

MAY / JUNE 2022

Schnucks

SIMPLY SUMMER

when you
**GET
OUT &
GRILL**

*our butchers
make it better!*



+ Celebrating
MOMS, DADS & GRADS!

FREE

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

MAY-JUNE

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Moms, Dads & Grads

Schnucks helps you celebrate the most important people in your life.



Schnucks Butcher

Yuki Karr

Yuki Karr—who grew up in Japan working for her family's seafood shop—was a perfect fit for the Schnucks seafood department when she was hired 21 years ago. After a couple of years with the company, Yuki became fascinated with the different cuts of beef available at Schnucks and transitioned to the meat department, where she has held a number of roles—the most recent being *meat manager*.

Yuki's favorite aspect of the job is making the display cases look nice and fresh—as well as providing friendly, reliable service to the customers who visit her at the meat counter. When asked about advice that she had for her guests, Yuki replied “We want to make all customers satisfied and happy so they want to come back. If you have any questions, we are here to help—so don't hesitate to ask!”

Delmonico and sirloin steak are Yuki's preferred cuts, but no matter which type of meat you are preparing, she recommends letting it reach room temperature before grilling; just season and leave it out on your counter for about 30 minutes while the grill preheats. This results in an especially succulent meal since the meat cooks much more evenly than it would straight from the refrigerator.



NOT ALL ANGUS IS CREATED EQUAL.

Learn how the **Certified Angus Beef** brand goes the extra mile to ensure quality and taste in all of its products.

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

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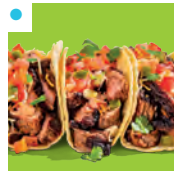


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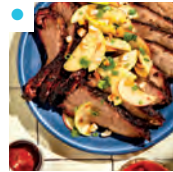
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SIMPLY Schnucks

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SCAN HERE

SIMPLIFY THE SEASON



If it's not certified, it's not the best—which is why Schnucks is proud to offer tender, juicy **Certified Angus Beef®**. Certified to taste great every time, this beef meets 10 exacting standards to ensure grilling greatness.



OUR BUTCHERS MAKE IT BETTER

From simplifying prep to adding delicious flavor, our butchers are ready to help. Just look for the hat to find out how!

OUR BUTCHERS



Save time and let us do the slicing! Just ask your butcher for cross-cut short ribs.

MAKE IT BETTER



NOT ALL ANGUS IS CREATED EQUAL.

Each cut meets 10 quality standards, making **Certified Angus Beef** more selective than *USDA Prime, Choice and Select* to ensure it is incredibly juicy, amazingly tender and full of flavor.

Marbling is key to great flavor. Simply put, the more marbling, the better the beef—and *Certified Angus Beef* has plenty of it!

Only 3 in 10 Angus cattle meet the brand's high standards.

Like all beef, the brand's cuts are nutrient-rich and fit easily into any healthful, balanced meal plan.

Serving for serving, there aren't many foods that match everything the brand has to offer: protein, iron, zinc, B vitamins and more.



1. grilled thai peanut short ribs

SERVES: 4

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

- ¼ cup Schnucks orange juice
- ¼ cup Schnucks olive oil, plus more for grilling
- ½ cup Full Circle peanut satay sauce
- 3 tbsp. Huy Fong Chili Garlic Sauce or sriracha
- 3 lbs. Certified Angus Beef cross-cut bone-in beef short ribs
- 3 English cucumbers, seeded and diced
- 1 medium red onion, diced
- 1 tsp. coarse salt
- 2 tbsp. lime juice (1 lime)
- ½ cup chopped fresh cilantro, packed
- ¼ cup chopped roasted peanuts

1. In a medium bowl, whisk together first four ingredients. Season with salt and pepper, if desired.

2. Place ribs in a large glass baking dish; season all over with salt, if desired. Pour marinade over top and turn ribs to coat. Marinate at least 15 minutes (up to 1 hour) at room temperature.

3. In a medium bowl, make cucumber salad; toss together cucumbers, onion and 1 teaspoon salt. Let sit at room temperature 15 minutes; drain and rinse. Add remaining ingredients and toss to combine; season with salt and pepper, if desired.

4. Prepare grill for high direct heat; oil grates. Remove ribs from marinade and grill 2 minutes per side or until lightly charred and crisp around the edges. Transfer to a platter and let rest 5 minutes. Serve with prepared cucumber salad.

PER SERVING: CAL 871, FAT 69G (24G SAT. FAT), CHOL 164MG, SODIUM 633MG, CARB 16G (16G FIBER, 9G SUGARS), PRO 50G

2. easy grilled steak tacos

MAKES: 8 TACOS

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

- 2 tbsp. vegetable oil
 - 2 tbsp. lime juice (1 lime)
 - 1 tsp. minced garlic
 - 1 tsp. dried oregano
 - ½ tsp. ground black pepper
 - ¼ tsp. ground cumin
 - 1 lb. Certified Angus Beef skirt steak
 - 8 Schnucks corn tortillas, warmed
- Schnucks pico de gallo, Schnucks Mexican-style shredded cheese and/or chopped fresh cilantro, to serve

1. In a large bowl, stir together first six ingredients. Add steak and toss to coat. Cover and set aside 20–30 minutes. Meanwhile, prepare grill for high, direct heat.

2. Remove steak from marinade, allowing excess to drip off. Grill 3–4 minutes per side or until desired doneness. Remove from heat and let rest 5 minutes.

3. Thinly slice steak against the grain and serve on tortillas topped with pico de gallo, cheese and/or cilantro.

PER 2 TACOS: CAL 460, FAT 28G (9G SAT. FAT), CHOL 69MG, SODIUM 126MG, CARB 23G (3G FIBER, 1G SUGARS), PRO 30G

3. grilled beef brisket with spicy apple slaw pg. 6

SERVES: 6

ACTIVE: 30 MIN - **TOTAL:** 13 HR 30 MIN

- 1½ lbs. Certified Angus Beef flat-cut beef brisket, fat trimmed to ¼-inch thick
- ½ cup Schnucks Texas Style Rub
- ¼ cup unsalted beef broth
- 2 tbsp. Schnucks extra-virgin olive oil

- 2 tbsp. apple cider vinegar
- 2 tsp. honey
- 2 tsp. cayenne pepper sauce
- ¼ tsp. crushed red pepper
- 2 small apples of choice, thinly sliced
- 2 tbsp. sliced green onions
- 2 tbsp. chopped fresh cilantro
- 1 tbsp. crushed corn nuts

1. On a sheet pan, coat all sides of brisket with dry rub. Cover with plastic wrap and refrigerate 12–24 hours.

2. Prepare grill for medium-high direct heat. Cut two sheets of heavy-duty foil to at least twice the length of brisket; stack. Remove brisket from sheet pan and place in center of foil, fat-side up. Make a pouch by folding edges of foil up and around brisket; tent above beef and crimp edges together tightly, leaving an opening at top to add broth.

3. Pour broth through top opening and crimp to seal; place on grill. Cover grill and cook 10 minutes; reduce heat to low and cook 30 minutes more.

4. Meanwhile, in a large bowl, whisk together next five ingredients (through crushed red pepper); add remaining ingredients and toss to combine. Season with salt and pepper, if desired. Cover and refrigerate until ready to serve.

5. Remove brisket from grill and increase heat to high. Using tongs and a large spatula, carefully remove brisket from foil and return to grill, fat-side down; cook 5 minutes. Transfer brisket to a cutting board and let rest 10 minutes. Slice and serve topped with apple slaw.

PER SERVING: CAL 397, FAT 30G (11G SAT. FAT), CHOL 104MG, SODIUM 1274MG, CARB 26G (1G FIBER, 7G SUGARS), PRO 21G

OUR BUTCHERS



Simplify prep by asking our butchers to tenderize your flank steak.

MAKE IT BETTER



GOOD FOR YOU



4



balsamic grilled flank steak with berry bruschetta

SERVES: 6

ACTIVE: 25 MIN - **TOTAL:** 1 HR 10 MIN

- 2 cups fresh blackberries and/or blueberries
- 2 green onions, sliced
- 1 tbsp. Schnucks honey
- 2 tsp. chopped fresh basil, plus whole leaves for serving (if desired)
- ½ cup plus 1 tbsp. balsamic vinegar, divided
- 1 cup Schnucks extra-virgin olive oil
- 2 tbsp. whole-grain mustard
- 1 tbsp. dried oregano
- 2 tsp. minced garlic
- 3 lbs. Certified Angus Beef flank steak, tenderized with meat mallet

1. In medium bowl, combine first four ingredients and 1 tablespoon vinegar. Using a fork, smash about half of the berries. Season with salt and pepper if desired. Cover and refrigerate until ready to serve.

2. In another medium bowl, stir together remaining vinegar and next four ingredients; season with salt and pepper, if desired. Set aside ¼ cup for serving.

3. Place meat in a large glass baking dish and pour remaining vinaigrette over top, turning to coat on all sides. Cover with plastic wrap and refrigerate at least 30 minutes (up to 24 hours).

4. Prepare grill for medium direct heat. Remove steak from the marinade, allowing excess to drip off. Grill steak 10–12 minutes or until desired doneness, turning once halfway through.

5. Transfer steak to a cutting board and tent with foil; let rest 5 minutes, then thinly slice against the grain. Serve immediately topped with reserved vinaigrette, berry bruschetta and, if desired, additional basil leaves.

PER SERVING: CAL 490, FAT 25G (8G SAT. FAT), CHOL 151MG, SODIUM 132MG, CARB 10G (3G FIBER, 7G SUGARS), PRO 54G

grilled herbed strip loin roast

SERVES: 6

ACTIVE: 20 MIN - TOTAL: 1 HR 30 MIN

- 1/3 cup mixed chopped fresh herbs (such as parsley, rosemary, thyme and/or oregano)
- 2 tbsp. minced garlic
- 2 tbsp. black pepper
- 1 tbsp. coarse salt
- 1 tbsp. Schnucks olive oil
- 2-3 lbs. Certified Angus Beef strip loin roast, patted dry
- 1 cup prepared creamy horseradish
- 1 tbsp. finely chopped fresh chives
- 1 tbsp. finely chopped fresh parsley

1. In a small bowl, stir together first five ingredients. Coat roast on all sides with mixture and let come to room temperature.

2. In a second small bowl, stir together remaining ingredients. Cover and refrigerate until ready to serve.

3. Prepare grill for indirect cooking at 350 degrees. Grill roast, fat-side up, 45 minutes to 1 hour or until about 10 degrees below desired doneness.

4. Transfer roast to a cutting board and tent with foil; let rest 20 minutes.

5. Slice and serve with prepared horseradish sauce.

PER SERVING: CAL 364, FAT 17G (5G SAT. FAT), CHOL 128MG, SODIUM 1187MG, CARB 9G (3G FIBER, 3G SUGARS), PRO 46G

5





1. Grilled Thai Peanut Short Ribs



+ 11. Spicy Grilled Pineapple



+ Coconut Sparkling Water



2. Easy Grilled Steak Tacos



+ 13. Creamed-Corn Salad



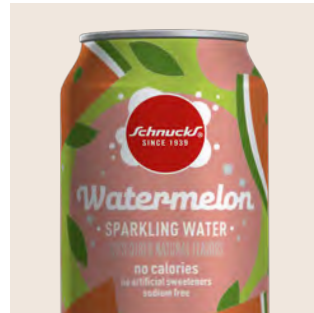
+ Lime Sparkling Water



3. Grilled Beef Brisket with Spicy Apple Slaw



+ 12. No-Bake BBQ Beans



+ Watermelon Sparkling Water

make it a meal!

We've taken the guesswork out of meal planning! Simply follow the formulas above to make a balanced meal with a main, a side and a drink.

OUR BUTCHERS



We help get dinner on the table in no time with craveable kabobs that are made fresh in store—just grill and serve!

MAKE IT BETTER

SCHNUCKS BEEF KABOBS

- 6. Coffee & Black Pepper
- 7. Teriyaki
- 8. Chipotle & Maple
- 9. Smokey BBQ



ingredient sides



10



12

GOOD FOR YOU



13



GOOD FOR YOU



11

10. small potatoes salad

SERVES: 6
ACTIVE: 15 MIN - **TOTAL:** 1 HR

Halve **2 lbs. baby potatoes** and add to a large pot; cover with salted water. Bring to a boil over medium heat and cook until tender, 20–25 minutes. Drain and let cool. In a medium bowl whisk together **½ cup mayonnaise**, **2 tbsp. sour cream** and **1 tbsp. spicy brown mustard**; add potatoes and **¼ cup chopped fresh herbs** (such as parsley, chives and/or dill) and toss to combine. Season with salt and pepper, if desired. Cover and refrigerate until ready to serve.

PER SERVING: CAL 232, FAT 14G (3G SAT. FAT), CHOL 9MG, SODIUM 138MG, CARB 27G (3G FIBER, 3G SUGARS), PRO 4G

11. spicy grilled pineapple

SERVES: 6
ACTIVE: 15 MIN - **TOTAL:** 30 MIN

In a small bowl whisk together **¼ cup lime juice**, **2 tbsp. Huy Fong Chili Garlic Sauce (or sriracha)**, **1 tbsp. reduced-sodium soy sauce** and **½ tsp. sesame seeds**. Slice **1 Schnucks fresh-cored pineapple** and toss to combine. Marinate 15 minutes at room temperature. Prepare grill for medium-high direct heat; oil grates. Remove pineapple from bowl, reserving marinade for later. Grill 5–10 minutes per side or until golden brown and caramelized. Serve topped with reserved marinade.

PER SERVING: CAL 94, FAT 1G (0G SAT. FAT), CHOL 0MG, SODIUM 162MG, CARB 23G (3G FIBER, 16G SUGARS), PRO 1G

12. no-bake bbq beans

SERVES: 6
ACTIVE: 5 MIN - **TOTAL:** 5 MIN

In a large bowl whisk together **¼ cup Schnucks barbecue sauce of choice**, **¼ cup apple cider vinegar** and **¼ cup Schnucks olive oil**. Rinse and drain a **15-oz. can pinto beans** and add to bowl along with **1 cup diced fresh tomatoes**. Toss to combine; season with salt and pepper, if desired. Serve warm or cold.

PER SERVING: CAL 165, FAT 10G (1G SAT. FAT), CHOL 0MG, SODIUM 307MG, CARB 16G (4G FIBER, 4G SUGARS), PRO 4G

13. creamed corn salad

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

Beat **1 cup heavy cream** until stiff peaks form. Remove kernels from **8 ears fresh corn** (cooked or raw) and add to a medium bowl along with **zest and juice of 1 lime**, **½ cup chopped fresh cilantro** and **1 tsp. paprika**. Gently fold in the whipped cream. Season with salt and pepper, if desired. Serve warm or cold.

PER SERVING: CAL 220, FAT 15G (9G SAT. FAT), CHOL 54MG, SODIUM 218MG, CARB 21G (3G FIBER, 3G SUGARS), PRO 4G

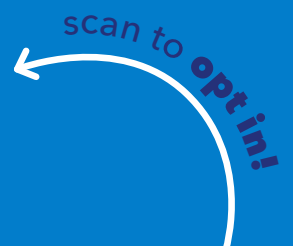
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and add those
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**Olympic Champion
Jackie Joyner-Kersey**

knows fueling your body
with healthy food is
important—which is why
she loves relying on the
Schnucks Good For You
program to help her shop
with confidence!



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TOP THIS!

sizzlin' salads

Summer grilling makes a good salad great! Try these topping combos or use our formula to create your own.

philly cheesesteak salad

Greens: Mixed Baby Greens

Protein: Grilled Steak, sliced

Cheese: Schnucks Sliced Provolone Cheese (melted on steak)

Cooked Produce: Grilled Sliced Bell Pepper, Grilled Halved Baby Bella Mushrooms

Fresh Produce: Sliced Red Onion

Something Crispy: Grilled Baguette Slices, torn



bbq pork & peach salad

Greens: Baby Arugula

Protein: Grilled BBQ-Basted Pork Steak, cubed

Cheese: Schnucks Feta Cheese Crumbles

Cooked Produce: Grilled Sliced Peaches (canned or fresh)

Fresh Produce: Sliced Jalapeño

Something Crispy: Old Vienna Red Hot Corn Chips, coarsely crushed

all dressed up
The dressing used for the *No-Bake BBQ Beans* (p. 9) is also great on these salads! Simply combine equal parts Schnucks barbecue sauce, apple cider vinegar and olive oil.



Canned peaches can be grilled! Just pat dry before cooking.

cookout salad

Greens: Grilled Halved Romaine Head

Protein: Grilled Chicken

Cheese: Full Circle Shredded White Cheddar Cheese

Cooked Produce: Grilled Corn off the Cob, Grilled Baby Potatoes

Fresh Produce: Diced Cucumber

Something Crispy: French Fried Onions



grill those greens!
Halve lettuce lengthwise, brush with oil and grill cut-side down over medium heat until charred, 2-3 minutes.



**GOOD
FOR YOU**



Lean ground beef contains B vitamins and zinc, which helps to promote a healthy immune system.





Allison Primo

SCHNUCKS
REGISTERED DIETITIAN

GOOD FOR YOU

burgers with benefits

Yes, you can still enjoy a juicy burger while maintaining a healthy lifestyle! Learn how to build better-for-you burgers with these 5 easy tips.

choose lean ground beef

93/7 lean ground beef meets USDA standards for lean beef and is on the Good For You List. If you can't find 93/7 at your store, 90/10 is a good alternative. Try to choose the lowest percentage of fat to receive all the beneficial nutrients found in beef without adding extra saturated fat to your diet.

top with veggies

Adding lettuce, tomato, onion and/or other vegetables is a great way to get servings of veggies in your day while still enjoying a beef burger. Plus, it's a great way to add more Good For You items to your meals.

rethink your bun

Swap regular hamburger buns for whole-wheat; they have more fiber and vitamins than their refined counterparts. Looking for a lower-carb option? Remove the bun altogether and use large lettuce leaves to wrap your burger instead.

be smart about toppings

Many traditional burger toppings and condiments can add extra sugar, sodium or fat to your meal. Try some of these smart swaps to layer in the flavor and texture while keeping the nutrition of your burger in check.

- **Creamy:** swap mayo for mashed avocado
- **Crunchy:** swap pickles for fresh cucumbers, or quick pickle your own cucumbers
- **Tangy:** toss your lettuce in oil and vinegar or a light salad dressing

make it blended

Try swapping half of the ground meat for chopped mushrooms; this makes for a juicy and nutritious burger without sacrificing flavor. Not sure where to start? Use our recipe below to try it out next time you fire up the grill!

beef & mushroom burgers with asparagus salad

SERVES: 6

ACTIVE: 30 MIN - TOTAL: 45 MIN

- 2 tbsp. vegetable oil, divided
- 1 medium red onion, divided
- 1 lb. sliced mushrooms
- 1 lb. Schnucks 90/10 ground beef
- ¼ cup chopped fresh parsley
- 1 tbsp. minced garlic
- ½ tsp. Worcestershire sauce
- 1 egg
- 1 bunch of asparagus, trimmed and halved lengthwise
- 3 tbsp. Culinaria Italian Salad Dressing

- 3 cups mixed baby greens
- 1 tbsp. chopped fresh dill
- 6 whole-grain hamburger buns

1. Heat 1 tablespoon oil in a large skillet over medium. Finely dice half of onion; add to skillet along with mushrooms and cook, stirring frequently, 8-10 minutes or until slightly browned and most of the moisture has evaporated.
2. Add the mushroom mixture to a large bowl along with next five ingredients (through egg); season with salt and pepper, if desired. Form mixture into six patties. Cover and set aside.
3. Bring a pot of salted water to a boil; add asparagus and cook 4 minutes. Drain and

add to a second large bowl; thinly slice remaining onion and add to bowl along with dressing; toss to combine. Set aside.

4. Wipe skillet clean; add remaining oil and return to stove over medium. Working in batches if necessary, add patties; cover and cook 6 minutes per side. Remove from skillet and let rest 5 minutes.

5. Add greens and dill to bowl with asparagus mixture; toss to combine. Divide prepared patties among buns and top with asparagus mixture. Serve immediately.

PER SERVING: CAL 392, FAT 18G (5G SAT. FAT), CHOL 81MG, SODIUM 442MG, CARB 32G (5G FIBER, 6G SUGARS), PRO 26G

grill the best backyard burger.

Now these are some tasty burgers! From protein-packed patties to superb sauces, we break down the basics so you can grill up some burger brilliance.

PRESS THOSE PATTIES

For the tastiest burger, opt for a grind that isn't too lean (for beef, we recommend 80/20). Keep meat chilled until you're ready to form patties; when doing so, be gentle—no squishing between your fingers! Overworking will lead to a brittle burger.

SEASON THE DEAL

Season right before grilling. If you're keeping things simple with salt and pepper, use about $\frac{1}{8}$ tsp. each per $\frac{1}{4}$ -lb. patty. If opting for a dry rub, $\frac{1}{2}$ –1 tsp. per burger is a good place to start. Finally, if you plan on basting with sauce, do so within the last 1–2 minutes of grilling to thicken it up without burning.

GRILL LIKE THE GRATES

Preheat grill to medium (350 degrees). Carefully and quickly grease grates using tongs and a folded paper towel coated in cooking oil. Add burgers and cook 9–13 minutes (depending on your protein/preferred doneness), flipping once about halfway through. As satisfying as the sizzle sounds, do NOT press down on your patties; all this does is dry out your burger.

TOP IT LIKE IT'S HOT

Don't forget to give the rest of your ingredients a little love! During the last minute or two of cooking, baste patties with sauce (if doing so) and add cheese; place buns onto grill (cut side down) and close the lid. When assembling your masterpiece, remember that leafy greens and larger ingredients can help keep juices from soaking through the bottom bun. Likewise, smaller toppings should be placed on top of cheese or under sauce to hold them in place.

a new classic

This upgraded American burger features a Cheddar- and bacon-stuffed patty, swaps the onion for fried shallots, ditches dill for sweet-and-sour pickles and tops everything off with a *Red, Hot & Blue Sauce* that incorporates Schnucks spicy ketchup, Schnucks sweet pickle relish and blue cheese crumbles.



red, hot & blue burger

Bun: Brioche

Protein: Schnucks Loaded Bacon Cheddar Burger

Dry Rub/Basting Sauce: Schnucks Ultimate Burger Seasoning

Cheese: Schnucks Sliced Cheddar Cheese

Toppings: Fried Shallots (recipe follows), Bread & Butter Pickles, Butter Lettuce, Sliced Tomato

Sauce: Red, Hot & Blue Sauce (recipe follows)

Fried Shallots:

In a small saucepan, heat $\frac{1}{2}$ cup olive oil over medium. Working in batches, add 1 cup thinly sliced shallots and fry 3–4 minutes or until crisp. Remove with a slotted spoon and drain on paper towels.

Red, Hot & Blue Sauce:

In a small bowl combine 1 cup Schnucks nonfat Greek yogurt, 1 cup crumbled blue cheese, $\frac{3}{4}$ cup Schnucks spicy ketchup, and $\frac{1}{3}$ cup Schnucks sweet pickle relish.



sweet on salmon

A little sweet, a little heat and a whole lot of freshness—this *Caribbean Salmon Burger* balances bold Jamaican jerk seasoning with a sweet tropical salsa and a citrusy aioli that gets a little added kick from fresh ginger and garlic.

caribbean salmon burger

Bun: Sweet Hawaiian

Protein: Schnucks Spinach Feta Sockeye Salmon Burger

Dry Rub/Basting Sauce: Jamaican Jerk Seasoning

Cheese: Schnucks Feta Cheese Crumbles

Toppings: Pineapple-Mango Salsa (recipe follows), Shredded Romaine Lettuce

Sauce: Citrus-Ginger Aioli (recipe follows)

Pineapple-Mango Salsa:

In a medium bowl combine 1 cup chopped pineapple, 1 cup chopped mango, ½ cup chopped red onion, 2 tbsp. chopped cilantro, 1–2 tbsp. minced chili pepper of choice and 1 tbsp. lime juice. Season with salt, if desired.

Citrus-Ginger Aioli:

In a small bowl combine 1 cup Schnucks mayonnaise, ½ tbsp. orange zest, 1 tsp. lime zest, 1 tbsp. orange juice, 1 tbsp. lime juice, 1 tsp. grated fresh ginger, 1 tsp. minced garlic and 1 tsp. honey.

hibachi beef & shrimp burger

Bun: Kaiser Roll

Protein: Beef

Dry Rub/Basting Sauce:

Full Circle Sesame Garlic Sauce

Toppings: Grilled Shrimp, Baby Arugula, Stir-Fried Broccoli Slaw with Mushrooms (recipe follows)

Sauce: Schnucks Yum Yum Sauce

Stir-Fried Broccoli Slaw with Mushrooms:

Heat 2 tbsp. canola oil in a large skillet over medium-high. Add one 5 oz. package Schnucks sliced shiitake mushrooms and sauté 3–4 minutes or until lightly browned. Stir in one 12-oz. bag broccoli slaw and sauté 2 minutes. Add 3 tbsp. Full Circle teriyaki sauce and sauté 2 minutes more or until vegetables have softened. Season with salt and pepper, if desired.



**you'll
be saying
yum (yum)!**

Enjoy the flavors of a Japanese steakhouse from the comfort of your home with this bun-busting burger—topped with a super simple stir-fried teriyaki slaw, succulent grilled shrimp and Schnucks very own Yum Yum Sauce!

texas bbq chicken burger

Bun: Pretzel Bun

Protein: Ground Chicken

Dry Rub/Basting Sauce:
Schnucks Texas Style Rub

Cheese: Sliced Smoked
Cheddar Cheese

Toppings: Crispy Bacon,
Coleslaw, Dill Pickles,
Schnucks Wavy Potato Chips

Sauce: Schnucks Chicken
Dippin' Sauce



winner winner!

Bring Texas barbecue to your backyard with this sweet and smoky chicken burger. Seasoned with Schnucks Texas Style Rub, layered with tasty flavors and textures and finished with Schnucks Chicken Dippin' Sauce—a perfect blend of sweet mustard and tangy bbq—this sammie is a sure-fire summer sensation.



open sesame

This burger fuses Korean and Vietnamese flavors by pairing tangy, crispy pickled veggies with a savory grilled pork patty that's been basted with our umami-packed Korean BBQ Sauce. A creamy, spicy sriracha aioli ties everything together.

asian-fusion bbq burger

Bun: Sesame Seed

Protein: Ground Pork

Dry Rub/Basting Sauce: Schnucks Braggin' Rights Korean Barbecue Sauce

Cheese: Schnucks Sliced Gouda Cheese

Topplings: Grilled Scallions (recipe follows), Quick-Pickled Veggies (recipe follows)

Sauce: Sriracha Mayo (recipe follows)

Grilled Scallions:

Preheat grill to medium-high. Remove and discard roots from 1 bunch scallions; brush with 2 tbsp. olive oil. Arrange scallions in a single layer over direct heat and grill 3–4 minutes, turning once, or until grill marks appear. Season with salt and pepper, if desired.

Quick-Pickled Veggies:

In a small bowl whisk together ½ cup rice vinegar, 1 tbsp. sugar and 2 tsp. salt until sugar and salt are dissolved. Add 1 cup very thinly sliced red onion, carrot and/or cucumber and let stand, stirring occasionally, about 20 minutes. Drain before serving.

Sriracha Mayo:

Combine 1 part sriracha and 4 parts Schnucks mayonnaise.



over the hill

A tribute to our hometown's Italian heritage, our fresh-ground salsiccia is seasoned with our very own Porketta seasoning, then sandwiched between layers of mozzarella, grilled tomatoes, balsamic-dressed arugula and a *Basil Pesto Mayo*.

Buon appetito!

salsiccia pesto burger

Bun: Ciabatta

Protein: Schnucks Salsiccia Sausage

Dry Rub/Basting Sauce:
Schnucks Porketta Seasoning

Cheese: Schnucks Sliced
Mozzarella Cheese

Toppings: Grilled Tomatoes (recipe follows), Sautéed Onion, Baby Arugula tossed with Culinaria Balsamic Vinaigrette

Sauce: Basil Pesto Mayo (recipe follows)

Grilled Tomatoes:

Preheat grill to medium-high. Halve **2 tomatoes** crosswise and remove seeds. Brush with **2 tbsp. olive oil**. Arrange, cut side down, over direct heat and grill 3–4 minutes, turning once, or until grill marks appear. Season with salt and pepper, if desired.

Basil Pesto Mayo:

Combine **1 part basil pesto** and **4 parts Schnucks mayonnaise**.

the spice is right

Set your taste buds on fire (in the best way) with this kicked-up creation. Our Loaded Jalapeño Jack Burger is seasoned with our own Ancho Chipotle Rub then topped with sliced pepper jack and our Hatch Pepper Sauce. Don't worry—fresh guacamole and a ranch-based Street Corn Salad help to tame this beast.

spicy elote burger



Bun: Bolillo Roll

Protein: Schnucks Loaded
Jalapeño Jack Burger

Dry Rub/Basting Sauce:
Schnucks Ancho Chipotle Rub

Cheese: Schnucks Sliced
Pepper Jack Cheese

Toppings: Guacamole, Street Corn
Salad (recipe follows)

Sauce: Schnucks Hatch Pepper Sauce

Street Corn Salad:

In a small bowl combine **2 cups** grilled corn kernels, **¼ cup** Culinaria Chipotle Ranch Dressing, **¼ cup** crumbled cotija or feta cheese, **¼ cup** chopped fresh cilantro, **2 tbsp.** lime juice, **1 tbsp.** minced jalapeño and **2 tsp.** chili powder. Stir in corn mixture and season with salt and pepper, if desired.

plant-based patties

Eating less meat? Swap your burger for one of these savory substitutes.



vegan meat

Made to mimic the texture and flavor of meat—products from brands like Impossible and Beyond are the closest you'll get to the real thing.



veggie burgers

While there is no standard recipe, these hearty burgers are made from a variety of plants such as grains, soybeans, veggies and more. The best part? Infinite recipes to try!



black bean burgers

A fiesta of flavor—these protein-packed patties tend to be seasoned with bold southwest spices; perfect for our Spicy Elote Burger!



portobello mushrooms

While not technically a patty, grilled portobello caps are juicy, meaty and delicious—especially when basted with savory sauces like barbecue, balsamic or teriyaki.

LET'S SUMMER

SAVE \$3

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moms, dads & grads!

Get outside and celebrate your family
with a little help from Schnucks!

Mamma mia!

1. Build-Your-Own Mimosa Bar

Equal parts Champagne and Schnucks Orange Juice are all you need for a refreshing cocktail. Serve alongside a few bottles of local wine and Culinaria Sparkling Italian Soda for a variety of delicious drinks.

2. Schnucks Cake Pops

Sweeten the meal with beautiful, bite-sized Schnucks Cake Pops! Available in two varieties year round: White Cake with an Icing Center and Chocolate Cake with a Fudge Icing Center. Check your local Schnucks Bakery for additional seasonal flavors and colors!

3. Crostini 3 Ways

Easy to make and fun to eat, crostini are always a welcome addition to any summer spread. Start by asking a Schnucks Bakery teammate to slice a baguette for you. Then, simply arrange baguette slices on a baking sheet, brush on both sides with a little olive oil and bake at 375 degrees for about 8 minutes or until golden brown, flipping halfway through. Spread with Schnucks ricotta, then top with the combinations below.

Elote: Grilled Corn, Cilantro, Schnucks Hatch Pepper Sauce

Melon Bruschetta: Watermelon, Fresh Basil, Balsamic Glaze

Spicy Broccoli: Grilled Broccoli Florets, Hot Honey

4. Cheese Board

There's just something about a board full of snacks that elevates a party from good to great! Start with specialty cheeses and thinly sliced meats, then pile on the fresh produce, crackers, nuts, olives and anything else your heart desires! For more information on building a better cheese board, check out our Simply Entertaining guide at nourish.schnucks.com/party-planning.

5. Edible Bouquet

Using flower-shaped cookie cutters and a melon baller, cut fresh fruit into fun shapes and thread onto wooden skewers. Then, arrange inside a vase for the most delicious bouquet ever.



Show Mom some love with an elegant arrangement of hors d'oeuvres, sweet treats and a build-your-own mimosa bar! Bonus points if you make a drink for her.



2

App Hack!

Did you know we are the largest florist in the Midwest? Order from an extensive variety of bouquets, arrangements and fresh-cut flowers right in the app!

GOOD FOR YOU
👍

5

3

Short Cuts are encouraged

Save time by incorporating our large selection of fresh-cut produce into your edible bouquet!

4

get it poppin'

for Pops!

1. Local Beer

Nothing gets the party started like a bucket of beer! Stock up on brews from local favorites like 4 Hands, Six Mile Bridge and Logboat, then serve over ice to keep 'em crisp and cold.

2. Cocktail Station

Set out a bottle of whiskey and nobody will mind making their own mixed drinks—just pair with Schnucks Cola and Schnucks Ginger Ale for super-simple cocktail combinations.

3. Schnucks Deli Sides

Stop by Schnucks Deli to choose from a large variety of tasty sides. From baked beans to potato salad—we've got all your cookout needs covered! Don't worry, we won't tell anyone that you didn't make them yourself.

4. Schnucks Fresh Brats 3 Ways

It just wouldn't be a backyard barbecue without grilled brats. Pile on your favorite toppings or try the flavor combos below.

German: Schnucks Beer Brats, Schnucks Swiss Cheese, Schnucks Sauerkraut, Whole-Grain Mustard

Italian: Schnucks Salsiccia Links, Sliced Cherry Tomatoes, Basil Pesto Mayo (p. 21), Schnucks Shredded Parmesan Cheese

Southwest: Schnucks Chorizo Links, Schnucks Salsa Con Queso, Schnucks Pico de Gallo, Sour Cream, Sliced Jalapeño

5. Schnucks Fresh Tortilla Chips and Mexican-Style Dips

Our fresh tortilla chips are fried to crispy, golden perfection right in store. Serve alongside our salsa con queso, pico de gallo, salsa and/or fresh guacamole.

6. Schnucks Cookie Cake

Deliciously decadent and decorated how you want, Schnucks Cookie Cakes are the ultimate Father's Day dessert.

7. Grilled BBQ Pork Steaks

Nothing pleases a crowd quite like freshly grilled pork steaks—especially when they're smothered in our small-batch Braggin' Rights barbecue sauce!



Make Dad's day with a rustic backyard bash full of brats, barbecue pork steaks and his favorite local beer.

App Hack!

Simplify shopping by adding everything you need to your shopping list right in the app—we'll tell you exactly where to find each item in your store. Or use Schnucks Delivers to have your groceries delivered right to your front door or car door!

We have Braggin' Rights

Our Braggin' Rights BBQ Sauce is inspired by the world's tastiest barbecue and made in small batches; plus, with 8 flavors to choose from, there's something for everyone!



congradulations!

1. Schnucks Cupcakes

Our cupcakes are the perfect sweet treats for parties (and much more)!

Order from the app or talk to a Schnucks Bakery teammate for all available cupcake options (including specialty cupcakes) at your neighborhood store today.

2. Schnucks Chips & Dips

With over 40 varieties of chips, (plus over 20 varieties of other salty snacks) and a handful of delicious dips; there's a combination for everyone!

3. Bundt Party Sub

Perfect for feeding a crowd, this party hero is sure to get all the "oohs," "aahs" and "mmms."

Preheat oven to 350 degrees. Spray a 12-cup bundt pan with cooking spray. Remove dough from **two 11-oz. cans refrigerated French bread dough**; place in pan to form a ring and pinch ends together to seal. Bake 35–40 minutes or until golden brown. Transfer bread from pan to a cooling rack; cool completely. Slice in half horizontally then tear bread from cut sides to hollow out slightly. Between bread rings, arrange your choice of meat, cheese, veggies and condiments to make a sandwich. Slice and serve.

4. Schnucks Fried Chicken

Our signature recipe is so good you'll be proud to serve it as your own! We start with fresh chicken, in our own marinade, then hand toss it in our special blend of seasonings and fry it up fresh in-store. Available in large quantities so you can feed the whole party!

5. Build-Your-Own Float Bar

Pick up a few flavors of **Schnucks Soda** and **Schnucks Ice Cream**, then serve alongside toppings like sprinkles and maraschino cherries so guests can customize their own floats. We recommend our root beer, strawberry, orange and/or grape sodas along with any of our vanilla ice creams (homestyle vanilla, vanilla bean and/or French vanilla).



Throw a spirited celebration for your grad featuring picnic-inspired flavors, festive floats and their school colors!



App Hack!

Save time by ordering deli meats and cheeses from our deli right in the app. Or skip the cooking and save even more time with a prepared sandwich platter!

Don't forget the balloons!

Order a custom arrangement from our floral department in the app! Or stop in and talk to a Schnucks Floral teammate for more info.



JOIN OUR MISSION



FOLDS *of* HONOR

Honoring their sacrifice.
Educating their legacy.

HELP US PROVIDE EDUCATIONAL SCHOLARSHIPS
TO THE FAMILIES OF THOSE KILLED OR WOUNDED
PRESERVING AMERICAN FREEDOM.
IT'S OUR TURN TO SERVE.

**ROUND UP AT
THE REGISTER
OR DONATE
YOUR REWARDS**

Wednesday, May 25 - Monday, July 4, 2022

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