

Cub

STRESS-FREE FUSS-FREE

50+ Ways to Make Your Season Sparkle

DIY GIFTS that Wow

(28

Xoliday to the Max!

S COOKIES and CANDY HACKS

Plus!

DOABLE DINNERS

\$25 and ready in 30 minutes (42)

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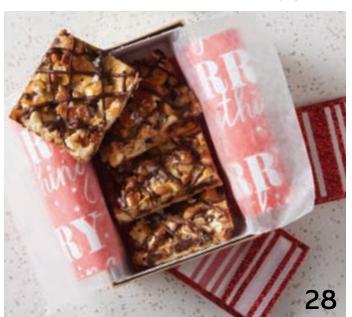




Making **Spirits** Bright

and extra time to spend with family and friends. That may sound too good to be true, but it's not! For anyone who needs to hear it: you can take shortcuts and still create holiday magic. You just need clever ideas, easy hacks and a handful of quality products that can do some of the heavy lifting. (Bet you can't guess what we filled these pages with...)

Months ago, we set out on a quest to create a holiday issue that delivers more comfort, more joy and a whole lot less stress. We're pleased as pumpkin pie to now share some incredible ideas, staring with our main feature, The Wonder of it All (page 12),





wherein humble chicken legs and olive oil become a showstopping feast you'll want to put on repeat, and your approach to mashed potatoes will forever be changed.

We also made sure to include impressively inexpensive gift ideas for anyone on your list (page 28), a slew of appetizers that basically make themselves (page 26), and 10 ways to keep your cookie trays full without spending hours in the kitchen (page 36). And because, among the hustle and bustle, we all still have to eat, we created a new collection of Doable Dinners (page 42) that are ready in 30 minutes or less, using just five key ingredients.

Of course, there's no wrong way to holiday, just your way. So, whether you run with our shortcuts, stick with traditions, or create a mix of both, we're here to help you make it happen. Visit us online or in store to shop, get inspired and make this season jingle all the way.

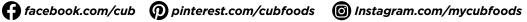
Hey! Speaking of tricks up sleeves, did you notice this issue has TWO covers? When you're ready (no rush!), flip it over and dig into fresh, feel-good ideas for the

Wishing you a stress-free holiday season and a healthy new year!

Your friends at Cub









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Salvation Army **Red Kettle**

Cub has been proud to partner with the Salvation Army for more than 25 years, hosting red kettles at all of our 80 locations. In fact, Cub matches the first \$25.000 donations every year, so your contributions really do make a big difference in our **community.** Look for the red kettles

at your Cub store and don't forget to keep some coins and/or cash on hand throughout the giving season!

Photo: Salvation Army USA 2016



GIVING YEAR-ROUND The holidays are a great time to give back and get involved in the community, but our **Cub Foundation** proudly serves the Twin Cities all year long. The foundation has raised more than \$2 million to support hunger relief, advance nutrition education, improve access to fresh, healthy food, and contribute to childhood health and medical needs. To find out more about how our foundation makes a difference in local lives, and how you can get involved, visit cub.com/charitable-giving.

What's Happening in Store



Cub-Crafted Thanksgiving Meals

This year, let us make your turkey dinner so you can focus on making memories. Order our heat-and-serve feast, complete with turkey and seven classic (and delicious) sides! Reserve your meal at least 48 hours in advance. Available for pickup starting Nov. 10, 2023 while supplies last.



Holiday Ham Meals

This year, let our deli make your holiday dinner so you can focus on making memories. Order your heat-andserve ham feast, complete with a 6 lb. Kretschmar ham and six classic (and delicious) sides! Pre-order your meal at least 48 hours in advance. Meal pickup is available through Dec. 31, 2023.



Live Lobsters for NYE

Celebrate the New Year with a New England feast! See your Cub butcher to preorder fresh, live lobsters flown in special from the East Coast for your Midwest merriments! Order by Dec. 21 for pickup on New Year's Eve or New Year's Day.



20% off Wine Sales

Just in time for holiday hosting and gifting, Cub Wine & Spirits and Cub Liquor locations are offering 20% off all wines from Nov. 12-25 (turkey + Cru Beaujolais = perfection) and again Dec. 10-24 (hello, NYE bubbles!).



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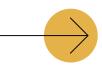
Taste what you love, pure and simple.



Wesson



Nuts for Donuts



SQUIRREL THIS IDEA AWAY for when it's your turn to bring donuts to the office or you're put on dessert detail. Beyond being adorable, these donut acorns are simple to assemble, inexpensive and guaranteed to impress—if you start with Cub donut holes, that is! Choose whichever flavor you like best, dip in chocolate frosting, coat with sprinkles, add pretzel sticks and watch the people go nuts!

Quick Bites



SURPRISE & DELIGHT

Get a Whiff of This

There's nothing like the sights, sounds and smells of the holidays. They signal the return of holly jolly and stay with us long after the season's end-especially the smells. A scent's ability to conjure up a memory and transport to a time and place is pure magic. Enter simmer pots, a fun and festive addition to your holiday traditions. More art than science, they're easily made with ingredients you likely have on hand: whole spices and extracts, herbs, fruit and even sprigs from evergreen trees. Add water, set to simmer, and let the yummy smells fill your home and memories.

LET'S MAKE:

HOLIDAY SIMMER POTS

Pour 8 cups water and the ingredients of your choice into a large saucepan or Dutch oven. Bring to a boil, then immediately reduce to a simmer. Add water as needed, about every 30 minutes.

Prefer to use a slow cooker? Add ingredients, secure lid, and turn to high. Once steaming, take off the lid and set to low or simmer. Keep halfway full by adding water every 30 minutes.

SIGNATURE SCENTS

Below are a few combinations to consider, but feel free to build and adjust to make the scent uniquely you. There's no wrong way to make a simmer pot.

← Cinnamon Citrus Spice

- + 1 orange, sliced
- + 3 cinnamon sticks
- + 1 tablespoon whole cloves
- + 1 knob ginger, sliced

Gingerbread Cookie

- + 1 teaspoon whole cloves
- + 1 teaspoon whole allspice
- + 3 cinnamon sticks
- + 5 ginger slices + 1 teaspoon vanilla extract

Coffee Shop

- + 1/4 cup whole roasted coffee beans
- + 3 cinnamon sticks
- + 1 tablespoon cardamom pods
- + 4 stars anise
- + 1 teaspoon all spice berries

Cranberry Citrus

- + 1 orange, sliced
- + 1 lemon, sliced
- + 1 cup cranberries
- + 3 cinnamon sticks
- + 1 teaspoon whole cloves
- + ½ teaspoon nutmeg

Delicious One-Bowl Chocolate Chip Cookies

Perks of being a grown-up: You can eat as many chocolate chip cookies as you want. And the only people who will have something to say are the kids...that are yours...that you accidentally didn't save any for. Maybe next time, sport.

> 15 min 25 min Portions 36

Ingredients

- 1 cup I Can't Believe It's Not Butter!® Original Spread
- 3/4 cup firmly packed light brown sugar
- 1/4 cup granulated sugar
- 1 large egg
- 1 tsp. vanilla extract
- 1/2 tsp. baking soda
- 2 cups all-purpose flour
- 1 package (12 oz.) semi-sweet chocolate chips

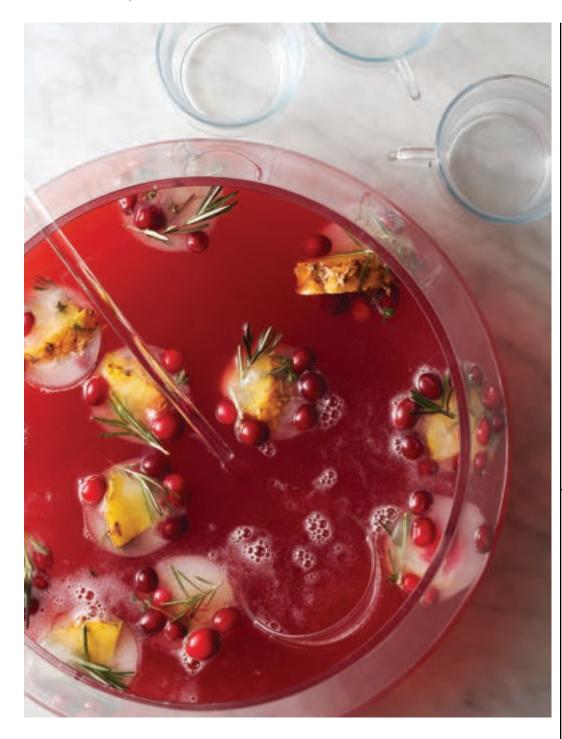
Instructions

- 1 Preheat oven to 375°.
- 2 Combine with I Can't Believe It's Not Butter!® Spread, sugars, egg, vanilla and baking soda in large bowl with wooden spoon until blended. Stir in flour until blended. Stir in chocolate chips. (Dough will be soft.)
- 3 Drop mixture by heaping tablespoonfuls, 2 inches apart, on ungreased baking sheets. Bake 10 minutes or until edges are golden. Cool on baking sheets 2 minutes. Remove cookies to wire racks and cool completely.





Quick Bites



INSTANT UPGRADE

Punch Up the Punch Bowl

It's time to break out the punch bowls and the muffin tins. Yes, you read that correctly! Turns out muffin tins are perfect for making a dozen dressed-up ice disks all at once. It's as easy and straight forward as it sounds. As for that dressed-up part, anything goes; fruit and herbs add visual flair, while fruit juices and bitters add flavor and combat pesky dilution issues. We opted for cranberries, pineapple and rosemary in our Hawaiian-inspired punch (recipe at right). Mix up your own batch and sing it with us, "Mele Kalikimaka is the thing to say..."

HOW TO:

HAWAIIAN HOLIDAY PUNCH

Makes 16 cups

WHAT YOU NEED:

- + 4 (7 oz) bottles Sparkling Ice Cranberry Frost
- + 24 oz ginger ale
- + 12 oz spiced rum
- + 8 oz coconut rum
- + 16 oz pineapple juice
- + 1 lime

HOW TO MAKE:

In a large punch bowl, combine the rums. Add pineapple juice and stir. Squeeze the juice of one lime, add juice and stir again. Top with ginger ale and Sparkling Ice Cranberry Frost. Add ice pucks (if making) just before guests arrive.

THE SECRET **SPARKLE**



ger. Sparkling Ice Cranberry Frost is only here for the holidays and we're making the most of it. We love it for the big flavor it brings to the punch as

much as we love it for what it leaves out: sugar.



KITCHEN CRAFT

Stamped, Wrapped, Delivered

A potato, paint or a stamp pad, plus paper to decorate, are all you need to create a clever holiday spud stamp. Use a paring knife to cut a simple design (basic triangles make great trees with a little extra paint or markers, and circles easily become snow globes or ornaments) or employ the cookie-cutter method. Cut the end off a potato, push a cookie cutter into the center, and carefully cut around the cookie cutter with a pairing knife. Presto! Here's to traditions that never grow old.

MORE HOLIDAY KITCHEN CRAFTS

Conquered the wrapping paper and looking for more fun? Try these three classics.

POPCORN GARLAND

Strung from a mantel or around the tree, popcorn garland is a timeless craft. Pro tip: Day-old, plain popcorn made in an air popper works best. It hardens up and is easiest to work with. Plain microwave popcorn also works and leaving it a day or two isn't mandatory, you'll just have more crumbles with fresh pieces. Happy stringing!

DRIED CITRUS ORNAMENTS

These smell as amazing as they look adorning a tree, and they make great present toppers!

To make: Cut lemons. limes and oranges into 1/4-inch slices and bake at 150°F for 3-4 hours on parchment-lined baking sheets, flipping every hour. Place on ornament hooks and start hanging.

MASON JAR SNOW GLOBE

You're never too old to enjoy the magic of a snow globe, so why not make your own? Gather: an 8-ounce mason jar, ornaments or toys for the scene, 2 tablespoons glitter, 2 ounces clear glue, warm water and a glue gun. To make: Glue ornaments to the inside of the mason jar lid with the glue gun. Add the glue to the jar. Fill with warm water (about 1 cup). Add glitter and stir. Place the decorated lid on jar. Seal tightly, adding glue if needed. Shake away!

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The Tonder of ite All

FANCY. FUSS-FREE FEATS OF YUM AND AWE TO GET YOU THROUGH THE ENTIRE HOLIDAY SEASON.

> These clever ideas and smart store-bought swaps make things easy, so you can make them memorable—without breaking a sweat.

RECIPES START ON PAGE 24





Fizz the Season

CHAMPAGNE AND CHAMBORD

Give any glass of bubbles festive flair by adding ½ to 1 ounce of Chambord,



Bubbles by Any Name

There's a wide world of bubbles waiting to be discovered at Cub Wine & Spirits. Here are five bottles to get you started.



j Cuvée 20: You'll find fine bubbles and elegant acidity with just a hint of sweetness in this California-made sparkler.



La Marca Prosecco: This fan-favorite cuts through the weight and richness of holiday meals with ease and panache.



G.H. Mumm Champagne: Its freshness and intensity make it an exceptional aperitif and standout match for roasted meat.



Freixenet Cava **Cordon Negro Brut**: Crisp and creamy, this black beauty is versatile enough to go from mimosas to an NYE toast.



Josh Prosecco: Crafted in Italy for everyday celebrations, this Prosecco comes at a great price that belies its deliciousness.

Jalfway Homemade

DRESSED UP MASH-UPS



3 Ways to Take Cub Potatoes Over the Top

A whole lot of wow for very little effort.

Caramelized Onion, Gruyere and Crispy Sage

Fry 8-10 sage leaves in olive oil until crispy, sprinkle with salt. Thinly slice 2 large onions lengthwise. Heat 2 tablespoons unsalted butter in a wide-based pan over medium. Add a large handful of onions, cook stirring often until soft, 1-2 minutes. Repeat until all onions are added. Season with salt. Reduce heat to medium-low and continue cooking 15-20 minutes or until there is about ½ cup onions. Stir onions, sage, and 1 cup grated Gruyere into 2 pounds of Cub deli mashed potatoes.



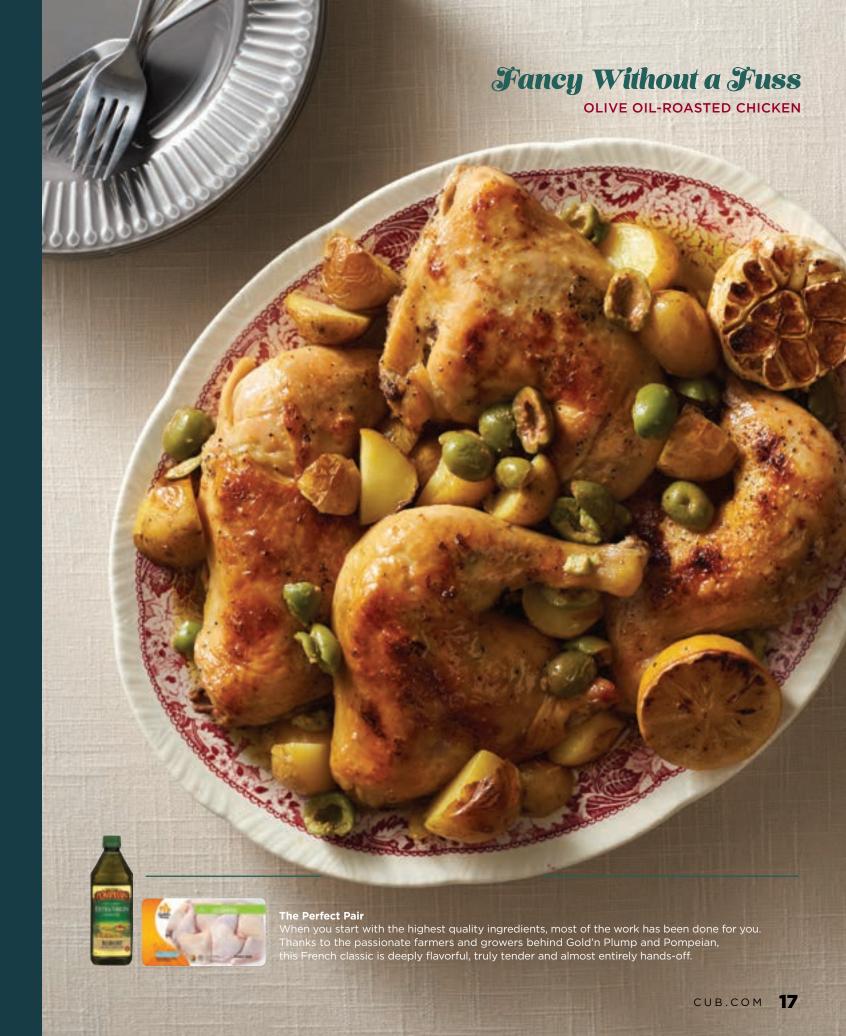
Chipotle, Green Chili and Cheddar Stir 1 tablespoon chopped chiles in a

Stir 1 tablespoon chopped chiles in adobo sauce, 1 can (4 ounce) well-drained diced green chiles, and 1 cup shredded Cheddar cheese into 2 pounds of Cub deli mashed potatoes. Garnish with additional cheese, if desired.



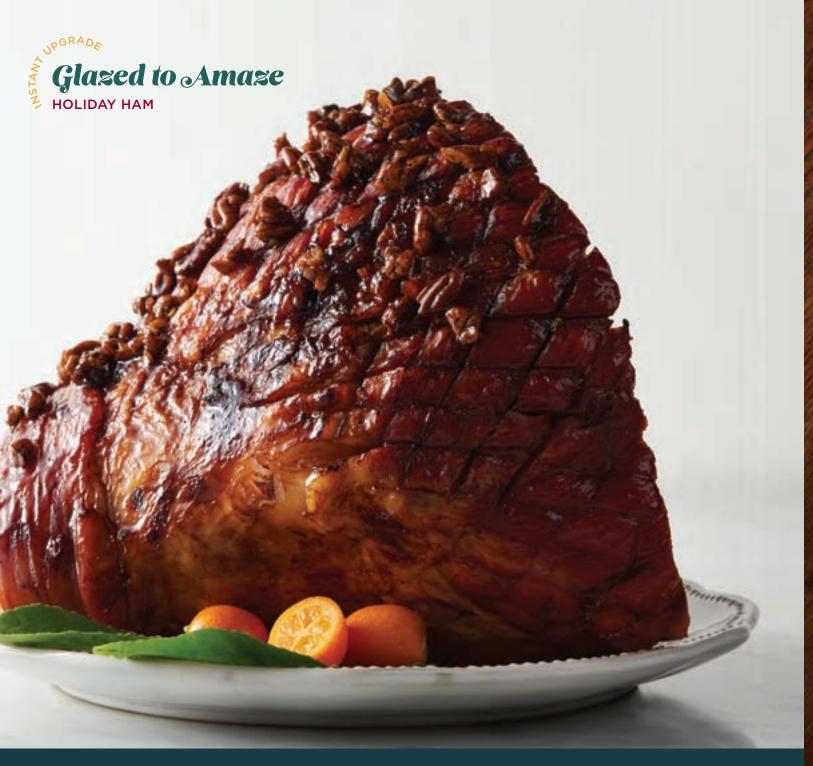
Pancetta, Gouda and Scallion

Cook 8 ounces diced pancetta until crispy; drain on paper towels and side aside one-quarter of them. Stir remaining pancetta, 8 ounces grated Gouda and 6 thinly sliced scallions into 2 pounds Cub deli mashed potatoes. Garnish with remaining pancetta and additional scallions.





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3 Ways to Layer on the Flavor

Traditional ham meets updated twists.

Make It

In a small saucepan over high heat, combine ingredients and bring to a boil. Reduce to medium-low and cook until sauce coats the back of a spoon, 4-6 minutes. Set aside one-third of the sauce for serving, brush on one-third during the last 20 minutes of baking, and pour over the rest just before serving.



Spiced Peach

1 jar (13 oz) peach preserves

- + 3 tablespoons brown sugar
- + 4 tablespoons lemon juice
- + 2 teaspoons clove
- + 2 teaspoons ground ginger
- + ½ teaspoon cardamom



Pecan Molasses

1 cup chopped pecans + 1 cup molasses

- + 4 tablespoons pineapple juice
- + another ½ cup chopped pecans for garnish



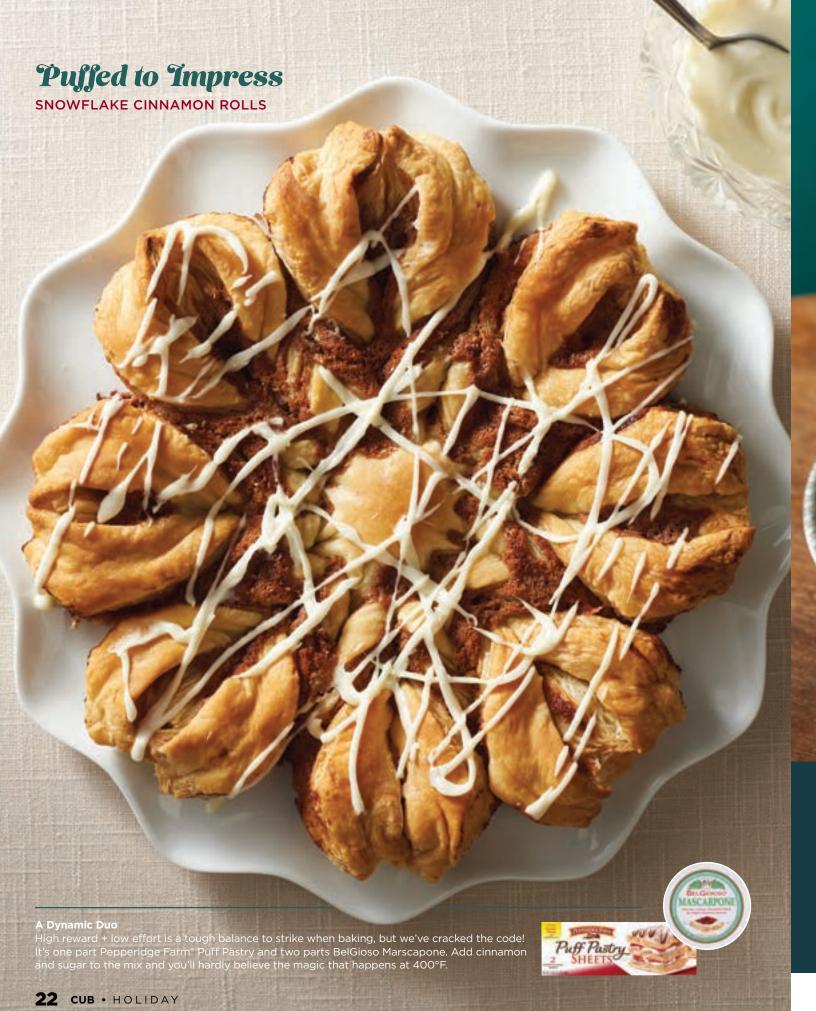
Cherry Bourbon

1 cup cherry preserves

- + ½ cup bourbon + ¼ cup molasses
- + ½ teaspoon ground









3 Ways to Wow with Ice Cream

A dish of Blue Bunny ice cream on its own is a treat, but when you add in extras, it becomes an absolute thrill for the whole family.



Sweet Meets Savory Start with: Double Strawberry Swirl Add: balsamic glaze

- + a lemon bakery wafer
- + fresh strawberries



Added Crunch Start with: Homemade Vanilla Add: hot fudge sauce

+ Cub caramel corn



All About the Extras Start with: Mint Chocolate Chip Add: chocolate sauce

- + Blue Bunny Mini Swirls Mint Cookie Crunch
- + mint chips

Cranberry Pavlovas

Prep Time: 20 minutes Total Time: 2 hours, 40 minutes Serves: 12

INGREDIENTS:

11/2 cup sugar, divided

- 2 tsp cornstarch
- 4 eggs whites
- 1 tsp vanilla extract
- 1 tsp white vinegar
- 11/2 cup lemon curd 36 fresh cranberries
- 34 cup sugar

DIRECTIONS:

1 Combine 1 cup sugar and cornstarch

another bowl until soft peaks form. Slowly add sugar mixture; continue beating until stiff peaks form. Add vanilla and vinegar; mix well.

2 On a parchment-lined baking sheet. spoon 12 mounds (1/3 cup each), 2 inches apart. Create an indent in each with the back of a spoon. Bake 25 minutes. Turn off oven and let stand 15 more minutes. Remove and cool completely. Make up to two days ahead; refrigerate in an airtight container. Let come to room temperature before topping and serving.

3 Combine ½ cup sugar and ½ cup water in a small saucepan; cook over high, stirring until sugar is dissolved. Place cranberries in a heatproof bowl and pour over the simple syrup. Cover and refrigerate overnight.

DIRECTIONS:

1 Heat oven to 275°F. Season chicken all over with kosher salt and pepper. Choose an ovenproof dish or casserole large enough to fit the legs in a single laver. Add 3 heads garlic halved crosswise, 2 pounds baby potatoes, 3 lemons halved, and 1½ cups smashed olives to the dish. Nestle in the chicken, skin-side up and pour over the olive oil. It should almost cover the chicken.

2 Bake until chicken is cooked through and tender and garlic has started to caramelize, 2-21/2 hours. Pour off infused oil; reserve 2 tablespoons for the next step and save the rest for future use.

3 Heat the 2 tablespoons infused oil in a large skillet over medium heat. Carefully transfer chicken to skillet, skin side down. Cook, undisturbed, until skin is golden brown and crisp, 3 minutes. Meanwhile, increase oven temperature

4 Return chicken, skin side up, to dish with potatoes, garlic, lemons, and olives. Transfer to the oven and roast for 8 minutes, or until everything is heated through and chicken skin is crispy. Finish with chopped parsley, squeeze of lemon, and a drizzle of Pompeian Robust Extra Virgin Olive Oil.

Mustard and Applewood Pork Belly Crostini

Prep Time: 10 Minutes Total Time: 2 hours Serves: 8

INGREDIENTS:

- 2 lbs AdapTable Meals Smokey Applewood Pork Belly
- 1 baguette
- 1/3 cup olive oil
- 1/3 cup stone-ground mustard
- ½ cup arugula
- 1/4 cup scallions

DIRECTIONS:

1 Cook pork belly according to instructions on package. Let rest while making crostini

2 Slice a baguette diagonally to your desired thickness. Brush with olive oil and bake at 350 F° for 3-5 minutes on each side, or until crisp.

3 Spread mustard on crostini, add 2-3 arugula leaves, top with sliced pork belly, and garnish with scallions.



Hot Honey

Serves: 12

Whipped Butter

Prep Time: 5 minutes

INGREDIENTS:

1/2 cup hot honey

DIRECTIONS:

Total Time: 30 minutes

1 cup Land O Lakes Butter.

2 tbsp fresh chives, chopped

In a food processor, puree ingredients.

Spoon mixture into a piping bag fitted with a star tip (or a resealable plastic bag

with a corner snipped off) and squeeze

onto parchment-lined baking sheet. Chill

until firm or freeze for later use.

Sizzling Scallion Dip

16 oz feta cheese (2 blocks)

Olive Oil, divided

2 tbsp lemon juice

1 tbsp chili flakes

smoothing out the top.

4 tsp honey

5 scallions

10 garlic cloves

1 tsp sea salt

1 tsp pepper

DIRECTIONS:

or crusty bread.

½ cup plain Greek yogurt

3/4 cup Pompeian Robust Extra Virgin

1 Combine feta, ¼ cup olive oil, yogurt,

lemon juice and honey in a food pro-

cessor, until smooth. Pour into a bowl,

2 Finely chop scallions and garlic. Add to

a bowl with chili flakes, salt and pepper.

3 Heat the remaining ½ cup olive oil in a small sauce pan until simmering. Add

the scallion mixture and stir for a few

seconds. Remove from heat and pour

over the feta. Serve with pita chips, naan

Prep Time: 5 minutes

INGREDIENTS:

Serves: 6

Total Time: 10 minutes

room temperature

2 tsp cayenne pepper

½ tsp red pepper flakes

Cinnamon Rolls

Prep Time: 5 minutes **Total Time: 45 minutes** Serves: 16

INGREDIENTS:

2 pkgs (8 oz each) BelGioioso Mascarpone cheese

Militaria de la constitución de

- ½ cup packed brown sugar
- 1 tsp cinnamon
- 3 sheets Pepperidge Farm® puff pastry, thawed
- 21/2 cups powdered sugar
- 1/4 cup milk

DIRECTIONS:

1 Beat 1 container mascarpone, brown sugar and cinnamon in a bowl until fluffy and spreadable.

2 Unfold one sheet puff pastry on a lightly floured surface; roll out to an 11-inch square. Using a 10-inch plate as a guide, cut pastry into a circle. Transfer to a parchment-lined baking pan.

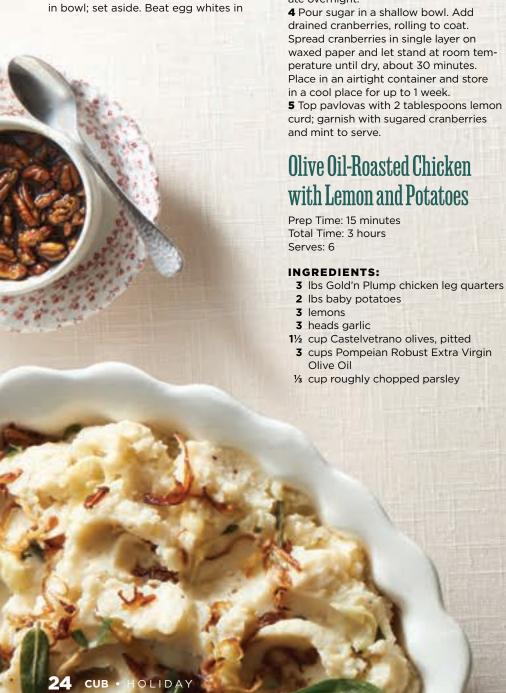
3 Spread half of the mascarpone mixture within 1/2 inch of edges. Roll out and cut another pastry sheet: place on top. Repeat steps with remaining mascarpone mixture and pastry sheet.

4 Lightly press a 2-inch round cookie cutter into the center of pastry circle, taking care to not press deeply. Cut pastry into 4 even quadrants,

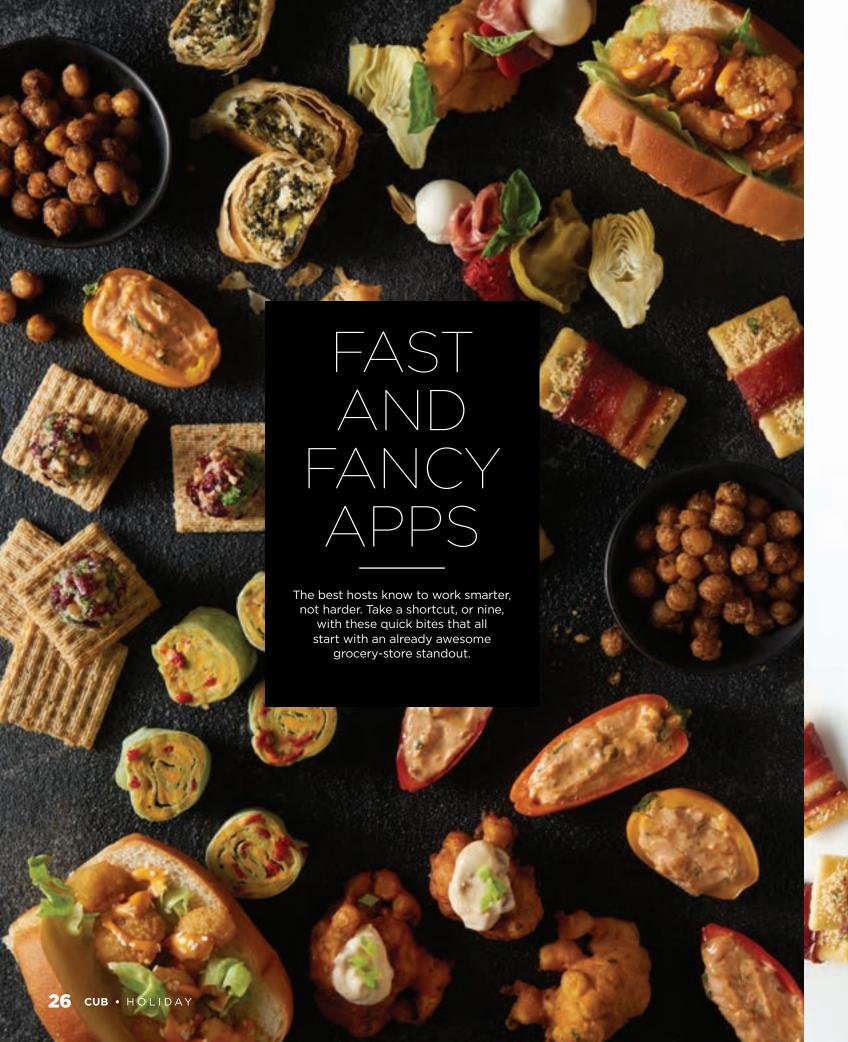
from the edge of cookie cutter to the end of pastry. Cut each quadrant in half to make 8 sections. Cut each section in half to make 16 total sections in a starburst pattern. Remove cookie cutter. 5 Starting at the bottom edge of the pastry, twist two consecutive sections twice, rotating outward. Pinch ends: seal with water. Repeat with remaining sections. Cover with plastic and refrigerate 30 minutes.

6 While the snowflake chills, heat oven to 400°F and make frosting; beat 1 container mascarpone with sugar and milk until smooth. 7 Remove plastic wrap from snowflake and bake for 15 min-

utes. Cover with greased aluminum foil and bake 30-35 more minutes or until golden brown. Spread on mascarpone frosting while still warm.



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1. MINI POPCORN SHRIMP ROLLS

Total Time: 20 minutes | Serves: 8



Arrange a package (14 oz) of Gorton's Popcorn Shrimp in a single layer in an air fryer basket. Fry at 400°F, 8-10 minutes,

shaking basket halfway through. Repeat with a second package. To assemble, slice 8 mini soft rolls through the top, without cutting all the way through, add shredded iceberg lettuce, pile in the crispy shrimp, top with sriracha mayo and sprinkle with sesame seeds.

2. BACON-WRAPPED CLUB CRACKERS Total Time: 2 hours, 30 minutes | Serves: 8



← Star Ingredient Heat oven to 250°F. Lay one sleeve of Club Crackers on a wire rack set over a baking sheet. Scoop 1 teaspoon grated parmesan onto each cracker and sprinkle with Italian seasoning.

Cut 1 package (16 oz) bacon in half. Carefully wrap one piece around each cracker. Bacon should fit snuggly and not pull. Bake for 2 hours, or until bacon is crisp and cheese is golden.

3. CRANBERRY PECAN CHEESE BITES



Total Time: 30 minutes | Serves: 8 ← Star Ingredient Heat oven to 375°F. Place triscuit 28 TRISCUIT Crackers on a

baking sheet. Combine ¼ cup chopped dried cranberries, 1/4 cup chopped parsley, and 1/4 cup chopped **pecans** in a

shallow bowl. Shape 1 package (5.2 oz) garlic and herb cheese spread into 28 balls using 1 teaspoon for each. Roll cheese balls in cranberry mixture to coat on all sides. Place on crackers and bake 2-3 minutes, or until cheese is softened.

4. CORN FRITTERS WITH HONEY **CHIPOTLE SAUCE**

Total Time: 40 minutes | Serves: 8 ← Star Ingredient



Make sauce by combining ½ cup mayo, 1 tablespoon honey, ½ teaspoon Dijon mustard, and 1 tablespoon minced **chipotle in** adobo. Refrigerate until ready to

serve. For the fritters, mix 1/2 cup flour, 1 teaspoon baking powder, 1 teaspoon smoked paprika, and ½ cup whole milk together in a large bowl. Mix in 1 egg. 1 can (15.25 oz) Butter Kernel corn, and 2 teaspoons each minced scallions, chives, and parsley. Season with salt and pepper. Heat ½ inch oil in a frying pan over medium heat until a small amount of mixture sizzles when added. Drop heaping tablespoons into the pan. Flip after 2 minutes, or when golden brown. Remove to a wire rack. Serve with sauce.

5. GARAM MASALA SPICED CRISPY CHICKPEAS



Total Time: 45 minutes | Serves: 6 ← Star Ingredient

Heat oven to 400°F. In a large mixing bowl, combine 2 cans (15 oz each) chickpeas, drained and pat drv. 2½ tablespoons Pompeian Smooth Extra Virgin Olive Oil,

1½ teaspoons **kosher salt**, 3 tablespoons garam masala, and the zest of a lemon. Toss and mix well. Spread chickpeas on a rimmed baking sheet and bake 30-35 minutes or until crunchy, shaking the pan halfway through. Remove from oven and toss with chopped parsley to serve.

6. CHEDDAR CHEESE ROLL-UPS

Total Time: 15 minutes | Serves: 8 ← Star Ingredient



Drain 1 jar (4 oz) pimientos and pat dry. Spread 1/3 cup Pine River Sharp Cheddar Cold Pack Cheese onto

one garden spinach wrap and sprinkle with one-third of the pimientos. Repeat with two more wraps and remaining cheese. Roll each tightly. Cut into ½ inch slices to serve.

7. TORTELLINI SKEWERS

Total Time: 35 minutes | Serves: 8 ← Star Ingredient



Bring a large pot of water with 1 tablespoon olive oil to a boil. Cook 3 cups of Rana Tricolor 5 Cheese Tortellini until al dente (save remaining

3 cups for another use). Drain and transfer to a large bowl. Season with salt and pepper. Add 2 tablespoons balsamic vinegar and 1/4 cup olive oil, mix and set aside. Gather

remaining ingredients: fresh mozzarella balls, sliced salami, roasted bell pepper pieces, basil leaves and chopped artichoke hearts. Assemble skewers by layering pasta and additional ingredients.

8. SPINACH PHYLLO **ROLL-UPS**

Total Time: 50 minutes Serves: 12



← Star In a large bowl, mix 1 box (10 oz) thawed and

drained chopped spinach, 1 cup crumbled feta, 1 tub (7.5 oz) Philadelphia Garden Vegetable Cream Cheese, 4 finely chopped green onions, and 1 beaten egg until blended. Take one roll frozen phyllo dough from a 1-lb package and wrap in plastic to prevent from drying while working. Melt 1/3 cup butter in a small bowl. Brush 1 phyllo sheet with butter: top with 2 more sheets, brushing each with butter. Spread one-fifth of the spinach mixture along short side of phyllo stack. Fold in long sides; roll from one short side to make a log. Repeat to make 4 more logs. Brush with more butter. Make small cuts in tops of logs at 1-inch intervals. Wrap tightly in plastic wrap and freeze up to 3 months. Allow to thaw before baking; or bake immediately at 375°F for 25 minutes, or until golden brown. Cool for 5 minutes. Use a serrated knife to cut each

9. CHEESY PIZZA STUFFED PEPPERS

Total Time: 30 minutes | Serves: 8

log into 6 slices for serving.



← Star Ingredient Heat oven to 375°F. In a large bowl, mix 4 ounces softened Philadelphia Neufchatel cheese, 1 cup Kraft Shredded Mozzarella Cheese, ½ cup Classico Tomato and Basil Pasta Sauce and 2 table-

spoons chopped basil until combined. Cut 16 mini sweet peppers in half lengthwise. Spoon mixture into peppers and place on a parchment-lined baking sheet. Bake 15-18 minutes, or until peppers are tender and filling is heated through.





Chocolate-Covered Pringles

Time Investment: 45 minutes | Cost Investment: \$9 Number of Gifts: 4 packages of 15 chips

INGREDIENTS:

- 1 can (5.2 oz) Pringles Original Crisps
- 1 bag (12 oz) semisweet chocolate chips
- 1 bag (12 oz) white chocolate chips Sea salt

DIRECTIONS:

1 Melt the semisweet chocolate in a double boiler or microwave. Dip half of each chip in the melted chocolate, set on waxed paper, and sprinkle with sea salt. 2 Melt white chocolate by preferred method. Cool slightly and add to a ziplock bag. Snip the corner and drizzle over chips. Allow to sit until the chocolate is totally set, about 2 hours at room temperature, or 15 minutes in the fridge.



classic Town Hous

In the season of cookie overload, stand out with a saltymeets-sweet treat. Feeling extra festive? Break out the sprinkles. There's no wrong way to decorate a chocolate-dipped chip.





THE PRETTIEST SIGHT TO SEE:

Help-Yourself Coffee

Step right up and pour yourself a cup of cheer.

et your guests (and yourself!) up for holly jolly mornings with a coffee station that covers the basics and then some. We created three homemade creamers in festive flavors that are guaranteed to perk up your average cup of joe, plus we've got drink ideas for keeping spirits bright and caffeinated. Round up some mugs, stage the ingredients, put on a pot and your work is done.

Make Your Own Sweetened Condensed Milk

Combine **3 cups milk (any per-**

- 1 can (14 oz) sweetened condensed milk
- 1¾ cup Kemps Whole Milk
- 2 tbsp molasses
- 1 tbsp dark brown sugar
- 1 tbsp ginger
- 1 tbsp cinnamon
- ½ tsp cloves ½ tsp nutmeg

- 1 can (14 oz) sweetened condensed milk
- 13/4 cup Kemps Heavy Cream
- 1½ tsp nutmeg
- 11/2 tsp rum extract
- 1 tsp vanilla extract

Psst, these also make lovely gifts.

If you're feeling extra generous, pair with a package of local beans

- 11/2 cup Kemps Whole Milk 1 can (12 oz) evaporated milk
- ½ cup brown sugar
- 1 tbsp vanilla extract

DIRECTIONS FOR ALL CREAMERS:

Pour dairy elements, sugars and spices into a saucepan and warm over medium-low heat, whisking until well-blended. Remove from heat and stir in extracts, if called for. Let cool before transferring to an airtight container. Keep refrigerated for up to a week.



The Best Milk for Your Best Cup

Not sure which kind of dairy to stock your coffee bar with? Let us help! With a range of smooth, rich, and creamy choices that go from farm to fridge in just 48 hours, Kemps has you covered.



WHOLE MILK

The more fat in milk, the richer and creamier it tastes. That makes whole milk our top pick. It strikes that perfect balance of taste and texture when stirred into coffee.



REDUCED-FAT MILKS

1% and 2% milks are good options for cutting down on fat and calories; they just lack some of the sweetness and body of whole milk.



SKIM MILK

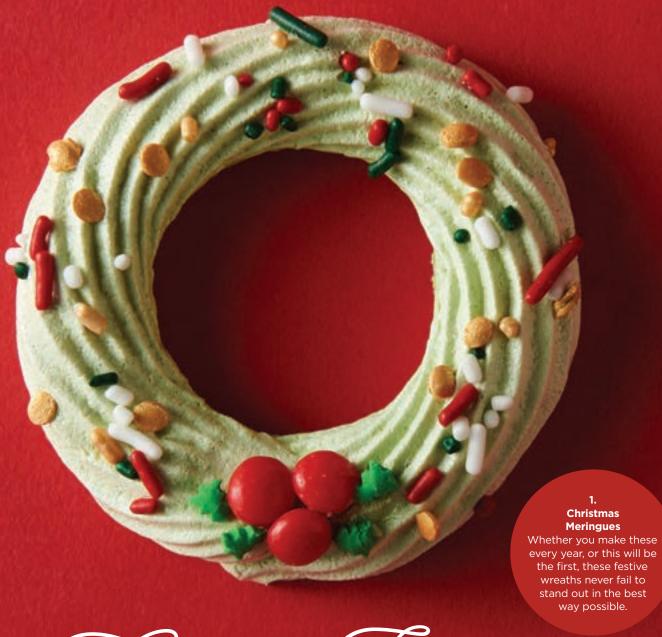
Skim milk doesn't add much to a cup of brewed coffee, but when steamed, it creates a fuller head of foam than reduced-fat options and works especially well with espresso.



CREAMS

Looking to add a hefty dose of body to your coffee? Half & half and heavy cream are the answer. These are suited for small dashes in brewed coffee, especially dark roasts.





Cookies, Treats, Candies and Sweets

MIX WITH LOVE TO MAKE THE SEASON TASTE GOOD.

RECIPES START ON PAGE 40





Christmas Meringues

Prep Time: 30 minutes Total Time: 1 hour, 30 minutes Makes: 42 wreaths

INGREDIENTS:

- 4 egg whites, room temperature
- 2 tsp almond extract
- ½ tsp cream of tartar
- 1 cup sugar

Betty Crocker Green Gel Food Color

DIRECTIONS:

- 1 Heat oven to 275°F. Combine eggs, almond extract and cream of tartar in bowl. Beat on low, scraping sides often, until foamy. Beat on high, gradually adding 2 tablespoons sugar at a time for 2-3 minutes, or until stiff peaks form and sugar is almost dissolved. Stir in food color.
- 2 Place meringue in pastry bag fitted with large star tip (no. 8). Pipe onto parchment-lined cookie sheets forming 2-inch wreaths; decorate with sprinkles. Bake 25 minutes. Without opening oven, reduce to 250°F and continue baking 23-27 minutes, or until edges are set.

Buttery Shortbread Tidbits

Prep Time: 25 minutes Total Time: 1 hour Makes: 256 tidbits

INGREDIENTS:

½ cup Land O Lakes Butter, softened

- 1/4 cup sugar
- 1/4 tsp almond extract
- 11/4 cups flour
- 1/4 tsp salt 4 tsp multi-colored nonpareils

DIRECTIONS:

- 1 Heat oven to 325°F. Line 8-inch square baking pan with plastic food wrap, leaving 1-inch overhang. Set aside.
- 2 Combine butter, sugar and almond extract in bowl. Beat on medium speed, scraping sides often, until creamy. Reduce to low; add flour and salt. Beat until well mixed. Stir in nonpareils.
- **3** Knead 4-5 times in bowl until dough forms a ball. Pat dough evenly into prepared pan. Use plastic wrap to lift dough from pan. Cut dough into ½-inch squares. Gently place squares, ½ inch apart, onto ungreased cookie sheets. Bake 13-15 minutes or until bottoms just begin to brown.

Buttermint Twists

Prep Time: 1 hour **Total Time: 6 hours** Makes: 132 candies

INGREDIENTS:

- 1/2 cup Land O Lakes Butter
- 5¼ cups powdered sugar
- 3 tbsp Land O Lakes Half & Half
- 1 tsp peppermint extract Betty Crocker Red Gel Food Color

DIRECTIONS:

- 1 Beat butter on low, scraping sides often, until creamy. Add sugar, cream and peppermint. Continue beating 2-5 minutes, or until a soft dough forms.
- 2 Divide dough in half. Beat red food color into one half until evenly colored. Leave remaining half white.
- **3** One color at a time, place dough on surface lightly sprinkled with powdered sugar; knead until smooth. Cover to prevent drying. Roll 1 tablespoon of each dough into 4-inch rope. Gently twist together a red and white rope. Continue rolling and twisting to form a 10-inch rope. Cut into 1-inch pieces. Place twists on paper-lined baking sheet. Repeat with remaining dough. Leave uncovered at room temperature 6-8 hours. or until surface is dry.
- **4** Store layered between sheets of waxed paper in an airtight container. Refrigerate up to 1 month or freeze up to 2 months.

Holiday Sugar Cookie Blossoms

Prep Time: 20 minutes Total Time: 1 hour 30 minutes Makes: 36 cookies

INGREDIENTS:

- **36** Hershey's Kisses Sugar Cookie Candies 1 pouch (17.5 oz) Betty Crocker sugar
- cookie mix + flour, butter and egg called for on cookie mix package 3 tbsp flour
- Betty Crocker sugar sprinkles

DIRECTIONS:

- 1 Heat oven to 375°F. Remove wrappers from candies; set aside.
- 2 Mix cookie dough following package directions for cutout cookies, adding 3 additional tablespoons flour. Divide into 36 equal balls; roll in sugar sprinkles. Place 2 inches apart on ungreased cookie sheets.
- **3** Bake 8-10 minutes, or until cookie edges are set. Cool 2 minutes; press a candy into each cookie. Remove cookies from cookie sheet to wire rack and cool completely.

Reese's Crinkle Cookies

Prep Time: 40 minutes Total Time: 55 minutes Makes: 20 cookies

INGREDIENTS:

- 11/4 cups flour
- ½ cup Hershey's Cocoa
- 2 tsp baking powder
- 1/4 tsp salt
- ½ cup unsalted butter, softened
- 34 cup Reese's Creamy Peanut Butter
- 1½ cups dark brown sugar
- 2 eggs
- 1 tsp vanilla extract
- 1 cup Reese's Peanut Butter Chips
- 1/2 cup sugar
- 1/3 cup powdered sugar

DIRECTIONS:

1 Stir together flour, cocoa, baking powder and salt in medium bowl; set aside. Beat peanut butter, butter and brown sugar in large mixing bowl until well-blended. Blend in eggs and vanilla. Gradually beat in flour mixture, beating until blended. Stir in peanut butter chips. Divide dough into two sections; cover and refrigerate about 1 hour, or until easy to handle.

2 Heat oven to 350°F. Line 2 cookie sheets with parchment paper. Divide dough into 1-tablespoon balls. Roll each in sugar and then powdered sugar. Place on cookie sheets. Dust with remaining powdered sugar. 3 Bake 14 minutes, or until surface is crackled. Remove from oven; cool 5 minutes on cookie sheet. Transfer to cooling rack; cool completely.

Golden OREO Gingerbread Cookie Balls

Prep Time: 30 minutes Total Time: 1 hour. 30 minutes Makes: 48 cookie balls

INGREDIENTS:

- 1 pkg (8 oz) cream cheese, softened
- 36 Golden OREO Cookies, finely crushed 2 tbsp molasses
- 11/2 tsp pumpkin pie spice
- ½ tsp ginger
- 1 bag (12 oz) white baking chips, melted Betty Crocker Holiday Sprinkles

DIRECTIONS:

1 Mix cream cheese, cookie crumbs, molasses and spices until blended. Shape into 48, 1-inch balls. Place on parchment-covered rimmed baking sheet. Freeze 10 minutes.

2 Melt chocolate by preferred method. Dip cookie balls turning to evenly coat all sides. Return to baking sheet and decorate with sprinkles. Refrigerate 1 hour or until firm. Store in the fridge.

Rolo Pretzel Delights

Prep Time: 5 minutes **Total Time: 15 minutes** Makes: 50 pieces

INGREDIENTS:

- 1 bag mini pretzels
- 1 bag ROLO Creamy Caramels in Chocolate Candy
- 1 cup pecan halves

DIRECTIONS:

1 Heat oven to 250°F. Line cookie sheet with parchment paper. Place desired number of pretzels on sheet. Top each with a Rolo. Bake 3-5 minutes, or until Rolo is soft but not melted. Remove from oven and top with a pecan half. Cool completely.

No-Bake Heath Fudge Bars

Prep Time: 20 minutes Total Time: 4 hours, 30 minutes Makes: 24 bars

INGREDIENTS:

- 1 cup butter, divided
- 21/4 cups graham cracker crumbs
- 1 cup sugar
- 1 can (5 oz) evaporated milk
- 1 bag (10 oz) miniature marshmallows
- 2 cups Hershey's Semi-Sweet Chocolate Chips
- 1 cup Heath Toffee Bits
- 1 cup Hershey's Mini Milk Chocolate Chips

DIRECTIONS:

- 1 Line 13x9-inch pan with foil. Melt 3/4 cups butter; combine with cracker crumbs. Press evenly in bottom of pan.
- 2 Combine sugar, evaporated milk, remaining butter and marshmallows in large saucepan over medium heat. Stir frequently until mixture comes to a boil. Boil 5 minutes, stirring constantly. Remove from heat. Add 2 cups semi-sweet chocolate chips, stirring until melted.
- 3 Immediately pour over crust, spreading evenly. Sprinkle with toffee bits and mini chocolate chips, pressing lightly. Refrigerate until firm, about 2 hours. Cut into bars. Store covered in fridge.

Peppermint Patty Snowdrifts Prep Time: 35 minutes

Total Time: 2 hours, 15 minutes Makes: 42 cookies

INGREDIENTS:

- 1 pouch (17.5 oz) Betty Crocker Double Chocolate Chunk Cookie Mix
- 1/4 cup butter, softened
- 2 tbsp water
- 1 egg
- 42 York peppermint patties, unwrapped
- 11/4 cups dark chocolate chips
- ½ cup heavy whipping cream **Betty Crocker Sprinkles**

DIRECTIONS:

- 1 Heat oven to 375°F. In large bowl, combine cookie mix, softened butter, water and egg until soft dough forms.
- 2 Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased cookie sheet. Bake 6-8 minutes, or until edges are set. Press 1 peppermint pattie on each cookie; cool 2 minutes on cookie sheet. Remove cookies to cooling rack. Cool completely, at least 1 hour.
- 3 In medium bowl, microwave chocolate chips and whipping cream for 1 minute, in 10-second intervals stirring after each, until mixture is smooth. Spoon generous teaspoonful on top of each peppermint pattie on cookie; spread to cover candy. Add sprinkles. Refrigerate cookies until set, about 15 minutes. Store in airtight container at room temperature with waxed paper between layers.

Pretzel Flipsides Peanut Butter Bites

Prep Time: 20 minutes Total Time: 1 hour Makes: 36 pretzel sandwiches

INGREDIENTS:

- 1/4 cup powdered sugar
- 2 tbsp butter, softened
- ½ cup crunchy peanut butter
- 72 Kellogg's Town House Pretzel Flipsides Thins Sea Salt Crackers
- 11/2 cups semi-sweet chocolate chips
- 1/4 tsp coarse sea salt

DIRECTIONS:

- 1 Combine powdered sugar and butter in a bowl. Beat on medium until combined. Fold in peanut butter. Spread on 36 crackers. Place the remaining crackers on top, creating sandwiches.
- 2 In small microwave-safe bowl place 11/4 cups chocolate morsels. Microwave, uncovered, for 1 minute. Stir. Microwave 30 more seconds, stirring every 10 until melted. Stir in the remaining 1/4 cup chips until smooth.
- 3 Dip half of each cracker sandwich into chocolate. Place on wax-paper-lined baking sheet. Sprinkle with salt. Let stand at room temperature for 2-3 hours or refrigerate 15-20 minutes until set.



GOOD SPRINKLE

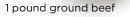
Doable Dinners



Shortcut Shepherd's Pie

Prep Time: 15 minutes | Total Time: 15 minutes | Serves: 4







1 can (8.5 ounces) sweet corn



1 can (10.75 ounces) Campbell's® Condensed Tomato Soup



1 pound refrigerated or frozen mashed potatoes

DIRECTIONS:

1 Preheat oven to 375°F. Heat large skillet on medium-high. Cook ground beef and stir, breaking apart pieces, until completely cooked through. 2 Heat mashed potatoes per package directions. 3 To the skillet, add corn (do not drain), tomato soup and 1 teaspoon Dijon; stir until combined. Cook mixture 5 minutes, or until sauce is reduced and slightly thickened. Remove from heat. Divide evenly among four plates and top with mashed potatoes to serve.



HOT TII

If you prefer a baked shepherd's pie (and time is on your side), heat oven to 375°F. In an 8x8 dish, add the beef mixture; evenly spread the mashed potatoes over top and bake 15 minutes.



Roast Beef and Provolone Sandwiches

hoagie rolls



roast beef

Tortellini with Walnuts, Ham and Thyme

Prep Time: 5 minutes | Total Time: 15 minutes | Serves: 6



1 cup Walnuts, Reggiano cheese, chopped grated



1 package (20 ounces) Family Size Giovanni Rana 5 Cheese Tortellini



³/₄ pound sliced ham, roughly torn



2 tablespoons thyme leaves

DIRECTIONS: 1 Heat oven to 400°F. In a medium saucepan, bring the soup and Worcestershire sauce to a boil. Add the beef and heat through, stirring occasionally. 2 Divide beef evenly among rolls. Top with cheese slices and place on a baking sheet. **3** Bake 3 minutes, or until bread is toasted and the cheese is melted. Spoon the soup mixture onto the sandwiches (or pour into bowls for dipping). Top each sandwich with peppers, if desired. M'M! M'M! GOOD! Campbell's® Condensed French Onion Soup is the time-saving miracle that instantly imparts deep, savory and rich flavor to these sandwiches. Freeze any leftover sauce in an ice cube tray and pop into soups and stews for an extra flavor boost.

DIRECTIONS:

1 In a large skillet, heat butter until melted. Add ham and sauté 2 minutes, or until crispy. Add half the walnuts and thyme, season with black pepper to taste and toss 1 more minute.

- 2 Cook tortellini according to package instructions and drain, reserving ½ cup pasta water. Add tortellini to the skillet and toss gently for 1 minute, adding cooking water to loosen the sauce if needed.
- **3** Divide tortellini among plates, garnish with remaining walnuts, thyme and cheese.



1/4 cup pickled

optional

banana peppers,

Chicken Dill Soup with Lemon

Prep Time: 15 minutes | Total Time: 45 minutes | Serves: 5 PANTRY STAPLES 1 tablespoon olive oil, 8 cups chicken broth ¼ cup fresh dill, chopped ½ cup small pasta rings 1 package (1.6 pounds) Gold'n Plump boneless,

skinless chicken breasts

2 medium leeks

Sweet & Sour Popcorn Shrimp with Rice





OPTIONAL GARNISH 1 tablespoon sesame seeds

8 ounces pineapple chunks

CUB.COM

DIRECTIONS:

1 Trim leeks to white and pale-green parts only, thinly slice, rinse thoroughly and pat dry. Heat oil in a large pot over medium heat. Add leeks and cook, stirring often, until soft, 5-8 minutes. Add chicken and broth, season with salt and pepper. Bring to a boil, cover, reduce heat, and simmer until chicken is cooked, 15-20 minutes. Transfer chicken to a plate. Let cool, then shred. 2 Return broth to a boil. Add pasta rings and cook until al dente, 8-10 minutes. Remove pot from heat. Stir in chicken and dill. Serve with lemon wedges for squeezing over soup.



EASY SWAP

This recipe calls for boneless, skinless chicken breasts, but it's just as delicious with boneless, skinless chicken thighs. As long as it's Gold'n Plump chicken, you know it's raised by family farmers in Minnesota simply and naturally without antibiotics or added hormones—ever.



stir-fry blend

1 bag (16 ounces)

frozen sugar snap pea

1 Heat oven to 425°F. Cook rice using preferred method or package directions. Place shrimp on a parchment-lined baking sheet and bake 14-16 minutes, flipping halfway through. 2 Prepare stir-fry vegetables per package directions. Add to a skillet over medium-high heat along with pineapple; cook 2 more minutes. Remove from heat, add shrimp and toss with sweet and sour sauce. Garnish with sesame seeds and more sauce, if desired.

3/4 cup sweet &

sour sauce



TIME SAVER

Making Gorton's Popcorn Shrimp in an air fryer is even faster! Arrange in a single layer of the air fryer basket and fry at 400°F for 8-10 minutes, shaking basket halfway through.



DON'T MISS:

Breakfast **BANANA SPLIT** (H8)

MAKE IT YOUR WAY: Overnight Oats

(H12)

GOD FOOD

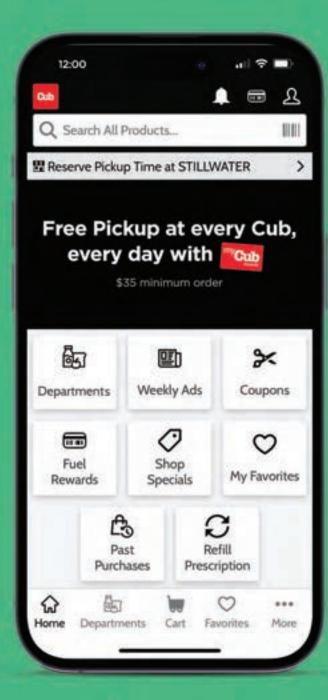
6 PRODUCTS We Swear By 24 Ideas for Starting the Gent with



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Marinated Feta Hummus Bowl

Prep Time: 10 minutes Total Time: 30 minutes Serves: 1

INGREDIENTS:

- **3** tbsp olive oil, divided
- 11/4 tsp dried thyme, divided
- 1/4 tsp red pepper flakes
- 2 oz Odyssey Chunk Feta cheese, cubed
- ½ cup chickpeas, rinsed and drained
- 1 tsp sesame seeds
- 1 tsp cumin
- ½ cup hummus ½ cup arugula
- ½ cup pita chips
- 1/3 cup cucumber, diced
- 1/3 cup cherry tomatoes, halved

DIRECTIONS:

1 Combine 2 tablespoons olive oil, 1/4 teaspoon thyme and red pepper flakes in a medium bowl. Add feta; gently toss to coat. Cover and refrigerate until serving. 2 Heat oven to 400°F. Pat chickpeas dry. Combine 1 tablespoon olive oil and 1 teaspoon each thyme, sesame seeds and cumin in a small bowl. Add chickpeas; toss to coat. Spread on a rimmed baking sheet. Bake 20 minutes, stirring occasionally. Cool on a wire rack.

3 Spread hummus on a plate, top with feta, chickpeas, arugula, pita chips, cucumber and tomatoes to serve.



PLANT-BASED **MEATBALLS**

VEGAN

Light, delicious and wholly satisfying, these meatballs are made from non-GMO pea protein so they're vegan and kosher. The best part? All you have to do is heat and add to your favorite pasta or tuck into a yummy sandwich with marinara.



Heat oven to 425°F. Place 2, 8-ounce gluten-free pizza crusts on baking sheets. Spread each with 3 tablespoons garlic aioli. Sprinkle each with 1 cup shredded pizza blend cheese. Top with 1 package al fresco Taste Just Like Nashville

Hot Chicken Sausage sliced into ½-inch pieces, and ½ cup sliced roasted red bell peppers. Bake 6-8 minutes, or until cheese is melted and edges are browned.



In a blender, add 2 containers (5.3 oz) vanilla yogurt, 1½ cups frozen mango, ½ cup Almond Breeze Almond Milk and ¼ teaspoon cardamom.

Blend until smooth. Divide between two glasses to serve.



Zucchini Parmesan Fries

Heat oven to 450°F. Arrange 1 package Green Giant Zucchini Garlic and Parmesan Veggie Fries on a parchment-lined baking sheet. Bake 18 minutes or until golden and crisp. Drizzle ½ cup marinara sauce over fries and sprinkle with ½ cup shredded mozzarella. Bake 5 minutes or until cheese is just melted. Garnish with basil and serve with additional marinara for dipping.



CHICKEN & WILD RICE SOUP

It's impossible to deny the comfort of classic chicken and wild rice soup. This organic version features carrots, celery, onions, diced chicken, and brown and wild rice. Even better? It tastes like scratch-made minus the making!

H4 CUB · HOLIDAY CUB.COM **H5**

Cookies & Cream Cottage Cheese Ice Cream Combine 1 container (16 oz) Kemps 4% Milk Fat Cottage Cheese, 1/4 cup light corn syrup, and 1/4 teaspoon vanilla in a food processor. Blend on high, stopping and scraping sides as needed, until mixture is silky and smooth. Gently stir in ½ cup crushed Oreos. Pour into a 4-cup freezer-safe plastic food container. Freeze for at least 4 hours.

Nacho Tortilla Chips

These additive chips are made with simple ingredients like cassava flour and 100% avocado oil which means they're both gluten free and dairy free. They're also paleo and vegan, making them a deliciously safe snack for everyone. Pro tip: turn them into an easy dinner by using as the base for taco salads.

TORTILLA CHIPS



STRAWBERRY BANANA COTTAGE CHEESE

Cottage cheese is having a moment, and we're here for it—so is Peppa Pig! Made with skim milk, cream and real fruit, these Kemps cups are blended for smooth scooping with 10 grams of protein. What's not to love about that?

Air Fried Fish Tacos Cook 4 Gorton's Air Fried Fish Fillets per package directions. Mix

1 cup shredded purple cabbage, ¼ cup shredded carrots, 1 seeded and minced jalapeño, ¼ cup mayonnaise, ¼ cup Greek yogurt and 2 tablespoons lime juice in a medium bowl. Warm 6 small flour tortillas and assemble the tacos by dividing the slaw evenly and adding a fish fillet to each. Top with yum yum sauce or siracha mayo for a hint of heat, if desired.



Super-Easy Thai Peanut Chicken Wraps Starting with a warmed burrito-size flour tortilla, spread 2 tablespoons peanut butter within 1 inch of the

edge. Spread 1 tablespoon apricot jam over peanut butter. Top bottom half of tortilla with 2 tablespoons shredded carrot, 1 thinly sliced scallion, 1 tablespoon raisins and ½ cup cooked Gold'n Plump Chicken Breast Filets. Fold like a burrito to serve, or wrap tightly in plastic and refrigerate for up to 2 days.



Time Saver:

Cut chicken into 1½ inch pieces before cooking over high heat. Increasing the surface-area-to volume ration helps heat work through the chicken faster.

Mings Bings Frozen Plant-Based Cheeseburger

What's a bing, you ask? It's a hand-held savory pocket dating back to the Ming dynasty—and celebrity chef Ming Tsai has given it a modern-day plant-based update. We're not ones to choose favorites (we carry five flavors of Mings Bings!) but we will say, the plant-protein, vegan cheddar, quinoa and caramelized onions wrapped inside a gluten-free brown rice wrapper instantly won over our taste buds. Every bing comes pre-oiled so they're a breeze to make. Pop them in the air fryer or oven and you're good to go for lunch, dinner or a midday snack.

Roasted Veggies with Whipped Ricotta

Heat oven to 400°F. Cut 3 medium zucchini and 2 large sweet red peppers into 2-inch strips. Place on a 17x12-inch baking pan. Drizzle with 2 tablespoons olive oil; toss to coat and arrange in a single layer. Season with salt and pepper. Bake 15-17 minutes or until vegetables are tender, stirring once. Meanwhile, beat 1 cup Belgioioso Ricotta in a bowl until smooth. Stir in ½ cup grated Sartori SarVecchio **Parmesan**, 1 teaspoon red pepper flakes and 1 teaspoon lemon zest. Dollop vegetables with ricotta mixture. Season with salt and pepper to taste.



Santa Fe Corn Tortilla Soup

In a large saucepan, melt 1 tablespoon butter over medium heat. Stir in 1 cup chopped onion, 1 chopped green bell pepper, 1 chopped clove of garlic and 1 teaspoon cumin. Cook 5 minutes or until tender, stirring occasionally. Stir in 3 cups chicken broth, 1½ cups thick and chunky salsa, 1 can (15 ounce) S&W Black Beans, and 1 can (15.25 ounce) Butter Kernel Whole Kernel Corn. Bring to a boil. Reduce heat and simmer 10 minutes. Crumble tortilla chips in bottom of bowls and ladle soup to serve.



Turmeric Baked Falafel Bowl

Prep Time: 10 minutes Total Time: 30 minutes

Serves: 4

INGREDIENTS:

- 2 cans (15 oz) chickpeas, drained and rinsed
- ½ cup fresh cilantro, chopped
- ½ cup fresh parsley, chopped
- ½ cup red onion, roughly chopped
- 4 garlic cloves
- 1 lemon, juiced
- 2 tbsp Pompeian Organic Robust Extra Virgin Olive Oil, divided
- 1 tbsp cumin
- 2 tsp turmeric
- 1 tsp salt
- 1/8 tsp cayenne
- ½ cup oat flour

DIRECTIONS:

- 1 Heat oven to 400° F. Grease a baking sheet with 1 tablespoon olive oil.
- 2 To a food processor, add chickpeas, cilantro, parsley, onion and garlic. Pulse until well-combined, with some chunky texture. Add lemon juice, 1 tablespoon olive oil, cumin, turmeric, salt and cayenne pepper. Pulse to combine. Add oat flour, starting with ½ cup. Pulse until a firm dough forms, adding more if necessary.
- **3** Form 14-16 balls of dough, flatten and place on the baking sheet. Bake 30 minutes, flipping halfway through. If desired, broil on low for 5 more minutes to get falafel extra crispy. Serve on top of a salad or in a pita pocket.

>> Vegan AND Gluten Free



EXTRA WOW: Finish your falafel bowl with a drizzle of Pompeian Organic Robust Extra Virgin Olive Oil.



original nex cauliflower pasta

CAULIFLOWER CHEDDAR MACARONI & CHEESE

Here's to the easy wins! Combined with the rich and gooey cheese you know and love, Kraft Cauliflower Original Cheddar is made with 1/4 cup vegetables per serving and no artificial flavors, dyes or preservatives.



Breakfast Tostada

Heat oven to 400°F. In a small bowl, whisk together 2 tablespoons Wesson Corn Oil, ½ teaspoon garlic powder, and ½ teaspoon smoked paprika. On a baking sheet lined with parchment, lay corn tortillas and coat both sides with corn oil. Cook for 8 minutes. flipping halfway through. Set aside and let cool. For one serving, place one toasted corn tortilla on a plate and spread 1/4 cup refried beans, top with 1/4 cup of pico de gallo. Garnish with 1 tablespoon cotija cheese and one egg done to your liking.

VEGAN

INCOGMEATO PLANT-BASED HOT AND SPICY **CRISPY CHICK'N FILET**



Go plant-based your way with these crispy chick'n filets that look, cook and taste like the real thing. With 100% plant protein, they bring the heat with im-peck-able plant-based meat. Perfectly spiced, the outside gives you a crispy, crunchy texture, while the inside is juicy and tender. In a word: perfect.





Chocolate Caramel Brownie

For many of us, the new year includes setting goals around more mindful eating and physical movement. If that looks like maximizing protein and counting calories for you, there's no need to sacrifice sweets in the process. Halo's Chocolate Caramel Brownie ice cream is rich, satisfying, and boasts 19g of protein and 360 calories per pint. It also happens to be the best-selling Halo flavor in our stores, so you know it's a sure bet for when you want something sweet while staying on track.











What Govill Need

1. Pick Your Oats

Achieve maximum texture with Quaker Old Fashioned Rolled Oats; they're the gold standard, but if you don't have a full 8 hours, 1-Minute Oats will work, too. You'll need ½ cup per jar.





2. Land on a Liquid

There's a whole wide world of milk options and any of them will work! Don't overlook apple cider for subtle sweetness. Use ½ cup per jar.

White Milk

Chocolate Milk

Almond Milk

Oat Milk

Apple Cider

3. Sweeteners and Spices

For spices such as cinnamon, use $\frac{1}{18}$ to $\frac{1}{18}$ teaspoon; same for extracts like vanilla.

For powders and honey, start with 1 to 1½ teaspoons.

Spices Extracts Cocoa Powder Matcha Powder Honey

4. Choose Layers and Mix-Ins

Here's where things get flavorful. Plan on ¼ cup yogurt and pumpkin pie filling, 1-2 teaspoons for nut butters and honey, and as much fruit as you like (or your container will hold).

Nut Butters Pumpkin Pie Filling Yogurt Fruit Honey

5. Put it All Together

Build your base with a 1:1 ratio of oats and liquid. For a single serving, we recommend ½ cup each. Next, stir in sweeteners and spices. After that, layer or mix in yummy extras. For best results, let your oats soak for a full 8 hours in the fridge so they can absorb all the liquid.

6. Top Things Off

Come morning, grab your delicious creation from the fridge and top to your heart's delight.

Granola **Chocolate Chips Shredded Coconut** Nuts Seeds

THREE TWISTS TO TRY:

1. HORCHATA

Base:

½ cup oats + ½ cup almond milk

Sweeteners:

½ tsp vanilla + ½ tsp cinnamon

Layers:

¼ cup vanilla yogurt

Toppings:

2 tbsp almonds + 1 tbsp honey

2. PUMPKIN PIE

½ cup oats + ½ cup 2% milk

Mix-Ins:

½ cup pumpkin pie filling

Toppings:

2 tbsp granola

3. BLUEBERRY BANANA PECAN

½ cup oats + ½ cup skim milk

Sweeteners:

½ tsp vanilla + ½ tsp cinnamon

½ cup Greek yogurt + ¼ cup blueberries

+ half a banana

Toppings:

1/4 cup pecans + 2 tsp honey