- 3. Preheat broiler. Top each oyster with about 1 teaspoon butter mixture then a pinch of panko mixture. Broil until panko is golden brown, 4-5 minutes.
- 4. Meanwhile, heat remaining olive oil in a medium skillet over medium-high heat. Sauté pancetta and shallot until browned and crisp, about 5 minutes.
- 5. Remove oysters from oven and top with pancetta mixture. Garnish with more chopped parsley and serve with lemon wedges.

PER SERVING: CAL 162, FAT 15G (7G SAT. FAT), CHOL 39MG, SODIUM 206MG, CARB 3G (0G FIBER, 0G SUGARS), PRO 4G



the best baked potato bar \ | /

SERVES: 10

ACTIVE: 10 MIN - TOTAL: 1 HR 10 MIN

10 medium russet and/or sweet potatoes, scrubbed Schnucks olive oil Coarse salt and pepper

Position rack in middle of oven and preheat to 475 degrees. Prick potatoes all over with a fork, then rub with olive oil, salt and pepper. Place directly on rack and bake about 1 hour or until outsides are crisp and insides are tender. Serve warm with toppings of choice.

tasty toppings

- Whipped Herb Butter
 - Using an electric mixer, beat together 2 sticks of butter, ¼ cup chopped fresh chives, 2 tbsp. minced fresh rosemary, 2 tbsp. minced fresh thyme and 1 tsp. minced garlic until light and fluffy, about 5 minutes. Serve at room temp.
- Peppered Blue Cheese Sour Cream Stir together 16 oz. sour cream, ½ cup crumbled blue cheese and black pepper to taste. Refrigerate at least 2 hours before serving.
- Crispy Shallots
- Slice shallots into very thin rings. Add to a saucepan and submerge in vegetable oil. Cook over medium-low heat until browned and crisp, about 20 minutes. Using a slotted spoon, transfer shallots to paper towels to drain. Season with salt and let cool.
- Cured Italian Sausage
- Mixed Olives
- Fresh Sliced Scallions
- Fresh Dill fronds
- Hot Honey
- Coarse Salt + Pepper





SWEET + SPICY BALSAMIC RIBS

SERVES: 10

ACTIVE: 35 MIN - TOTAL: 2 HR 30 MIN

½ cup packed brown sugar, divided

- 2 tbsp. Chinese five-spice powder
- 1 tbsp. ancho chili powder
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. garlic powder
- 1 tsp. dried thyme
- 1 tsp. kosher salt
- ½ tsp. dried ginger
- 2 3-lb. racks St. Louis-style ribs, membrane removed
- 2 cups orange juice, divided
- 2 tsp. Schnucks olive oil
- 1 large shallot, finely diced
- ½ cup balsamic vinegar
- 2 tbsp. whole-grain mustard Fresh parsley, thyme, rosemary and/ or orange zest, to garnish

Save time by asking your butcher to remove the membrane from your rack of ribs.

- 1. Place racks in upper third and middle of oven; preheat to 300 degrees. In a small bowl combine half of brown sugar and next eight ingredients to make a rub. Place ribs, meat side up, on a broiler-safe rack set inside a large, rimmed sheet pan and coat with spice rub. Pour 1½ cups orange juice into pan and cover tightly with foil. Bake on middle rack until ribs are very tender and bones are exposed, 2–2½ hours.
- 2. Meanwhile, heat olive oil in a medium saucepan over medium heat. Add shallot and cook, stirring occasionally, until softened, about 5 minutes. Add balsamic, mustard, remaining orange juice and remaining brown sugar. Bring to a simmer over medium heat and cook, stirring often, until thickened, 7–10 minutes.
- 3. Remove ribs from oven and heat broiler. Brush tops of ribs with balsamic glaze. Broil 1–2 minutes or until browned. Flip ribs, brush with glaze and return to oven. Broil 1–2 minutes or until this side is also browned. Flip ribs again and brush with remaining glaze. Broil 1–2 minutes more or until glaze begins to caramelize.
- **4.** Transfer ribs to a cutting board and let rest 5 minutes. Cut ribs between bones to separate. Arrange on a serving platter layered with fresh herbs and topped with orange zest. Serve immediately.

PER SERVING: CAL 609, FAT 33G (7G SAT. FAT), CHOL 201MG, SODIUM 399MG, CARB 21G (0G FIBER, 17G SUGARS), PRO 53G





FRESH FENNEL + APPLE SLAW

SERVES: 8

ACTIVE: 10 MIN - TOTAL: 25 MIN

- 1/4 cup Schnucks canola oil
- 1/4 cup apple cider vinegar
 Juice and zest of one lemon
- 1 tbsp. Schnucks maple syrup
- 1 tsp. celery seeds
- 1 10-oz. bag shredded green cabbage
- 1 medium honeycrisp apple, cored and cut into matchsticks
- 1 fennel bulb, thinly shaved, fronds reserved for garnish (if desired)
- 1 small red onion, thinly sliced
- ½ cup chopped fresh parsley

In a large bowl whisk together first five ingredients. Add remaining ingredients (except fennel fronds) and toss to coat. Season with salt and pepper, then garnish with fennel fronds, if desired. Refrigerate at least 15 minutes before serving.

PER SERVING: CAL 106, FAT 7G (1G SAT. FAT), CHOL 0MG, SODIUM 25MG, CARB 11G (3G FIBER, 7G SUGARS), PRO 1G







STOVE-TOP WHITE LASAGNA

SERVES: 8

ACTIVE: 20 MIN - TOTAL: 45 MIN

- 3 tbsp. Schnucks olive oil
- 12 oz. assorted mushrooms, trimmed and coarsely chopped
- 1 large shallot, finely diced
- 2 tbsp. chopped fresh oregano leaves, plus more for garnish
- 2 tbsp. unsalted butter
- 2 tsp. minced garlic
- 2 tbsp. all-purpose flour
- 3 cups milk
- 1 tsp. kosher salt
- ½ tsp. black pepper
- 1/4 cup Schnucks sour cream
- 8 oz. dried lasagna noodles, broken in half
- cup Schnucks shredded Italian six-cheese blend Finely shredded Parmesan cheese, to serve
- 1. In a large high-sided ovenproof skillet, heat 3 tablespoons oil over medium-high heat. Sauté mushrooms and shallot 6–8 minutes or until just tender and browned. Stir in oregano and season with salt and pepper, if desired. Remove from skillet and set aside.
- 2. Return skillet to range and heat butter over medium heat. Sauté garlic 1 minute. Sprinkle flour over top and continue to cook, stirring frequently, until golden, about 1 minute more.
- 3. Whisk in milk, 1½ cups water, salt and pepper. Bring to a gentle boil, then reduce heat to low and whisk in sour cream. Add one-third of the noodles, pushing down into sauce to submerge, followed by a third of the mushrooms. Repeat with half of remaining noodles and mushrooms, setting remaining mushrooms aside. Top with remaining noodles. Bring to a simmer; cover and cook about 20 minutes or until noodles are all dente.
- **4.** Preheat broiler. Top lasagna with Italian cheese blend and reserved mushrooms. Broil until cheese is bubbly and browned, 2–3 minutes.
- 5. Remove from oven and let stand at least 10 minutes. Serve topped with Parmesan, additional fresh oregano and more black pepper.

PER SERVING: CAL 311, FAT 16G (7G SAT. FAT), CHOL 28MG, SODIUM 422MG, CARB 30G (2G FIBER, 2G SUGARS), PRO 12G

CITRUS KAHLÚA TWIST

SERVES: 1

ACTIVE: 5 MIN - TOTAL: 5 MIN

- 2 oz. Kahlúa
- 1 oz. creme de cacao
- 1 oz. bourbon or rye whiskey
- ½ oz. spiced simple syrup (recipe below)
- 1 large egg white or 1 tbsp. aquafaba (liquid from can of unsalted chickpeas) Squeeze of fresh orange Orange peel (if desired) for garnish
- Combine Kahlúa, creme de cacao, whiskey, simple syrup, egg white and a squeeze of orange in a cocktail shaker.
 Shake until foamy, then add ice and shake
- Shake until foamy, then add ice and shake until chilled. Strain into serving glass. If desired, garnish with an orange peel.

PER SERVING: CAL 460, FAT 0G (0G SAT. FAT), CHOL 0MG, SODIUM 64MG, CARB 58G (0G FIBER, 57G SUGARS), PRO 4G

spiced simple syrup

In a small saucepan bring 1 cup water, 1 cup brown sugar, 8 allspice berries, 8 cloves, 2 cinnamon sticks and a large strip of orange peel to a boil and cook, stirring occasionally, until sugar is dissolved. Remove from heat and let sit for 1 hour. Strain into an airtight container, cover and refrigerate up to 1 month.



SERVES: 8

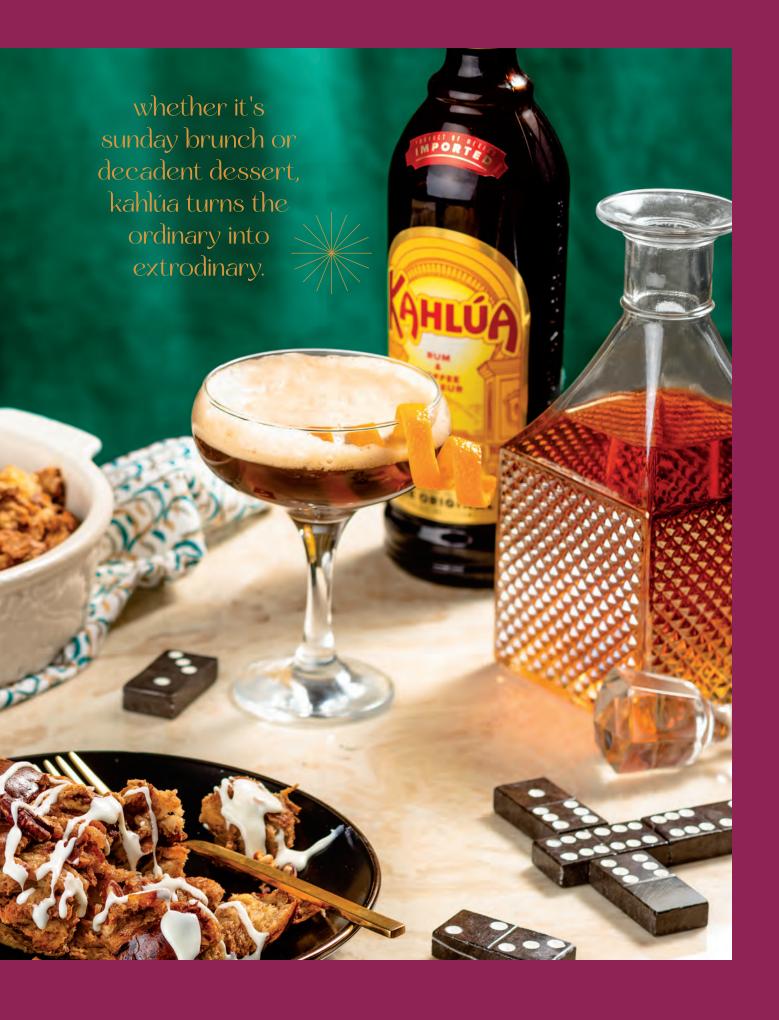
ACTIVE: 20 MIN - TOTAL: 1 HR

- 3 eggs, lightly beaten
- 1¾ cups half and half
- 1/4 cup Schnucks unsalted butter, melted
- ½ cup packed brown sugar
- 2 tsp. ground cinnamon
- 2 tsp. vanilla extract
- 6 cups challah bread, torn into 1-inch pieces
- ½ cup golden raisins
- 1/2 cup roasted pecans Cool Whip or warmed cream cheese frosting, to serve (if desired)
- 1. Preheat oven to 350 degrees. Grease a 2-quart round or oval baking dish. In a medium bowl whisk together eggs, half and half, butter, sugar, cinnamon and vanilla. Toss bread, raisins and pecans together in baking dish; evenly pour egg mixture over top. Use a spatula to gently submerge bread in milk mixture.
- 2. Bake 45–50 minutes or until top is golden and a knife inserted near the center comes out clean. Cool 5–10 minutes. Serve warm, topped with Cool Whip or drizzled with cream cheese frosting, if desired.

PER SERVING: CAL 439, FAT 22G (9G SAT. FAT), CHOL 127MG, SODIUM 212MG, CARB 54G (4G FIBER, 26G SUGARS), PRO 10G



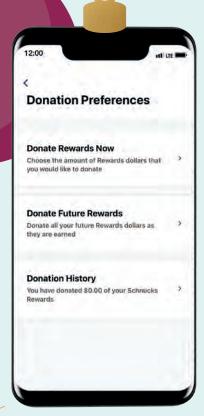






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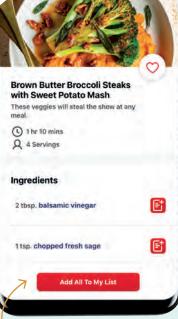
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