

SIMPLY

MAR / APR 2023

saving at

Schnucks

the SMARTER SHOPPER issue



always be prepared

KITCHEN ESSENTIALS

FEASTS

now's the time to

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Value

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RED DOT

& SAVE BIG

+ HEALTHY SAVINGS

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MAR-APR

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savvy shopping

Great prices, healthier choices, enticing Rewards

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Earn and redeem Points and so much more with the Schnucks Rewards app.



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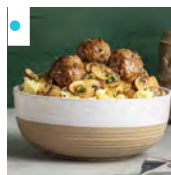
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SIMPLY Schnucks

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\$3(ish) breakfasts

per serving

Frugal is for budgets, not flavors.

These easy, low-cost breakfasts will get your days started off right!

TOMATO BACON EGG SKILLET

SERVES: 4

ACTIVE: 15 MIN TOTAL: 40 MIN

- 8 Schnucks large eggs
- ¼ cup low-fat milk
- ¼ cup Schnucks shredded parmesan
- 1 tsp. dried basil
- 1 tsp. Schnucks olive oil
- ¼ yellow onion, diced
- 6 slices Schnucks bacon, diced
- 3 Roma tomatoes, sliced
- Fresh basil to garnish (optional)

1. Preheat oven to 350 degrees. In a medium bowl, whisk eggs to combine. Add milk, cheese and basil, whisk 1–2 minutes until well combined and frothy. Season with salt and pepper, if desired, and set aside.
2. In a large oven-safe skillet, heat oil over medium-high. Sauté onion and bacon until caramelized, about 3–5 minutes. Add egg mixture and arrange tomato slices on top of egg in a single layer.
3. Remove from heat and transfer to oven. Bake 20–25 minutes on middle rack, until edges are golden brown and middle is set. Remove from oven and rest 5 minutes. Serve immediately.

PER SERVING: CAL 345, FAT 25G (9G SAT FAT), CHOL 437MG, SODIUM 661MG, CARB 6G (1G FIBER, 3G SUGARS), PRO 25G

bulk up!

Keep big batches of granola ready for parfaits, ice cream or as a trail mix base. It's so good you might find yourself reaching for it anytime you need a quick snack.



HOMEMADE GRANOLA

SERVES: 8 (3 TBSP.)

ACTIVE: 5 MIN TOTAL: 50 MIN

- 1 cup rolled oats
- 1 2.25-oz. package Schnucks sliced almonds
- 1 tbsp. coconut oil, melted
- 1 tbsp. Schnucks honey
- $\frac{1}{8}$ tsp. vanilla
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. cinnamon
- 3 tbsp. sunflower seeds

1. Preheat oven to 300 degrees. Line a large, rimmed baking sheet with parchment paper.
2. In a large bowl, mix first 7 ingredients together. Spread in even layer on baking sheet.
3. Bake on middle rack for 25 minutes. Remove from oven and sprinkle sunflower seeds on top; gently mix.
4. Return to oven and bake 15 minutes more or until granola is deep golden brown.
5. Remove from oven and set pan on cooling rack. Cool 30 minutes. Store up to 3 weeks in an air-tight container or freeze up to 3 months.

PER SERVING: CAL 125, FAT 8G (2G SAT FAT), CHOL 0MG, SODIUM 75MG, CARB 11G (2G FIBER, 2G SUGARS), PRO 4G

APPLE RINGS WITH PEANUT BUTTER

SERVES: 4

ACTIVE: 5 MIN TOTAL: 5 MIN

- 2 large honeycrisp apples
- $\frac{1}{2}$ cup Full Circle peanut butter
- $\frac{3}{4}$ cup Homemade Granola, divided
(see recipe above)

1. On a cutting board, core apples, leaving them whole. Cut 4 slices horizontally from each apple to create rings.
2. Spread 1 tablespoon peanut butter on each ring slice and top with 2 tablespoons granola.

PER SERVING: CAL 273, FAT 17G (3G SAT FAT), CHOL 0MG, SODIUM 65MG, CARB 20G (4G FIBER, 13G SUGARS), PRO 10G



\$4(ish) lunches

per serving

These hearty sandwiches can be made in minutes, will fill you up and won't break the bank!

HAM AND EGG HOAGIE

SERVES: 4

ACTIVE: 5 MIN TOTAL: 40 MIN

- 1/3 cup plain Greek yogurt
- 1 tsp. fresh dill
- 1/4 tsp. garlic salt
- 1/4 tsp. black pepper
- 4 6-in. whole wheat sub sandwich rolls, toasted
- 8 oz. Schnucks fresh-cut honey ham
- 4 hard-boiled eggs, peeled and sliced
- 4 slices Schnucks sliced Havarti cheese
- 2 dill pickles, sliced

1. In a small bowl, mix the yogurt, fresh dill, garlic salt and pepper. Spread on both sides of each sub roll.
2. Layer ham, cheese, pickle slices and egg. Sprinkle with fresh dill.

PER SERVING: CAL 536, FAT 19G
(7G SAT FAT), CHOL 232MG,
SODIUM 1156MG, CARB 56G
(3G FIBER, 9G SUGARS), PRO 34G





layer up!
 When you're on the go, how you stack your sammie matters. Use lettuce and cheese against your bread, with meat, veggies and condiments between them to help prevent bread from getting soggy.

CHICKPEA MELT

SERVES: 4
 ACTIVE: 5 MIN TOTAL: 12 MIN

- 1 15-oz. can Schnucks chickpeas, drained and rinsed
- 1/4 medium red onion, finely diced
- 1 celery stalk, finely diced
- 1 small dill pickle, finely diced
- 1/3 cup Schnucks real mayonnaise
- 1 tsp. Dijon mustard
- 2 tsp. lemon juice
- 1 tsp. fresh dill, chopped
- 1/2 tsp. parsley, chopped
- 2 Roma tomatoes, sliced
- 4 thin-sliced pieces cheddar cheese
- 8 slices Schnucks Pane Italiano bread

1. Preheat oven to 350 degrees. In a medium bowl, mash chickpeas with a fork.
2. Add red onion, celery, dill pickle, mayo, mustard, lemon juice and herbs. Mix to combine, about 1 minute.
3. Place bread slices on rimmed baking sheet, toast 2–5 minutes.
4. Evenly top four pieces of bread with chickpea mash, 2 slices of tomato and one slice of cheese.
5. Return to oven 2–4 minutes, until cheese is melted. Top with remaining slices.

PER SERVING: CAL 445, FAT 30G (5G SAT FAT), CHOL 23MG, SODIUM 736MG, CARB 48G (7G FIBER, 5G SUGARS), PRO 15G

ROTISSERIE CHICKEN AND BACON SANDWICH

SERVES: 4
 ACTIVE: 4 MIN TOTAL: 4 MIN

- 3 tbsp. Schnucks yellow mustard, divided
- 8 slices Schnucks multi-grain bread, toasted
- 2 Schnucks rotisserie chicken breasts, sliced
- 4 slices cooked bacon, halved
- 4 slices Schnucks colby jack cheese
- 2 Roma tomatoes, sliced
- 4 leaves green lettuce

1. Spread mustard on all slices of bread.
2. On 4 slices, mustard-side up, layer chicken with tomatoes, bacon, cheese and lettuce.
3. Place remaining bread slices on top of sandwiches.

PER SERVING: CAL 315, FAT 12G (6G SAT FAT), CHOL 66MG, SODIUM 861MG, CARB 22G (9G FIBER, 2G SUGARS), PRO 27G

\$5(ish) dinners

per serving

Finish your day with tasty, budget-friendly dishes the entire family will crave.

CREAMY TUNA NOODLE CASSEROLE

SERVES: 4

ACTIVE: 30 MIN TOTAL: 1 HR 5 MIN

- 8 oz. Barilla rotini pasta
- 4 tbsp. Schnucks unsalted butter, divided
- ½ yellow onion, diced
- 8 oz. sliced baby bella mushrooms
- 1 10.5-oz. can Schnucks condensed cream of mushroom soup
- 1 cup Schnucks vegetable stock
- 1 cup Schnucks freshly frozen green peas
- 1 11-oz. pouch StarKist light tuna in water, drained
- ½ cup panko breadcrumbs
- ¼ cup Schnucks finely shredded Parmesan cheese
- 1 tsp. dried parsley

1. Preheat oven to 375 degrees. Meanwhile, cook pasta according to package directions.
2. In a medium pot, melt 2 tablespoons butter over medium-high. Add onion and mushrooms and cook 5–7 minutes until tender. Stir in cream of mushroom soup and vegetable stock before reducing heat to low and adding green peas and tuna, stirring to combine. Simmer 10 minutes or until sauce thickens. Remove from heat and set aside.
3. In a small microwave-safe bowl, melt remaining butter about 30 seconds. Stir in breadcrumbs, parmesan and parsley.
4. In an 8x8-inch casserole pan, combine pasta and sauce. Top with even layer of breadcrumb mixture. Bake uncovered 20–30 minutes, until bubbling and crumb topping is golden brown. Remove and let rest 5 minutes before serving.

PER SERVING: CAL 521, FAT 19G (9G SAT FAT), CHOL 67MG, SODIUM 958MG, CARB 60G (5G FIBER, 6G SUGARS), PRO 30G

dish up!

Store leftovers in single serving sizes and turn last night's dinner into tomorrow's (and maybe the next day's) hearty, grab-and-go lunch!

RICE & BEANS BOWL WITH CHICKEN

SERVES: 4

ACTIVE: 30 MIN TOTAL: 30 MIN

- 1 cup rice, uncooked
- 1 10-oz. can Schnucks Mexican-style diced tomatoes
- 1 10-oz. bag Schnucks Steamin' Easy whole kernel gold corn, steamed
- 1 15.25-oz. canned Schnucks no-salt-added black beans, drained and rinsed
- ½ cup Schnucks thick and chunky salsa
- 1½ cups shredded Schnucks rotisserie chicken, divided
- ½ cup Schnucks Mexican-style shredded cheese, divided

1. In a medium pot, bring rice and tomatoes with 2 cups water to a boil over medium-high. Cover and simmer 20 minutes on low heat. Fluff rice with fork and let stand 10 minutes. Set aside.
2. In a medium bowl, combine corn, black beans and salsa.
3. In 4 soup bowls, divide rice and chicken evenly. Top with black bean corn salsa and shredded cheese; serve immediately.

PER SERVING: CAL 347, FAT 4G (2G SAT FAT), CHOL 10MG, SODIUM 527MG, CARB 54G (8G FIBER, 8G SUGARS), PRO 18G



LOADED BROCCOLI CHEESE BAKED POTATO

SERVES: 4

ACTIVE: 45 MIN TOTAL: 50 MIN

- 4 large Idaho Potatoes
- 1 8-oz. Hatfield Classic boneless ham steak, diced
- 2 tbsp. Schnucks unsalted butter
- 2 tbsp. minced garlic
- 1 tbsp. all-purpose flour
- ½ cup low-fat milk
- 1 10.8-oz. Schnucks Steamin' Easy freshly frozen broccoli florets, steamed
- ¼ cup Schnucks shredded sharp cheddar cheese
- ¼ cup Schnucks sour cream
- 2 green onions, trimmed and sliced for garnish

1. Preheat oven to 425 degrees with oven rack on middle shelf. With a fork, poke holes all over potatoes and wrap in foil. Place directly on oven rack and bake 40–45 minutes or until fork-tender. Remove from oven and let rest 10 minutes in foil.
2. In a medium pot, melt butter over medium heat. Add garlic and cook 1–2 minutes until fragrant, stirring often. Add flour, stirring constantly, and cook 1 minute until thick and turning golden.
3. Slowly whisk in milk, stirring constantly, until all lumps are gone. Bring sauce to boil and reduce heat to simmer 5 minutes. Add steamed broccoli and cheese; stir until cheese melts and sauce thickens.
4. Remove from heat and stir in sour cream until combined, about 1 minute. Slice potato lengthwise and fluff with fork. Top with ham, broccoli cheese sauce and garnish with green onions. Serve warm.

PER SERVING: CAL 327, FAT 12G (7G SAT FAT), CHOL 50MG, SODIUM 569MG, CARB 38G (4G FIBER, 6G SUGARS), PRO 17G



ESSENTIALS

a well-stocked pantry

Our biggest tip for grocery savings?
Keep your kitchen stocked with these red dot essentials, and you'll never have "nothing to eat."

shake
things up

Spice up your spice rack with Schnucks salt-free spice blends.



endless pasta-bilities

Think beyond spaghetti. Use pasta to bulk up soups, as the base for salads or as the perfect side to your favorite protein (with butter and garlic sauce, of course!).



don't forget the fridge!

An assortment of milk, butter, sour cream, eggs and frozen veggies should always be on-hand.



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* Two Good cups have 80% less sugar (2g per 5.3oz) than the average flavored and plain Greek yogurt (10g per 5.3oz).

EVERY PAGE of our **SPRING ISSUE IS PACKED** with **TIPS SMART SHOPPERS WILL LOVE**

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good
for
you™



Opt in today to start keeping track of your health!





Allison Primo
SCHNUCKS
REGISTERED DIETITIAN

Good For You

thumbs up!

Big nutrition and big savings are on the menu when you look for Schnucks Brand items paired with the Good For You icon throughout the store.

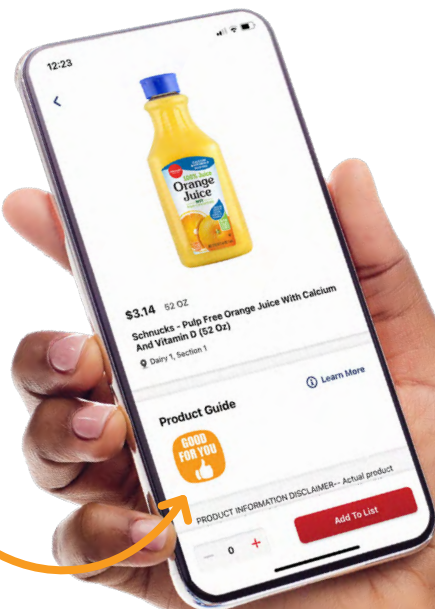
Grocery shopping can be a juggling act as you try to balance family-favorite meals and nutritious choices while maximizing the budget. Here's how you can have it all: **LOOK FOR THE RED DOT.** You might be surprised how many of your staple items can be swapped for a Schnucks brand item. These products are the same great quality at a lower price.

CHOOSE THE THUMBS UP. Each item with the Good For You icon* has been evaluated to align with the most up-to-date nutrition science and dietary guidelines. Watch for the icon on shelf tags and in the Schnucks Rewards app. Plus, all fresh produce receives a thumbs up, making it an easy section to shop!

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**just look for the icon!*



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*Restrictions apply.

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3

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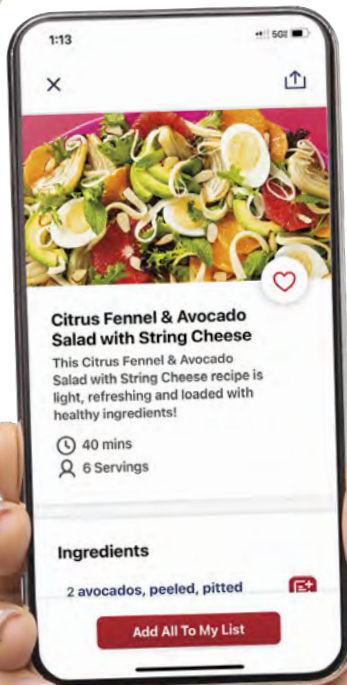
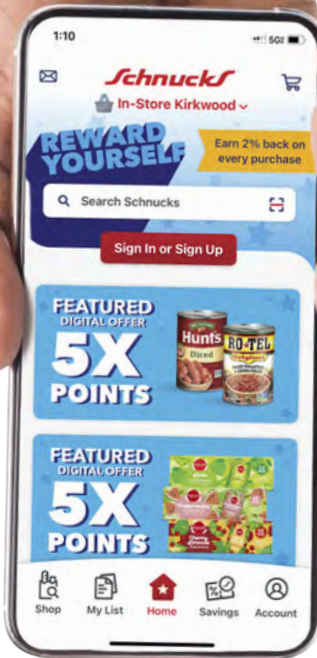
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build a *Recipe Book*

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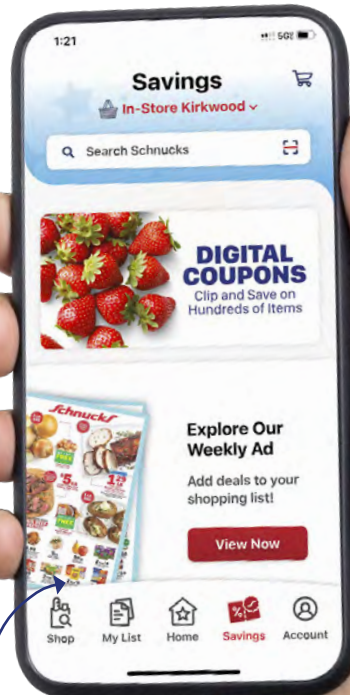


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TOTALLY TREAT'N

VANILLA
ICE CREAM
SANDWICH



FIND THEM IN THE FREEZER AISLE!

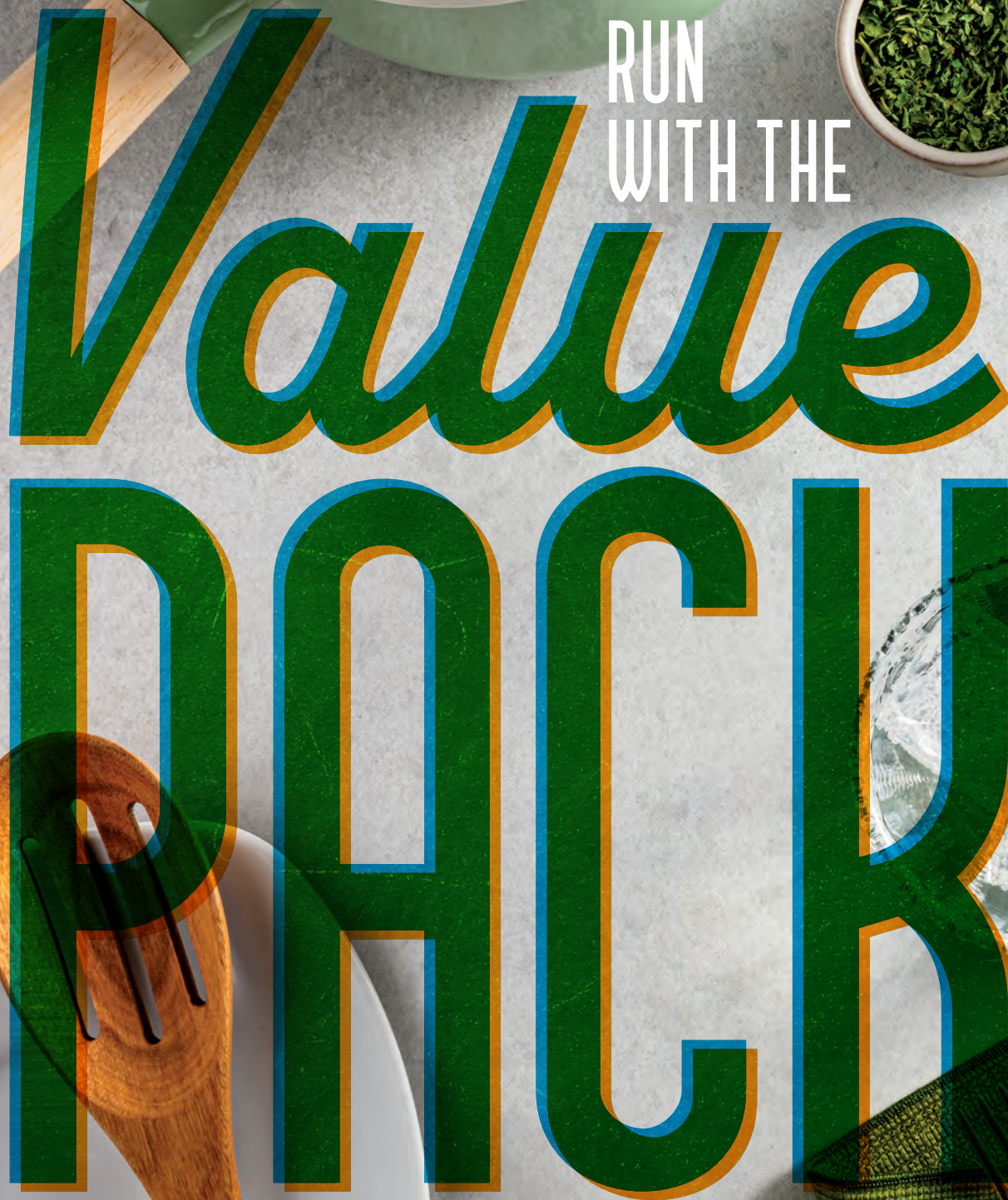
crav'n FLAVOR

IT'S SERIOUS SATISFACTION.

new!

AVAILABLE AFTER 3/22





RUN
WITH THE

Value PACK

...

Three Schnucks value packs make 11 tasty dinners.

Throw our boneless pork chop, boneless skinless chicken breast and fresh ground chuck patty value packs in your cart and you'll have 44 servings of family favorites.

LOW-KEY EASTER DINNER

with Creamy Spring Peas & Scalloped Potatoes

SERVES: 4

ACTIVE: 30 MIN TOTAL: 2 HR 15 MIN

- 4 4-oz. Schnucks value pack pork chops
- 4 tbsp. Greek salt-free seasoning
- 4 tsp. Dijon mustard
- 3 tbsp. Schnucks canola oil, divided
- 4 slices Schnucks thick-cut bacon, diced
- ¼ cup all-purpose flour
- 1½ cup Schnucks low-sodium chicken broth, divided
- 1½ cup milk
- ¼ tsp. garlic powder
- 2 egg yolks
- 1 tsp. fresh rosemary, chopped
- 3 Roma tomatoes, thinly sliced
- 1 sweet onion, trimmed and thinly sliced into rings
- ¼ tsp. ground cinnamon
- 10 oz. red potatoes, washed and thinly sliced
- ¼ cup grated Pecorino Romano cheese
- 1 cup Schnucks freshly frozen green peas, thawed
- ½ lbs. sugar snap peas, trimmed
- ½ lemon, juiced
- ¼ cup crumbled feta cheese, plus more for garnish
- 2 tsp. chopped fresh mint, plus more for garnish

1. Preheat oven to 325 degrees. Pat pork chops dry with paper towels. Mix Greek seasoning and dijon mustard then coat both sides of pork chops. Sprinkle with salt and pepper (if desired). Cover with plastic wrap and refrigerate 30 minutes or up to one day.

- In a medium skillet, heat 1 tablespoon oil over medium heat. Add bacon and cook until crispy and browned. Set aside on paper towel-lined plate to cool.
- In the same skillet, add flour to bacon drippings, whisking constantly, to combine and cook 1–2 minutes over medium heat. Slowly add chicken broth, milk and garlic powder, whisking until combined. Bring to boil, lower heat and simmer until reduced by one-third, about 5–6 minutes. Season with salt and pepper (if desired).
- Remove half of sauce from pan and set aside. To remaining sauce, add egg yolks, pecorino romano cheese, rosemary and cinnamon, whisking constantly, over low heat until combined. Remove from heat and set aside.
- Pour half of cheese sauce into 8x8 oiled baking dish, spread to cover bottom evenly. Lay onion rings in a single layer over sauce. Alternately shingle potatoes with tomatoes in an even layer on top. Season with salt and pepper (if desired).
- Top potatoes with remaining sauce. Cover with foil and bake for 30 minutes. Remove foil and bake 25–30 minutes more or until golden brown and fork-tender. Set aside to cool 10–15 minutes.
- In a large skillet over medium-high heat, add remaining oil and pork chops. Sear 3–5 minutes or until golden brown, flip and reduce heat to medium, cooking until pork is 145 degrees internally. Remove from pan to rest 10 minutes under tin foil tent.
- To the same pan, add reserved cream sauce and all peas. Cook over medium heat to warm through, stirring occasionally, about 6–8 minutes. Add bacon, lemon juice, feta and mint; stir to combine. Remove from heat and garnish with extra feta cheese and mint leaves. Serve immediately with potatoes and pork chops.

PER SERVING: CAL 593, FAT 27G (8G SAT FAT), CHOL 90MG, SODIUM 965MG, CARB 45G (6G FIBER, 15G SUGARS), PRO 40G



1 PACK

... 10 PORK CHOPS ...

12 SERVINGS



2 CAROLINA BBQ SANDWICH

SERVES: 4

ACTIVE: 15 MIN TOTAL: 20 MIN

- 4 4-oz. Schnucks (from value pack) boneless pork chops
- ½ cup Schnucks Braggin' Rights Carolina BBQ Sauce, divided
- 1 tbsp. Schnucks canola oil
- 18.5 oz. Dole Classic creamy coleslaw kit
- 1 tsp. horseradish
- 1 tsp. red chili powder
- 1 honeycrisp apple, thinly sliced
- 1 small jalapeño, seeded and thinly sliced
- ½ white onion, thinly sliced
- 4 Schnucks hamburger buns, toasted

1. On a cutting board, pat each pork chop dry. Brush ¼ cup of Carolina BBQ sauce all over; season with salt and pepper (if desired).
2. Heat oil in a medium skillet over medium-high. Add pork chops and sear 3–5 minutes per side or until browned and cooked through (internal temperature at 150–160 degrees). Remove from heat and rest under a tin foil tent.
3. In a medium bowl, combine coleslaw dressing with horseradish and chili powder, whisking 1–2 minutes. Add slaw mix, apples, jalapeños and white onion. Toss to coat in dressing; season with salt and pepper (if desired). Refrigerate until ready to serve.
4. On bottom half of toasted buns, spread remaining sauce evenly. Place pork chops on top then spoon half of slaw on top of each sandwich. Top with other half of buns; serve immediately.

PER SERVING: CAL 390, FAT 12G (2G SAT FAT), CHOL 75MG, SODIUM 796MG, CARB 48G (4G FIBER, 24G SUGARS), PRO 25G

NOVICE CHEF *Tip*

Place pork chops in a single layer in the preheated air fryer basket. Air fry at 400° F for 5 minutes. Then flip the pork chops over and continue cooking until they are cooked through to at least 145° F.



Fresh PICO

Finely chop onion and tomatoes (removing seeds). Chop and add cilantro to the mixture. Squeeze in fresh lime and add in garlic salt. If you want your salsa to have a little bit of kick, keep the jalapeños seeds. For a milder mixture, remove the seeds. Combine everything. Refrigerate for an hour or overnight.



3 PORK BREAKFAST QUESADILLA

SERVES: 4

ACTIVE: 25 MIN TOTAL: 35 MIN

- 2 4-oz. Schnucks value pack boneless pork chops, thinly sliced
- 1 cup frozen Potatoes O'Brien with onions and peppers
- 3 tbsp. Schnucks olive oil, divided
- 3 large eggs, whisked
- 4 burrito-sized flour tortillas
- 1 cup Schnucks finely shredded Mexican-style cheese
- 1 tbsp. unsalted butter, melted
- ¼ cup Schnucks black bean and corn salsa
- ¼ cup Schnucks sour cream

1. In a medium skillet, heat 2 tablespoons oil over medium-high. Add pork and potatoes, stir together and cook until browned and fork tender, about 10–12 minutes. Season with salt and pepper (if desired); remove from heat.

2. In a small nonstick skillet, heat 1 tablespoon oil over medium-low. Add eggs and season with salt (if desired). Gently move nonstick spatula across bottom and side of skillet to form large, soft curds. Cook until thickened and no more visible liquid egg remains, about 5–8 minutes on medium heat. Remove to a plate and set aside, covered.
3. Preheat oven to 425 degrees. Place a tortilla on clean cutting board and layer with ⅛ of potato hash, ¼ cup cheese and ⅛ of scrambled eggs. Fold in half and press down gently. Place on a large oiled baking sheet. Repeat with remaining tortillas and ingredients.
4. Brush top of quesadillas with melted butter, transfer baking sheet to oven and bake 8–10 minutes, turning them halfway through if necessary. Remove from oven and cut into quarters. Serve with salsa and sour cream.

PER SERVING: CAL 585, FAT 32G (12G SAT FAT), CHOL 207MG, SODIUM 1,100MG, CARB 44G (2G FIBER, 5G SUGARS), PRO 32G



1 PACK

... 6 BREASTS ...

16 SERVINGS

CHICKEN NACHOS

SERVES: 4

ACTIVE: 15 MIN TOTAL: 45 MIN

- 1 Schnucks boneless, skinless chicken breast
- ¼ medium yellow onion, peeled
- 1 tsp. chili powder
- 1 tsp. lemon juice
- ¼ tsp. dried oregano
- ½ 13-oz. bag Schnucks authentic restaurant-style tortilla chips, divided
- 1 cup Schnucks frozen corn, thawed
- ½ 3.8-oz. can Schnucks sliced black olives
- 8 oz. Schnucks shredded Mexican-style cheese
- 1 bunch green onions, sliced and divided
- 8 oz. Pico de Gallo
- Lime wedges, sliced avocado and sour cream for serving, if desired

1. Preheat oven to 350 degrees. Line a large sheet pan with foil and set aside.
2. In a small pot over high heat, combine chicken, onion, chili powder, lemon juice and oregano; add water to cover chicken. Bring to boil, reduce heat to low and simmer 10–12 minutes, until chicken is fully cooked. Drain and set aside to cool.
3. In a medium bowl, shred cooled chicken with forks. Season with salt and pepper (if desired). Set aside.
4. On prepared sheet pan, layer half of tortilla chips evenly. Spread half of chicken, corn, olives, cheese and 1/3 of green onions. Place remaining chips on top and cover with remaining chicken, corn, olives and cheese. Top with 1/3 green onions. Bake 8–10 minutes, until warmed through and cheese is melted.
5. Garnish with remaining green onions, and Pico de Gallo. Serve with lime, avocado and sour cream (if desired).

PER SERVING: CAL 563, FAT 31G (13G SAT FAT), CHOL 67MG, SODIUM 1069MG, CARB 39G (4G FIBER, 2G SUGARS), PRO 24G

2 SWEET & SPICY CHICKEN SANDWICHES

SERVES: 4

ACTIVE: 15 MIN TOTAL: 1 HR 5 MIN

- 2 Schnucks boneless, skinless chicken breasts
- ¼ cup Schnucks ketchup
- 2 tbsp. maple syrup
- 1½ tbsp. hot sauce, divided
- 2 tsp. Spice Hunter sweet paprika
- 4 slices Schnucks sliced Havarti cheese
- ¼ cup mayonnaise
- 4 Schnucks brioche buns
- 2 Roma tomatoes, sliced
- ¼ thinly sliced red onion, divided
- 8 sliced bread-and-butter pickles, divided
- ½ cup packed mixed baby greens lettuce, divided

1. Slice chicken breasts in half lengthwise so you have four thin fillets. In a small bowl, mix ketchup, syrup, 1 tablespoon hot sauce and paprika. Add chicken and toss to coat; cover and marinate for 30 minutes in refrigerator.

2. Preheat oven to 425 degrees. Line a sheet-pan with foil, spray with oil and arrange chicken breasts on pan. Bake 15–20 minutes or until cooked through. Place one cheese slice on each breast and return to oven for 2 minutes, or until cheese is melted. Toast the buns.

3. In a small bowl, mix mayo and remaining hot sauce. Spread spicy mayo on each side of bun, add chicken and top each with two tomato slices, onion, two pickle slices and greens.

PER SERVING: CAL 738, FAT 37G (10G SAT FAT), CHOL 125MG, SODIUM 1130MG, CARB 58G (3G FIBER, 21G SUGARS), PRO 43G





3 CHICKEN PARMESAN

SERVES: 4

ACTIVE: 25 MIN TOTAL: 55 MIN

- 2 Schnucks boneless, skinless chicken breasts
- 1 cup Schnucks all-purpose flour
- 1 large egg, lightly beaten
- 1 cup panko breadcrumbs
- ¼ cup Schnucks grated parmesan cheese
- 1 tsp. Italian seasoning
- ½ 24-oz. jar Schnucks traditional pasta sauce, divided
- ½ cup Schnucks shredded four cheese pizza blend
- 8 oz. rigatoni pasta, cooked according to package instructions
- 1 16-oz. bag Schnucks freshly frozen broccoli florets, thawed and chopped
- 1 tbsp. chopped fresh parsley

1. Preheat oven to 425 degrees. In a small pot over medium-low heat, add pasta sauce. Halve chicken breasts lengthwise, place between 2 pieces plastic wrap and pound to an even thickness.
2. Oil a baking sheet lined with foil. In a shallow dish, mix breadcrumbs with parmesan and Italian seasoning. Make separate bowls of flour and whisked egg.
3. Dredge chicken in flour, followed by egg and then breadcrumbs mixture. Place breasts on prepared baking sheet and bake 12–15 minutes, until cooked through.
4. Top each breast with ¼ cup sauce and shredded cheese. Add broccoli in single layer around chicken, oil a foil square big enough to cover pan, cover chicken with foil greased side down.
5. Toss cooked pasta in remaining sauce. Sprinkle with parsley and serve immediately.

PER SERVING: CAL 624, FAT 13G (5G SAT FAT), CHOL 281MG, SODIUM 665MG, CARB 85G (7G FIBER, 8G SUGARS), PRO 39G

4

CHICKEN & CORN CHOWDER

SERVES: 4

ACTIVE: 15 MIN TOTAL: 45 MIN

- 3 strips Schnucks bacon, chopped
- ½ medium onion, chopped
- 2 medium celery stalks, chopped
- 1 large red bell pepper, diced
- 2 cloves garlic, minced
- 2 medium Russet potatoes, peeled and diced
- ¼ cup all-purpose flour
- 1 Schnucks boneless, skinless chicken breast, diced
- 1 12-oz. bag Schnucks freshly frozen corn, thawed
- 4 cups Schnucks low-sodium chicken stock
- 1 cup Schnucks half and half
- ¼ tsp. thyme leaves
- ⅛ tsp. Schnucks cayenne pepper (optional)
- 3 tbsp. chopped fresh parsley
- ¼ cup chopped green onions, for garnish
- 1 Full Circle demi-baguette,
prepared according to package instructions

1. In a large stock pot over medium-high heat, cook bacon until it begins to brown, 5–6 minutes.
2. Add onion, celery, pepper, garlic and potatoes; sauté 6 minutes until fragrant, stirring frequently.
3. Add flour; stir to coat evenly. Add chicken, corn, stock, half and half, thyme and cayenne; stir to combine. Season with salt and pepper (if desired).
4. Bring soup to boil, reduce heat and simmer 25 minutes, stirring occasionally, until potatoes are fork-tender. Stir in parsley and remove from heat. Let cool 10 minutes; serve topped with green onion and baguette slices.

PER SERVING: CAL 481, FAT 10G (5G SAT FAT),
CHOL 58MG, SODIUM 1013MG, CARB 70G
(6G FIBER, 10G SUGARS), PRO 24G





1 PACK

... 12 BEEF PATTIES ...

16 SERVINGS

Grill
... a ...
**BETTER
BURGER**



1 PERFECT CLASSIC BURGERS

SERVES: 4

ACTIVE: 12 MIN TOTAL: 15 MIN

- 4 Schnucks fresh ground chuck patties
- 2 tbsp. Weber gourmet burger seasoning, divided
- 4 Schnucks hamburger brioche buns
- 4 slices Schnucks sliced sharp cheddar cheese
- 2 tbsp. unsalted butter, softened
- 8 oz. Dole shredded lettuce
- 2 red on the vine tomatoes, sliced
- 1 small red onion, sliced
- 1/8 cup Schnucks real mayonnaise
- 2 tsp. yellow mustard, divided
- 2 tsp. ketchup, divided

1. Preheat oiled grill to medium-high. Season patties on both sides with 1/2 tablespoon each of burger seasoning mix.
2. Butter each bun half. Toast bun halves butter side down on grill until golden brown, 1–2 minutes. Set aside.
3. Grill patties 8–10 minutes, flipping halfway through, until desired doneness is reached.
4. To assemble burgers; spread mayo on bottom bun. Place a burger patty and 1 slice of cheese on top of patty. Top with shredded lettuce, tomato, red onion slices, mustard and ketchup. Serve immediately.

PER SERVING: CAL 675, FAT 49G (19G SAT FAT), CHOL 130MG, SODIUM 1472MG, CARB 29G (3G FIBER, 7G SUGARS), PRO 30G

2 SALISBURY *stacked* MASHED POTATOES

SERVES: 4

ACTIVE: 45 MIN TOTAL: 60 MIN

- 3 Schnucks fresh ground chuck patties
- ¼ cup panko breadcrumbs
- 1 egg
- 1 tbsp. Schnucks ketchup
- 1½ tsp. Dijon mustard
- 1½ tsp. McCormick's Montreal steak seasoning
- 1 tbsp. Schnucks pure olive oil
- 4 tbsp. unsalted butter, divided
- 1 small yellow onion, minced
- 1 cup sliced baby bella mushrooms
- 1 tbsp. all-purpose flour
- ½ cup low-sodium beef broth
- 1½ tsp. Worcestershire sauce
- ½ lbs. Yukon gold potatoes, quartered
- ¼ cup milk
- 1 tbsp. chopped fresh parsley, divided
- ½ tsp. garlic powder

1. In a large bowl, add first six ingredients and mix until well combined. Refrigerate covered for 30 minutes, then shape mixture into 12 meatballs and set aside on a tray.

2. In a large non-stick skillet, heat oil over medium-high heat. Cook meatballs in batches, searing all sides until browned, about 10 minutes. Remove from skillet and set aside.

3. To the same skillet add 1 tablespoon butter and melt over medium heat. Add onion and mushrooms; cook until soft and starting to brown, 6–8 minutes.

4. Sprinkle flour over onion and mushrooms, then stir constantly for 1 minute. Add broth while stirring, making sure to scrape bottom of pan with spatula. Add Worcestershire sauce; season with salt and pepper (if desired). Cook gravy 3–5 minutes, until thickened.

5. Meanwhile, in a large pot, add potatoes and cover with water. Bring to boil over high heat, then simmer 20–30 minutes until fork-tender. Drain and return to pot. Add remaining butter and parsley with milk and garlic powder. Season with salt and pepper (if desired).

6. Add meatballs back to gravy and stir until combined; simmer 5 minutes. Garnish with half tablespoon of parsley. Serve immediately with potatoes.

PER SERVING: CAL 466, FAT 34G (15G SAT FAT), CHOL 138MG, SODIUM 542MG, CARB 25G (2G FIBER, 5G SUGARS), PRO 20G





3 GROUND BEEF PATTIES *with* GARLIC LEMON NOODLES

SERVES: 4

ACTIVE: 25 MIN TOTAL: 30 MIN

- 8 oz. Schnucks spaghetti pasta
- 4 tbsp. Schnucks olive oil, divided
- 4 Schnucks fresh ground chuck patties
- 8 garlic cloves, grated or finely minced
- 2 tsp. Italian seasoning mix
- ½ tsp. red pepper flakes, plus more for garnish
- 2 large lemons, juiced and zested
- ½ cup Schnucks grated parmesan cheese
- ¼ cup fresh Italian leaf parsley, chopped



1. In a large pot, bring salted water to boil over high heat. Cook pasta for 10 minutes or until barely cooked al dente. Drain and reserve 1 cup of pasta water for sauce; set aside.
2. In a large skillet, heat 2 tablespoons olive oil over medium. Add patties and season with salt and pepper (if desired). Cook 10 minutes, flipping halfway through, until medium-well or internal temperature reaches 155 degrees. Remove and set aside on plate covered with foil.
3. In the same pan, add remaining olive oil, garlic, Italian seasoning and red pepper flakes. Sauté over low heat, 1–2 minutes, until fragrant. Add lemon juice and zest; allow to simmer on low heat for 2 minutes.
4. Add pasta to pan with ½ cup reserved pasta water, then mix to combine. Cook over medium heat until pasta is al dente, about 3–5 minutes. Add parmesan and parsley, then stir to combine.
5. If sauce is too thick, add remaining reserved pasta water and stir until sauce is smooth and creamy. Serve immediately with beef patties and garnish with extra pepper flakes (if desired).

PER SERVING: CAL 690, FAT 41G (14G SAT FAT), CHOL 87MG, SODIUM 349MG, CARB 50G (5G FIBER, 2G SUGARS), PRO 34G



4

CHEESEBURGER PIZZA

SERVES: 4

ACTIVE: 20 MIN TOTAL: 25 MIN

- 1 tbsp. Schnucks pure canola oil
- 1 Schnucks fresh ground chuck patty
- 1 tsp. Weber gourmet burger seasoning mix
- 1 19.1oz Schnucks Take & Bake cheese pizza
- ½ small red onion, sliced
- 2 slices cooked bacon, crumbled
- ¼ cup Schnucks shredded sharp cheddar cheese
- 8 sliced pickles
- ¼ cup Schnucks mayonnaise
- 2 garlic cloves, grated
- 1 tsp. spicy brown mustard

1. Preheat oven to 425 degrees. In a medium pan, heat oil over medium-high. Add beef patty and seasoning mix; cook 8–10 minutes, breaking apart with spatula into crumbles, until browned and cooked through. Remove from heat.

2. Remove pizza from packaging. Sprinkle crumbled beef, red onion slices, bacon and cheddar evenly on top. Bake on oiled pizza pan for 10–15 minutes, or until crust is golden brown.

3. In a small bowl, whisk together mayo, garlic and brown mustard until combined. Arrange pickle slices on pizza and drizzle with garlic aioli. Slice and serve warm.

PER SERVING: CAL 585, FAT 37G (12G SAT FAT),
CHOL 74MG, SODIUM 1269MG, CARB 40G
(1G FIBER, 5G SUGARS), PRO 23G

