

MAR / APR 2022

# SIMPLY

*Schnucks*

## SURPRISINGLY SIMPLE SEAFOOD

**10+**

**FRESH RECIPES  
PERFECT FOR  
PESCATARIANS  
OR THOSE  
JUST TESTING  
THE WATERS.**

~~~~~  
**PLUS, EASTER  
MADE EASY!**



**FREE**

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

# MARCH-APRIL

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Bring the whole family together with this super-simple Easter spread.



## let us cook your fresh seafood for free!

### 1. you choose

Select from a variety of fresh options in our Seafood Showcase.

### 2. we season

Choose from Malibu (no salt), Scampi (butter garlic), Lemon Pepper, Blackening, Creole or Naked.\*

### 3. we bread

Choose between Classic Yellow, Spicy Red or no breading at all.\*

### 4. we cook

Check with your Seafood Department for available cooking methods.\*

### 5. you enjoy

Save time and shop while we cook.

\*Seasoning, breading and cooking methods vary by store.

Searing basics

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

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We offer quality, sustainable and ethically sourced seafood with our brand, **Full Circle**, so you can enjoy tasty meals every day of the year.



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Look for the **Good For You** icon throughout this issue (and the orange dot in the recipe index) for tasty, healthy meals.

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

# SIMPLY Schnucks

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# GO WILD

## for full circle seafood!

Our Full Circle seafood is wild caught and has no additives or preservatives. Enjoy the simple goodness of nature any night of the week!



ALL FULL CIRCLE FROZEN FISH IS GOOD FOR YOU!

# SIMPLIFY THE SEASON

broiled fish tacos with  
avocado slaw PG. 5

# spring

TWENTY TWENTY TWO

GOOD  
FOR YOU  




Our brand, **Full Circle**, delivers quality, traceability, safety and value with its' line of sustainably and ethically-sourced seafood.

Making seafood a springtime staple has never been easier thanks to **Full Circle** certified-sustainable frozen fish. Great-tasting recipes that are also good for you and the planet? Now that's the mealtime trifecta!

GOOD  
FOR YOU

### sesame-crusted tuna salad

**SERVES:** 4

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

- 1 cup white and/or black sesame seeds
- 2 12-oz. pkgs. Full Circle frozen yellowfin tuna steaks, thawed
- 1 tbsp. olive oil
- 4 cups mixed baby lettuce
- 4 radishes, thinly sliced
- 1 cucumber, thinly sliced
- 2 avocados, sliced
- ½ cup matchstick carrots
- 4 green onions, sliced
- ½ cup Full Circle Asian Sesame Ginger Dressing

1. Spread sesame seeds out on a plate. Press tuna into seeds to coat on all sides.
2. In a medium skillet, heat oil over medium-high. Sear tuna 30 seconds per side; transfer to a cutting board and let cool slightly.
3. Divide remaining ingredients among four bowls. Slice tuna steaks and place on top of salads. Serve immediately.

PER SERVING: CAL 669, FAT 42G (6G SAT. FAT), CHOL 68G, SODIUM 327MG, CARB 26G (12G FIBER, 7G SUGARS), PRO 49G





**GOOD  
FOR YOU**  
👍

## caribbean-style halibut bowls with pineapple salsa ▲

**SERVES:** 4

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

- ½ cup chopped fresh pineapple
- 2 tbsp. chopped fresh cilantro
- Zest and juice of 2 limes
- ½ tsp. orange juice
- 2 medium bell peppers, diced
- 1 cup diced red onion, divided
- 3 tsp. minced garlic, divided
- 3 tbsp. olive oil, divided
- 1 15-oz. can low-sodium black beans, drained and rinsed
- 1 tbsp. white wine vinegar
- 2 tbsp. salt-free blackened seasoning
- 1 tbsp. plus 1 tsp. orange zest
- 2 12-oz. pkgs. Full Circle frozen halibut steaks, thawed and patted dry
- 2 cups cooked white rice

**1.** In a medium bowl stir together first four ingredients, half of bell peppers, ¾ cup onion and 2 teaspoons garlic. Cover and refrigerate until ready to serve.

**2.** In a medium skillet, heat 1 tablespoon oil over medium-high. Add remaining bell pepper, onion and garlic; sauté 1–2 minutes or until just softened. Add beans and vinegar; cook, stirring occasionally, 2–3 minutes or until warmed through. Season with salt and pepper, if desired. Set aside.

**3.** In a small bowl, combine blackened seasoning and orange zest; season with salt, if desired. Gently rub seasoning mixture on all sides of fish.

**4.** In a large nonstick pan, heat remaining oil over medium-high. Sear halibut 3–5 minutes per side or until browned and cooked through.

**5.** Divide rice, beans and fish among four plates or bowls. Evenly top each with pineapple salsa. Serve immediately.

**Prep Tip:** Cut back on cutting with Schnucks ShortCuts; it's all the goodness of fresh produce without the hassle. Check the produce department at your local Schnucks for chopped fresh pineapple, diced onion and so much more!

PER SERVING: CAL 522, FAT 12G (1G SAT. FAT), CHOL 83MG, SODIUM 127MG, CARB 61G (12G FIBER, 6G SUGARS), PRO 42G

## broiled fish tacos with avocado slaw PG. 3

**SERVES:** 4 (3 TACOS EACH)

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

- 3 tbsp. olive oil
- 2 tbsp. Goya Adobo Seasoning
- 1 tsp. chili powder
- ½ tsp. ground cumin
- 6 tbsp. lime juice, divided
- 2 12-oz. pkgs. Full Circle frozen mahi-mahi or cod fillets, cut into 12 portions
- 1 medium avocado, diced
- ½ cup chopped fresh cilantro
- 1 tsp. minced garlic
- 1 cup nonfat plain Greek yogurt, divided
- 1 12-oz. pkg. shredded cabbage or coleslaw mix
- 1 small red onion, thinly sliced
- 24 soft corn tortillas

Sliced fresh jalapeño, sliced radish and hot sauce to serve (if desired)

**1.** In a medium bowl, whisk together first four ingredients and 2 tablespoons lime juice. Season with salt and pepper, if desired. Add fish and turn to coat. Let stand 15 minutes.

**2.** In a blender or food processor combine avocado, cilantro, garlic, 3 tablespoons lime juice and half of yogurt. Mix until smooth; season with salt and pepper, if desired. Add to a large bowl along with cabbage and onion; toss to combine. Season with salt, if desired. Set aside.

**3.** In a small bowl, stir together remaining yogurt and remaining lime juice. Set aside.

**4.** Place rack at top of oven and set broiler to high. Place fish in a shallow ovenproof dish; broil about 8 minutes or until fish is browned and cooked through, turning once after 4 minutes.

**5.** Meanwhile, heat a small skillet over medium-high. One at a time, cook tortillas until warm and golden brown, 30–60 seconds per side.

**6.** Evenly divide tortillas into 12 stacks of two; top each with fish, slaw, lime yogurt and—if desired—jalapeño, radish and hot sauce. Serve immediately.

PER SERVING: CAL 617, FAT 15G (1G SAT. FAT), CHOL 130MG, SODIUM 769MG, CARB 76G (15G FIBER, 13G SUGARS), PRO 47G

GOOD  
FOR YOU

### sicilian-style swordfish rolls ▲

**SERVES:** 6

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

- 1½ tbsp. capers, drained and chopped
- 1½ tbsp. pine nuts, chopped
- 1 tbsp. golden raisins, chopped
- 1 tsp. minced garlic
- ¼ tsp. crushed red pepper
- Zest and juice of 1 lemon
- 1¼ cups panko breadcrumbs, divided
- 3 tbsp. olive oil, divided
- 3 tbsp. chopped fresh parsley, divided
- 2 12-oz. pkgs. Full Circle frozen swordfish steaks, thawed
- 2 oranges, peeled and sliced, plus 1 tbsp. of zest
- 1 red grapefruit, peeled and sectioned
- ¼ small red onion, thinly sliced
- 1 tsp. chopped fresh oregano

**1.** In a small bowl combine first six ingredients, ½ cup breadcrumbs, 1 tablespoon oil and 2 tablespoons parsley. Season with salt, if desired.

**2.** Trim skin from swordfish; slice each steak horizontally into three pieces. Place each piece between two sheets of plastic wrap and—using the flat side of a mallet—gently pound until about ¼-inch thick.

**3.** Cut swordfish pieces in half; evenly spread pine nut mixture onto each piece and roll up tightly, tucking in sides if necessary. Skewer rolls closed with toothpicks.

**4.** Spread remaining panko out on a plate. Coat each roll with panko, pressing gently so crumbs adhere.

**5.** In a large skillet, heat remaining oil over medium-high. Add swordfish rolls; cover and cook 5–7 minutes or until cooked through and evenly browned, turning once halfway through. Transfer rolls to a platter and remove toothpicks. Season with salt and pepper, if desired. Let cool slightly.

**6.** In a medium bowl, toss together remaining ingredients to make citrus salad. Evenly divide salad and swordfish rolls among six plates. Serve immediately.

PER SERVING: CAL 308, FAT 15G (3G SAT. FAT), CHOL 75G, SODIUM 166MG, CARB 18G (3G FIBER, 9G SUGARS), PRO 24G

### keta salmon BLT sandwiches ►

**MAKES:** 2 SANDWICHES

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

- 1 tbsp. olive oil
- 1 12-oz. pkg. Full Circle frozen keta salmon fillets, thawed
- ¼ cup nonfat plain Greek yogurt
- 2 tbsp. prepared horseradish
- 4 slices cooked bacon
- 4 lettuce leaves
- 1 large tomato, sliced
- 4 slices multigrain bread, toasted

**1.** In a large nonstick skillet, heat oil over medium-high. Season salmon with salt and pepper, if desired; sear about 4 minutes per side or until fish is cooked through.

**2.** Meanwhile, in a small bowl whisk together yogurt and horseradish.

**3.** Evenly divide yogurt mixture, prepared salmon, bacon, lettuce and tomato between two slices of toast. Top each with a remaining toast slice. Serve immediately.

PER SANDWICH: CAL 555, FAT 23G (6G SAT. FAT), CHOL 159G, SODIUM 784MG, CARB 29G (6G FIBER, 8G SUGARS), PRO 58G



## lemon-butter cod with blistered tomato sauce ▶

**SERVES:** 2

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

- 1 tbsp. olive oil
- ¼ cup unsalted butter, divided
- 1 12-oz. pkg. Full Circle frozen Alaskan cod fillets, thawed and patted dry
- 1 medium shallot, thinly sliced
- 2 cloves garlic, thinly sliced
- ¼ tsp. crushed red pepper
- 1 cup cherry tomatoes, halved

Zest and juice of 1 lemon

Cooked orzo, to serve (if desired)

Chopped fresh parsley, for garnish

**1.** In a large skillet, heat oil and 1 tablespoon butter over medium-high. Season cod all over with salt and pepper, if desired; add to skillet and cook 2 minutes per side. Meanwhile, warm a large plate by running it under hot water; pat dry. Transfer fish to plate and cover tightly with foil. Set aside (fish will continue to cook as it rests).

**2.** Return skillet to range over medium-high heat; add remaining butter and cook, stirring constantly, 3–5 minutes or until foam has subsided and butter is browned.

**3.** Add shallot and sauté until just softened, about 2 minutes. Stir in garlic and crushed red pepper; sauté 1 minute more. Add tomatoes; cook, stirring gently, until blistered and juices have thickened slightly, about 5 minutes.

**4.** Add lemon zest and juice to pan. Cook, stirring constantly, 1 minute more; remove from heat. Uncover fish and serve over orzo, if using; top with prepared tomato mixture and fresh parsley.

PER SERVING: CAL 413, FAT 30G (16G SAT. FAT), CHOL 136G, SODIUM 189MG, CARB 7G (2G FIBER, 3G SUGARS), PRO 31G





**GOOD  
FOR YOU**



Choose canned fish packed in water instead of oil and options that are lower in saturated fat and sodium. Or, just look for the **Good For You** icon—we've done all the work for you!





## Allison Primo

SCHNUCKS  
REGISTERED DIETITIAN

GOOD FOR YOU

# plenty of fish

Packed with plenty of protein, vitamins, minerals and *healthy fats*, seafood—whether it's fresh, frozen or canned—is the real MVP of nutritious noshing.

## eating seafood is good for your health!

Seafood provides healthy fats such as omega-3 and omega-6 fatty acids, protein, iron, iodine, calcium and vitamin D. These nutrients help support brain development in children along with heart and bone health in people of all ages.

## how much should I eat?

Dietary guidelines recommend eating seafood two to three times per week. A serving size for adults is 4 ounces, which is about the size of your palm (aim for 8–10 ounces weekly). Check out the recipe below for a tasty seafood-based meal that's perfect for busy weeknights. Prep the patties ahead of time and have dinner on the table in a flash.

## mix it up!

They say variety is the spice of life, and that applies to seafood as well! It is important to get a variety of fish—and we can choose between healthy options that are fresh, frozen and canned! Schnucks has a great selection of fresh seafood, but frozen and canned fish can be just as nutritious and sometimes more affordable.

## seafood is for everyone

Seafood isn't an adults-only food. Children of all ages need the beneficial nutrients found in seafood, especially as their brains are growing and developing. Aim for eating seafood twice a week—just adjust serving sizes since their appetites and calorie needs are much smaller than those of adults. Use the chart below as a guide to get started.

- Children age 1–3 1 oz.
- Children age 4–7 2 oz.
- Children age 8–10 3 oz.
- Children Age 11+ 4 oz.

### salmon sweet potato cakes with herby yogurt

SERVES: 6

ACTIVE: 20 MIN - TOTAL: 1 HR 20 MIN

- 1 16-oz. pkg. PictSweet Farms frozen mashed sweet potatoes, prepared according to instructions
- 1¼ cups plain breadcrumbs
- 2 5-oz. cans skinless, boneless pink salmon, drained
- ¾ cup frozen peas, thawed
- 1 egg, beaten

- 2 tsp. fresh lemon zest, divided
- 1 cup nonfat plain Greek yogurt
- 1 tbsp. chopped fresh dill
- 1 tbsp. chopped fresh parsley, plus more to serve
- ¼ cup canola oil
- Lemon wedges, to serve (if desired)

1. In a large bowl, combine first five ingredients and 1 teaspoon lemon zest. Form into 12 patties and refrigerate 1 hour. In a small bowl combine yogurt, dill, parsley and remaining lemon zest; cover and refrigerate until ready to serve.

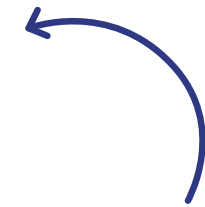
2. In a large deep skillet, heat oil over medium-high. Season salmon patties with salt and pepper, if desired; add to pan and cook 5–6 minutes or until golden and cooked through, turning once halfway through.

3. Serve patties topped with herb yogurt, more parsley and lemon wedges, if using.

PER SERVING: CAL 329, FAT 11G (1G SAT. FAT), CHOL 58G, SODIUM 415MG, CARB 38G (5G FIBER, 7G SUGARS), PRO 20G

# good for you™

Schnucks



Good For You members receive monthly reports where they can visually track their wellness progress!

[schnucks.com/goodforyou](https://schnucks.com/goodforyou)



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COOKING SCHOOL

# fry on the fly

Whether you're searing scallops or deep frying cod, learn how to get craveably crispy fish using these simple steps.



Turn the page for the full frying experience!



## USEFUL TOOLS



### Deep Fry Thermometer

Not all thermometers are created equal and since oil temperature is so crucial when it comes to frying, you'll want one that can take the heat!



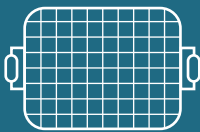
### Wire Strainer

Durable yet gentle, a wire strainer is the perfect utensil for adding and removing food from hot oil.



### Stock Pot

Having a stock pot is like having a built-in splatter shield. Use one to fully immerse your food in oil with minimal mess.



### Wire Cooling Rack

Keep food crisp while it's cooling; place freshly fried fish onto a wire rack so it doesn't sit in leftover oil.



### Paper Towels

Always smart to keep on hand, but especially necessary when fried food is on the menu. Use these for quick cleanup or as an alternative cooling method that will soak up excess oil.

# FRY GUIDE

*Deep frying doesn't require deep knowledge. Just follow our tried-and-true formula for perfectly fried fish every time!*



BREEDING

Gather three wide bowls. In one of the bowls, whisk together 1 cup flour and 1½ tsp. seafood seasoning. In the second bowl, beat 4 eggs. To the third bowl, add 2 cups panko breadcrumbs.



2.

Pat fish dry. Coat in flour, then eggs and finally panko, shaking off excess after each step.



BATTER

In a wide bowl, whisk together 1 cup flour, ½ cup cornstarch, ½ tsp. salt, 1 tsp. baking powder and 1½ tsp. seafood seasoning. Stir in 1 cup light beer or water.



2.

Add flour to a separate shallow bowl. Coat fish in flour then dip into batter, shaking off excess.



FRYING

In a stockpot, heat several inches of oil to a temperature of 350–375 degrees. Carefully add fish; fry until crisp and cooked through, about 4 minutes for breaded or 8 minutes for battered.



4.

Using a wire strainer, transfer fried seafood to a wire rack or a paper towel-lined plate. Season with salt, if desired. Let cool 5 minutes and serve.

# don't fear the sear

Searing creates a crisp, crusty outside without overcooking the delicate seafood inside.

**1** Add butter and/or oil to a nonstick pan and heat over medium-high.

**2** Season seafood all over and add to pan.

**3** Cook without turning until bottom is golden brown and crisp, then flip.

**4** Once both sides are golden brown and seafood is opaque in the center, it's cooked through! Remove from pan and serve.



## Ultimate Seafood Seasoning

This savory seasoning perfectly complements the fresh, delicate flavors of seafood.

**MAKES:** APPROXIMATELY ¼ CUP  
**ACTIVE:** 5 MIN - **TOTAL:** 5 MIN

- 2 bay leaves
- 1 tsp. mixed peppercorns
- 2 tbsp. ground caraway
- 1 tbsp. ground cumin
- ¾ tbsp. coarse salt
- 1 tsp. crushed red pepper
- 1 tsp. dried parsley
- 1 tsp. dried tarragon
- 1 tsp. dried mustard
- ½ tsp. smoked paprika
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ¼ tsp. chives
- ¼ tsp. dried lemon zest
- ⅛ tsp. ground allspice

Add first two ingredients to a spice grinder (or coffee grinder designated for spices) and mix until finely ground. Transfer to an airtight container along with remaining ingredients and shake to combine. Store in a cool, dark place up to 3 months.

## FAT IS YOUR FRIEND



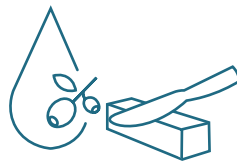
### Peanut Oil

Peanut oil provides that classic, deep-fried flavor thanks to its nutty, sweet undertone and high smoke point.



### Canola Oil

Canola oil is also a good candidate for deep frying since it is light in flavor, cost-effective and has a high smoke point.



### Olive Oil or Butter

Since they have a lower smoke point, olive oil and butter should not be used for deep frying. However, they are a great choice when it comes to searing!

## WHAT ABOUT AIR FRYING?

Air fryers add crunch quickly and conveniently. Opt for this method when you want crispy seafood without the added oils or if you're just looking to add some life back to your leftovers.

Don't want to cook tonight?

We will cook your fresh seafood for

**FREE!**

*\*Seasoning, breading and cooking methods vary by store.*

A top-down view of a dining table. In the center is a white plate with a decorative green and gold border. To the right, a hand is holding a slice of pizza topped with shrimp, spinach, and cheese. Another hand is holding a slice of pizza in the foreground. A glass of beer is visible in the upper right, and a glass of red wine is in the lower center. The table is set with purple placemats and another white plate with a green border is visible in the bottom left.

COME

*Think shellfish isn't for you? Think again! This kicked-up Cajun cuisine is great all year round and sure to reel in the whole family.*



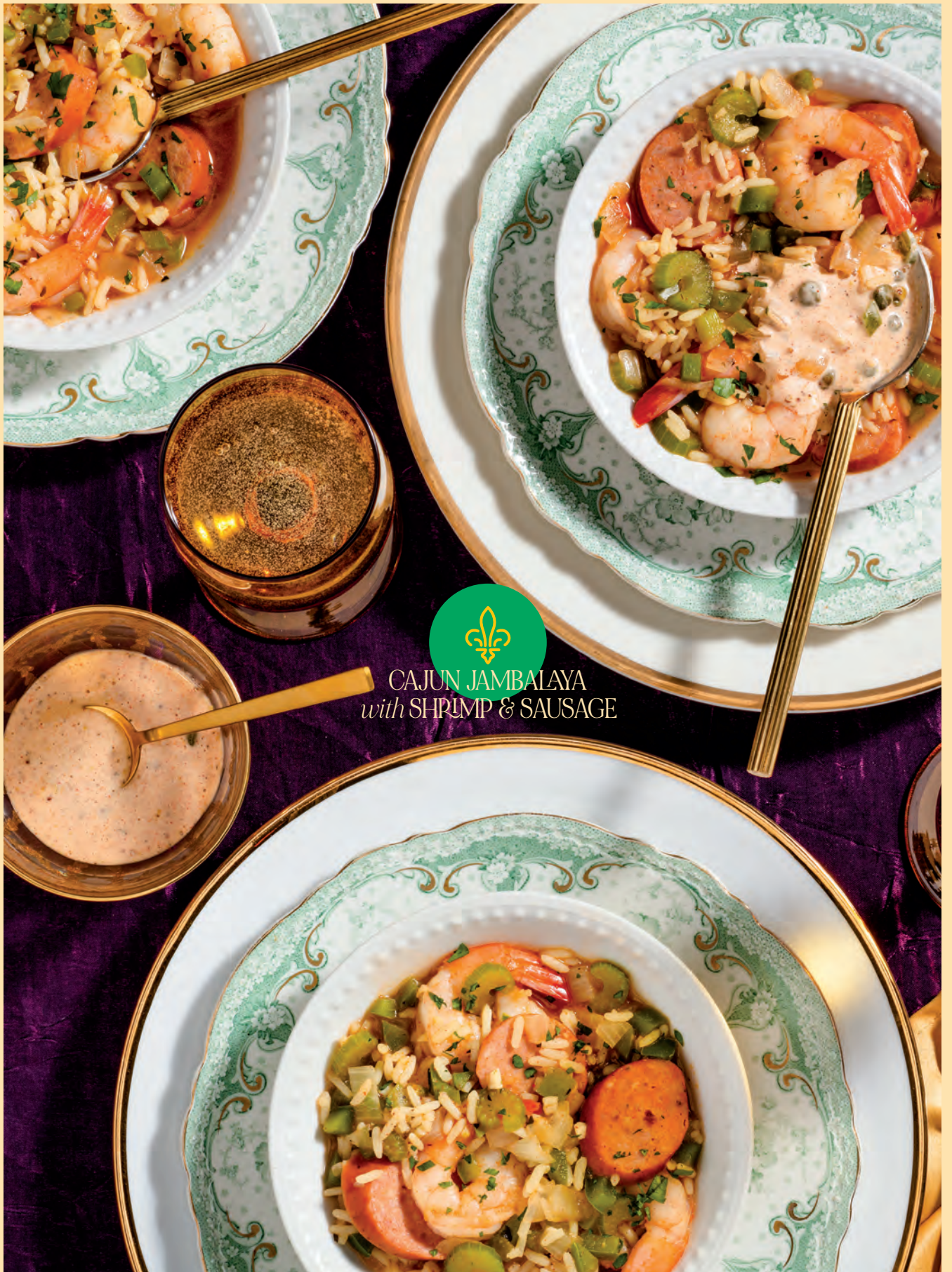


SPINACH & ARTICHOKE  
PIZZA *with SHRIMP*



*out of*

YOUR SHELL



CAJUN JAMBALAYA  
*with SHRIMP & SAUSAGE*

GOOD  
FOR YOU



## BLACKENED SCALLOPS *with* CREOLE-STYLE ORZO

**SERVES:** 6

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

- 3 tbsp. olive oil
- 2 medium bell peppers, chopped
- 1 medium onion, chopped
- 3 stalks celery, chopped
- 1 cup orzo
- 1 tbsp. minced garlic
- 3 cups unsalted chicken or vegetable broth
- 1 cup frozen peas
- 2 tbsp. salt-free Cajun seasoning, divided
- 2 tbsp. unsalted butter
- 1½ lb. sea scallops
- Sliced green onion, to serve

1. In a large pot, heat oil over medium-high. Add bell peppers, onion and celery; sauté 10–12 minutes or until very soft. Add orzo and garlic; cook, stirring frequently, 1–2 minutes or until orzo is toasted. Add broth and bring to a boil. Reduce heat to medium-low and simmer, covered, about 20 minutes or until al dente, adding peas and 1 tablespoon Cajun seasoning for the last 2 minutes of cooking. Season with salt and black pepper, if desired. Remove from pot; cover and keep warm.

2. Return pot to range and heat butter over medium-high until melted and very hot. Coat scallops with remaining Cajun seasoning and sear 1 minute per side or until opaque (or desired doneness).

3. Serve scallops over orzo and top with green onion.

PER SERVING: CAL 427, FAT 20G (4G SAT. FAT), CHOL 50MG, SODIUM 553MG, CARB 41G (4G FIBER, 5G SUGARS), PRO 23G





BLOODY MARY  
STEAMED MUSSELS

## SPINACH & ARTICHOKE PIZZA *with SHRIMP* P. 14

**SERVES:** 4

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

- ½ 14-oz. can quartered artichoke hearts in water, drained and coarsely chopped
  - ¾ lb. fresh peeled & deveined cooked shrimp (31–40 ct.), tails removed
  - ½ 12-oz. pkg. Full Circle frozen chopped spinach, thawed and squeezed dry
  - ¼ cup mayonnaise
  - 1 tbsp. salt-free Cajun seasoning
  - 1 tbsp. minced garlic
  - 1 cup Schnucks shredded mozzarella cheese, divided
  - ½ cup Schnucks shredded Parmesan cheese, divided
  - 1 Schnucks Ultra-Thin Pizza Crust
- Chopped fresh parsley and/or crushed red pepper, to serve (if desired)

1. Preheat oven to 400 degrees. In a large bowl, combine first 6 ingredients plus half of the cheeses. Place pizza crust on a baking sheet, spread with artichoke mixture and top with remaining cheeses. Bake 5–8 minutes or until cheese is melted.

2. Serve topped with parsley and/or crushed red pepper, if using.

PER SERVING: CAL 389, FAT 20G (7G SAT. FAT), CHOL 126MG, SODIUM 1509MG, CARB 23G (5G FIBER, 1G SUGARS), PRO 30G

## CAJUN JAMBALAYA *with SHRIMP & SAUSAGE* P. 16

**SERVES:** 6

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

- 3 tbsp. olive oil
  - 1 13.5-oz. pkg. Andouille sausage, sliced
  - 1 medium bell pepper, chopped
  - 1 medium onion, chopped
  - 2 stalks celery, sliced
  - 2 tbsp. minced garlic
  - 1 32-oz. pkg. unsalted chicken broth
  - 1½ cups long-grain white rice
  - 1 bay leaf
  - 1 tsp. fresh thyme leaves, plus more to serve
  - 1 tsp. paprika
  - ½ tsp. ground cayenne pepper
  - ½ tsp. dried oregano
  - 1 16-oz. pkg. Schnucks frozen cooked shrimp (41–50 ct.), thawed
- Cajun Remoulade (if desired; p. 19)

1. In a large skillet, heat oil over medium. Add next five ingredients (through garlic) to pan and sauté 8–10 minutes or until vegetables are tender. Stir in next seven ingredients (through oregano) and bring to a boil. Reduce heat to medium-low; cover and simmer 20–22 minutes or until rice is tender. Stir in shrimp and heat through.

2. Serve topped with more thyme and Cajun Remoulade, if using.

PER SERVING: CAL 456, FAT 20G (6G SAT. FAT), CHOL 119MG, SODIUM 978MG, CARB 42G (2G FIBER, 2G SUGARS), PRO 25G

## BLOODY MARY STEAMED MUSSELS P. 18

**SERVES:** 4

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

- 2 tbsp. olive oil (if desired)
- 1 large onion, chopped (if desired)
- 1 large bell pepper, chopped (if desired)
- 2 tsp. minced garlic (if desired)
- 2 cups Zing Zang bloody mary mix
- 4 lb. fresh PEI mussels, scrubbed

Chopped fresh parsley, for garnish (if desired)

Sliced or torn baguette, to serve (if desired)

1. Optional: Heat oil in a large stock pot over medium. Add onion and bell pepper to pot; sauté 3–5 minutes or until softened. Stir in garlic and sauté 1 minute more.

2. Add bloody mary mix and mussels; cover and cook over medium heat 5–10 minutes or until shells have opened. Discard any unopened mussels.

3. Divide mussels among four bowls. Ladle broth over top of mussels and garnish with parsley, if using. Serve warm with bread for dipping, if desired.

PER SERVING: CAL 201, FAT 5G (1G SAT. FAT), CHOL 63MG, SODIUM 1223MG, CARB 13G (0G FIBER, 4G SUGARS), PRO 28G

## NEW ORLEANS-STYLE MAC & CHEESE *with LOBSTER* P. 20

**SERVES:** 8

**ACTIVE:** 20 MIN - **TOTAL:** 50 MIN

- 2 4-oz. lobster tails or 1 8-oz. pkg. TransOcean Chunk-Style Imitation Lobster Classic
- 2 tsp. minced garlic

- ¼ cup unsalted butter
- ¼ cup all-purpose flour
- ½ tsp. ground cayenne pepper
- 2 cups whole milk
- 1 cup heavy cream
- 1 8-oz. pkg. Schnucks shredded Cheddar cheese, divided
- 1 8-oz. pkg. Schnucks shredded Italian six-cheese blend, divided
- 1 16-oz. pkg. spaghetti, prepared according to instructions

1. Preheat oven to 400 degrees. If using lobster tails, cut down the centers of shells using kitchen shears; spread shells apart. In a large saucepan, bring 4–5 inches salted water to a boil over medium heat. Add lobster; cook 4–6 minutes or until shells are bright red. Transfer to a cutting board and let cool. Remove meat from tail and cut into 1-inch pieces.

2. In a large saucepan, melt butter over medium heat; sauté garlic 2 minutes then whisk in flour and cayenne pepper. Slowly whisk in milk and cream; bring to a boil, whisking frequently. Add ½ cups each Cheddar and Italian cheeses. Cook, stirring constantly, until cheese is melted. Season with salt and black pepper, if desired.

3. In a large baking dish combine spaghetti, prepared cheese mixture and prepared lobster; top with remaining cheese. Bake 18–20 minutes or until cheese is browned. Let cool 5–10 minutes and serve.

PER SERVING: CAL 657, FAT 38G (22G SAT. FAT), CHOL 153MG, SODIUM 544MG, CARB 51G (2G FIBER, 2G SUGARS), PRO 30G

## CAJUN REMOULADE

**MAKES:** ABOUT ½ CUP

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

- ¼ cup light mayo
- 1 tbsp. lime juice
- 2 tsp. salt-free Cajun seasoning
- 2 tsp. coarse-ground mustard
- 2 tsp. honey
- 1 tsp. capers
- 1 tsp. minced garlic
- ¼ tsp. ground cayenne pepper

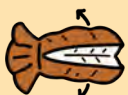
Stir together all ingredients. Season with salt and black pepper, if desired. Cover and refrigerate up to 1 week.

PER TABLESPOON: CAL 58, FAT 5G (1G SAT. FAT), CHOL 5MG, SODIUM 145MG, CARB 3G (0G FIBER, 2G SUGARS), PRO 0G

## LOBSTER BOILING 101



Cut along top of shell from the edge of the tail straight down to the bottom.



Gently pull sides of shell apart to separate.



Bring a pot of salted water to a boil and add lobster.



Boil 1 minute per ounce of tail or until shells are bright red.



NEW ORLEANS-STYLE MAC  
& CHEESE *with* LOBSTER

## FRIED OYSTER PO' BOY

**MAKES:** 4 SANDWICHES

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

### Vegetable oil, for frying

- 1 cup buttermilk
  - ¼ tsp. ground cayenne pepper
  - 2 8-oz. cans oysters, drained
  - 1 cup cornmeal
  - 1 cup all-purpose flour
  - ½ tsp. salt
  - ½ cup Cajun Remoulade (p. 19)
  - 4 sub rolls, split and toasted
- Shredded lettuce, sliced tomato, sliced red onion and pickle chips, for topping

### Special equipment:

Candy/deep fry thermometer\*

1. In a large stockpot (or the tallest pot you own), heat a few inches oil over medium-high to a temperature of 375 degrees. In a medium bowl, combine buttermilk and cayenne pepper. Add oysters and toss to coat; let stand 5 minutes. In a separate medium bowl combine cornmeal, flour and salt.
2. Toss oysters in cornmeal mixture to coat and, working in batches if necessary (don't let pot get too crowded), carefully add to the pot. Cook, stirring occasionally, 2–3 minutes or until crisp and golden-brown. Using a slotted spoon, remove oysters from pot and transfer to a plate lined with paper towels. Season with salt, if desired.
3. Spread Cajun Remoulade on the bottom of each roll. Top with oysters, lettuce, tomatoes, red onion and pickle; serve.

PER SANDWICH: CAL 749, FAT 31G (5G SAT. FAT), CHOL 118MG, SODIUM 1025MG, CARB 95G (4G FIBER, 14G SUGARS), PRO 20G

\*If you don't have a candy/deep fry thermometer, oil temperature can also be tested with the end of a wooden spoon. Place it in the oil; if small, steady bubbles appear around the spoon, your oil is ready for frying. However, if the oil bubbles vigorously, it needs to be cooled.





BLACKENED FILET MIGNON  
*with* FRIED GREEN TOMATOES  
& CRAB SWEET CORN SAUCE



## BLACKENED FILET MIGNON *with* FRIED GREEN TOMATOES & CRAB SWEET CORN SAUCE

**SERVES:** 4

**ACTIVE:** 45 MIN - **TOTAL:** 1 HR

- ¼ cup unsalted butter, divided
- ½ small onion, chopped
- 1 15.25-oz. can corn, drained and rinsed
- 1 cup unsalted vegetable broth
- ½ cup heavy cream
- 1 tsp. lemon juice
- 1 6-oz. can white crabmeat, drained, or 1 8-oz. pkg. TransOcean Shred-Style Crab Classic
- 1 cup all-purpose flour
- 2 eggs
- ½ cup milk
- ¾ cup cornmeal
- ½ cup panko breadcrumbs
- 4 green tomatoes, sliced ½-inch thick
- 4 Schnucks Certified Angus Beef filet mignon steaks, patted dry
- ¼ cup no-salt blackened seasoning
- Vegetable oil, for frying
- Chopped fresh parsley, to serve (if desired)

1. Preheat oven to 400 degrees. In a medium saucepan, melt 2 tablespoons butter over medium-high heat; sauté onion 8–10 minutes or until browned and tender. Add corn and sauté 2 minutes more. Pour in broth, cream and lemon juice; bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally, about 5 minutes or until thickened. Transfer to a blender or food processor and puree until smooth. Strain back into the saucepan through a fine-mesh sieve. Stir in crab and season with salt and pepper, if desired. Cover to keep warm.

2. Add flour to a wide bowl. In a second wide bowl, whisk together eggs and milk. In a third wide bowl, combine cornmeal and breadcrumbs. Shaking off excess after each addition, coat tomato slices in flour, then egg mixture and finally cornmeal mixture. Season with salt and pepper, if desired; set aside.

3. In a large heavy-bottom ovenproof skillet, heat remaining butter over medium-high. Coat steaks with blackened seasoning, add to skillet and cook about 2 minutes per side or until well seared. Transfer skillet to oven and cook 6–8 minutes or until steaks reach desired doneness (minimum internal temperature should be 145 degrees). Transfer steaks to a board or plate, cover with foil and set aside.

4. Wipe skillet clean and return to range; heat ½-inch vegetable oil over medium. Working in batches if necessary, fry prepared tomato slices in a single layer, about 2 minutes per side or until crisp and golden-brown. Using a pair of tongs or a slotted spoon, remove tomatoes from



skillet and transfer to a plate lined with paper towels. Season with salt, if desired.

5. Serve steaks and fried tomato slices topped with crab sweet corn sauce and—if using—chopped parsley.

PER SERVING: CAL 1107, FAT 71G (28G SAT. FAT), CHOL 323MG, SODIUM 702MG, CARB 68G (5G FIBER, 10G SUGARS), PRO 52G

## BAYOU BURRITOS *with* CRISPY SHRIMP

**MAKES:** 4 BURRITOS

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

- 6 slices lower-sodium bacon, chopped
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 15-oz. can Full Circle kidney beans
- ¼ cup no-salt-added tomato paste
- 2 tsp. salt-free Cajun seasoning
- 4 10-inch flour tortillas, warmed
- 2 cups cooked white rice

½ 18-oz. pkg. frozen popcorn shrimp, prepared according to instructions  
Pico de gallo, shredded lettuce, Cajun Remoulade (p. 19) or sour cream and hot sauce, for topping (if desired)

1. Heat a large skillet over medium; add bacon and cook, stirring frequently, 1–2 minutes or until fat begins to melt. Add onion and bell pepper; sauté 8–10 minutes or until vegetables are tender and bacon is cooked through. Stir in undrained beans, tomato paste and Cajun seasoning; bring to a boil. Reduce heat to medium-low and simmer 5–8 minutes or until thickened, adding 2–3 tablespoons water if needed to prevent drying out.

2. Evenly top tortillas with rice, prepared bean mixture, shrimp and—if using—pico de gallo, shredded lettuce, Cajun Remoulade and hot sauce. Roll into burritos and serve.

PER BURRITO: CAL 712, FAT 21G (6G SAT. FAT), CHOL 56MG, SODIUM 1255MG, CARB 108G (9G FIBER, 6G SUGARS), PRO 28G

*a sweeter*  
**ham**

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# never stop eggsploring

Don't just decorate—elevate! These next-level boiled egg recipes make the most of Easter's most popular ingredient.



## soft-boiled eggs with smoky aioli and pickled pepper salsa

**MAKES:** 12 PIECES  
**ACTIVE:** 10 MIN - **TOTAL:** 10 MIN

- ¼ cup mayonnaise
- ½ tsp. Schnucks hot sauce
- ½ tsp. smoked paprika
- ⅛ tsp. garlic powder
- 2 pickled cherry peppers, drained, stems removed and chopped
- 1 small green onion, thinly sliced
- 1 tsp. chopped fresh parsley
- ½ tsp. chopped fresh dill
- 6 soft-boiled (lightly boiled) eggs, peeled and halved lengthwise

**1.** In a small bowl, whisk together first four ingredients. In another small bowl, combine next four ingredients (through dill).

**2.** Arrange eggs on a platter; season with salt and pepper, if desired. Evenly top eggs with both mixtures. Serve immediately.

PER PIECE: CAL 67, FAT 6G (1G SAT. FAT), CHOL 95G, SODIUM 83MG, CARB 1G (0G FIBER, 0G SUGARS), PRO 3G

**Prep Tip:** For information on boiling eggs, visit [Schnucks.com/eggs](http://Schnucks.com/eggs).

## japanese egg sandos

**MAKES:** 2 SANDWICHES  
**ACTIVE:** 10 MIN - **TOTAL:** 20 MIN

- ¼ cup mayonnaise
- 2 tsp. whole milk
- ½ tsp. sugar
- ¼ tsp. Dijon mustard
- 6 hard-boiled (fully boiled) eggs, peeled and chopped
- 2 tbsp. unsalted butter, softened
- 4 slices Schnucks Texas Toast enriched bread, crust removed
- 1 soft-boiled (lightly boiled) egg, halved lengthwise
- 1 tbsp. chopped fresh chives

**1.** In a medium bowl, whisk together first four ingredients. Stir in hard-boiled eggs; season with salt and pepper, if desired. Refrigerate 10 minutes.

**2.** Spread butter onto one side of each bread slice. Evenly divide egg mixture and chives among two slices of the bread; place a soft-boiled egg half in the center of each. Top with remaining bread. Slice sandwiches in half; serve immediately.

PER SANDWICH: CAL 840, FAT 62G (20G SAT. FAT), CHOL 703MG, SODIUM 907MG, CARB 37G (2G FIBER, 4G SUGARS), PRO 32G

## deviled egg salad biscuits

**MAKES:** 16 PIECES  
**ACTIVE:** 10 MIN - **TOTAL:** 10 MIN

- 6 hard-boiled (fully boiled) eggs, peeled and chopped
- ¼ cup light mayo
- 2 tbsp. pickle relish of choice
- 1 tbsp. chopped fresh parsley
- 1 tsp. Dijon mustard
- 1 tbsp. chopped fresh dill, divided
- 8 Schnucks fresh biscuits, warmed in oven and halved
- 2 tsp. paprika
- 1 2-oz. pkg. roe or caviar of choice, to serve (if desired)

In a medium bowl, combine first five ingredients and half of dill. Evenly divide mixture among biscuit halves; serve topped with paprika, remaining dill and roe, if using.

PER PIECE: CAL 133, FAT 6G (2G SAT. FAT), CHOL 71MG, SODIUM 305MG, CARB 15G (1G FIBER, 3G SUGARS), PRO 5G



SUNDAY DINNER

# easter made easy

We've removed the labor from this labor of love! Feed the whole family with this super simple Easter spread.



**TURN THE PAGE FOR THESE RECIPES AND MORE! →**

**1** greens & green beans  
with fried shallots

**2** schnucks spiral ham  
with guinness glaze

**3** easy cacio e pepe  
baby potatoes

**4** herby salad with  
roasted carrots

5





## greens & green beans with fried shallots

**SERVES:** 8

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

- ½ cup olive oil
- 3 large shallots, thinly sliced
- 2 lbs. fresh green beans, trimmed
- ¼ cup unsalted butter
- 2 tsp. minced garlic
- 4 anchovy fillets, chopped, or 1 tsp. Worcestershire sauce
- 5 cups loosely packed chopped kale
- 2 tbsp. lemon juice
- 2 cups Schnucks shredded Parmesan cheese

**1.** Heat oil in large skillet over medium. Add shallots; sauté 5–7 minutes or until beginning to crisp. Using a slotted spoon, transfer shallots to a paper towel-lined plate; season with salt, if desired.

**2.** Return skillet with oil to stove over medium-high heat; add green beans and cook, undisturbed, about 4 minutes or until charred on one side. Stir; cook 3–4 more minutes or until just tender.

**3.** Stir in butter, garlic and anchovies. Add kale and toss to coat. Cook, stirring frequently, 2–3 minutes or until greens are wilted and butter has melted. Remove from heat and stir in lemon juice. Season with salt and pepper, if desired.

**4.** Serve topped with Parmesan cheese and prepared shallots.

PER SERVING: CAL 354, FAT 28G (11G SAT. FAT), CHOL 37MG, SODIUM 581MG, CARB 14G (5G FIBER, 5G SUGARS), PRO 15G



## schnucks spiral ham with guinness glaze

**SERVES:** 16

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

- 3 cups (24 oz.) Guinness Draught
- 1¼ cup packed brown sugar
- 1 tbsp. fresh lemon zest
- ¼ tsp. black pepper
- ¼ tsp. ground allspice
- 1 6½-lb. Schnucks spiral sliced ham
- 2 tbsp. whole grain mustard

- 1.** Preheat oven to 350 degrees; move rack to lowest position. In a heatproof, high-sided skillet, stir together first five ingredients.
- 2.** Brush ham all over with mustard; add to skillet and bring to a boil over medium-high heat. Reduce heat to medium-low; simmer 10 minutes, turning ham occasionally.
- 3.** Transfer skillet to oven; roast until ham reaches an internal temperature of 110 degrees, 1–1½ hours, turning ham every 20 minutes.

**4.** Continue roasting—without turning—until ham reaches an internal temperature of 145 degrees, 30 minutes to 1 hour, basting with beer mixture every 10 minutes. Transfer ham to serving platter; tent with foil to keep warm.

**5.** Return skillet with remaining beer mixture to range over medium heat. Cook, stirring often, until thickened and reduced to roughly 1 cup, about 5 minutes. Brush ham with about a quarter of beer mixture. Serve remaining glaze alongside ham.

PER SERVING: CAL 297, FAT 11G (4G SAT. FAT), CHOL 75MG, SODIUM 1072MG, CARB 14G (0G FIBER, 20G SUGARS), PRO 22G



## easy cacio e pepe baby potatoes

**SERVES:** 8

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

- 1 3-lb. pkg. The Little Potato Company Dynamic Duo potatoes, prepared according to instructions
- ¼ cup unsalted butter, melted
- ¼ cup grated Parmesan cheese
- 1½ tbsp. black pepper

In a large bowl, toss together all ingredients; season with salt, if desired. Serve immediately.

PER SERVING: CAL 185, FAT 7G (4G SAT. FAT), CHOL 18MG, SODIUM 55MG, CARB 26G (4G FIBER, 4G SUGARS), PRO 5G



## herby salad with roasted carrots

**SERVES:** 8

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

- 3 medium carrots, peeled and sliced
- ¼ cup olive oil, divided

- 1 lb. mixed baby greens
- ½ medium red onion, thinly sliced
- ¾ cup soft fresh herbs (parsley, cilantro and/or mint leaves; dill sprigs; etc.)
- ¾ cup crumbled reduced-fat feta cheese
- 2 tbsp. lemon juice

**1.** Preheat oven to 400 degrees. In a large bowl, toss together carrots and 1 tablespoon oil; spread onto a sheet pan and roast 25–30 minutes or until slightly browned and tender.

**2.** In a small bowl, whisk together remaining oil and lemon juice; season with salt and pepper, if desired.

**3.** Add prepared carrots, dressing and remaining ingredients to a large bowl; toss to combine. Serve immediately.

PER SERVING: CAL 111, FAT 9G (1G SAT. FAT), CHOL 0MG, SODIUM 239MG, CARB 6G (2G FIBER, 2G SUGARS), PRO 4G



## no-bake cheesecake with fresh berries

**SERVES:** 8

**ACTIVE:** 10 MIN - **TOTAL:** 6 HR 10 MIN

- 2 8-oz. pkgs. cream cheese (not whipped)
- 1 14-oz. can sweetened condensed milk
- Zest of 1 lemon plus 1 tsp. lemon juice
- 1 tsp. vanilla extract
- 1 9-inch prepared graham cracker crust
- 1½ cups mixed fresh berries, for serving

**1.** In a large bowl, beat cream cheese until smooth and fluffy, 3–4 minutes. Add half of the condensed milk and beat until combined. Scrape down sides of the bowl. Add remaining condensed milk; lemon zest and juice; and vanilla. Beat until combined.

**2.** Pour mixture into crust. Refrigerate 6 hours or overnight.

**3.** Slice and serve topped with berries.

PER SERVING: CAL 570, FAT 33G (16G SAT. FAT), CHOL 85MG, SODIUM 438MG, CARB 61G (2G FIBER, 51G SUGARS), PRO 10G



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