

# SIMPLY

JULY / AUG 2023

*Schnucks*



## all hands on prep

Get kiddos safely helping in the kitchen **pg 20**

## waffle-licious

Keep your mornings on trend with tasty to-go breakfasts **pg 12**



# back to class

everything you need to make this the best year yet

## pop o' the morning



Finally, a breakfast routine that will stick! **pg 10**

**free**

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



Grab a  boost of **blue**



Beat the heat with a boost of blue.  
Bring the cool, refreshing taste of blueberries home with convenient and versatile frozen blueberries.

Perfect for frozen treats, drinks, baked goods, smoothies and sauces.

# BACK TO SCHOOL STARTS **HERE**

Kills 99.9% of germs\* on over 100 surfaces to help your kids stay in the classroom



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# MAKE YOUR YEAR EGG-CEPTIONAL

BETTER TASTE.  
BETTER NUTRITION.  
BETTER EGGS.®



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

5

### My Plate

Make every bite count, and have fun while doing it!

6

### Good for You

Liven up your popcorn by adding these tasty mix-ins.

8

### Muffins

Nutrient-packed and flavorful in just 1-2\*3.

10

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Stick with us to keep cool and be the coolest.

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Drop the bread, 'cause now it's all about the waffles!

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Easy, yummy and nutritious meals that kids will love to eat.

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### Sous Chefs

Discover the magic of cooking with the whole family.

30

### Seasonal Produce

Fresh and full of nutrients, discover what's in this season.



## Cooking School with Chef Amy

Chef Amy Feese grew up in Sullivan, Mo., and graduated from Drury University with a degree in studio arts with an emphasis in art management. Soon after, she came to realize that her true passion lay with the art of food. She then decided to pursue an education in the culinary arts. After spending years studying in France and opening a restaurant in Shreveport, La., Chef Amy decided to come back home

to the Saint Louis area. She has a true love for mentoring and has spent over a decade teaching local culinary students, most recently with Schnucks. Her focus is on creating a life she is proud of; one full of love, learning and amazing food. Schnucks Cooking School offers a variety of cooking classes for every level of expertise. The classes include a wide range of topics for families, couples and kids.

Learn more at [SchnucksCooks.com](https://SchnucksCooks.com)

### BREAKFAST



8 Avocado Black Cherry Chocolate Chip Mini Muffins



9 Apple Banana Carrot Muffins



9 Apricot Blueberry Coconut Muffins



12 Egg, Sausage, Spinach Blueberry Waffle Sandwich



12 Ham, Avocado, Tomato & Cheese Waffle Sandwich



13 Strawberry, Banana & Almond Butter Chocolate Chip Waffle Sandwich



10 Chocolate-Dipped Applesauce Yogurt Pops



11 3-Layer Fruit Smoothie Pops



11 Kodiak Cakes Maple Brown Sugar Peanut Butter Pops

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18 Garlic Bread Stars



19 Lunchbox Turkey Sandwich



19 Fruit Salad

### SNACK



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7 Cinnamon Apple Walnut Popcorn



7 Chocolate Cranberry Popcorn

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26 Toaster Ham & Cheese Pockets



27 Sheet-Pan Chicken Nachos



27 Sheet-Pan Andouille Sausage with Jambalaya Rice

## SIMPLY Schnucks

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DESIGNED AND PRINTED BY



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

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

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

**BACKYARD GLOBE TROTTER**

**The SPICE HUNTER**  
GLOBAL FUSION RUB  
Mango Habanero  
Mexico

# my plate

Fill in your favorite foods for each section of your plate!

**word search**

**jokes**

what do you call a cow in an earthquake?  
*A milkshake.*

what cheese is not yours?  
*Nacho cheese.*

what is a table you can eat?  
*A vegetable.*

why shouldn't you tell an egg a joke?  
*Because it might crack it up.*

**Word Bank**

1. chef	6. muffin	11. grains	16. protein
2. family	7. fruits	12. bake	17. pasta
3. healthy	8. happy	13. food	18. menu
4. milk	9. friends	14. delicious	19. kitchen
5. bites	10. fresh	15. waffle	20. vegetables



Opt in today to discover the health of your shopping cart.



Orville Redenbacher's Naturals Light Simply Salted combines all the wholesome whole-grain goodness with just a light touch of oil and salt.



Allison Primo
SCHNUCKS
REGISTERED DIETITIAN

GOOD FOR YOU

whole grain goodness

Popcorn is the perfect snack to curb after-school cravings. As a whole grain, it's full of fiber and other vitamins to keep kids full longer. Not to mention, it's a great canvas to allow kids to be creative. Choose from our recipes below or mix in your favorite flavors to create your own!

BANANA NUT

SERVES: 4
ACTIVE: 5 MIN TOTAL: 10 MIN

- 1 bag Orville Redenbacher - Naturals Simply Salted Microwave Popcorn
1/4 cup Schnucks banana chips
1/4 cup Schnucks macadamia nuts
1/8 cup shredded unsweetened coconut flakes, toasted

- 1. Roughly chop the banana chips and nuts. Place in a large mixing bowl and add the coconut.
2. Prepare the popcorn according to package instructions. Pour the popcorn into the mixing bowl and toss until mixed. Serve immediately.

PER SERVING: CAL 196, FAT 15G (5G SAT FAT), CHOL 0MG, SODIUM 137MG, CARB 14G (3G FIBER, 2G SUGARS), PRO 2G

CINNAMON APPLE WALNUT

SERVES: 4
ACTIVE: 5 MIN TOTAL: 10 MIN

- 1 bag Orville Redenbacher - Naturals Simply Salted Microwave Popcorn
1/2 cup crispy apple chips
1/3 cup Schnucks walnut pieces
1/4 tsp. Schnucks ground cinnamon

- 1. Place frying pan on the stovetop over medium heat. Add the almonds and toast for 3 minutes until fragrant. Toast for 2-3 minutes more, stirring constantly, until nuts begin to brown.
2. Place the apples, nuts and cinnamon in a large mixing bowl.
3. Prepare the popcorn according to package instructions. Pour the popcorn into the mixing bowl and toss until mixed. Serve immediately.

PER SERVING: CAL 207, FAT 12G (2G SAT FAT), CHOL 0MG, SODIUM 184MG, CARB 22G (3G FIBER, 9G SUGARS), PRO 3G

CHOCOLATE CRANBERRY

SERVES: 4
ACTIVE: 2 MIN TOTAL: 5 MIN

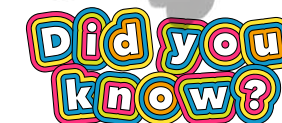
- 1 bag Orville Redenbacher - Naturals Simply Salted Microwave Popcorn
1/4 cup less-sugar dried cranberries
1/4 cup mini chocolate chips
1/2 cup pistachios, roughly chopped

- 1. Place the cranberries, chocolate chips and nuts in a large mixing bowl.
2. Prepare the popcorn according to package instructions. Pour the popcorn into the mixing bowl and toss until mixed. Serve immediately.

PER SERVING: CAL 260, FAT 16G (4G SAT FAT), CHOL 0MG, SODIUM 134MG, CARB 29G (7G FIBER, 10G SUGARS), PRO 5G



Pinched for time? Use pre-popped popcorn as your base. Look for the Good For You icon in store and in the app to help guide you.



Popcorn is perhaps the oldest of all foods. The United States is the No. 1 producer and consumer of popcorn in the world.

MUFFINS

# a•b•c's ready in 1•2•3

Filled with flavor and naturally sweetened, your kids will think they're getting a treat with these delicious muffins.



Muffins will come out softer if they have liners, while unlined muffins will be crispy all around. Be sure to rotate your tin halfway through baking!

## AVOCADO BLACK CHERRY CHOCOLATE CHIP MINI MUFFINS

SERVES: 14  
ACTIVE: 10 MIN TOTAL: 25 MIN

- 2 6.5-oz. chocolate chip muffin mixes
- 1 cup water
- 1 ripe avocado, peeled and seeded
- ½ cup Schnucks frozen dark sweet cherries, thawed and roughly chopped

1. Preheat oven to 400 degrees. In a large bowl, add avocado and mash thoroughly. Add 1 cup water and dry contents of package and stir to mix until just combined. Pat cherries dry with paper towels and stir into batter.
2. Line mini muffin tins with 28 cupcake liners or nonstick cooking spray. Scoop batter into tins until ¾ full.
3. Bake for 15 minutes or until cooked through (clean toothpick). Remove from oven and rest 10 minutes. Remove from tins and serve warm.

PER SERVING: CAL 122, FAT 4G (1G SAT FAT), CHOL 0MG, SODIUM 170MG, CARB 22G (2G FIBER, 11G SUGARS), PRO 1G

## APPLE BANANA CARROT MUFFINS

SERVES: 16  
ACTIVE: 8 MIN TOTAL: 30 MIN

- 2 6.5-oz. banana nut muffin mixes
- 1 cup water
- 1 Starr Ranch Honeycrisp apple, cut into ¼-inch chunks; about ¾ cup
- ½ cup grated carrot
- ¼ tsp. Schnucks ground cinnamon
- ¼ tsp. Schnucks ground ginger

1. Preheat oven to 400 degrees. In a large bowl, add 1 cup water, dry contents of package and remaining ingredients. Stir until just combined.
2. Line muffin tins with 16 cupcake liners or cooking spray. Scoop batter into tins until ¾ full.
3. Bake 20–22 minutes or until muffins are cooked through (clean toothpick). Remove from oven and rest 10 minutes. Remove from tins and serve warm.

PER SERVING: CAL 114, FAT 3G (0.6G SAT FAT), CHOL 0MG, SODIUM 168MG, CARB 21G (0G FIBER, 10G SUGARS), PRO 1G

## APRICOT BLUEBERRY COCONUT MUFFINS

SERVES: 16  
ACTIVE: 8 MIN TOTAL: 30 MIN

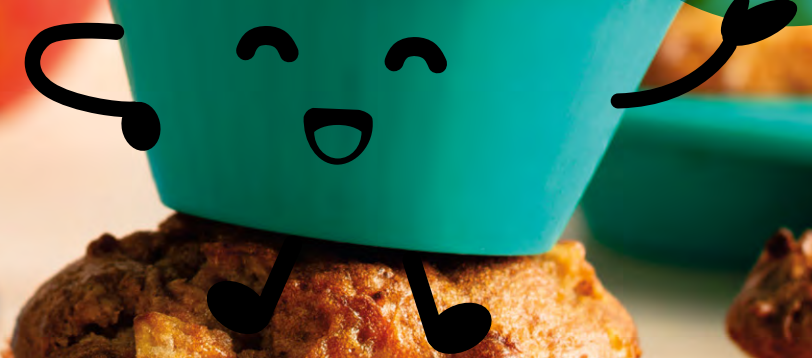
- 2 6.5-oz. blueberry muffin mixes
- 1 cup water
- ½ cup Schnucks dried apricots, roughly chopped
- ¼ cup unsweetened coconut flakes
- ½ tsp. Schnucks vanilla extract

1. Preheat oven to 400 degrees. In a large bowl, add 1 cup water, dry contents of package and remaining ingredients. Stir until just combined.
2. Line muffin tins with 16 cupcake liners or nonstick cooking spray. Scoop batter into tins until ¾ full.
3. Bake 20–22 minutes or until cooked through (clean toothpick). Remove from oven and rest 10 minutes. Remove from tins and serve warm.

PER SERVING: CAL 150, FAT 3G (2G SAT FAT), CHOL 0MG, SODIUM 179MG, CARB 30G (1G FIBER, 16G SUGARS), PRO 1G



If you've used all your batter but still have empty cups remaining in the tin, fill each empty cup with a few tablespoons of water. This will promote even baking.



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

# you're the coolest

What kid doesn't want popsicles for breakfast?  
Delicious and nutritious can be cool—because nothing is *impopsicle!*

## CHOCOLATE-DIPPED APPLESAUCE YOGURT POPS

SERVES: 12  
ACTIVE: 10 MIN TOTAL: 5 HR 10 MIN

- 12 3-oz. plastic Dixie cups
- 12 wooden popsicle sticks
- ½ cup Schnucks semi-sweet chocolate morsels
- 2 tsp. coconut oil
- ⅔ cup Schnucks vanilla non-fat Greek yogurt
- ¼ cup 2% milk

## APPLESAUCE & WHEAT CHEX

- 1 ⅔ cups wheat Chex cereal
- 2 3.2-oz. GoGo SqueeZ applesauce packets

PER SERVING: CAL 197, FAT 3G (2G SAT. FAT), CHOL 2MG,  
SODIUM 165MG, CARB 38G (5G FIBER, 17G SUGARS), PRO 6G



## BANANA APPLESAUCE & CAP'N CRUNCH

- 1 ⅔ cups Cap'n Crunch cereal
- 2 3.2-oz. GoGo SqueeZ banana applesauce packets

PER SERVING: CAL 172, FAT 4G (2G SAT. FAT), CHOL 2MG,  
SODIUM 134MG, CARB 30G (2G FIBER, 20G SUGARS), PRO 5G



## STRAWBERRY APPLESAUCE & COCOA PEBBLES

- 1 ⅔ cups Cocoa Pebbles cereal
- 2 3.2oz. GoGo SqueeZ strawberry applesauce packets

PER SERVING: CAL 168, FAT 4G (2G SAT. FAT), CHOL 2MG,  
SODIUM 113MG, CARB 30G (2G FIBER, 19G SUGARS), PRO 5G

pick a  
topping



Made simply with real fruits and veggies, **GoGo SqueeZ** pouches are the perfect snack to fuel your kids' adventureZ.

1. In a mixing bowl, add yogurt, milk and 1 cup cereal. Stir to combine and refrigerate covered for 1–12 hours.
2. Divide yogurt mixture among the 12 cups, about ⅓ cup each. Place tray into freezer for 2 hours.
3. Remove tray after 2 hours and insert one popsicle stick into each cup. Squeeze applesauce on top of the yogurt layer until cup is full. Tap cups on counter to settle into even layers. Return to freezer for 2 more hours, or until ice pops are completely hardened.
4. Crush remaining cereal in a Ziploc bag. Put crushed cereal into small bowl; set aside. In a microwave-safe bowl, add chocolate chips and oil. Microwave in 30-second intervals, stirring after each interval until melted, about 2 minutes.
5. Remove popsicles from freezer and carefully peel each popsicle out of the paper cup. One by one, dip the end of each popsicle into melted chocolate and immediately roll in crushed cereal, about 1 tablespoon each. Store in the freezer until ready to serve.

one in a  
melon

## KODIAK CAKES MAPLE BROWN SUGAR PEANUT BUTTER POPS

SERVES: 10  
ACTIVE: 15 MIN TOTAL: 6 HR 15 MIN

- 1 cup 2% milk
- 3 Kodiak Cakes maple brown sugar oatmeal packets
- 3 medium ripe bananas, peeled
- ⅔ cup Schnucks creamy peanut butter
- 1 cup Schnucks plain non-fat Greek yogurt
- 10 wooden popsicle sticks

1. In a microwave safe bowl, heat milk for 2 minutes or until warmed. Reserve ¼ cup dried oatmeal mixture in a separate bowl. Add remaining mixture to warm milk and steep covered for 10 minutes or until thickened slightly and room temperature.
2. In a food processor or blender, purée bananas, peanut butter and yogurt until smooth. Add half of oatmeal milk mixture and pulse in 10-second intervals until combined.
3. Line a loaf pan with parchment paper. Spread remaining oatmeal mixture on bottom of pan, pour yogurt mixture evenly over the oatmeal and top with remaining dried oatmeal. Swirl together using butter knife.
4. Freeze popsicles for 2 hours, remove and insert wooden popsicle sticks. Return to freezer for 2–4 more hours or until set.
5. To loosen popsicles from mold, run under warm water for 1–2 minutes. Slice into popsicles and serve.

PER SERVING: CAL 210, FAT 9G (2G SAT. FAT), CHOL 3MG,  
SODIUM 141MG, CARB 24G (3G FIBER, 11G SUGARS), PRO 11G



Made with 14 grams of protein and 100% whole-grain rolled oats, **Kodiak Cakes Oatmeal Cups** provide the long-lasting energy kids need.



Protein-packed **dairy** is full of calcium and vitamin D to help kids grow big and strong!

## 3-LAYER FRUIT SMOOTHIE POPS

SERVES: 10  
ACTIVE: 10 MIN TOTAL: 12 HR 10 MIN

- 2 cups cubed watermelon
- ¼ cup grapefruit juice
- 3 tsp. lime juice
- 1 cup cubed cantaloupe
- 2 tbsp. orange juice
- ½ cup Schnucks plain non-fat Greek yogurt
- 1½ tbsp. lemon juice
- ½ tsp. lemon zest
- 1 tsp. honey
- 1 tsp. Schnucks pure vanilla extract
- 10 wooden popsicle sticks

1. In a blender, combine first 3 ingredients. Pulse blender until consistency is a smooth liquid.
2. Divide between popsicle molds and place in freezer for 1 hour, or until slightly firm. Insert popsicle stick and freeze 1 hour.
3. In a blender, combine cantaloupe and orange juice. Blend to liquid consistency, about 2 minutes. Divide between popsicle molds and place back in freezer for 1 hour.
4. In a small bowl, whisk together yogurt with remaining ingredients until combined, 1–2 minutes. Divide yogurt between popsicle molds. Freeze 4–5 hours.
5. Serve when final layer is firm to touch. To remove from mold, gently run warm water over outside of popsicle mold and wiggle loose while pulling on popsicle stick.

PER SERVING: CAL 27, FAT 0G (0G SAT. FAT), CHOL 1MG,  
SODIUM 3MG, CARB 5G (0G FIBER, 5G SUGARS), PRO 2G



Get creative with your ice pop molds. Here are 5 ideas:

1. Loaf Pans (10 slices)
2. Yogurt Container
3. Plastic Cups
4. Ice Cube Trays
5. Baking Tins

**SANDWAFFICHES**

# waffly good

Drop the bread and try one of these fantastic sandwaffiches instead. Loved by kids and grown-ups alike, they're savory, sweet, salty and scrumptious.

## HAM, AVOCADO, TOMATO & CHEESE WAFFLE SANDWICH

SERVES: 2  
ACTIVE: 2 MIN TOTAL: 10 MIN

- 2 whole-grain frozen waffles, thawed
- 2 .75-oz. creamy white cheddar cheese wedges
- 4 oz. lower-sodium sliced deli ham
- ½ avocado, mashed
- 3 garden tomato slices

1. Place waffles on cutting board and spread cheese on top of each waffle.
2. Layer ham on top of one waffle and microwave both waffles for 30 seconds or until ham and cheese is warmed through.
3. Remove from microwave then top ham with avocado and tomato. Top with the other waffle, cut in half and serve immediately.

PER SERVING: CAL 277, FAT 13G (3G SAT FAT), CHOL 30MG, SODIUM 693MG, CARB 20G (5G FIBER, 3G SUGARS), PRO 13G

**Danimals**

Enjoyed on-the-go or at home, **Danimals Smoothies** are an easy and delicious addition to any eating occasion.

## EGG, SAUSAGE, SPINACH BLUEBERRY WAFFLE SANDWICH

SERVES: 2  
ACTIVE: 12 MIN TOTAL: 15 MIN

- 2 Schnucks blueberry frozen waffles, toasted
- 2 Eggland's Best eggs
- 2 tsp. unsalted butter
- ¼ 16-oz. roll maple pork breakfast sausage
- 1 tbsp. mayonnaise
- 1 tsp. Dijon mustard
- ¼ cup packed baby spinach leaves

1. In a small bowl, whisk eggs until blended, 2 minutes. Warm skillet over medium heat, melt butter and add eggs. Cook 2–3 minutes, stirring occasionally, until fluffy.
2. On a cutting board, form a thin patty of ground sausage a little smaller than waffle diameter. Heat skillet over medium-high, add patty and cook 3 minutes per side, until browned and cooked through. Remove from pan and set aside.
3. In a small bowl, stir together mayonnaise and mustard. Spread on one side of each waffle.
4. Assemble sandwich starting with sausage patty on one waffle, sauce-side up; add spinach leaves and top with scrambled eggs. Top with second waffle, sauce-side down. Cut in half and serve warm.

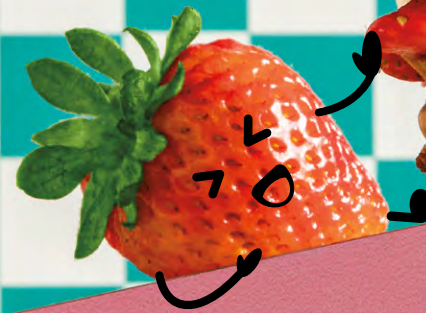
PER SERVING: CAL 403, FAT 29G (9G SAT FAT), CHOL 232MG, SODIUM 668MG, CARB 18G (1G FIBER, 4G SUGARS), PRO 1G



Starting with high-quality feed for the hens, **Eggland's Best** takes nutrition seriously to offer the best eggs for you and your family.



Mix and match your favorite fruits! Bananas go great with ... blackberries, blueberries, peaches, plums or raspberries.



**I'm going bananas over you!**

## STRAWBERRY, BANANA & ALMOND BUTTER CHOCOLATE CHIP WAFFLE SANDWICH

SERVES: 2  
ACTIVE: 5 MIN TOTAL: 7 MIN

- 2 Schnucks chocolate chip frozen waffles, toasted
- 2 tbsp. Full Circle almond butter
- ½ banana, sliced
- ¼ cup sliced strawberries

1. On one toasted waffle, spread almond butter in even layer. Arrange banana slices and strawberry slices on top.
2. Sandwich with second waffle and slice in half. Serve immediately.

PER SERVING: CAL 261, FAT 13G (2G SAT FAT), CHOL 3MG, SODIUM 186MG, CARB 34G (4G FIBER, 13G SUGARS), PRO 6G



# SURPRISINGLY SIMPLE & FUN LUNCHES

Kids of all stripes will love a lunch packed with tasty goodness, fresh flavor and a little something fun. **Recipes on pg. 18 & 19**





Centerville Pie Co. Spinach & Feta Pie is a vegetarian's delight. You can serve our version of the traditional spanakopita for breakfast, lunch or dinner.



70%

30%

100%



Berries are best for fruit kebabs! Mix and match your kids favorites. Use a straw to create a hole through the center of your fruit.



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

# Bow Tie Pasta Salad

SERVES: 4  
ACTIVE: 5 MIN TOTAL: 45 MIN

- 8 oz. farfalle (bow tie) pasta
- 1½ cups broccoli florets
- 1 cup grape tomatoes, halved
- 1 yellow bell pepper, diced
- ½ cup grated carrot
- 1 tbsp. chopped fresh parsley
- ¼ cup Schnucks grated parmesan cheese
- ½ cup Schnucks light house Italian dressing

1. Cook pasta according to package directions, adding broccoli during last 5 minutes of cooking. Strain and rinse with cold water until just cooled.
2. In a large mixing bowl, add remaining ingredients; toss to combine. Cover and refrigerate for half an hour, stirring occasionally.

PER SERVING: CAL 291, FAT 4G (1G SAT FAT), CHOL 5MG, SODIUM 494MG, CARB 54G (4G FIBER, 5G SUGARS), PRO 11G



Wrap pepperoni, salami or prosciutto around half of a string cheese stick for a punch of protein!



OVEN



TOASTER



# Garlic Bread Stars

SERVES: 4  
ACTIVE: 5 MIN TOTAL: OVEN – 17 MIN, TOASTER – 10 MIN

- 4 slices Nature's Own honey wheat bread
- 4 tbsp. Schnucks unsalted butter, softened
- 2 tsp. Schnucks garlic powder
- 1 tsp. parsley, chopped

PER SERVING: CAL 175, FAT 12G (7G SAT FAT), CHOL 30MG, SODIUM 112MG, CARB 14G (1G FIBER, 2G SUGARS), PRO 3G

1. Preheat the oven to 350 degrees. In a small bowl, mix the butter, parsley and garlic.
2. Spread the butter onto both sides of the bread and place on a foil- or parchment-lined baking sheet.
3. Bake for 5–6 minutes, turn bread over and bake for an additional 5–6 minutes until crispy.
4. Cut out the center of the bread with a large star cookie cutter.

1. In a small bowl, mix butter, parsley and garlic. Toast bread in a toaster until crispy and browned.
2. Spread butter onto both sides of the bread. Cut out center of bread with a large star cookie cutter.



Nature's Own Honey Wheat is always crafted without any artificial preservatives, colors or flavor and offers the perfect blend of wheat, sweetened with a touch of honey.



# Lunchbox Turkey Sandwich

SERVES: 2  
ACTIVE: 5 MIN TOTAL: 5 MIN

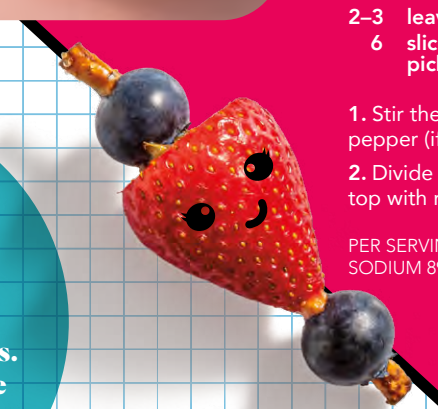
- 4 slices Schnucks Pane Italiano Bread
- ½ avocado, peeled, seeded and mashed
- 2 tbsp. Schnucks plain non-fat Greek yogurt
- 6 oz. Oscar Mayer Deli Fresh Lower Sodium Oven Roasted Turkey Breast
- 1 roma tomato, thinly sliced
- 2 slices reduced-fat cheddar cheese
- 2–3 leaves butter lettuce
- 6 slices Schnucks sodium-free bread-and-butter pickle chips

1. Stir the avocado and mayo together; season with salt and pepper (if desired). Spread mixture onto slices of bread.
2. Divide remaining ingredients onto two pieces of bread, top with remaining bread and cut in half.

PER SERVING: CAL 529, FAT 23G (3G SAT FAT), CHOL 41MG, SODIUM 893MG, CARB 66G (8G FIBER, 28G SUGARS), PRO 32G



Make scraps into snacks. Use the scraps from the garlic toast to make croutons or stuffing.



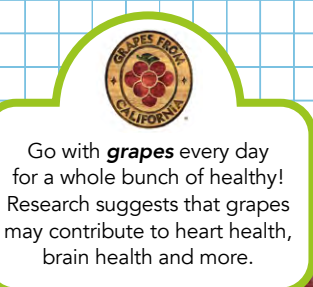
# Fruit Salad

SERVES: 6  
ACTIVE: 5 MIN TOTAL: 5 MIN

- 2 cups Red Grapes from California, halved
- 1 lb. strawberries, quartered
- 1 pint blueberries
- 3 kiwis, peeled and cut into chunks
- 4 mandarin oranges, peeled and sectioned and cut into chunks
- 2 cups pineapple, peeled, cored and cut into chunks
- 2 tbsp. lime juice
- 1 tbsp. Schnucks honey

Toss the ingredients together in a large mixing bowl until fruit is coated.

PER SERVING: CAL 163, FAT 1G (0G SAT FAT), CHOL 0MG, SODIUM 3MG, CARB 42G (5G FIBER, 31G SUGARS), PRO 2G

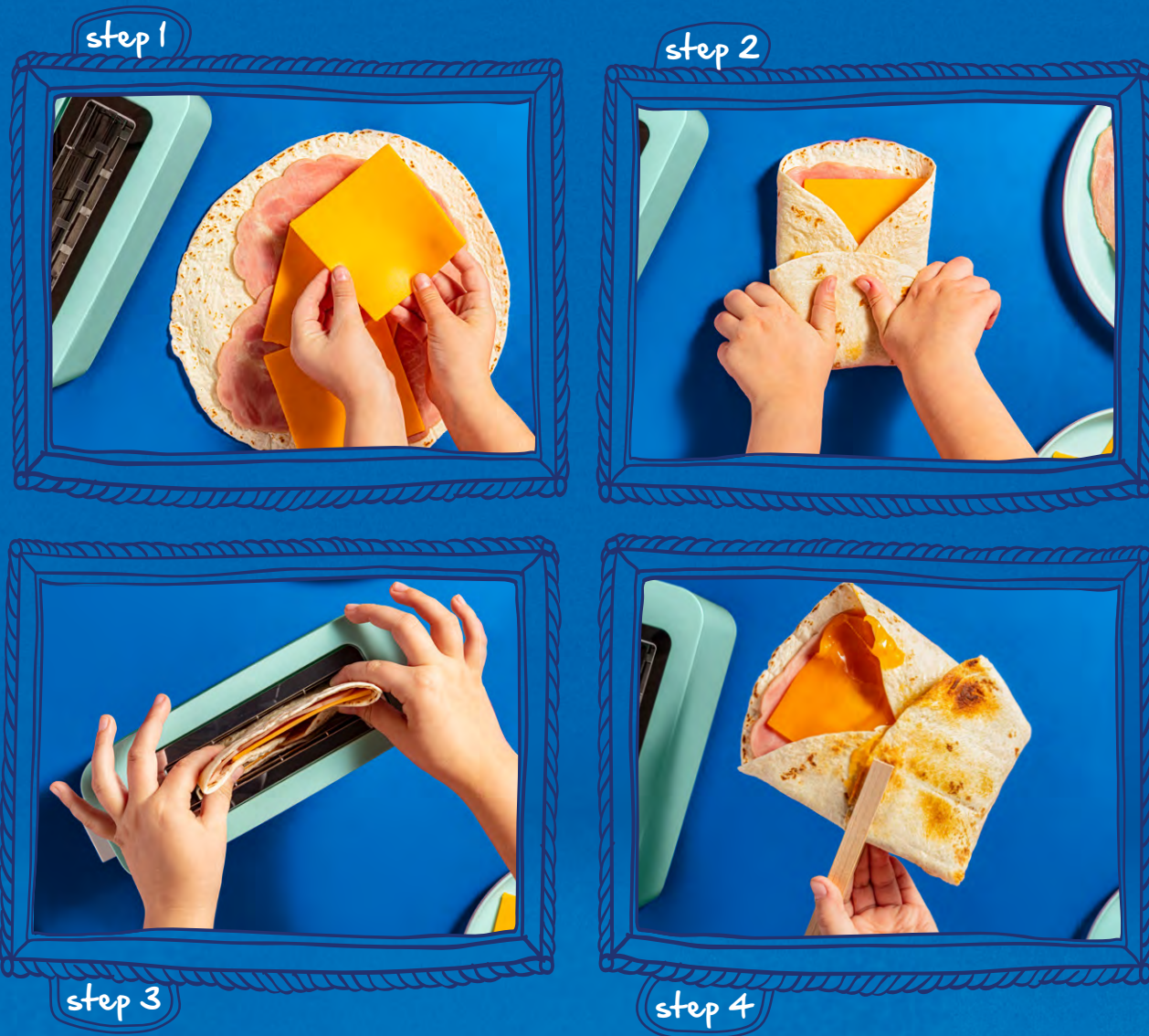


Go with grapes every day for a whole bunch of healthy! Research suggests that grapes may contribute to heart health, brain health and more.



Introduce your kids to the art of cooking—with the help of the grown-ups, of course! Test out these quick and easy recipes that will leave your little sous chef satisfied! **Recipes on pg. 26 & 27**

# Sous Chefs



**Ages  
5-8**



this is nacho average dinner

step 1



step 2



step 3



step 4



**SPICE HUNTER**  
Quality spices pack more flavor into every dash, garnish and teaspoon. Check the back of *Spice Hunter* bottles for more ways to spice things up.



Ages  
9-12

this dinner has me  
mesme-rice-d



step 1



step 2



step 3



step 4



**ZATARAIN'S**

Enjoy the flavor and soul of New Orleans with **Zatarain's Jambalaya Mix Original**. Add smoked sausage, chicken, shrimp or mixed veggies for an easy school-night meal your crew will love.

ages  
13+



## Toaster Ham & Cheese Pockets

SERVES: 4  
ACTIVE: 5 MIN TOTAL: 12 MIN

- 2 burrito-sized flour tortillas
- 4 slices lower-sodium honey ham
- 6 slices reduced-fat medium cheddar cheese
- 2 celery stalks, cut in 3-inch sticks
- ¼ cup Schnucks natural creamy peanut butter
- 25 Schnucks raisins

1. On a flat, clean surface, lay both tortillas out. Arrange two slices ham on each tortilla in straight line; vertically top to bottom, cover ham with three cheese slices.
2. Fold each side over ham and cheese so tortilla is in thirds. Then fold in half top to bottom. This should create a perfectly sized pocket for a toaster.
3. Set toaster dial to 6. Slide pockets bottom-side-down into toaster slots. Toast 6 minutes to melt cheese. Remove with tongs or paper towel to avoid burning fingers. Cut each pocket in half.
4. Spread peanut butter evenly on each celery stick. Arrange five raisins on top of peanut butter. Serve immediately with toasted ham and cheese pockets.

PER SERVING: CAL 346, FAT 16G (6G SAT FAT), CHOL 30MG, SODIUM 669MG, CARB 34G (3G FIBER, 14G SUGARS), PRO 18G

**chef Amy tips!**

For crispy air fryer chicken, preheat air fryer to 400 degrees. Follow step 1, then place seasoned chicken in fryer basket and cook 4 minutes. Flip, then cook 4-5 minutes or until internal temperature is 165 degrees. Follow remaining steps 3-5.



**COOL**



**chef Amy tips!**

Place peanut butter in a ziploc bag and have kids help "pipe" it onto the celery for more fun and less mess.



**JUST Bare**

**Just Bare Boneless, Skinless Chicken Breasts** offer versatility, great taste and contain no antibiotics, no added hormones or steroids and no added preservatives. Just simple protein.

## Sheet-Pan Chicken Nachos

SERVES: 8  
ACTIVE: 20 MIN TOTAL: 55 MIN

- 2 8-oz. Just Bare boneless skinless chicken breasts
- 1 tsp. Schnucks ground cumin
- 1 tsp. Schnucks smoked paprika
- ½ tsp. Schnucks chili powder
- 1 15.5-oz. can low-sodium black beans, drained and rinsed
- 1 cup Schnucks freshly frozen whole kernel gold corn, thawed
- 1 9-oz. bag restaurant-style tortilla chips
- 1 8-oz. bag Schnucks reduced-fat Mexican-style shredded cheese
- 1 8-oz. container Schnucks mild guacamole
- 1 cup pico de gallo
- 1 3.8-oz. canned Schnucks ripe sliced olives, drained
- ½ cup Schnucks plain non-fat Greek yogurt
- 2 tsp. Spice Hunter global fusion mango habanero rub (optional)

1. Preheat oven to 375 degrees. Add oil to small oven-safe baking dish. On a cutting board, pat dry chicken breasts with paper towel. Season with cumin, paprika and chili powder on both sides. Place in baking dish, leaving 2 inches between breasts.
2. Bake 20-25 minutes or until middle of chicken is 160 degrees and no longer pink inside. Remove from oven and rest under tented foil at room temperature, about 10 minutes.
3. In a medium bowl, shred warm chicken breasts with forks. Add beans and corn, season with salt and pepper (if desired), and mix to combine, about 1 minute.
4. Preheat oven to 425 degrees, lightly coat pan with nonstick spray and add half of the tortilla chips. Sprinkle with half of the shredded cheese and top with remaining tortilla chips. Spread chicken mixture evenly over top of chips and sprinkle with remaining cheese. For extra spicy nachos, sprinkle 2 teaspoons mango habanero rub over chips and cheese before baking.
5. Bake nachos 15 minutes or until cheese is completely melted. Remove from oven and garnish with dollops of guacamole, pico de gallo, sliced olives and sour cream. Serve immediately.

PER SERVING: CAL 417, FAT 18G (4G SAT FAT), CHOL 41MG, SODIUM 732MG, CARB 40G (8G FIBER, 2G SUGARS), PRO 25G

## Sheet-Pan Andouille Sausage with Jambalaya Rice

SERVES: 8  
ACTIVE: 10 MIN TOTAL: 40 MIN

- 3 tbsp. Schnucks olive oil, divided
- 1 8-oz. box Zatarain's jambalaya rice mix
- 2½ cups water
- 2 12-oz. packs low-sodium andouille chicken sausage
- 1 large red bell pepper, sliced
- 1 large green bell pepper, sliced
- 1 medium red onion, sliced
- 2 stalks celery, washed and sliced
- 1 12-oz. bag Schnucks ready-to-eat broccoli florets
- 1 tsp. Schnucks black pepper
- ½ tsp. Schnucks garlic powder
- 1 lemon, zested and juiced

1. Preheat oven to 400 degrees. In a 3-quart saucepan over medium-high heat, combine 1 tablespoon olive oil, jambalaya rice mix and water. Bring to boil, reduce heat to low and simmer, covered, 25 minutes. Remove from heat and let stand 5 minutes.
2. Meanwhile, arrange sausage, sliced vegetables and broccoli on baking sheet. Drizzle with remaining olive oil then season with black pepper and garlic powder. Using clean hands, mix to combine until oil is evenly distributed. Spread everything into an even layer on pan.
3. Roast in oven 25-30 minutes or until vegetables are tender and sausage is browned. Remove from oven and toss with lemon juice and zest until combined.
4. Fluff rice with fork and serve hot with sheet pan roast immediately.

PER SERVING: CAL 303, FAT 12G (3G SAT FAT), CHOL 72MG, SODIUM 956MG, CARB 30G (3G FIBER, 3G SUGARS), PRO 19G

**BACK TO SCHOOL FUN!**



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If you can tell the type of fruit it is by smell alone, you've picked a good one! A strong sweet scent is a great indication of its flavor level.



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



Cut prep time in half with **Short Cuts**. Perfect for snacking or parties – save time with our large selection of fresh-cut fruits and vegetables available in our Produce Department.



Bright, vibrant colors are a good sign that the vegetable is full of flavor and nutrients.



Summer is the blues' time to shine, especially with July designated as **National Blueberry Month!** They're certified heart-healthy, so your heart might love them more than you do.



This is no ordinary cucumber. Not only are our **CuteCucumbers™** smaller, crunchier and more convenient than mini cucumbers, they are the perfect crunchy snack for kids and adults.

STOCK-UP

# good stashes

Get a great value on these kid-approved items at Schnucks. From toothpaste to cucumbers, we have it all! Read about our top picks below.



## schnucks fruit cup

Nutritious and tasty, enjoy the refreshing taste of pineapple, peach and pear anytime of year. With no added sugar, these are the perfect healthy snack.

## cutecumber poppers

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

## lysol disinfecting wipes

Lysol Disinfecting Wipes are a quick and convenient way to clean up messes while leaving behind a fresh citrus scent.

## crest toothpaste

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

## topcare everyday

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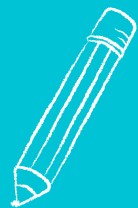
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# stock up

## your back-to-school

# essentials



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