

Contents





action. If no-sweat snack, bites, and sips are your vibe, see yourself to page 18 and settle in for 20 (yes, 20!) ideas you can come back to all summer long.

While we can all agree this is the season of relaxation, we never let up on our community support. Since 2015 Cub has been proud to work together with the Minnesota Twins to donate more than \$1 million that benefits kids in our local communities. And we're still at it. Look for your chance to Step Up to the Plate and contribute at Cub registers beginning in June. Every dollar makes a difference.

Easy, breezy, crispy, crunchy, sun-soaked, piled on a boat, swaying in a hammock, or enjoying the free air conditioning on a grocery trip to Cub, whatever your summer holds, we have everything you need to make

Your friends at Cub

Kickoff to Summer

IT'S TIME FOR THOSE DAYS OF SODA AND PRETZELS AND BEER. Starting roughly around Memorial Day weekend and lasting all the way through Labor Day, carefree fun and adventure in the sun are the collective priorities of everyone from Moorhead to Stillwater and Warroad to Albert Lea.

Those lazy, crazy, hazy days of summer that Nat King Cole crooned about are exactly where our heads were when we pulled together this issue (despite the inches of snow and freezing mid-January temperatures). Working two seasons ahead can be a bit of a mind game, but in this instance, the promise of baseball games, sizzling steaks, campfire s'mores, and drinks alfresco was exactly what we needed to stay energized and excited. And now here we are! SUMMER!

What do your plans hold? If a long weekend of camping is on the agenda, you'll appreciate our Adventures in Camping feature starting on page 36. We pulled together a comprehensive menu, packing plan, and even included handy-dandy checklists. All you have to do is put it into



Teaming Up to Create Change:

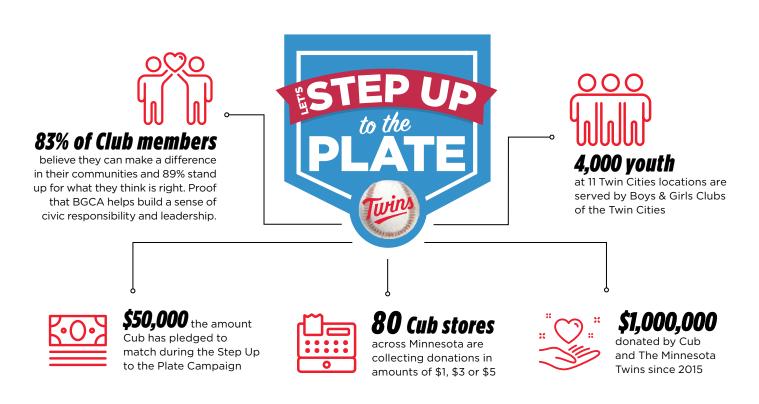


FOR the nearly 900 young people who enter the doors of a Twin Cities Boys & Girls Club each day, Clubs offer safe, inclusive spaces and experiences that empower members' learning and growth. In fact, in an alumni survey, 54% said the Club "saved my life."

Now, more than ever, we have a responsibility to the youth of our communities, to provide them a platform where their voices can be heard and they can be part of advancing systems of change. For the tenth year, Cub

and the Minnesota Twins are teaming up to kick off our annual "Step Up to the Plate" Campaign, a two-week fund-raising effort to support the Boys & Girls Clubs of the Twin Cities.

Since 2015 we've proudly worked together with the Minnesota Twins to donate more than \$1,000,000. And we're still at it. Look for your chance to Step Up to the Plate and contribute \$1, \$3 or \$5 at registers beginning in June. Every dollar makes a difference.





2025 SCHEDULE



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Cub's Signature Collections



BRANDS YOU CAN TRUST, SAVINGS YOU CAN COUNT ON.

From our walls of fresh produce and cases of local dairy, to our center store aisles and pharmacy, no matter where you look, there's an impressive selection of products that deliver value, convenience, and fun. Look for all these fan-faves and more at your Cub!



















Swing, Batter, Batter

WHEN IT COMES TO DEPENDABLE, DELICIOUS DONUTS, CUB NEVER MISSES THE BALL. Every morning, in every store, hundreds of donuts in dozens of shapes and flavors are fried fresh; it's a difference you can taste immediately. If it wasn't made less than 24 hours ago, you won't find it in our cases. Speaking of home runs, the next time you pick up a dozen white-glazed donuts, grab a tube of red cookie frosting and create laces. Whether you bring them to work or little league practice, you'll be lauded as the MVP.



ZERO SUGAR



ESSENTIAL ENERGY...

Quick Bites



SURPRISE & DELIGHT

lce, lce, Coffee

High up on the list of summer's greatest pleasures is beating the heat with a hefty pour of iced coffee. And when your schedule is packed and the weather is hot and sticky, those first sips of cold caffeine need to work overtime. We've got a handy hack to help your iced brew do just that. Pour your favorite freshly brewed (or leftover) coffee into ice cube trays and freeze. Then, use these coffee cubes to add an extra caffeinated punch to your next at-home cold brew, latte, or coffee cocktail. Say goodbye to watery iced coffee and hello to a double dose of energy.

COFFEE CORNER

Cameron's Coffee is roasted with small town heart right in Shakopee, MN with an emphasis on bringing specialty-grade coffee to hometown grocery stores like Cub. Bring extra joy to your mornings by picking up a bag of their responsibly sourced beans on your next trip to Cub.



ORGANIC BREAKFAST BLEND Light Roast Crisp and vibrant to match sunny summer mornings.



VANILLA
HAZELNUT
BLEND
Light Roast
A perfect blend of
sweet and buttery
flavors for a cold
coffee treat.



NORTH SHORE BLEND Medium Roast Mellow like a Lake Superior getaway, with a sweet floral finish.



COLD BREW BLEND Medium Roast Steep grounds 12-24 hours for a smooth, creamy cold brew.



JAMAICAN
BLEND
Medium-Dark
Roast
Perk up your
weekend with
complex flavors
and delicate spice.

to enhance your Tide® clean.





Quick Bites



FUN WITH FOOD

S'mores-Spangled Banner

Ever since the word s'more was officially added to the dictionary in 1974, we've been dreaming up fun new spins on the classic recipe. This summer, we've settled on one that feels appropriately Minnesotan. This baked American Flag S'mores Dip is festive, shareable and layered to create a dip that is essentially a dessert casserole, as is the North Star State way. Serve up the gooey dip with the other s'mores staple: HONEY MAID Graham Crackers. Break them into small rectangles for easy dipping, then cast aside all Minnesota niceties and get after that last bite.

KITCHEN BASICS

HOW TO MAKE AMERICAN FLAG S'MORES DIP

This ooey-gooey treat is a sweet, shareable addition to the backyard BBQ, no campfire required.

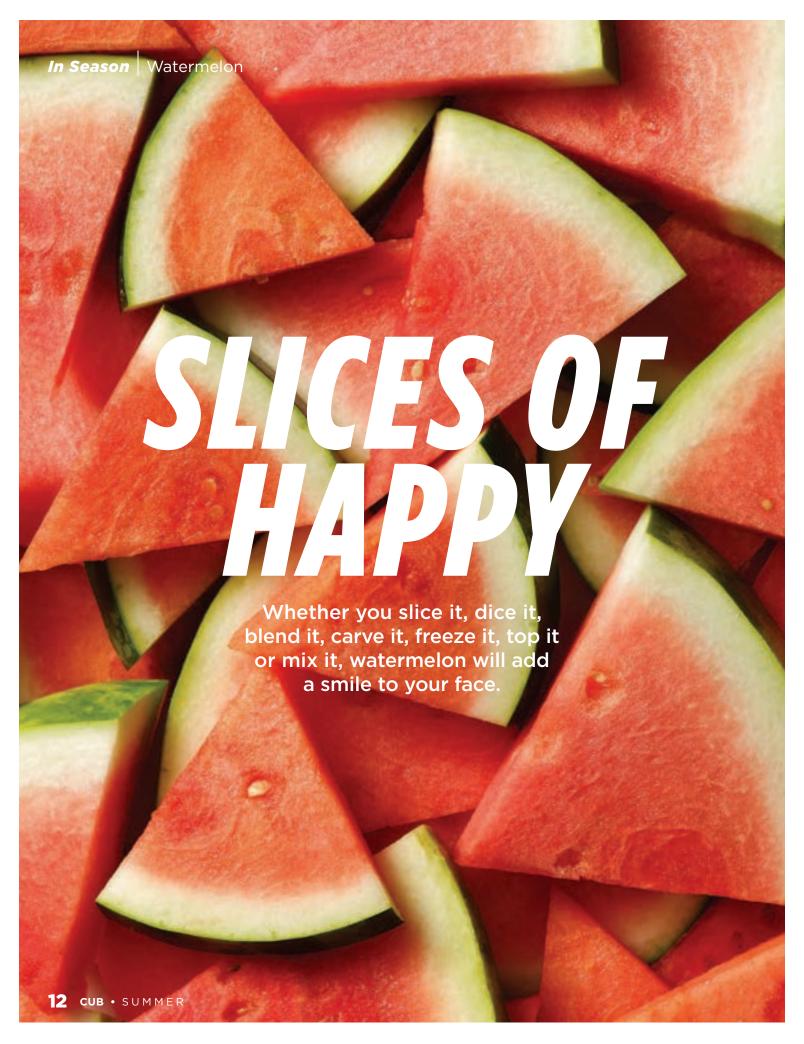
INGREDIENTS:

- 6 HERSHEY'S Milk Chocolate Bars
- 24 JET-PUFFED Marshmallows
- 11/2 tsp red sugar sprinkles
- 1½ tsp blue sugar sprinkles
- 1 box HONEY MAID **Graham Crackers**

DIRECTIONS:

- 1 Heat oven to 350°F. Coat 13x9 baking dish with cooking spray and line with HERSHEY'S bars.
- 2 Cut all marshmallows in half crosswise. Dip 16 halves in red sugar and 12 in blue sugar.
- 3 Add plain and dipped marshmallows to the dish, arranging in an American flag pattern.
- 4 Bake 6-8 minutes, or until marshmallows are puffed and chocolate is melted. Serve warm with HONEY MAID Graham Crackers for dipping.





FUN FACTS

- → Watermelon is the official happy fruit. It's true! A 2022 survey, funded by NWPB, found that 100% of consumers say watermelon makes them feel happy.
- → The white "seeds" in a seedless watermelon are empty seed coats where a seed did not fully mature. They are perfectly safe to eat.
- → Watermelons are cousins to cucumbers, pumpkins and squash, and can be considered a fruit or a vegetable.

PICK THE BEST MELON

Look: You are looking for a firm watermelon that is free from bruises, cuts or dents. Scratching is ok as these guys endure a lot of handling on their way to your kitchen.

Lift: Water can account for 92% of a watermelon's weight—and you want it that way. Pick a specimen that's heavy (a.k.a. juicy!) for its size.

Turn: The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

What about the thumping method?

Thumping, patting, slapping, or knocking can't accurately predict a good melon, so it's best to skip beating them up.

3 TYPES TO TRY

Seedless

Due to high demand, the majority of watermelons are seedless, and they are getting redder and crisper thanks to seed breeding advancements. That's not genetic engineering, but rather hybridization—the crossing of two different types of watermelons.

Mini

These petite melons are easy to handle and their thinner rinds equal more flesh. But most important, they make great personal punch bowls.

Yellow & Orange

These varieties lack the lycopene that gives red-fleshed watermelon its color but make up for it with their sweet-likehoney vibes.





Burrata Watermelon Salad

Prep Time: 15 minutes Cook Time: 0 minutes

Serves: 4

INGREDIENTS

16 oz BelGioioso Burrata

1 watermelon, sliced

1 cup kalamata olives, pitted

1/4 cup pistachio nuts, chopped

Fresh basil, for garnish Fresh mint, for garnish Olive oil, for garnish

DIRECTIONS

Drain burrata and place onto platter. Arrange watermelon slices and olives around burrata and top with pistachios, fresh basil and mint leaves. Drizzle with olive oil and serve immediately.

Watermelon Mint Spritzer

INGREDIENTS

11/2 cups watermelon, chopped

- 7 fresh mint leaves
- 2 tbsp lime juice
- 1 tbsp sugar

2½ cups club soda

DIRECTIONS

Combine all ingredients, except club soda, in blender. Blend until smooth. Pour over crushed ice and top with club soda.



Steak RIBEYE These steaks are rich. juicy and full-flavored with generous marbling throughout. Think of Simplified them as the perfect harmony of tenderness, flavor and fat. How to Cook: Pan sear. broil or grill; this cut does best with high heat. Just beware of flareups as the fat melts. NAIL A STELLAR STEAK IN THREE EASY STEPS. 1 Head to your friendly Cub Meat & Seafood Department. 2 Choose from our top-quality selection of premium cuts. (There are no bad choices, but these five are highly recommended by our expert butchers.) 3 Follow these directions to cook them without fail. Bon steak appétit! **T-BONES & PORTERHOUSES** These two-for-one steaks are a combination of strip and tenderloin separated by a TOP SIRLOIN T-shaped bone. The difference There's a lot of bang for the is that porterhouses have a buck in these steaks. From larger piece of tenderloin. How to Cook: It's best to grill or the transition area between the loin and the hip, they broil because the bone makes are tender and deliver a it difficult to sear properly in a juicy steak when cooked skillet. Keep the tenderloin furmedium-rare or rare. ther away from the heat source; it will cook more quickly. How to Cook: Tender enough to grill or pan sear, also great cut into kabobs for big, beefy flavor. 14 CUB · SUMME



even broiling.



CUB.COM

TEMPERATURE CHECK

We hate to break it to you, but the thumb trick is not fail-safe. There's only one 100% reliable way to know when your steak is done: an instant-read thermometer. Insert into the side of the steak until it reaches the center.

125°F

Rare:

Medium-Rare: 130°F

Medium:

140°F

Medium-Well: 150°F

Well Done:

160°F



Cub carries high-quality, USDA
Choice-graded beef. Only 10-15% of beef
produced in the U.S. is tender, juicy, and
flavorful enough to carry the label. So when
you see this badge on our packages, you
know you're getting consistently delicious
steaks. And because our meat and seafood
experts hand trim much of what we carry,
your dollars are going toward meat, not fat.
They can also prepare custom cuts upon
request. Just ask!

16 CUB · SUMMER



HOW TO SHOP

No matter what cut of steak you're after, the meat should have vibrant color and appear moist, but not wet. Look for good marbling throughout and avoid fat that has a brown or yellow tint; it's a sign of old, dry meat.



HOW TO GRILL

Contrary to popular belief, there is no need to bring steaks to room temperature. Just pull from the fridge, season and add to grill over medium heat. Here's another surprising fact: you can flip it as many times as you want. Flipping multiple times cooks your steak faster and more evenly than a single flip experience.



HOW TO SEASON

Every single kind of steak is made better by a generous sprinkling of kosher salt. For thick steaks like sirloins, season a few days in advance and leave uncovered in the fridge. Flank and skirt steaks can also be seasoned with quick marinades.



HOW TO CUT

Slice steak against the grain. This means cutting the fibers of the steak in half to shorten them and keep the steak tender.

Grilled Ribeye with Shishito Peppers and Honey Ginger Aioli

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 4

INGREDIENTS

- 1/3 cup Kewpie Mayonnaise
- 1 tbsp honey
- 2 tsp soy sauce
- 1 tsp ginger, finely minced
- 14 tsp garlic powder
- 2 boneless ribeye steaks
- 2 tbsp vegetable oil
- ½ tsp salt
- ½ tsp pepper
- 12 oz shishito peppers
- 1/4 cup green onions, sliced

INSTRUCTIONS

1 In small bowl, mix mayo, honey, soy sauce, ginger and garlic. Cover and refrigerate.

2 Heat grill. Rub steaks with vegetable oil, season with $\frac{1}{4}$ teaspoon each salt and pepper. Grill over medium heat (350°F-400°F) 9-11 minutes, turning once, until desired doneness is reached. Transfer to cutting board; rest 5 minutes.

3 Meanwhile, coat 12-inch square of heavy-duty foil with cooking spray. Place on grill and top with shishito peppers. Sprinkle with $\frac{1}{2}$ teaspoon each salt and pepper. Cover grill and cook over medium 4–6 minutes, turning once, until blistered and softened.

4 Cut steak into thin strips across the grain. Top with green onions and drizzle with honey ginger aioli. Serve with shishito peppers.



Easy, breezy, crispy, crunchy, booze-soaked, on a stick, juicy and dripping-down-your-face delicious, it can only mean one thing... sommer in 18 CUB · SUMMER







Cheering on the Twins, heading to the lake (any of our famous 10,000), and eating food on a stick: three things that never get old in good ol' MN. Here are six ideas that raise the bar-er. skewer-on summer.

1 STEAK SANDWICH KABOBS

Cut 1 pound top sirloin steak into 1-inch cubes. Sprinkle with 1 teaspoon steak seasoning. Cut 1 red pepper, 6 ounces focaccia bread, and 1 red onion into 1-inch pieces. Alternately thread pieces on 4 skewers; brush with olive oil. Grill 8-10 minutes, or until meat reaches desired doneness, turning occasionally. Top with 2 slices provolone, cut into strips; grill until cheese is melted.

2 SHRIMP BOIL ON A STICK

Place 1 pound small new potatoes and 1 package frozen mini corn on the cob in large pot and cover with water. Bring to a boil. Reduce to a simmer and cook until potatoes can be pieced with little resistance, about 12 minutes. Drain and rinse under cold water. Cut corn into 1½-inch rounds. Halve potatoes. Alternately thread potatoes, corn, 3/4 pound andouille cut into 1-inch rounds and 1 pound large, peeled and deveined shrimp onto six skewers. Sprinkle with Old Bay Seasoning to taste. Brush with ¼ cup melted butter. Grill until shrimp are opaque and corn begins to char, 4 minutes per side.

3 PASTA SALAD KABOB

Cook 8 ounces tortellini according to package directions. Drain and cool. Alternately thread tortellini with 20 mozzarella balls, 10 ounces halved cherry tomatoes, 20 slices salami and 20 fresh basil leaves onto 4 skewers. Serve with pesto.

4 PANCAKE & SAUSAGE ON A STICK

Take them to go, dip them, dunk them and try them in the air fryer. These vegan breakfast spins on corndogs bring fun to otherwise mundane mornings.

5 MINI EGGO WAFFLE KABOBS

Ever notice how some of the best food ideas blur the line between breakfast and dessert? This one sure does. And to that we say, why not both!?

6 RICE KRISPIES TREATS KABOBS

Variety isn't just the spice of life; it's the unfettered joy of this skewer. The colors! The textures! The tastes!



Buckle up and settle in with something crunchy, salty and interesting; you're gonna be here for a full gas tank.

There's an art and science to nailing the perfect snack, just like there is to acing the best playlist. And in both cases there's a lot at stake when the car is loaded, your destination is typed into Google Maps and it's go time. Too boring and you might fall asleep at the wheel. Too wild and you risk swerving all over the road. For these reasons, and a few more we'll get into later, we're of the strong opinion that all road trips need—nay, require— a custom snack mix.

Emphasis on custom, because keeping the peace inside the moving vehicle is of utmost importance. Here are our guiding principles for creating a mix that hits all the right notes: start with Cheez-It Crackers that satisfy that salty/cheesy/crunchy hankering like nothing else; add like-sized crackers to keep the distribution of pieces in check (looking at you, Club Cracker minis and Towhouse FlipSides Mini Crackers); finish with a crowd-pleasing layer of flavor. For us, that's taco. But don't sleep on dill (ranch seasoning + dried dill) or classic Chex Mix flavors, and if you're feeling wild, toss in some nuts; whatever it takes to keep you truckin'.

Taco Snack Mix

Prep Time: 5 minutes Cook Time: 15 minutes Serves: 6

INGREDIENTS

- 1 box (12 oz) Cheez-It Crackers
- 1 box (11 oz) Club Crackers Minis
- 1 box (10 oz) Townhouse FlipSides Mini Crackers
- 2 pkgs taco seasoning
- ½ cup canola oil

DIRECTIONS

- 1 Evenly divide Cheez-It Crackers, Club Crackers Minis, and Townhouse FlipSides Minis between two 1-gallon zip-top freezer bags.
- 2 Add one packet taco seasoning and ¼ cup canola oil to each bag. Close and mix until crackers are coated.
- 3 Line a large baking sheet with foil. Pour out contents of one bag and spread evenly. Bake at 250°F for 15 minutes, mixing after 7 minutes. Repeat with second batch.





MIX MAKERS

There is no shortage of cracker options available at Cub! We did the delicious work of narrowing them all down to our top five picks for a creating the perfect road trip snack mix.

PAIRS WITH **EVERYTHING Club Crackers Minis**

Light, flaky and ohso-buttery, these perfectly sized little bites play well with any other ingredient you want to invite to the party.

DOUBLE THE CHEESE **Cheez-It Duoz Cheese Crackers**

Sharp Cheddar and Parmesan Duoz are a two-for-one, bangfor-your-buck choice made with 100% real cheese. Yes and yes.

SEASONED TO PERFECTION **Town House Flip Sides Minis**

The savory spice blend on these oven-baked crackers basically guarantees they will be plucked first from any mix.

HINT OF SMOKE **Cheez-It Smoked** Gouda

Smoky flavor meets creamy gouda for the cheese lover, snacking adventurer and bold flavor chaser.

THE WILD CARD **Town House Pita**

In a world of squares and rectangles, toss in some triangles to keep everyone's taste buds on their toes.





Showstopping desserts that don't require exactness or expert baking skills are a rare breed. Perhaps that's what makes bombes so special. It could also be the unique shape, but more than likely, it's the plain and simple fact that ice cream is about to be served. There's no need to overcomplicate things—especially during summer—so the only real rule to follow here is to start with Kemps rich and creamy ice cream. From beloved classics to a new line of premium ice cream, Crafted Collection, every scoop of Kemps ice cream is made with cream fresh from local family farms. It's a difference you can taste.



Strawberry Crunch Ice Cream Bombe

Prep Time: 3 hours Cook Time: O hours

INGREDIENTS

Serves: 18

- 2 pints Kemps Vanilla, softened
- 1 container (1.5 gt) Kemps Crafted Collection Summer Strawberry Ice Cream, softened
- 4 Cub sugar cookies
- 2 pkg (1.2 oz) freeze-dried strawberries, finely chopped

- half of another to bowl; spread evenly over bottom and up sides, making a crater in center. Freeze until firm, about 45 minutes.
- 2 Scoop Kemps Crafted Collection Summer Strawberry ice cream into crater; spreading over bottom and up sides, again leaving a small crater in the center. Freeze until firm, about 30 minutes.
- **3** Scoop remaining Kemps vanilla ice cream into crater; smooth top with an offset spatula. Freeze until firm, about 1 hour.
- 4 Pulse cookies in food processor until fine crumbs form. Transfer half to a bowl. Add strawberries to remaining crumbs in food processor. Pulse 3-5 times to create strawberry crumbs. Stir strawberry crumbs into plain crumbs in bowl.
- **5** Remove bombe from freezer and invert onto serving vessel. Lift off bowl and peel off plastic. Sprinkle strawberry-cookie mixture over bombe, covering all exposed ice cream and pressing to adhere.

NO-SWERT When the thought of turning on an appliance or picking up a pan is too much, sandwiches are the play. TURKEY & **PROVOLONE** Croissants + deli turkey + provolone + cream cheese + lettuce + green apple, mandarin oranges, dried cranberries + pecans **SALAMI & MOZZ** Ciabatta + salami + mozzarella + arugula + basil + pesto 26 CUB · SUMMER





Cheese Like a Midwesterner

Midwesterners don't bring cheese plates—we bring cheese platters. We've got warm personalities and say long goodbyes. We're humble about our famous recipes and make everything as cheesy as possible, from sandwiches to lasagna—even our jokes. That's why Crystal Farms works to source dairy from the Midwest, so no matter where you are, you can cheese like a Midwesterner. From our family of cheeses to your cheese-loving family.





frozen fries, you're either stuck shuffling between your outdoor grill and your indoor oven or, worse yet, skipping fries on burger night GASP! That's all about to change. Get yourself to the nearest Cub, head straight to the frozen aisle, choose your favorite Ore-Ida potatoes, fire up the grill and brace yourself for deliciousness.

START WITH:

4 cups (half of 32-oz pkg) Ore-Ida Tater Tots

DIRECTIONS:

Heat grill to medium. Spread tater tots in disposable foil pan coated with cooking spray. Place on grill grate. Grill 20 minutes, or until tater tots are heated through, stirring after 10 minutes.



a major moment. We're doubling down by adding Claussen pickles to the mix.

Come for the fresh dill that's sprinkled with the same reckless abandon as party confetti, stay for the creamy pickle dressing you'll find yourself pouring over everything all summer long. The not-sosecret, secret is using both chopped Claussen pickles and their brine. It's a real case of working smarter, not harder.

While the prep on this chopped salad is delightfully minimal, it's impressively hefty and can serve as a whole meal—especially when paired with a carb. Think breadsticks, focaccia, baguette, or really lean into the Southern angle and serve it with biscuits, y'all.

Prep Time: 15 minutes Cook Time: 0 minutes Serves: 4

INGREDIENTS

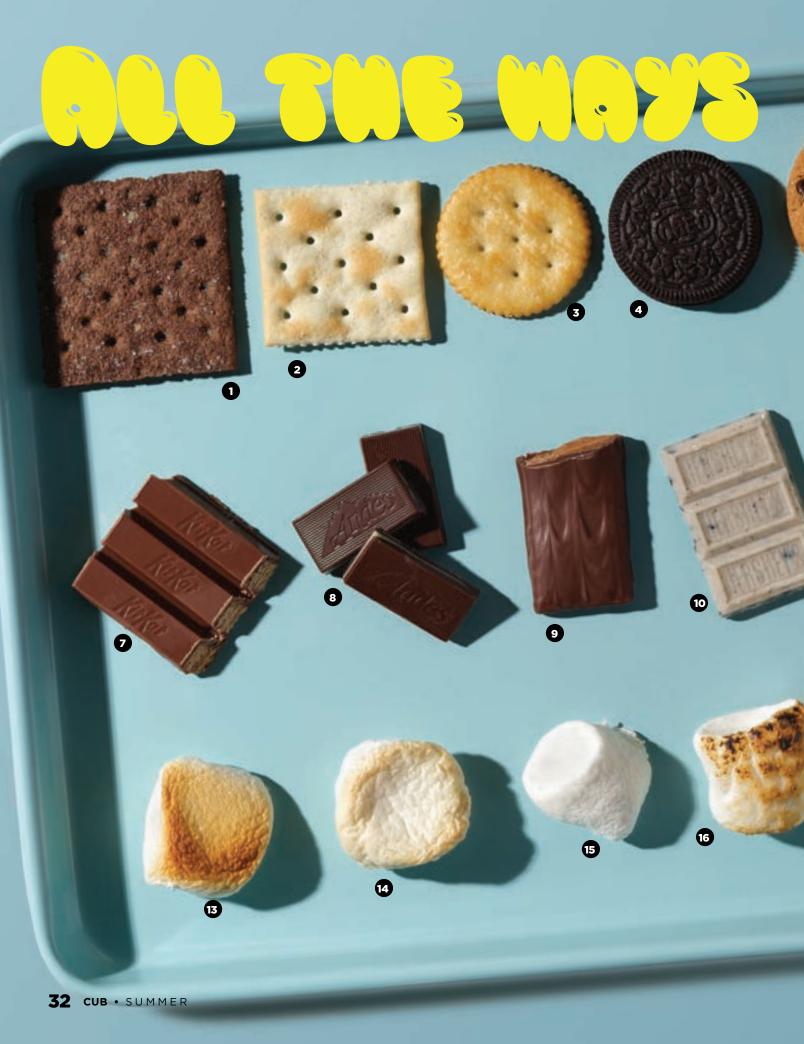
- ½ cup mayonnaise
- 2 tbsp Claussen Pickle brine
- ½ tsp sugar
- 1/4 tsp ground black pepper
- ½ cup Claussen Dill Pickles, chopped
- 1 package (10 oz) spring mix salad greens
- 4 oz ham (¾ cup), diced
- **4** oz sharp cheddar cheese (3/4 cup), cubed
- 1/4 cup green onions, sliced
- 1/4 cup radishes, thinly sliced
- 2 tbsp fresh dill

DIRECTIONS

1 In large bowl, stir together mayonnaise, pickle juice, sugar and pepper. Stir in pickles.

2 Add mixed greens to dressing and toss to coat. Transfer to platter or individual plates. Top with ham, cheese, onions, radishes and dill.











You didn't think we were going to leave you with just 216 options, did you?

Here are two more s'mores permutations that are 100 percent worth adding to your summer. They can be made ahead, easily stored and travel like a dream, which makes them welcome additions to picnics, road trips, and boat rides alike.

S'mores Cookie Bars

Prep Time: 15 minutes Cook Time: 30 minutes

Serves: 16

INGREDIENTS

½ cup butter, softened

34 cup sugar

1 egg

1 tsp vanilla extract

11/3 cups all-purpose flour

- 3/4 cup HONEY MAID Honey Grahams crumbs
- 1 tsp baking powder
- 1/4 tsp salt
- **5** HERSHEY'S Milk Chocolate Bar (1.55 oz each)
- **3** cups JET-PUFFED Marshmallows, mini

DIRECTIONS

- **1** Heat oven to 350°F. Grease 8-inch square baking pan.
- 2 Beat butter and sugar until well blended in large bowl. Add egg and vanilla; beat well. Stir together flour, graham cracker crumbs, baking powder, and salt; add to butter mixture, beating until blended. Press half in prepared pan. Bake 15 minutes.

 3 Break chocolate bars into
- pieces; sprinkle over baked layer. Top with marshmallows; scatter bits of remaining dough over marshmallows, forming top layer. Bake 10–15 minutes or until lightly browned. Cool completely in pan on wire rack.

S'mores Cookies

Prep Time: 20 minutes

Serves: 18

INGREDIENTS

- 2 HERSHEY'S Milk Chocolate Bars (1.55 oz each)
- **4** HONEY MAID Honey Grahams (full sheets)
- 1¼ cups JET-PUFFED Marshmallows, mini
- 1 pouch sugar cookie mix (17.5 oz)
- 6 tbsp butter, softened
- 1 egg

DIRECTIONS

- 1 Heat oven to 350°F. Line 3 cookie sheets with parchment paper. Break chocolate bars and graham crackers into ¼ to ½-inch pieces. Stir together with marshmallows; set aside.
- 2 Combine cookie mix, butter, and egg with wooden spoon in large bowl until soft dough forms. Add cracker mixture; use hands to work into dough. (Resulting mixture will be cracker mixture held together with a little bit of dough). Divide into 18 even dough mounds. Place 6 dough mounds onto each prepared cookie sheet.
- **3** Bake 10-12 minutes or until edges are light brown and cookie is set. Place cookie sheet on wire rack. Cool 5 minutes; slide parchment paper and cookies off cookie sheet to wire rack and cool completely.

CAMPSITE: SECURED. HIKES: MAPPED. TENTS: LOADED. Now all that's left to do is plan and pack enough food to last the whole trip—not too much and not too little. For some, this is the hardest part to get right. The trick to low-stress camping is a highly detailed meal plan. If the thought

of figuring out all those details has you running for the forest with just a can of beans, fear not: we've worked it all out for you. And even if you've earned a merit badge for camp cooking, isn't it nice to leave the planning to someone else? With a little prep (make-ahead recipes are key!), the proper supplies and an expertly packed cooler, you'll be feasting al fresco and thanking your lucky stars.





DAY

MENU FOR A LONG WEEKEND

Nothing beats the feeling of rolling up to your campsite with meals prepped and an agenda filled with adventure. Our menu assumes you'll cut out of work early, eat lunch along the way and kick things off with pizza while you set up camp. Then it's two full days of fun and yum, followed by an easy breakfast on the last day before packing up and heading back to reality.

DINNER

Frozen Pizza + Salad

Brew Pub Pizza is designed with the hungry in mind. It's big. It's bold. It's outrageously delicious. And you can grill it right from frozen! Place directly on the grates, covered, for 18-22 minutes.

DESSERT

Confetti Campfire Cones

Prep Time: 5 minutes Cook Time: 10 minutes

Serves: 4

INGREDIENTS

- 4 waffle cones
- 11/3 cup mini marshmallows, divided
- 1 cup white chocolate chips
- 1 cup Annie's Homegrown Organic Birthday Cake Bunny Grahams
- 1/4 cup rainbow sprinkles

DIRECTIONS

- **1** Fill bottom of each cone with 3 mini marshmallows. Layer white chocolate chips, bunny grahams, sprinkles, and remaining marshmallows; gently pack until filled.
- **2** Wrap each cone in aluminum foil. Tightly seal by covering top of cone, then folding up bottom and wrapping sides. Store until ready to make.
- **3** Place cones over hot campfire coals or on grill grates. Cook 5-7 minutes, turning occasionally, until fillings are melted, and cone is slightly toasted.













DAY TWO

BREAKFAST

Make-Ahead Chocolate Strawberry Overnight Oats

Prep Time: 15 minutes Cook Time: 0 minutes

Serves: 4

- 2 cup Quaker Oats-Old Fashioned
- 2 cup low-fat milk

INGREDIENTS

- 4 tsp cocoa powder
- 4 tbsp chocolate shavings
- 1 cup strawberries, hulled and sliced

DIRECTIONS

Add Quaker Oats to container of choice, pour in milk and layer strawberries, cocoa powder and chocolate shavings. Steep at least 8 hours in a refrigerator.

LUNCH

Tex-Mex Cheeseburgers

Prep Time: 5 minutes Cook Time: 15 minutes

Serves: 4

INGREDIENTS

- 1 box (21.32 oz, 4 patties) No Name Angus Burgers, thawed *Check on these before going to bed; if still fully frozen, move to the top of the cooler to thaw.
- 4 slices (3 oz) pepper jack or marble jack
- 4 burger buns, toasted if desired
- ½ cup Sabra Guacamole
- 14 cup Tostitos Salsa
- 1 canister (5 ½ oz) Mini Doritos Nacho Cheese Chips

DIRECTIONS

- 1 Heat 10-inch nonstick skillet over high heat on camp stove. Cook burger patties, turning occasionally, 13-16 minutes or until at least 160°F in center. Top each patty with 1 slice cheese and continue to cook 30-90 seconds, until cheese is melted.
- **2** Place cheeseburgers on buns and top with guacamole and salsa. Serve with Mini Doritos Nacho Cheese Chips.

TIP: To toast buns, wrap individually in foil. Heat 10-inch skillet over high heat on camp stove. Add buns and cook, covered, 3-5 minutes, turning often.

DINNER

Make-Ahead Jambalaya Foil Packs

Prep Time: 15 minutes Cook Time: 20 minutes

Serves: 4

INGREDIENTS

- 2 pkgs (8.8 oz) Rice-a-Roni Heat & Eat Herb & Butter Rice
- 1 pkg (14 oz) fully cooked andouille or kielbasa sausage, cut into ½-inch slices
- ½ cup onion, diced
- ½ cup green bell pepper, diced
- ½ cup celery, diced
- 2 tbsp olive oil
- 1/4 tsp Cajun seasoning

DIRECTIONS

- 1 Cut 4 (18x12-inch) sheets of heavy-duty foil. Coat with cooking spray. In large bowl, mix all ingredients until well combined; divide evenly onto foil sheets.
- **2** Bring up 2 sides of foil so edges meet. Seal edges, making tight ½-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- **3** Place foil packs in single layer in 2-gallon zip-top freezer bag. Freeze at least 8 hours before packing.
- **4** Place thawed packs in two 10-inch skillets over high heat on camp stove. Cover pans and cook 18–20 minutes, turning packs every 5 minutes, until sausage is heated through (at least 165°F). Carefully fold back foil; stir before serving.

DESSERT

Giant Chocolate Chip Skillet Cookie

Prep Time: 5 minutes Cook Time: 30 minutes

Serves: 8

INGREDIENTS

1 roll (16.5 oz) refrigerated Pillsbury Chocolate Chip Cookie Dough

DIRECTIONS

- 1 Line 10-inch cast iron skillet with parchment paper. Add dough and spread in even layer.
- 2 Cover skillet with foil and place over low, indirect heat on campfire or grill. Bake 30 minutes or until edges start to brown and the middle begins to set.
- **3** Remove from fire, lift cookie out of skillet by edges of parchment paper. Allow to cool 5-10 minutes.









DAY THREE

BREAKFAST

Make-Ahead Breakfast Sandwiches

Prep Time: 15 minutes Cook Time: 20 minutes

Serves: 4

INGREDIENTS

- 6 eggs
- 1 tbsp butter
- 4 slices cheddar or American cheese
- 6 slices bacon, cooked and halved
- 4 English muffins, split

DIRECTIONS

- 1 In medium bowl, whisk eggs, plus salt and pepper to taste. In 10-inch nonstick skillet, melt butter over medium heat. Add eggs and cook, stirring occasionally, until starting to set up evenly. Do not stir often to avoid scrambled texture. Reduce heat to medium-low and continue to cook 4-5 minutes, until set. Invert onto cutting board and use 3½-inch cutter to cut out 4 egg rounds.
- 2 Place one slice cheese, one egg round, and three pieces of bacon on botto of English muffin: add top half. Repeat with remaining muffins.
- **3** Cool completely; wrap each sandwich in heavy-duty foil. Place sandwiches in 1-gallon zip-top freezer bag. Freeze at least 8 hours.
- **4** Thaw sandwiches before preparing. Place sandwiches, still wrapped in foil, in skillet over high heat on camp stove. Cover and cook 8-12 minutes, turning every 3 minutes, until hot in center (at least 165°F).

Flamin' Hot Cheetos Dogs

Prep Time: 5 minutes Cook Time: 15 minutes

Serves: 4

INGREDIENTS

- 4 hot dogs *Hot dogs don't need to be frozen, but they can be to double as an ice pack if needed.
- 4 hot dog buns, toasted if desired
- ½ cup shredded cheddar cheese
- 1/4 cup mayonnaise
- ½ cup Cheetos Minis Flamin' Hot, crushed
- 14 cup green onions, sliced

DIRECTIONS

1 Heat 10-inch nonstick skillet over high on camp stove. Add hot dogs and cook 8 minutes, turning often. Add ½ cup water and continue to cook 6-8 minutes longer, until heated through (at least 165°F in center). 2 In each bun, place a hot dog. Add 2 tablespoons cheese and drizzle with 1 tablespoon mayo. Top with 1 tablespoon each crushed Cheetos and green onions. Serve with additional Flamin' Hot Cheetos.

Make-Ahead Greek Chicken

TIP: Pack these on the bottom of the cooler to stay frozen the longest.

Prep Time: 10 minutes Cook Time: 25 minutes

Serves: 4

INGREDIENTS

- 1 cup green bell pepper, thinly sliced
- ½ cup red onion, thinly sliced
- 4 boneless, skinless chicken breasts
- 1 cup Greek vinaigrette

DIRECTIONS

1 Evenly divide peppers, onions and chicken between two 1-quart zip-top freezer bags. Add ½ cup vinaigrette to each bag; remove air and seal. Freeze, at least 8 hours. Thaw before cooking. 2 Heat 10-inch nonstick skillet over high on camp stove. Using tongs, transfer chicken to skillet and cook 12 minutes, without turning. Turn chicken; add vegetables and vinaigrette. Cook 13-17 minutes longer, until sauce is thickened and chicken is cooked through (at least 165°F in center).

Make-Ahead Greek Orzo Pasta Salad

Prep Time: 15 minutes Cook Time: 10 minutes

Serves: 4

INGREDIENTS

1½ cups uncooked orzo pasta

- 3 tbsp fresh lemon juice
- 2 tbsp olive oil
- 34 tsp salt
- ½ tsp freshly ground pepper
- 1 cup cherry tomatoes, halved
- 1 cup seedless cucumber, chopped
- ¼ cup kalamata olives, halved
- 1 cup feta, crumbled

DIRECTIONS

- **1** Cook pasta as directed on package. Rinse with cold water and drain well.
- 2 Meanwhile, in medium bowl, whisk lemon juice, oil, salt, and pepper. Stir in pasta, tomatoes, cucumber, and olives. Gently stir in cheese.
- **3** Transfer to storage container and refrigerate until ready to serve, up to 4 days.

DESSERT

Candy Bar S'mores

There's no wrong way to build a s'more! Hershey's Milk Chocolate Bars are the standard, of course, but have you tried a Reese's Peanut Butter Cup, Kit Kat or a Hershey's Cookies 'N' Creme Bar?

DAY FOUR

BREAKFAST

Cub Mini Muffins + Bare Chips + Fruit





COOL YOUR COOLER

Start with a good rinse and wipe down, especially if it's been stored in a basement or garage. Chill by filling with cold water and/or "sacrificial" ice. Creating ice blocks by freezing 13x9 baking dishes of water is a money saver, picking up bags of ice at Cub is a time saver. Pick which works best for you.

TREEZE AND CHILL

In general, you want your food and drinks to start out as cold as possible. Specifically for this menu, there will be three meals and burger patties to freeze, plus overnight oats, bagged salad, makeahead orzo salad, Sabra Hummus and Guacamole, cookie dough, hot dogs and drinks to pre-chill.

PACK IN LAYERS

Start with a solid base of something cold. A mix of beverages to be consumed later in the trip does the trick here and serves to keep items balanced. Next, add the frozen items mentioned above. Wedge in ice cubes (if you don't mind melting) or reuseable ice packs to eliminate dead space. Continue layering with items going from sturdy to fragile and frozen to chilled. Add the pizzas last as they're the first thing you'll be making at camp.

FILL IT ALL THE WAY UP
Packing the cooler to the brim is an advantage because the more solid it is as a until, the longer the cold air will stay trapped. Extras like fruit and condiments do a good job filling in spaces, if needed.

TUCK EVERYTHING IN TIGHT
A final layer of ice, by way of a reusable frozen sheet, is a smart way to trap the cold.
Bonus: You can lift one side of the sheet to grab what you need without exposing all the contents to the outside air. In a pinch, a folded damp towel

can do the job.

BRING A DRINKS-ONLY COOLER

Let's be honest, you're going to want a refreshment early and often. To keep your food safe, it's a good idea to bring an additional smaller cooler just for drinks, if possible.

TKNOW WHERE EVERYTHING IS

If you packed the cooler, you know exactly where everything is and can get in and out quickly. That's not the case for everyone else on the trip, so be sure to give them a breakdown of what's where to minimize the amount of time the cooler is left open while on the hunt for snacks.

SEEK SHADE

Keep your cooler in the coolest, shadiest spot you can find. Sun is the enemy; the goal is to avoid direct sunlight as much as possible. Slid under a table? Great! Snuggled up in the bushes, that'll do! You can also throw a blanket on top for added insulation.

Camp Kitchen Checklist

We made a comprehensive list so all you have to do is check it twice.

FOOD ☐ Doritos Nacho Cheese Minis Frozen Items □ Apples ☐ 2 Brew Pub Pizzas ☐ Mandarin oranges ☐ No Name Burgers (4 pk) ☐ Cub Mini Muffins ☐ Make-Ahead Jambalaya Foil Packs ☐ Bare Apple Chips ☐ Make-Ahead Greek Chicken ☐ Campfire Cones ☐ Make-Ahead Breakfast Sammies COOKING Cold Items ☐ Camping stove and fuel ☐ 2 Dole Sunflower Crunch ☐ Camp grill or grill rack Chopped Kits ☐ Matches/lighter/fire starter ☐ Chocolate Strawberry ☐ 10-inch nonstick skillets x2 Overnight Oats ☐ Cooking utensils ☐ Sour cream (squeeze-top) (spatula, tongs, large spoon) ☐ Sabra Guacamole ☐ Knife ☐ Sabra Classic Hummus ☐ Cutting board ☐ Pillsbury Chocolate Chip **SERVING** Cookie Dough ☐ Plates x4 ☐ Make-ahead orzo salad ☐ Cups x4 ☐ Chopped green onions ☐ Eating utensils x4 ☐ Kewpie Mayo □ Napkins ☐ Hot Dogs ☐ Tablecloth and clips ☐ Cherry Bubly ☐ Lantern/lighting ☐ Gatorade □ Pepsi **CLEANUP** ☐ Mtn Dew ☐ Camp sink or wash bin **PANTRY ITEMS** ☐ Large refillable water jug ☐ Honey Maid Grahams ☐ Biodegradable soap ☐ Jet-Puffed Marshmallows, large ☐ Pot scrubber ☐ Tostitos Mild Chunky Salsa ☐ Trash/recycling bags ☐ Cub Hamburger Buns ☐ Quick-dry towel ☐ Cub Hot Dog Buns ☐ Paper towels



☐ Dish-drying rack

☐ Clothesline + clips

PACKING HACK

☐ Cheetos Flamin' Hot Minis

☐ Doritos Cool Ranch Minis

Crushed Doritos and Cheetos are a thing of the past thanks to the absolute brilliance of these adorable canisters. They pack like a dream and are cute to boot.



WEIRDLY Wonderful 9 UNCONVENTIONAL ICE CREAM TOPPINGS THAT WILL BLOW YOUR MIND Don't get us wrong, there's nothing wrong with eating ice cream straight out of little edgy or looking to really impress someone, think outside the cardboard for your next sundae. We're 98% sure you've never topped your scoops with these 1 Ben and Jerry's Chocolate Fudge Brownie + Cub Caramel Popcorn Crunchy. Sweet. A little salty. We like all of that. CUB.COM 45



2 Ben and Jerry's Cherry Garcia + Balsamic Glaze Balsamic and cherries are an iconic match.

3 Ben and Jerry's Churray for Churros + Cinnamon Toast **Crunch** This way it works for breakfast or dessert—your call!

4 Ben and Jerry's Half Baked + Wasabi Peas If you're up for a little spice, you can't beat the flavor these bring.

5 Ben and Jerrys Chocolate Chip Cookie Dough + Candied **Bacon** Breakfast meets dessert meets absolute heaven.



6 Ben and Jerry's Chocolate Therapy + Ground Espresso Coffee and chocolate are a decadent duo. Just make sure to grind it extra fine.

7 Ben and Jerry's Netflix & Chill'd + Lay's Wavy Potato Chips Sometimes you feel sweet, sometimes you feel salty.

8 Ben and Jerry's Strawberry Cheesecake + Granola Think yogurt parfait, but with a sweet dessert makeover.

9 Ben and Jerry's Pistachio Pistachio + Olive Oil This one has gone viral. And for good reason. The richness is unparallelled.

Doable Dinners

 \longrightarrow

We're back with 5 new meal ideas, and this time they're the holy trifecta of summer cooking: fast, fresh and flavorful. As always, they serve 4, using just 5 key ingredients, for around just \$20 each.



Caprese Skillet Gnocchi

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 4



1 package (16 ounces) gnocchi



1 package (10 ounces) cherry tomatoes



1 package (8 ounces) mozzarella pearls, patted dry



¼ cup basil leaves, thinly sliced



2 tablespoons balsamic reduction

DIRECTIONS

1 In 12-inch skillet, heat oil over medium-high. Add gnocchi, salt and pepper. Cook 5-7 minutes, until browned on outside.
2 Add tomatoes and cook 2-4 minutes, stirring often, until tomatoes burst. Remove from heat and stir in mozzarella. Drizzle with balsamic reduction and top with basil.

BRING THE HEAT

If you like your meals with a bit of a kick, you can swap red pepper flakes for the regular pepper called for in this recipe.



Pasta with Zucchini, Ricotta, and Prosciutto

Prep Time: 15 minutes | Cook Time: 10 minutes | Serves: 4



8 ounces pappardelle pasta



2½ cups zucchini ribbons



1 tablespoon Calabrian chiles, chopped and seeds removed



1 cup whole milk ricotta



PANTRY STAPLES

1½ ounces prosciutto, torn in thin strips



Pineapple Beef Stir-Fry

Prep Time: 15 minutes | Cook Time: 10 minutes | Serves: 4



1 can (8 ounces) pineapple chunks in juice, undrained



1 flank steak (1 pound), cut across the grain into thin strips



1 clove garlic, minced



½ cup A.1. Original Sauce



PANTRY STAPLES

cornstarch

2 cups cooked rice

DIRECTIONS

1 Drain pineapple, reserving juice. Heat oil in large skillet on mediumhigh. Add steak; cook and stir 5 minutes, until cooked through. Add pineapple chunks, onions and garlic; cook and stir 2 minutes. Reduce heat to low.

2 Mix reserved pineapple juice, 2 tablespoons water and cornstarch until well blended. Add to steak in pan; cook 1 minute or until thickened, stirring constantly. Remove from heat.

3 Stir in steak sauce. Serve over rice.

We gave this flank steak the A.1. treatment. The unique blend of tart, salty and sour flavors is what takes this meal from good to great.



BBQ Chicken Fajitas

Prep Time: 5 minutes | Cook Time: 25 minutes | Serves: 5



1 package (8.2 ounces) Old El Paso Flour Tortillas



1 ounce fajita seasoning



2 bell peppers, cut into strips



1 onion, cut in half and sliced



2 cups rotisserie chicken



PANTRY



½ cup barbecue sauce

DIRECTIONS

1 Place fajita seasoning in gallon-size zip-top bag. Add vegetables; shake to evenly coat.

2 In 12-inch nonstick skillet, heat oil over medium-high. Add vegetables; cook and stir, scraping seasoning from bottom of skillet, 3-4 minutes or until vegetables are almost crisp-tender. Stir in chicken and barbecue sauce. Cook and stir 2-3 minutes longer, until heated through.

3 Fill each tortilla with

DIY Fajita Seasoning

½ cup mixture and serve.

Don't want to buy a whole container? Making your own is as easy as mixing up these ingredients and storing in an airtight container.

- 1 tablespoon chili powder
- 11/2 teaspoons cumin
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- ½ teaspoon dried oregano
- ½ teaspoon chipotle chili pepper



Grilled Salmon with Coconut Rice

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 4



1 tablespoon Thai red curry paste



4 salmon fillets (4-6 ounces each), skin-on, patted dry



2 packages (10 ounces each) frozen cooked rice



1 cup coconut milk



¼ cup cilantro leaves

DIRECTIONS

- 1 In small bowl, mix oil and Thai red curry paste. Brush on top and sides of salmon fillets.
- **2** Heat grill. Place salmon, skin side down, on grates. Cover and grill over medium 10–15 minutes, until salmon flakes easily with fork.
- **3** Prepare rice per package directions. Transfer to medium bowl; stir in coconut milk and salt.
- **4** Serve salmon with coconut rice. Top with cilantro.

TIP:

Serve with a side salad tossed with sesameginger or Asian sesame vinaigrette.

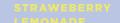






To a blender, add 1 ounce Jose Cuervo Tequila, 2 ounces Jose Cuervo Pink Lemonade Margarita Mix and 1 cup ice. Blend and garnish with lemon. Serves 1

Mix 24 ounces light beer, ½ cup tequila, and 4 cups pink lemonade in a large pitcher. Serve over ice and garnish with strawberry and lemon slices. Serves 4-6



Lightly muddle 5 strawberries in a glass. Add 1½ ounces Tito's Handmade Vodka, 4 ounces lemonade and ice. Stir and garnish with lemon. Serves 1



THE LAST LITTLE BIT

How to make use of every last crumb, dollop and drop of your favorite grocery staples.



SHOULD YOU FIND YOURSELF IN A GEORGE BANKS SITUATION WHERE YOU HAVE SUPERFLUOUS HOT DOG BUNS, we have a clever solution that'll keep you out of the slammer. (That is a "Father of the Bride" reference for anyone that missed it.) Introducing the Hot Dog Bun Banana Split. Sounds a little crazy, tastes a lot like a gourmet treat. Here's what to do: Take the extra hot dog bun, or buns, pry open, but don't separate. Brush inside and outside with melted butter and roll in sugar, pressing to adhere. Fry in a nonstick pan with additional melted butter, as needed, until the sugar has caramelized and the bun is toasted inside and out. This part will be hard, but it's necessary: allow to cool. Lastly, load with ice cream and all the fixings. Anything goes, just don't skip that cherry on top!





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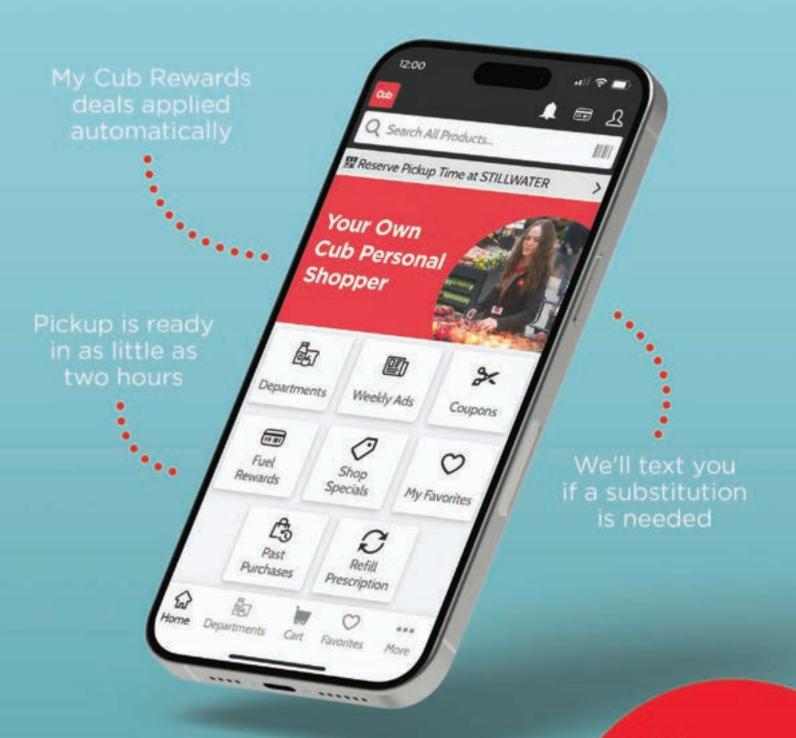
APP

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