

The logo for 'Cub' is displayed in white, bold, sans-serif font on a red square background.

**PROUD SPONSOR
OF GOPHER ATHLETICS**

Corn, Chorizo and
Poblano Chowder
page 13

Go for the Gold

Plus!
Celebrating
55 years
of serving
you!

➤ TAILGATING IDEAS
THAT STEAL THE SHOW

➤ 5 DOABLE DINNERS
READY IN A SNAP

➤ 2023 MINNESOTA
FALL BUCKET LIST

Fall 2023

COMMUNITY

- 3 Glad You're Here
- 4 Cub Kindness
- 5 Gophers 2023 Schedules

DEPARTMENTS

Quick Bites

- 8 What's New at Cub
- 9 Save a Slice
- 10 Set Up for Success
- 11 Milk Jug-O-Lanterns

In Season

- 12 Sweet Corn

Make it Your Way

- 14 Creamy Queso

The Last Little Bit

- 59 Cheez-Its FTW

FEATURES

- 16 Rah, Rah, Rah for Ski U Mah
Learn how to row the boat to a winning tailgate
- 27 Doable Dinners
5 ways to feed a family of 4 for less than \$25
- 34 Minnesota Fall Bucket List
Our plan for squeezing the most out of the season
- 42 Pack it Up, Pack it In
No sad desk lunches here, just fast, fresh solutions
- 48 55 Years of Cub
Serving you since 1968; let's celebrate
- 54 Yay for NA
Here's how to nix the alcohol and keep the flavor



35



27

Ready, Set, HUT!

THERE'S NOTHING SUBTLE ABOUT FALL IN MINNESOTA. It's loud, colorful, jam-packed, full of flavor and comes at you faster than a pass by a college quarterback. That's how we like it. As the state that brought the world Honeycrisp apples, bundt pans, and Betty Crocker, we know how to "go fall in."

It's that "go for the gold" mentality that drives us to raise funds—more than a million dollars to date—every fall to support M Health Fairview Masonic Children's Hospital in partnership with the Minnesota Gophers. And we're back at it again this year. Huddle up with us to support the kids beginning early September by making a \$1, \$3, or \$5 donation at checkout. Every dollar stays local and makes a difference.

Our Minnesota Fall Bucket List (page 34) is also fueled by the spirit of going for the gold and taking advantage of all our state has to offer. (Are you starting to see a pattern?) Admittedly, in a season filled with as many traditions to return to as there are new ones to discover, it's easy to get overwhelmed. Fear not: we've boiled it down to a fun and approachable list of ten experiences that'll easily fit

between the end of the Minnesota State Fair and the start of the holiday season. Dare we say it'll leave you feeling golden?

If you thought we were done with gold references, the answer is not yet. The way we see it, fall doesn't officially begin until you're decked out in maroon and gold, ready to cheer on the Gophers. For that we've got seriously impressive tailgating ideas starting on page 16. Our Doable Dinners (page 27) are as good as gold in that they feed a family of four using five key ingredients and are ready in about 30 minutes. And finally, if you're looking to do a sober-tober, cut back, or cut out alcohol, the options in our Yay for NA story (page 54) are, you guessed it, liquid gold.

The funny thing is we didn't set out to create an issue with a golden thread, it just happened to come together this way. Don't you just love when that's the case, when everything comes together better than you planned? Here's hoping your fall goes the same way.

Your friends at Cub



55

facebook.com/cub pinterest.com/cubfoods [Instagram.com/mycubfoods](https://instagram.com/mycubfoods)

myCub my way.



Cub Care on Wheels

► **MY CUB, MY WAY** is more than a tagline, it's our commitment to meeting you where you are, with what you need, when you need it. This summer we rolled out (literally!) a new way to make good on that promise: the first-ever Cub Pharmacy mobile health unit. Its purpose is to increase access to a range of services while cutting down on barriers such as time and geography. Make a request for your event (parades, sporting events, community functions) by visiting Cub.com/pharmacy. Initial services offered are for vaccinations (flu, COVID, Shingrix/shingles, tetanus, pneumonia, and others upon request) and select health screenings (blood pressure, blood glucose, and cholesterol). Best of all, there are no fees for the mobile health unit to come on site, all that is required is parking space.



Education in Progress

We're proud to partner with the Minnesota Grocers Association Foundation Scholarship Program which grants Cub employees and/or their dependents academic scholarships. This year we have six recipients from Cub who have each been awarded \$1,000 scholarships for the 2023-2024 school year:

Marshall Christensen • Cameron Fenner • Trevor Lamberg • Meagan Phillips • Carter Reimer • Mason Young

Congratulations to our scholarship winners on their academic excellence and good luck in the year ahead. *Materials for the 2024-2025 MGA Scholarship program will be available in January.*



Get Ready, Rochester

As Minnesota's hometown grocery, we're thrilled to announce our newest Cub store is coming to Rochester in spring of 2024. We're putting our best thinking, concepts, and programs into the 80,000 square foot store to make it a one-stop shop, including a Cub Wine and Spirits. We'll continue to keep you updated as the building and our plans continue taking shape.

Corporate Citizen Award

► We're humbled to share that at WineFest No. 26—an event that benefits children's health research, education, and care at M Health Fairview Masonic Children's Hospital—we received the Corporate Citizen Award in recognition of our work with the hospital. Over the years, we've partnered with Kyle and Jordan Rudolph to create the Cub Kitchen inside the Kyle Rudolph End Zone, provided the Thiel Foundation yoga mats for the behavioral floor, partnered with Casey O'Brien to establish the Team One Four Infusion Center Transformation Fund, and been the main sponsor of TBIF's biggest fund-raising event, Champions Cup. That's not all, and our work isn't done. We are committed to contributing and paying back to the communities that support our stores, every single day.



MINNESOTA VOLLEYBALL 2023 SCHEDULE

AUGUST

- 8/25 Big Ten/Big 12 Challenge
- 8/26 Big Ten/Big 12 Challenge
- 8/29 vs. Texas

SEPTEMBER

- 9/3 at Florida
- 9/8 Big Ten/Pac 12 Challenge
- 9/9 Big Ten/Pac 12 Challenge
- 9/14 Diet Coke Classic
- 9/16 Diet Coke Classic
- 9/20 at Iowa
- 9/24 at Nebraska
- 9/29 vs. Michigan
- 9/30 vs. Penn State

OCTOBER

- 10/6 at Maryland
- 10/7 at Rutgers
- 10/11 at Michigan
- 10/15 vs. Northwestern
- 10/20 vs. Rutgers
- 10/22 vs. Michigan State
- 10/26 at Purdue
- 10/29 at Wisconsin

NOVEMBER

- 11/3 at Ohio State
- 11/5 at Northwestern
- 11/10 vs. Purdue
- 11/12 at Indiana
- 11/17 vs. Iowa
- 11/18 vs. Ohio State
- 11/24 vs. Illinois
- 11/25 vs. Nebraska





2023 GOPHER SOCCER SCHEDULE

8/7	NDSU	ELR Stadium	9/21	Michigan State	ELR Stadium
8/10	Iowa State	ELR Stadium	9/24	Iowa	Iowa City, Ia
8/17	Niagra	ELR Stadium	9/28	Wisconsin	ELR Stadium
8/20	UNH	ELR Stadium	10/1	Indiana	Bloomington, In
8/24	Milwaukee	Milwaukee, Wi	10/8	Illinois	ELR Stadium
8/27	Marquette	Milwaukee, Wi	10/12	Ohio State	ELR Stadium
8/31	Georgia	Athens, Ga	10/15	Nebraska	ELR Stadium
9/3	St.Thomas	ELR Stadium	10/19	Northwestern	Evanston, Il
9/8	Creighton	Omaha, Ne	10/22	Purdue	W. Lafayette, In
9/15	Michigan	Ann Arbor, Mi			



N VS. NEBRASKA	AUG 31 GOLD OUT	THURSDAY	E VS. EASTERN MICHIGAN	SEP 09	SATURDAY	NC AT NORTH CAROLINA	SEP 16	SATURDAY
HUNTINGTON BANK STADIUM			HUNTINGTON BANK STADIUM			CHAPEL HILL, NORTH CAROLINA		
N AT NORTHWESTERN	SEP 23	SATURDAY	RAGIN' CAJUNS VS. LOUISIANA	SEP 30 STRIPE OUT	SATURDAY	M VS. MICHIGAN	OCT 07	SATURDAY
EVANSTON, ILLINOIS			HUNTINGTON BANK STADIUM			HUNTINGTON BANK STADIUM		
I AT IOWA	OCT 21	SATURDAY	MSU VS. MICHIGAN STATE	OCT 28	SATURDAY	I VS. ILLINOIS	NOV 04	SATURDAY
IOWA CITY, IOWA			HUNTINGTON BANK STADIUM			HUNTINGTON BANK STADIUM		
P AT PURDUE	NOV 11	SATURDAY	OSU AT OHIO STATE	NOV 18	SATURDAY	W VS. WISCONSIN	NOV 25 MAROON OUT	SATURDAY
WEST LAFAYETTE, INDIANA			COLUMBUS, OHIO			HUNTINGTON BANK STADIUM		

Quick Bites



► In the Sweet Seat

HERE WE GO AGAIN! Buckle up for another season of getting back into routine. Cue the practices, packing of lunches, chunky sweaters, pots of chili, football games, and changing leaves. Ever notice how fall seems to speed up time and then slow it back down again? As you settle into your new normal, be sure to keep an eye out for all the fun things happening at Cub. From new and exclusive U of M sweet treats in our bakeries, to the return of seasonal favorites (we see you, pumpkin spice!) there's always something exciting in store.



RECIPE REMIX

Save a Slice

When you're chowing down on your favorite Brew Pub Lotzza Motzza frozen pizza (love you forever, sausage & pepperoni!) the last thing you're thinking about is saving some for later, but hear us out: pizza croutons. Turning those last few slices into a handful of cheesy, crunchy, perfectly-toasted bites means any ho-hum salad will suddenly look extra enticing and canned soup will instantly feel gourmet. To make, place two slices together, cheesy sides in, and cut into 1-inch squares. Heat a neutral oil in a nonstick pan over medium-high heat, add squares, and cook 2-3 minutes per side or until the cheese is melty and the crust is crispy.

TWO TWISTS:



Try this creamy-crunchy combo: **Lotzza Motzza Chicken Alfredo** croutons on a Caesar salad.



We see your tomato soup with grilled cheese and raise you **Lotzza Motzza Mac Attack** croutons.



DID YOU KNOW: Sausage & Pepperoni is the number one Brew Pub pizza pick of Cub shoppers, followed by supreme, then classic pepperoni.

SURPRISE & DELIGHT

Set 'Em Up for Success

College is many things, but cheap isn't one of them. Whether you're sending off a freshman for their first year or returning a senior, a college care package is always an A+ idea. Plus, it can give you the peace of mind knowing they're hydrated, healthy, and energized. We love Liquid IV's handy sticks for delivering hydration faster and more efficiently than water alone. Eight cups a day? No problem! Keeping hype levels high for study sessions is equally easy with OLLY gummies, they support energy production at the cellular level—unlike pots of coffee. Lastly, round things out by covering the basics: shampoo, body wash, grocery money, and long-distance hugs and kisses.

TOP PICKS FOR CARE KITS

Having someone else cover your essentials feels like a hug from afar.

Vaseline Lip Therapy, Advance Healing
Protects and relieves dry, chapped lips by providing long-lasting moisture.

Love-Beauty-Planet Lavender Shampoo + Conditioner
Make your student feel beautiful and give a little love to the planet all at once.

Dove Men + Care Face Wash, Hydrate
This mild formula cleanses thoroughly and is clinically proven to fight dryness.

Seventh Generation All Purpose Cleaner
This go-to cleaner gets the jump on grease, grime, and dirt wherever it's hiding.

Persil ProClean Detergent + Oxi Power
Convenient, simple, and tough on stains, oxi pacs leave clothes fresh and clean.



LET'S MAKE JUG-O-LANTERNS

- WHAT YOU NEED:**
- + Empty milk jugs (any size)
 - + Acrylic paint
 - + Paint markers
 - + Craft foam
 - + Scissors
 - + Battery-operated lights, if desired

- HOW TO MAKE:**
- 1 Remove any labels, wash inside and out with soapy water and dry thoroughly.
 - 2 Squirt paint inside the jug, secure lid and shake, shake, shake to evenly coat. Add a few drops of water to loosen paint if needed. Pour out leftover paint and leave jug open to dry overnight.
 - 3 Decorate to your liking using paint markers or pre-cut pieces of craft foam for young children to glue in place.
 - 4 If desired, use a hobby knife to cut an opening in the back of the jug to hold lights.

KITCHEN CRAFT

Milk Jug-O'-Lanterns

Ghosts, and monsters, and milk, oh my. Not only is dairy great-tasting and available in many varieties that stand on their own (Cheese! Yogurt! Ice Cream!), it also plays pivotal roles in loads of recipes ranging from smoothies and cheesecake to buttermilk fried chicken. Best of all, it packs a powerful nutritious punch with 13 essential nutrients, plus calcium and protein, making it good for all ages and lifestyles. So, the only spooky thing about dairy is running out of it—especially milk. When that happens here's how to turn your boo-hoos into boo-wows.

The Sweetest Corn

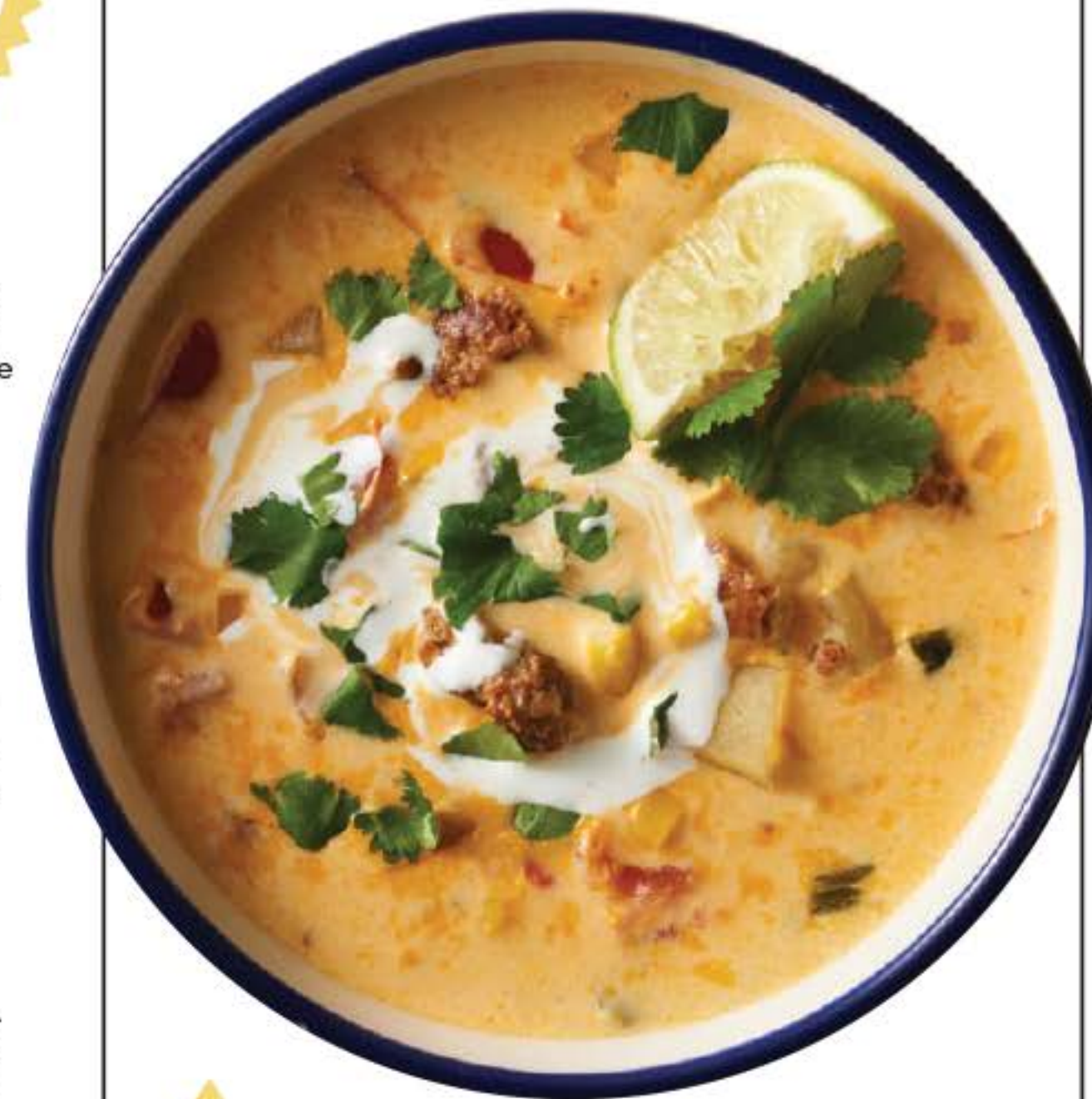
From the second the first ears pop onto the scene in early July, until the very end of the season in late September, no one in Minnesota can get enough sweet corn. Because where we're from, you never have to go far for fresh—and locally grown is the secret to the sweetest corn of all.



Find our foolproof flavor combinations at cub.com/fall

3 THINGS TO NOTE

- 1 Keep the Cobs**
Even without kernels, cobs are full of flavor. Use the back of a knife to scrape them and extract the liquid called corn milk. Think of the milk as sweet, starchy, concentrated corn flavor and use it to amp up salads, stir fries, chowders, pasta and cornbread. Whatever you do, don't let it go to waste.
- 2 Boil for the Corniest Corn**
For the purest, sweetest flavor with pop in every bite, you're going to want to eat your corn the same day you buy it. Prepare using a large pot of boiling water for 1-3 minutes. (Older, less tender ears will take longer.) The goal is to get the corn piping hot so butter will melt on contact.
- 3 Husks On or Off?**
It's up to you! Grilling corn works either way. If you're going the husk-on route, lay ears directly on grates and cook, turning occasionally, until the outer leaves are evenly charred, about 16-20 minutes. If it's grill marks you're after, husk the corn first, place on a smoking-hot grill for about 5 minutes and rotate often.



Corn, Chorizo and Poblano Chowder

Prep Time: 30 minutes
Cook Time: 15 minutes
Serves: 6

DIRECTIONS:
1 Start by cutting 3 cups of corn kernels from 4 ears. Next, heat 3 tablespoons butter in a Dutch oven over medium heat. Add 8 ounces fresh Mexican chorizo and cook, breaking up with the back of a wooden spoon, until it begins to brown, about 3 minutes. Add 1 large onion minced, 2 medium poblanos seeded and chopped, and 1 seeded and minced jalapeño; cook until vegetables are softened, about 6 minutes. Sprinkle in ¼ cup flour and cook, stirring for 2 minutes.
2 Purée 1 cup corn with 1 cup low-sodium chicken broth in a blender. Pour into the Dutch oven and add 3 additional cups stock along with 2 medium Yukon potatoes peel and chopped, ¾ teaspoon salt, and ¼ teaspoon pepper. Reduce heat to medium-low and cook 10-15 minutes, or just until the potatoes are tender.
3 Stir in remaining corn kernels, 2 medium tomatoes seeded and chopped, 1½ cups half and half, and ½ cup heavy whipping cream; cook 5 minutes or until hot. Ladle into bowls, garnish as desired, and serve with lime wedges on the side.



FUN FACTS
AN EAR OF CORN
has one silk stand for every kernel
CORN COBS
always have an even number of rows

GROWER SPOTLIGHT
We work with six farms from across the state to bring you the freshest, highest-quality sweet corn possible. One of them is Stoney Brook Farms located in Foley (10 miles east of St. Cloud). Mark Chmielewski and son, Brad, farm more than 700 acres and stand by the principle that handpicked is better. Last year, they harvested 2,426,352 ears of corn, which works out to between 5,000 to 10,000 dozen per day—or actually, per night. To deliver corn at maximum freshness, they pick through the night when temperatures are cooler. Sweet corn is their largest crop, followed closely by pumpkins. In the fall, they boast the world's largest corn maze at 110 acres and 32 miles of pathways, plus a pumpkin patch and loads of other fun activities. Follow them on Facebook and TikTok @stoneybrookfarms to go behind the scenes of their entire operation and learn how they help us deliver on our Best Produce Period promise.



Supremely Creamy Queso

Make a cheesy masterpiece using our mix-and-match recipe for living la dulce Velveeta.



Beefy Taco Queso

What You'll Need

1. Pick Your Brick

Choose any size or flavor of Velveeta to start with and cut up 16 ounces into ½-inch cubes.



2. Choose a Can of Tomatoes

This recipe works best with diced tomatoes (10 or 14.5 ounce cans), but which flavor is totally up to you. Note: do not drain.

- plain
- fire-roasted
- with green chiles
- fire-roasted with green chiles

3. Add Protein

Or don't; this step is optional. If you're going for it, you will need 8 ounces of cooked and crumbled meat.

- fresh chorizo
- bacon
- ground beef
- vegetarian sausage

4. Spice it Up

Here's your chance to bring the heat (you can also skip if you prefer mild). Use 1-2 finely chopped tablespoons of the first four options, or a whole can of green chiles.

- pickled jalapeños
- seeded serrano chiles
- chipotle chiles in adobo
- 1 can (4 oz) diced green chiles

5. Add in Extras

Looking at you, corn and beans. You'll need 1 cup total. Drain, rinse, mix, and match as you like.

- fresh corn
- frozen corn
- canned corn
- black beans
- pinto beans

6. Make Things Melty

Combine Velveeta and undrained tomatoes in a medium saucepan. Cook over medium heat, stirring, until melted completely, 4-6 minutes. Stir in protein, chiles, and add-ins of choice. Cook, stirring until hot, 1-2 minutes.

7. Top Things Off

For a final flourish, and to make your queso social-media ready, add 1/4 cup of your favorite toppings.

- green onions
- cilantro
- red onion
- fresh tomatoes
- avocado
- black olives

THREE TWISTS TO TRY:

Southwest Queso

- 16 oz VELVEETA, cut in ½-inch cubes
- 1 can diced tomatoes with green chiles
- 8 oz chorizo, cooked and crumbled
- 1 cup green onions, sliced

Beefy Taco Queso

- 16 oz VELVEETA, cut in ½-inch cubes
- 1 can diced tomatoes
- 8 oz ground beef, cooked and crumbled
- 1 can diced green chiles
- ¼ cup cilantro, finely chopped
- ¼ cup avocado, cubed
- ¼ cup red onion, finely chopped

Smoky Black Bean Queso

- 16 oz VELVEETA, cut in ½-inch cubes
- 1 can diced tomatoes
- 8 oz bacon, cooked and crumbled
- 2 tbsp chopped chipotle chiles in adobo
- 1 cup black beans, drained and rinsed
- ¼ cup green onion, finely chopped
- ¼ cup fresh tomatoes, chopped

RAH, RAH, RAH FOR SKI U MAH

IN FOOTBALL AND IN TAILGATING IT TAKES PRACTICE, SKILL, AND GRIT TO PERFORM AT THE TOP OF YOUR GAME. In Minnesota, we take both equally seriously. Grab your oars—and your cooler—we're about to row the boat to a winning setup.

KICKOFF

HERE'S THE PLAY: refrigerated pizza dough forms a football, rotisserie chicken, buffalo sauce, and cream cheese become the filling, and mozzarella brings things home. **Score!** A winning app in just 15 minutes.



Buffalo Chicken Cheesy Bread

Football

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

INGREDIENTS:

- 1 can (13.8 oz) refrigerated pizza dough
- 4 oz cream cheese, softened
- 1 cup shredded rotisserie chicken
- ½ cup Buffalo wing sauce
- ½ cup blue cheese dressing
- 1½ cups shredded mozzarella
- 1 roasted red pepper (from a jar), cut into ¼-inch strips

DIRECTIONS:

- 1 Preheat oven to 400°F. Press pizza dough into 12-inch circle on a piece of parchment paper, lightly dusting the dough with flour. Roll bottom edge of dough 2½ inches in toward center. Rotate parchment 180 degrees and roll bottom edge of dough (directly opposite first rolled side) 2½ inches toward center. Pinch together the ends of rolled sides to form a football shape that's roughly 12 inches long and 7 inches across at its widest point. Transfer parchment with dough to a large, rimmed baking sheet.
- 2 In a medium bowl, combine the cream cheese, shredded chicken, Buffalo sauce, and blue cheese dressing. Spread into the center of the dough football. Top with mozzarella.
- 3 Bake 15-20 minutes, or until the crust is lightly browned, and cheese is melted. Use roasted red pepper strips to form football strings.



3 BUFFALO SAUCES TO TRY

We carry so many wing sauces it can be hard to choose. These three are well-matched for this recipe.

- The Fan Fave:** Frank's RedHot Buffalo Wing Sauce
- The Local Option:** Green Mill Wicked Buffalo Wing Sauce
- The Budget Play:** Essential Everyday Buffalo Wing Sauce

BREAKFAST BLITZ

The only thing being taken down during this blitz is hunger. Tackle early-start games with one or more of these smart-start recipes designed for at-home prep and a quick finish at the tailgate.

Grilled Breakfast Nachos

Prep Time: 20 minutes
Cook Time: 10 minutes
Serves: 8

INGREDIENTS:

- 8 eggs, scrambled
 - 10 oz (about 10 cups) tortilla chips
 - 1 can (16 oz) refried beans
 - 12 oz cooked and crumbled breakfast or chorizo sausage
 - 2 cups shredded Cheddar or pepper Jack cheese
 - 1 can (14.5 oz) Hunt's Diced Tomatoes, drained and patted dry with paper towel
- Toppings as desired

AT HOME: Prepare scrambled eggs. In a large foil baking pan, layer half the chips, sausage, eggs, and cheese. Repeat layers with remaining ingredients. Scatter tomatoes over top.

AT THE GAME:

- 1 Prepare a grill for indirect cooking over medium-high heat. Add refried beans in dollops over nachos. Place pan over indirect heat, close lid, and cook until the cheese is melted, about 5-10 minutes.
- 2 Top as desired. We like guacamole, sour cream, green onions, and pickled jalapeños.



Mini Cornbread Stratas

Prep Time: 20 minutes
Cook Time: 20 minutes
Serves: 6

INGREDIENTS:

- PAM No-Stick Cooking Spray
- 1 can (14.5 oz) Hunt's Petite Diced Tomatoes
- 5 large eggs
- ½ cup half-and-half
- 5 cups cornbread, cut into small cubes
- 1 cup asparagus, cut in 1-inch pieces
- ¾ cup ham, finely diced
- ¾ cup Swiss cheese, shredded

AT HOME:

- 1 Preheat oven to 350°F. Coat 12 standard-size muffin cups with cooking spray.
- 2 Drain tomatoes well in strainer, pressing to release liquid. In a large bowl, whisk together eggs, half-and-half, and salt and pepper to taste. Add tomatoes, cornbread, asparagus, and ham; stir to combine, pressing gently to help cornbread absorb egg mixture. Spoon into muffin cups and top with cheese.
- 3 Parbake 15-20 minutes. Remove from oven and cool. Muffins should be set, but not fully cooked.

AT THE GAME:

- 1 Prepare a grill for indirect cooking over medium-high heat. Place pan over indirect heat, close lid, and cook until golden brown and knife inserted in middle comes out clean, 5-10 minutes.
- 2 Loosen stratas from sides of muffin cups with a thin knife and remove to serve.

Breakfast Calzones

Prep Time: 20 minutes
Cook Time: 15 minutes
Serves: 8

INGREDIENTS:

- 6 eggs, scrambled
- 2 cans (13.8 oz each) refrigerated pizza crust
- 1 cup shredded mozzarella cheese
- 8 oz bulk Italian sausage, cooked and crumbled
- 1 egg
- 1 cup Hunt's Traditional Pasta Sauce, warmed

AT HOME:

- 1 Preheat oven to 400°F. Coat large cookie sheet with nonstick cooking spray. Prepare eggs and sausage. Unroll cans of dough and cut out eight, 6-inch circles; reserve scraps. Divide mozzarella, sausage, and scrambled eggs evenly among circles, positioning in the bottom half and leaving a ½-inch space to the edges of each. Fold dough over and press edges with a fork to seal.
- 2 Cut thin strips from the leftover dough and press football strings on top of each calzone. In a small bowl, whisk one egg with 1 tablespoon water and brush over each. Bake at 400°F for 12-15 minutes or until golden brown. Serve with Hunt's pasta sauce for dipping.

AT THE GAME:

- 1 Warm on the grill over indirect heat.

Breakfast Kabobs

Prep Time: 15 minutes
Cook Time: 10 minutes
Serves: 6

INGREDIENTS:

- PAM Grilling Spray
- ½ cup Hunt's Barbecue Sauce
- ¼ cup apricot preserves
- 1 can (20 oz) pineapple chunks, drained
- 1 red or orange bell pepper
- 1 red onion
- 1 pkg (16 oz) chicken sausage

AT HOME:

- 1 Stir together barbecue sauce and preserves in plastic bowl with a lid. Pack to bring to game.
- 2 Cut pepper and red onion into 1-inch pieces. Cut sausages diagonally into 1-inch pieces. Thread vegetables and sausages alternately on 6 skewers.

AT THE GAME:

- 1 Spray cold grates with grilling spray, then heat to medium. Grill kabobs 5 minutes per side, or until sausage is hot and vegetables are tender, turning and brushing frequently with barbecue sauce mixture.

BREAKFAST MVP: HUNT'S

Canned tomatoes are like the quarterback on the breakfast ingredient roster. They make big plays that deliver huge flavor in each of these recipes. We voted Hunt's the M.V.P. for their top-notch quality, range, and commitment to doing things the right way. Learn more about they process goodness naturally at Hunts.com.



TRICK PLAY

Here's a move no one will see coming, drinks made right in the can. They're quick, endlessly customizable, and eliminate the need for plastic cups. To make, drink or pour off slightly less than half the can, add alcohol and juice to taste, then garnish for pizzazz.



ORANGE DREAMSICLE
 + Fanta
 + Crown Royal Vanilla shooter
 + Candy orange slice



SPARKLING GRAPEFRUIT MOCKTAIL
 + Fresca
 + So Good So You Energy shot



LEMON COKE
 + Coca-Cola
 + Bacardi Limon shooter
 + Lemon and mint garnish



STRAWBERRY COOLER
 + Minute Maid Aguas Frescas, Strawberry
 + Jose Cuervo Silver Tequila shooter
 + Lime wedge and strawberry garnish



WATERMELON COOLER
 + AHA Lime & Watermelon
 + Prairie Vodka shooter
 + Watermelon and basil garnish



DRAFT TOP This handy-dandy tool is a must-have for DIY canned cocktails such as these. It's expertly designed to safely remove and lift off the top of almost any beverage can so you can fully enjoy what's inside. Order at drafttop.com.

FOUR READY-TO-DRINK CANS THAT CRUSH IT



JACK DANIELS & COCA-COLA
 A pairing this classic has us wondering why it hasn't been available for years. We're thankful it is now!



FRESCA MIXED
 Choose between Vodka Spritz or Tequila Paloma for full flavor and a smooth sip that won't quit.



SIMPLY SPIKED STRAWBERRY LEMONADE
 There's 5% real fruit juice that's been squeezed then concentrated, 5% alcohol, and a little fizz in every sip.



TOPO CHICO HARD SELTZER
 Didn't think you could love Topo Chico more? Try the crisp, refreshing strawberry guava flavor.

BLOCK AND TACKLE

When it's down to the wire and you need a sure-fire win, put one of these creamy dip-and-dipper combos into play. If you can spread cream cheese, you can have an app ready in minutes. *Rah, rah, rah!*

Make Your Dip Use the back of a spoon to spread an 8-ounce block of cream cheese across an 8-inch plate or disposable pie tin. Top according to ideas below. Microwave 30-45 seconds to warm, if desired.

SMOKED SALMON

Layer 4 ounces chopped smoked salmon over cream cheese. Top with ½ cup sour cream, then ¼ cup minced red onion and 1 tablespoon fresh dill. *Serve with: Ritz Crackers*

BUFFALO CHICKEN

Combine 6 ounces cooked chicken with ½ cup buffalo sauce. Spoon over cream cheese. Top with ¼ cup each blue cheese and chopped green onions. *Serve with: Triscuits*

HAM & PICKLE

Layer ⅓ cup chopped deli ham over cream cheese. Top with ½ cup chopped dill pickles and sprinkle with 1 tablespoon fresh dill. *Serve with: Wheat Thins*

PEPPY PEPPERONI

Drain a 10-ounce can diced tomatoes and green chiles; spread over cream cheese. Top with 1 cup chopped pepperoni or mini pepperoni. *Serve with: Wheat Thins*

CRANBERRY-WALNUT

Scatter ½ cup each dried cranberries and roughly chopped toasted walnuts over cream cheese. Drizzle with ¼ cup honey. *Serve with: Nilla Wafers*

STRAWBERRY-NUTELLA

Spread ¾ cup Nutella over cream cheese. Scatter 1 cup chopped strawberries on top. Dust with powdered sugar if desired. *Serve with: Chips Ahoy!*



CHICKEN WINGS
With more than 10 flavors to choose from, and both bone-in and boneless options, you can't go wrong.

TACO DIP
If there's a faster way to get a party started than with a tray of taco dip, we don't know what it is.



FRIED CHICKEN
It's been called the best in town, and who are we to argue? Get it hot or cold, fried or grilled.

CUB CARRIES IT OVER THE LINE

Whether you're in charge of the whole tailgating spread or assigned something specific to contribute, Cub's bakery and deli have a full roster of impressive options. *Pick your players and It's game on!*



FOOTBALL CUPCAKE CAKE
Festive and loaded with frosting, these treats are a serious crowd-pleaser—no plates required!

GALLON POPCORN TINS

Our Gopher tins are a snack and souvenir all in one. Fill one up with classic butter, low salt, kettle, cheese jalapeño or caramel flavor.



DECORATED CHOCOLATE CHIP COOKIE CAKE
The only thing better than a chocolate chip cookie is one so massive that it counts as a cake. Bonus: it travels like a dream and feeds a hungry crowd.

TAILGATE M.V.P.

For over a decade die-hard Gopher football fan **Nadine Babu** has been a staple in the tailgate community that surrounds Huntington Bank Stadium. Rain, shine, blazing heat, or blizzard conditions, she and her group show up big—both in Gopher pride and in giving back.

Babu and friends arrive hours before kickoff to secure their prime location in the corner of the Ski-U-Mah parking lot. All food (enough for about 100 people) is prepped overnight and usually follows a theme—southern BBQ, fiesta, and shrimp boil are favorites. The group rotates a roster of two to three cooks per game and ask attendees for donations to benefit a charity of the cooks' choice. Over the years, the events have raised more than \$30,000 for the Leukemia and Lymphoma Society, Alzheimer's Association, and Sickle Cell Association.

Here's the inside scoop on how Babu plans each menu, her favorite gameday guests, and what she's picking up from Cub to make each tailgate a success.

How do you create your tailgating menu?

We love to do something that hasn't been done, like a shrimp boil. Or we do an elevated version of something more common, like a fiesta theme with multiple meats, homemade tortilla chips, tableside guacamole, cilantro-lime corn, and five flavors of margaritas.

How much planning and prep goes into each event?

Imagine cooking for 100 people in your home, and then moving it all to a parking lot. It takes days to prepare for a tailgate; from planning the menu, making the grocery list, shopping, the actual cooking, and of course, going to back to Cub for the things we forgot.

Favorite tailgate drink or cocktail?

The beer of choice at our tailgates is always Utepils. They've graciously donated to our tailgate for the past eight years. We often do a signature cocktail or shot as well. My favorite cocktail mixes blackberries and mint with Gray Duck Vodka, lime sparkling water, and bubbles.

Ideal weather for a Gopher tailgate?

I'd say my favorite football weather is 60 degrees and sunny (it's a lot easier to keep things hot when it's cold, than to keep food cold on 95-degree day!).

Who has been a favorite tailgate guest?

After over a decade of inviting him, former Gopher's Coach Glen Mason showed up to a tailgate last year and stopped the show. He's so beloved by this fanbase and is such a good guy!



OVER THE YEARS, THE EVENTS HAVE RAISED MORE THAN \$50,000 FOR THE LEUKEMIA AND LYMPHOMA SOCIETY, ALZHEIMER'S ASSOCIATION, AND SICKLE CELL ASSOCIATION.

What are your most 3 most memorable Gopher games?

It has to be in 2005 when the Gophers beat Michigan in Ann Arbor and we got the Jug back after 17 years. My favorite Bowl games were the Citrus Bowl and Outback Bowl, both on New Year's Day. Each was a blast, even though we lost the Citrus Bowl. That's the great thing about football, it's about the journey and with good company and good food, it's a win even if it isn't on the scoreboard.



GET TO KNOW NADINE

- CEO and Social Media Strategist at Babu Social Networks
- Co-owner of @GopherHole.com, a popular Gophers website and message board
- Leukemia Lymphoma Society Woman of the Year, Board of Trustees member, and Leadership Board Chair



Nadine Babu has years of experience when it comes to curating a successful tailgate menu. She knows what the people want, and she knows that Cub is the one place she can get it all—fresh produce, quality meat and seafood, all the condiments, and even alcohol!

Take a page from her playbook and pull together a crowd-size shrimp boil for your next tailgate or at-home watch party. This is written to serve ten; scale up or down to fit your party size.

X Tailgate Shrimp Boil

Prep Time: 20 minutes | Total Time: 45 minutes | Serves: 10

INGREDIENTS:

- 2 lemons, quartered
- 3 garlic heads, cut in half
- 2 bay leaves
- 3 tbsp kosher salt
- 2 tbsp whole black peppercorns
- ½ cup crab and shrimp boil seasoning
- 4 pounds small red potatoes
- 2 pkgs (13.5 ounces each) Johnsonville Andouille Sausage, cut into 2-inch pieces
- 2 yellow onions, peeled, quartered
- 8 ears of corn, shucked and cut in half
- 4 pounds fresh large shrimp, unpeeled

DIRECTIONS:

- 1 Fill a 12-quart stock pot with perforated insert, or 2 large 6-quart pots, with 6 quarts water. If using two pots, divide ingredients and water between them.
- 2 Add lemons, garlic, bay leaves, salt, peppercorns, and ½ cup seasoning, cover and bring to a rolling boil. Add potatoes, return to a boil; cook 7 minutes. Add sausage and onions, return to a boil; cook 5 minutes. Add corn, return to a boil and cook until corn and potatoes are tender; about 5 minutes.
- 3 Add shrimp, cook and stir gently until shrimp turn pink; about 3 minutes. Remove insert or drain through a very large colander. Serve on platters or scattered across a lined table.

THE FINAL SCORE

Depending on how things play out, you'll either need braggadocious bars to celebrate or a slice of humble pie after the game. Either way, it's always a good idea to end things on a sweet note. Minnesota legend, Betty Crocker has us covered.

BRAGGADOCIOUS BARS

Caramel-Peanut Butter Bars

Prep time: 50 minutes
Cook time: 20 minutes
Serves: 36

INGREDIENTS:

- 1 pouch (17.5 oz) Betty Crocker Sugar Cookie Mix
- ½ cup butter, softened
- 1 egg
- 15 Reese's peanut butter cups miniatures, coarsely chopped
- 36 caramels (from 14-oz bag), unwrapped
- 1 can (14 oz) sweetened condensed milk (not evaporated)
- ¼ cup creamy peanut butter
- 1 cup peanuts, divided
- 1 tub (16 oz) Betty Crocker Rich & Creamy Chocolate Frosting

DIRECTIONS:

- 1 Heat oven to 350°F. Coat bottom and sides of 13x9-inch pan with cooking spray. In large bowl, stir cookie mix, butter, and egg until soft dough forms. Stir in candies. Press dough in bottom of pan. Bake 18-20 minutes or until light golden brown.
- 2 Meanwhile, in 2-quart saucepan, heat caramels and milk over medium heat, stirring constantly, until melted. Stir in peanut butter. Heat to boiling. Cook 2 minutes, stirring frequently. Remove from heat; stir in ½ cup peanuts. Spread over warm cookie base. Cool completely, about 2 hours.
- 3 Spread frosting evenly over filling. Sprinkle with remaining chopped peanuts. Refrigerate 2 hours or until chilled and serve. Store covered in refrigerator.



HUMBLE PIE

Sugar Cookie Apple Cheese-cake Pie

Prep time: 20 minutes
Cook time: 50 minutes
Serves: 12

INGREDIENTS:

- 1 pouch (17.5 oz) Betty Crocker Sugar Cookie Mix
- 2 tsp cinnamon, divided
- ½ cup butter, softened
- 1 tbsp butter, melted
- 1 pkg (8 oz) cream cheese, softened
- ¼ cup sugar
- 1 tbsp Gold Medal All-Purpose Flour
- 1 tsp vanilla
- 1 egg
- 1¼ cups apple pie filling with more fruit, chopped

DIRECTIONS:

- 1 Heat oven to 350°F. Grease 9-inch glass pie plate. In a large bowl, stir together cookie mix and 1½ teaspoons cinnamon.

- 2 Add ½ cup softened butter; mix with pastry blender or fork until crumbly. Press half (2 cups) of the crumbly mixture in bottom and up sides of pie plate. Bake 10 minutes.
- 3 Meanwhile, add 1 tablespoon melted butter to remaining crumbly mixture; toss to combine. In medium bowl, beat cream cheese on medium until smooth. Add sugar and flour; blend well. Add vanilla and egg; beat until smooth. In another small bowl, mix pie filling and ½ teaspoon cinnamon.
- 4 Spread cream cheese mixture in cookie crust. Spoon apple pie filling over cream cheese mixture. Distribute crumbly mixture over top of pie.
- 5 Bake 33-38 minutes or until top of pie is golden brown. Cool 1 hour. Refrigerate at least 3 hours before serving. Cover and refrigerate leftover pie.

Doable Dinners

What do we mean by doable?
Each recipe is ready in 30 minutes, feeds a family of four, costs less than \$25 and uses just five key ingredients.

Caramelized Cauliflower and Brown Butter Gnocchi

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



grated Parmesan cheese, for serving



chives, for serving



1 bag (10 ounces) cauliflower florets



16 ounces potato gnocchi



1 tablespoon lemon juice

+
PANTRY STAPLES
6 tablespoons butter, divided

DIRECTIONS:

1 Cut cauliflower florets in half. Add to a 12-inch nonstick skillet over medium-high heat. Add ½ cup water and heat until it comes to a boil. Cover and continue cooking 2-3 minutes until cauliflower is still crispy, but slightly tender. Drain and set aside.

2 Wipe out skillet, then add 2 tablespoons butter over medium-high heat. Add gnocchi and cook, covered and undisturbed, until golden brown, 2-4 minutes. Turn gnocchi and brown the other sides. Transfer to a plate. Add remaining 4 tablespoons butter and cauliflower to the skillet; cook, stirring until butter is golden and smells nutty, and cauliflower is browned, 5-8 minutes. Add gnocchi and lemon zest, season to taste. Stir in lemon juice and served with grated Parmesan and finely chopped chives.

→ Substitute green onions for chives if you'd like.

USE IT UP

Cut the remaining lemon into wedges for water, or use it to clean stainless appliances by rubbing on the surface and wiping with a clean towel. For even more grease-fighting power, mix with a little baking soda.



Meatball Parmesan Heroes

Prep Time: 5 minutes | Cook Time: 30 minutes | Serves: 4



4 hero rolls, split



4 ounces shredded mozzarella cheese



16 ounces frozen beef meatballs



2 cups Prego Traditional Italian Sauce or Tomato Basil Garlic Italian Sauce



grated Parmesan cheese, to taste

DIRECTIONS:

1 Heat the sauce and meatballs in a 3-quart saucepan over medium-high heat to a boil. Reduce the heat to low. Cook for 20 minutes or until the meatballs are heated through, stirring occasionally.

2 Spoon the meatballs and sauce into the rolls. Top with mozzarella and Parmesan.

→ Go meatless by swapping in plant-based meatballs from the freezer aisle.

USE IT UP

You'll have about ½ cup of sauce leftover. Use it to make pepperoni pizza grilled cheese sandwiches



Wonton Bok Choy Soup

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



PANTRY STAPLES

6 cups low-sodium chicken broth, 1 tablespoon soy sauce

BBQ Chicken Stuffed Baked Sweet Potatoes

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 4



DIRECTIONS:

1 In a medium saucepan, combine chicken broth, garlic, and ginger. Bring to a boil over medium heat. Reduce to low and simmer for 10 minutes. Remove garlic and ginger.
2 Add potstickers and continue to cook another 1-2 minutes, or just until they float. Add bok choy, soy sauce, and red chiles if using, and cook for another 2-3 minutes or until the potstickers are cooked through. Ladle into bowls and serve.

WORD TO THE WISE

Leftover ginger freezes well. Peel it, then store in a freezer bag. Next time you need some, no need to thaw, just use a microplane or grater.



DIRECTIONS:

1 Preheat oven to 400°F. Line a large, rimmed baking sheet with foil.
2 Using a small knife, poke sweet potatoes all over; arrange in a microwave-safe baking dish. Microwave on High for 10-12 minutes, or until easily pierced. Meanwhile, in a medium bowl, combine chicken and barbecue sauce.
3 Cut lengthwise slits in tops of sweet potatoes. With fork, scrape sweet potato to fluff; add chicken mixture to each potato half, packing to fit. Sprinkle cheese over top. Bake on prepared sheet 10-15 minutes or until chicken is hot and cheese is melted.

→ For added crunch, top with fried onions.

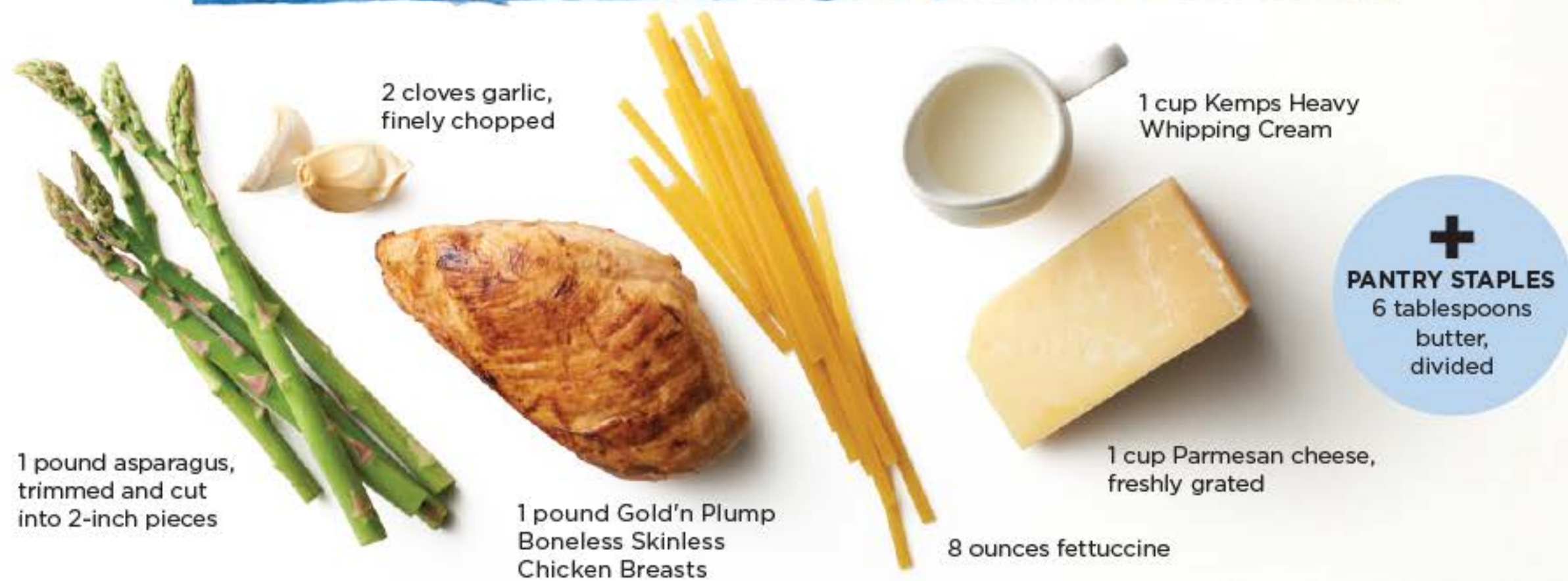
EASY SWAP

Pulled pork would be equally delicious in this recipe.



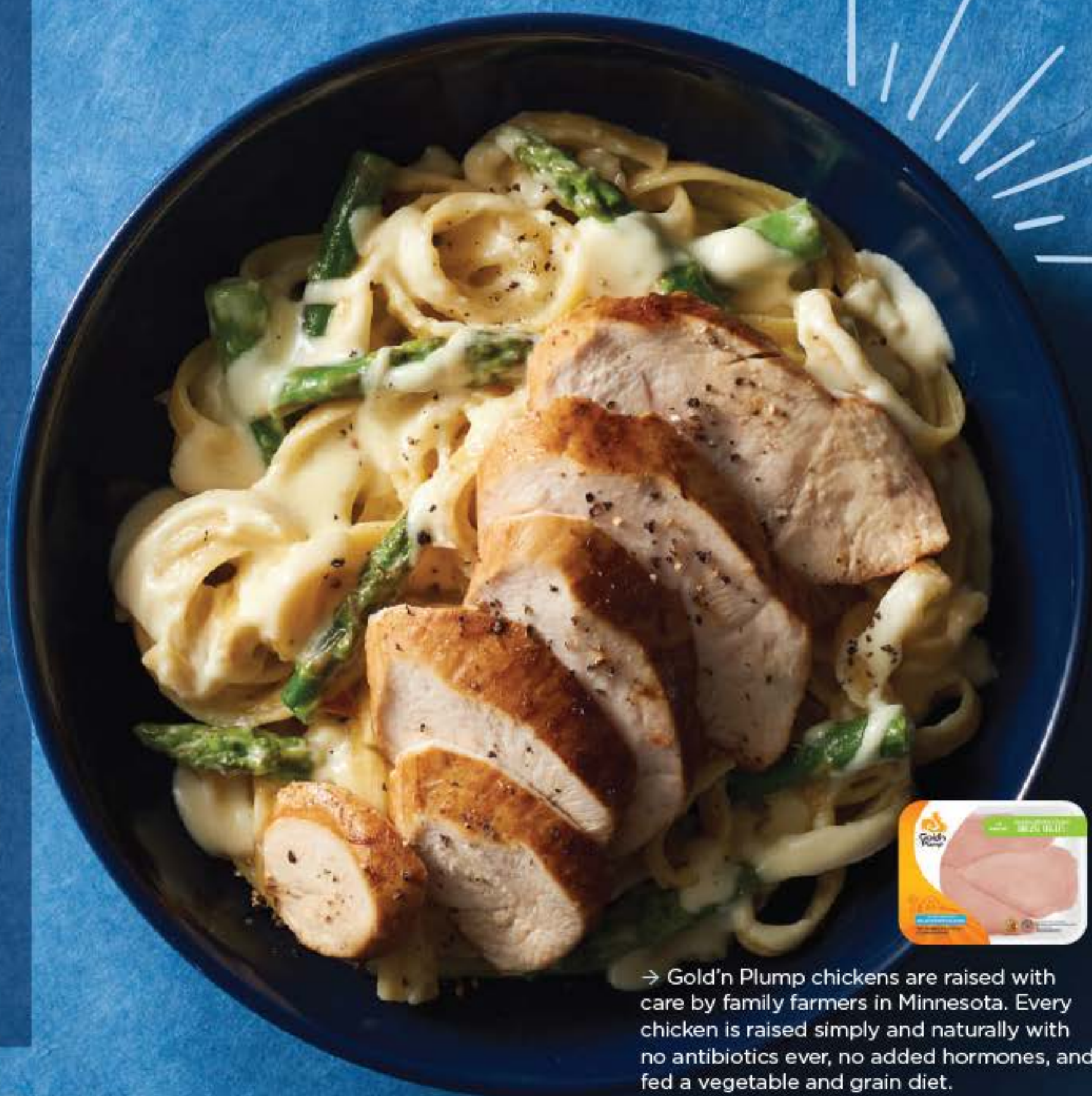
Chicken Asparagus Fettuccine Alfredo

Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 4



DIRECTIONS:

- 1 Cook fettuccine according to package directions. Drain pasta; keep warm.
- 2 Season chicken with salt and pepper. Melt 2 tablespoons butter in large skillet until sizzling. Add chicken. Cook over medium heat, turning occasionally, until chicken is done and light golden brown, 7-8 minutes. Remove from pan and cover to keep warm.
- 3 In same skillet, add asparagus. Cook over medium-high heat, stirring occasionally, until fork tender, 5-6 minutes. Remove from pan; cover to keep warm.
- 4 In same skillet melt 4 tablespoons butter. Add garlic. Cook over medium-high heat 1 minute. Reduce to medium. Whisk in whipping cream and Parmesan, season to taste. Cook, whisking constantly just until mixture comes to a boil and thickens, 3-4 minutes.
- 5 Add drained fettuccine to the cream mixture, toss to coat well. Stir in asparagus. Top each serving with sliced chicken.



→ Gold'n Plump chickens are raised with care by family farmers in Minnesota. Every chicken is raised simply and naturally with no antibiotics ever, no added hormones, and fed a vegetable and grain diet.

4 Ways to Use Up Heavy Whipping Cream

Whether it's a lot or a little, we have delicious ways to make sure not a drop goes to waste.



USES UP:
1/4 CUP



Mustard Cream Pan Sauce

Whisk 1 cup low-sodium chicken broth and ¼ cup course ground mustard in a measuring cup. Pour into a heated skillet; simmer until reduced by half. Tilt skillet so the liquid is at one side of the pan, then whisk in ¼ cup heavy whipping cream until sauce is smooth.

USES UP:
1 CUP



Maple Whipping Cream

Whip 1 cup heavy whipping cream using a stand mixer, a handheld mixer, or a whisk until stiff peaks form. Fold in 3 tablespoons maple syrup. Serve on top of berries, folded into crepes, or with pancakes.

USES UP:
1/2 CUP



Creamed Peas

Cook a 10-ounce bag frozen peas per package directions. In a small pan, melt 1 tablespoon butter. Stir in 1 tablespoon flour. Add ½ cup heavy whipping cream, 1 teaspoon sugar; season to taste. Simmer until thickened, 1-2 minutes. Drain peas; add to sauce and stir. Top with fried onions.

USES UP:
2 TBSP



Shirred Eggs

Grease a 6-ounce ramekin or tiny skillet; place on a rimmed baking sheet. Crack in two eggs, add 2 tablespoons heavy whipping cream. Sprinkle with 1 tablespoon Parmesan. Bake at 375°F until whites are no longer transparent, and centers are still slightly jiggly, 10-12 minutes. Rest 3-4 minutes, garnish with minced chives and serve.

10 QUINTESSENTIAL EXPERIENCES TO MAKE THIS THE BEST FALL EVER.

Throw on your coziest sweater, preheat the oven, and let's dig in.

From a trip to an apple orchard to a fall movie night, this list is as doable as it is delicious. Here's to the tastes, traditions, sights, and sounds of autumn in the North Star State—and all the memories about to be made.



1

VISIT AN APPLE ORCHARD,
THEN MAKE A SPECIAL APPLE TREAT ✓



Apple Nachos 3 Ways

Prep Time: 25 minutes
Cook Time: 0 minutes
Serves: 6

- INGREDIENTS:**
- 5 apples, cored and sliced
 - ¼ cup almond butter
 - 2 tbsp Nestlé Toll House Mini Semi-Sweet Chocolate Morsels
 - ½ tsp cinnamon
 - 2 tbsp Nestlé Toll House Semi-Sweet Chocolate Morsels
 - ¼ cup caramel sauce
 - 2 tbsp sprinkles
 - 2 tbsp mini marshmallows
 - 2 tbsp Nestlé Toll House Caramel Morsels
 - ½ cup popcorn
 - 2 tbsp chopped pecans

- DIRECTIONS:**
- 1 Arrange apples on a platter or baking sheet. In a microwave-safe bowl, heat the almond butter 15 seconds, stir, then drizzle over the top third of the apples, followed quickly by the mini morsels then cinnamon.
 - 2 For the middle section, heat the regular morsels in another bowl 15-30 seconds or until melted, stir, then drizzle over the next section of apples. Top with caramel sauce, mini marshmallows, and your favorite sprinkles.
 - 3 Finish the last section following the same method as the first two, using caramel morsels, popcorn, pecans and a sprinkle of salt.

MORE IS MORE
Don't stop at these toppings! Try mini M&Ms, toffee bits, granola, shredded coconut or whatever you like for your own signature spin.



2 MAKE A SPOOKY SNACK ✓

Think spiders, bats, eyeballs and bones, and suddenly your kitchen is a lab for scaring up all kinds of ghostly delights.

For a spooky fast win, try boonanas. All you need are bananas, Nestlé Toll House morsels and wham, bam, boo!

If you're in the mood for a fresh-from-the-oven treat, Nestlé Toll House M&M's Ghouls Mix Sugar Cookies double as a project for keeping helpful little hands busy. Be sure to pick them up when you see them in stores, because before you know it, poof, they'll be gone.



3 TRY A NEW SOUP RECIPE ✓

Creamy Roasted Red Pepper Soup

Prep Time: 15 minutes | Cook Time: 22 minutes | Serves: 6

INGREDIENTS:

- ¼ cup butter, divided
- ½ cup chopped onion
- 1 clove garlic, finely chopped
- 1 jar (12 oz) roasted red peppers, drained, seeds removed
- ¼ cup all-purpose flour
- 1 can (12 oz) Carnation Evaporated Milk
- 1 can (14.5 oz) vegetable broth
- ½ tsp salt
- ¼ tsp ground black pepper
- torn pieces of bread fried in olive oil, for garnish
- sliced almonds, for garnish

DIRECTIONS:

1 Melt 2 tablespoons butter in medium saucepan over medium heat. Add onion and garlic; cook, stirring occasionally, 1-2 minutes or until onion is tender. Transfer mixture to a blender. Add red peppers; cover. Blend until smooth.

2 Melt remaining 2 tablespoons butter in same saucepan. Stir in flour. Gradually stir in evaporated milk and broth. Cook, stirring constantly, until mixture comes to a boil. Stir in red pepper mixture, salt, and pepper. Heat through and garnish as desired.

A HANDY IDEA

Another way to blend up the soup is with an immersion blender. Also called hand blenders or stick blenders, they allow you to puree right in the pot and thus, to cut down on dishes.



4

SET UP A POTATO BAR FOR DINNER ✓

Want to see your family's faces light up? Set up a build-your-own-bar. There's something about a plethora of choices and being able to mastermind your own creation that makes kids and adults giddy.

Real Potatoes, Real Fast

Forget peeling and preparing pounds of potatoes, Stouffer's has frozen sides that take just minutes in the microwave. Made with real ingredients you can feel good about, each of these options has rave reviews, so you don't have to take our word for it for it.



Homestyle Mashed Potatoes
"Tried Stouffer's mashed and was completely surprised by how creamy they were. Did not tell my guests, and they all assumed I made them." -Linc488



Scalloped Potatoes
"The taste brought me back to Grandma's table. The potatoes were rich and creamy with so much great flavor." -Boots48



Cheddar Bacon Potatoes
"I'm not much into frozen meals but these potatoes are a different story! They are creamy and tasty and oh so easy!" -LindaD

5

HAVE A PUMPKIN SPICE SOMETHING ✓

As sure as the leaves will turn their beautiful fall colors, our shelves will be packed with pumpkin-flavored products. Every year there's an old favorite to return to and a new something to discover. Which ones will make your list for 2023?



THE WEEKEND PROJECT
Libby's Pumpkin Bread Kit
100% real pumpkin, easy steps, great results.



THE ORIGINAL
Starbucks Pumpkin Spice Latte
Here's to the one that started it all.



THE SUGAR-FREE CHOICE
Coffee-mate Zero Sugar Pumpkin Spice
All the spice of the season, none of the sugar.

THE QUICK FIX
Nestlé Toll House Pumpkin Spice Cookies
Soft and chewy, like homemade, only faster.



6 RAISE A GLASS (OR FORK!) TO BOURBON HERITAGE MONTH ✓

America's love of distilling began before the nation was even founded, but it wasn't until 1964 that bourbon was declared a unique product of the United States in an act of Congress. Fast forward to 2007 when a resolution was passed by the U.S. Senate and that's how September became National Bourbon Heritage Month. Cheers to a delicious bite of history.



Bourbon-Cider Cocktail

Fill a cocktail shaker with ice. Add 3 ounces apple cider, 1½ ounces bourbon, and ½ ounce fresh lemon juice; shake until chilled. Strain into a coupe or lowball glass and garnish with apple slices.



Maple Bourbon Chicken

With white meat chicken, rice, pecans, sweet potatoes, and cranberries in a maple bourbon sauce, this protein-packed Lean Cuisine proves bourbon isn't just for drinking. Buy it for the convenience, love it for the forkful of fall in every bite.



7

CREATE A SIGNATURE FALL SALAD ✓

Move over summer tomatoes, there's a fresh new crop of seasonal ingredients ready to star in your signature salad. Apples, pears, broccoli, root vegetables (looking at you especially, butternut squash) all hit their prime right about now. Top your salad off with an equally autumnal dressing such as a maple vinaigrette, apple cider vinaigrette, or go all-in on a creamy pumpkin concoction like we have here.

Fall Salad with Creamy Pumpkin Dressing

Prep Time: 20 minutes
Cook Time: 25 minutes
Serves: 4

INGREDIENTS:

- 1 (1½ lb) butternut squash, cubed and roasted
- 1 apple, thinly sliced
- ½ cup toasted pecans
- ¼ cup dried cranberries
- 1 pkg (5 oz) mixed salad greens
- ¾ cup Carnation Evaporated Lowfat 2% Milk
- ½ cup Libby's 100% Pure Pumpkin
- ¼ cup mayonnaise
- 1 tbsp Dijon mustard
- 2 tsp apple cider vinegar
- 1 tsp honey
- ½ tsp garlic salt
- ¼ tsp black pepper

DIRECTIONS:

To make the dressing, combine pumpkin, mayonnaise, mustard, vinegar, honey, salt and pepper in a 16-ounce jar. Tighten lid and shake until well blended. Layer salad ingredients as desired, top with dressing, toss and serve.



8

BUY OR THRIFT A NEW COFFEE MUG ✓

Fall by another name is pumpkin spice latte season, and there's no better way to usher it in than with a new drinking vessel. Tall, short, behandled, or not, there's a whole world of choices begging to earn a spot in your cupboard—and your morning routine.

Choosing your mug is step one, step two is deciding what to put in it. Along with classics like pumpkin spice and peppermint mocha, Coffee mate is bringing back fan-favorite Brown Butter Chocolate Chip Cookie this fall. Not overly sweet, it tastes like chocolate chips mixed with caramelized brown sugar in a butter cookie straight from the oven. We did the tough work of taste-testing it for you and can confirm it's as delicious iced as it is hot.



9 WAKE UP TO THE SMELL OF PUMPKIN PANCAKES ✓

Pumpkin Pancakes with Pumpkin Maple Sauce

Prep Time: 15 | Cook Time: 20 | Serves: 8

INGREDIENTS:

- 2 cups all-purpose flour
- 2 tbsp brown sugar
- 1 tsp baking powder
- 1/4 tsp pumpkin pie spice
- 1 tsp salt
- 1 can (12 oz) Carnation Evaporated Milk
- 1 3/4 cups Libby's 100% Pure Pumpkin, divided
- 1/4 cup water
- 1 large egg
- 2 tbsp vegetable oil
- 1 cup maple syrup
- 1/4 tsp cinnamon or pumpkin pie spice
- Chopped nuts, optional

DIRECTIONS:

- 1 Combine flour, brown sugar, baking powder, pumpkin pie spice, and salt in large bowl. Combine evaporated milk, 1/2 cup pumpkin, water, egg, and 2 tablespoons oil in small bowl; mix well. Add to flour mixture. Stir just until moistened; batter may be lumpy.
- 2 Heat griddle or skillet over medium; brush lightly with oil. Pour in 1/4 cup batter; cook until bubbles begin to burst. Turn and continue cooking 1-2 minutes. Repeat with remaining batter.
- 3 Heat maple syrup, remaining 1/4 cups pumpkin, and cinnamon or pumpkin pie spice in small saucepan until warm. Serve pancakes with pumpkin maple sauce and nuts.

HOT TIP: double the pancakes and freeze the leftovers. Just be sure to separate each one with paper or foil so they don't stick together. They are as quick and easy to reheat as the store-bought frozen kind, but even more delicious!



10

HAVE A FALL MOVIE NIGHT WITH GOURMET POPCORN ✓

Butter Toffee Popcorn

Prep Time: 5 minutes | Cook Time: 36 minutes | Serves: 6

INGREDIENTS:

- 10 cups air-popped popcorn
- 1/2 cup unsalted butter
- 3/4 cup brown sugar
- 1/4 cup light corn syrup
- 1/2 tsp baking soda
- 1 tsp sea salt
- 1/4 cup Toll House Semi-Sweet Chocolate Morsels

DIRECTIONS:

- 1 Place popcorn in a large bowl. Melt butter in a medium saucepan over medium heat. Add sugar and corn syrup; bring to a boil. Boil, stirring constantly, for 2 minutes. Remove from heat; stir in baking soda (mixture will foam). Pour over popcorn; stir to coat. Pour popcorn mixture on a parchment paper-lined baking sheet; spread out evenly. Sprinkle with salt.
- 2 Bake at 250°F for 30 minutes or until golden. Microwave morsels in small bowl for 30-40 seconds; stir until smooth. If necessary, microwave at additional 10-second intervals. Drizzle melted chocolate over popcorn.

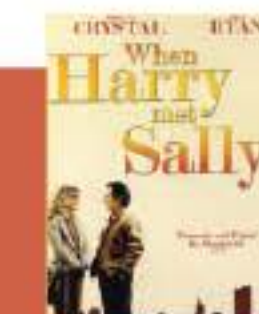
OUR TOP 5 PICKS FOR FALL MOVIES:



Good Will Hunting



You've Got Mail



When Harry Met Sally



Fantastic Mr. Fox



Remember the Titans

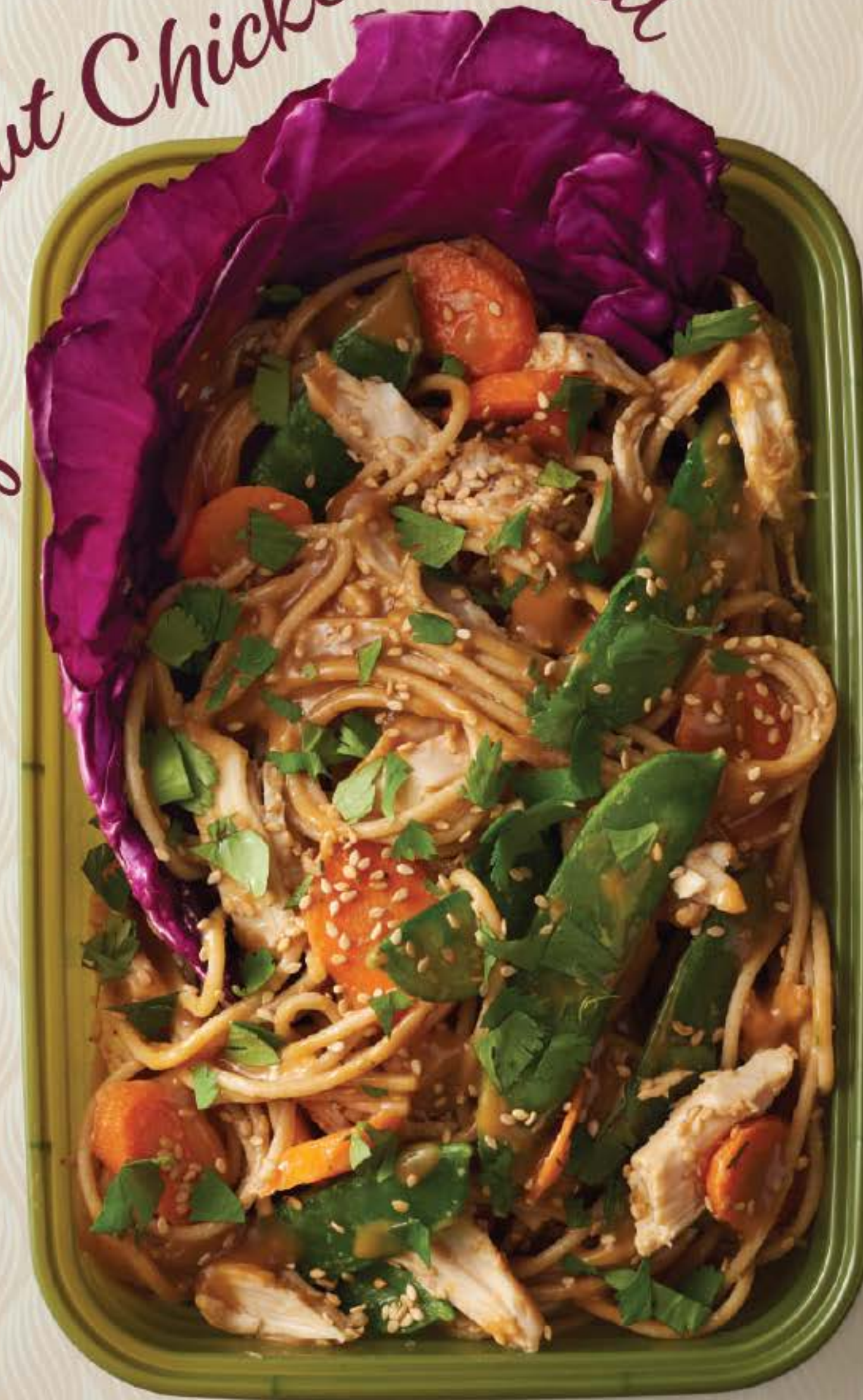
No sad desk lunches here—and no intense or laborious weekend prep either.

These easy-to-pull together ideas bring pep to the workweek while going big on flavor and easy on the wallet.

Pack It Up,
Pack It In



Fiery Peanut Chicken Salad



The not-so-secret secret behind this vibrant noodle dish is House of Tsang Bangkok Peanut Sauce. It adds a mildly spicy, nutty, and creamy kick to the crunchy peas and carrots while rotisserie chicken keeps prep to a minimum. Enjoy it warmed or at room temperature by taking out of the fridge 30-45 minutes before lunchtime. Good news for those days with zero breaks between meetings.

Prep Time: 10 minutes
Cook Time: 5 minutes
Serves: 4

INGREDIENTS:
4 cups cooked soba noodles or whole wheat spaghetti
2 cups shredded rotisserie chicken
1 cup snow peas
2 carrots, thinly sliced
¼ jar House of Tsang Bangkok Peanut Sauce
¼ cup sesame seeds, toasted
4 medium purple cabbage leaves
¼ cup chopped fresh cilantro, if desired

DIRECTIONS:
In bowl, combine noodles, chicken, snow peas, carrots, peanut sauce, and sesame seeds. Divide noodle mixture evenly among cabbage leaves, using cabbage leaf as base. Garnish with cilantro and additional sesame seeds, if desired.

Turkey & Bacon Club Wraps

Prep Time: 10 minutes
Cook Time: 0 minutes
Serves: 4

INGREDIENTS:

- 4 Crystal Farms Mozzarella Cheese Wraps
- 2 tbsp mayonnaise
- 4 leaves green leaf lettuce
- 12 slices smoked turkey breast
- 4 strips bacon, cooked and crumbled
- 1 large tomato, chopped

DIRECTIONS:

Spread mayonnaise over two mozzarella cheese wraps. Layer lettuce, turkey, bacon, and tomato on top. Season with salt and pepper before rolling up.

Grilled Veggie Skewers

Prep Time: 15 minutes
Cook Time: 18 minutes
Serves: 4

INGREDIENTS:

- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1½ tsp dried oregano
- 1 zucchini, sliced into rounds
- 1 large red onion, cut into 1-inch pieces
- 1 red bell pepper, cut into 1-inch pieces
- 1 orange or yellow bell pepper, cut into 1-inch pieces
- 1 green bell pepper, cut into 1-inch pieces
- honey mustard or balsamic dressing, for dipping

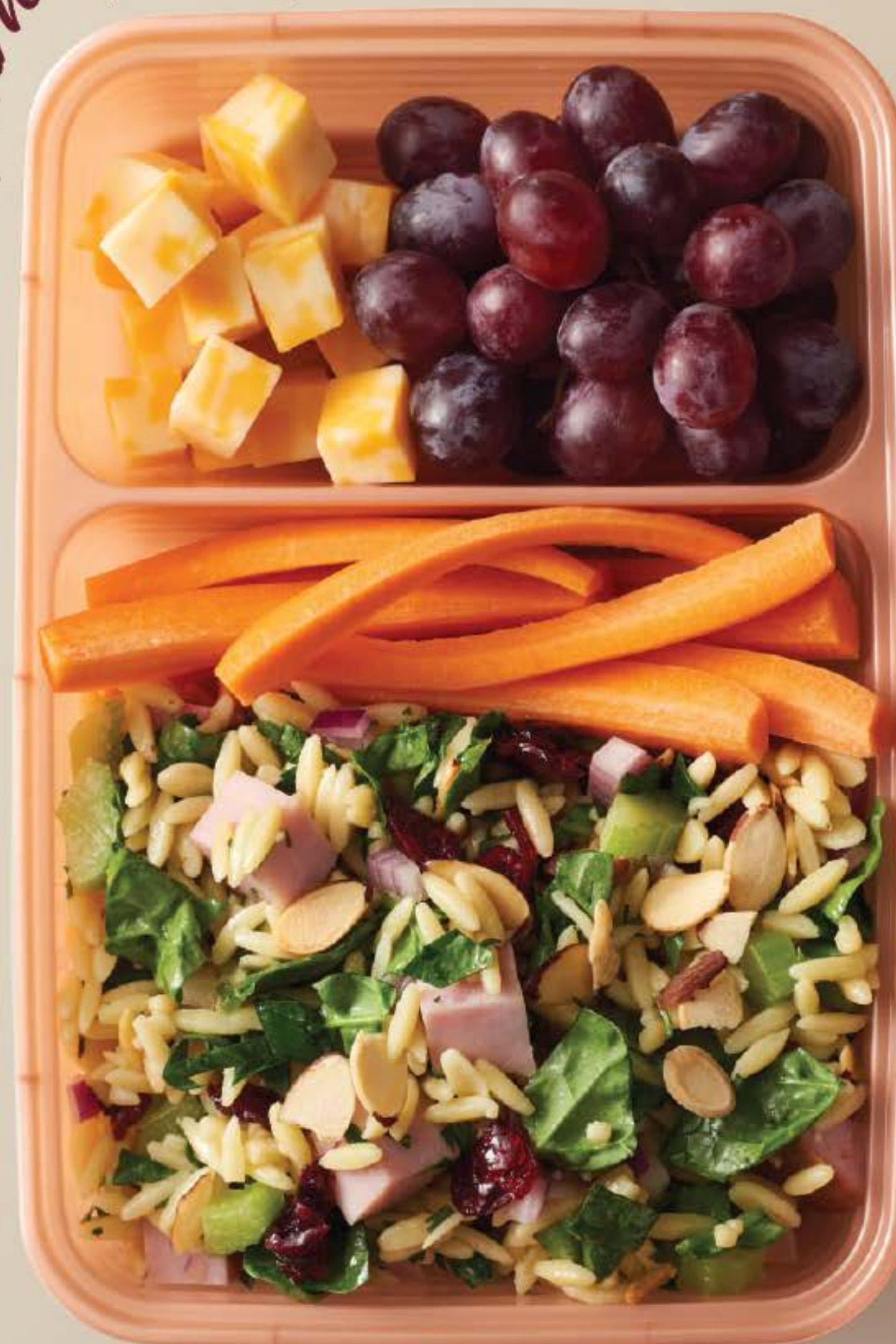
DIRECTIONS:

Heat grill to medium. Meanwhile, whisk together oil, lemon juice, and oregano; season to taste. Thread vegetables as desired onto 4 skewers leaving 1-inch gaps at top and bottom. Brush with oil mixture. Grill 15-18 minutes, flipping halfway through. Allow to cool completely before packing with a dip of your choice.



Take your lunch wraps to new levels of fun and yum with these genius cheese wraps from Crystal Farms. Available in mozzarella and marble Jack, they're specially cut to roll up easily without cracking or crumbling. Paired with simple grilled or roasted veggie kabobs, they hit all the right points for an A+ lunch: bright, fresh, crunchy, and cheesy.

Ham & Orzo Salad



It's tart meets sweet meets salty with this make-it-once-and-eat-all-week pasta salad that tastes as good once Thursday finally rolls around as it did on Monday. Add marble jack cheese cubes, California grapes, and carrots (aka, all the best finger foods) to the mix and it's basically like taking yourself on a pleasant little picnic—without bees, bugs, or the need for sunscreen.

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

INGREDIENTS:

- 1 cup orzo pasta
- 2 tbsp olive oil
- 2 tbsp white wine vinegar
- 1 tbsp honey Dijon mustard
- ½ tsp salt
- ¼ tsp red pepper flakes
- ¾ cup Hormel Classic Boneless Ham, diced
- 1 cup chopped fresh spinach
- 1 celery stalk, diced
- ¼ cup minced red onion
- ¼ cup chopped fresh parsley leaves
- ¼ cup sliced almonds, toasted
- ¼ cup dried cranberries

DIRECTIONS:

Cook orzo according to package directions. Cool completely. In small bowl, combine olive oil and next 4 ingredients. In large bowl, toss together orzo, olive oil mixture, and remaining ingredients. Cover and refrigerate until ready to pack.

* TIP:

For an extra burst of flavor, use halved grapes instead of dried cranberries in this orzo salad.



Did you know a whopping 99 percent of U.S. table grapes are produced in California? With 90 grape varieties grown, California grapes come in three colors—green, red, and black—and are in season from May through January.

Breakfast In a Box

You don't need us to tell you breakfast is the most important meal of the day. But maybe you'd like us to walk you through a few ideas on how to actually make it happen? Why, we'd be honored.

The Savory Spin

Packed with protein, these mini-but-mighty egg bites will keep you full and focused all the way to lunch when paired with oranges and Planters almonds. We made them bite-sized for mess-free munching, but if you prefer standard muffin size, go for it; you'll get 12 from a batch.



The Sweet Start

The balance between what your inner child wants for breakfast (donuts! frosting!) and what your adult self knows it needs (fruit, whole grains) isn't always easy to strike. We think we nailed it with this David's Bakery bagel, Nutella, berries, and Kellogg's Nutri-Grain breakfast box.

Bacon & Egg Muffins

Prep Time: 10 minutes
Cook Time: 20 minutes
Serves: 4

INGREDIENTS:

- 6 eggs
- ¼ cup heavy cream
- 8 slices Hormel Bacon, cooked per package directions
- ½ cup shredded sharp Cheddar cheese
- Chopped fresh chives

DIRECTIONS:

- 1 Heat oven to 350°F. Grease 24 cups in mini muffin pan. In medium bowl, whisk eggs, cream, and salt and pepper to taste until well combined.
- 2 Chop bacon into ½-inch pieces. Divide among muffin cups. Sprinkle with cheese. Divide egg mixture between cups. Bake 20 minutes or until set. Sprinkle with chives.



Deskcuterie

Whether you're at the office or WFH, having a smart selection of easy-to-grab snacks stashed and ready to go is key to beating those pesky afternoon slumps.

1. The base of any good snack spread always comes down to the crackers, so go for the classic that never disappoints: **Town House Original**. 2. Not only is **Applegate Naturals Uncured Genoa Salami** a salty, satisfying pick-me-up with 7 grams of protein, it's made with no antibiotics ever. 3. The lightly salted crunch of **Planters Cashews** might make your mouth water. But that's just nature's way of appreciating the salty crunch of a delicious cashew.

4. Save time slicing with **Crystal Farms Cracker Cut Style Cheese**, available in multiple flavors for cracker stacking or straight snacking. 5. Calling all peanut butter lovers, these portable, pop-able **Skippy P.B. Bites** are for you. Find them in the peanut butter aisle. 6. Cheesy, crunchy, satisfaction can only be achieved by one snack: **Cheez-It**. The good news is, there's no shortage of flavors and with extra cheesiness, extra toastiness, and extra big tastiness options, it's clear they know what the people want. 7. Can you take nut butter on a bike ride? Can it be organic and crazy delicious? Why not?! Justin asked himself those questions before launching his eponymous brand and we can all be glad he found the answer: **Justin's Nut Butters**.

Cub has been Minnesota's hometown grocer for generations, and we want to thank you for your support! For 55 years, our employees, and you, our shoppers, have made Cub the grocery leader it is today.

Let's celebrate with cake!



WHAT'S YOUR CUB I.Q.?

Think you know all there is to know about your favorite grocery store? Let's find out!

1. Which was Cub first known as?

- A. Public Provision Food Bonanza
- B. Cupboard Food Mart
- C. Rainbow Foods
- D. Cubby Warehouse

2. Which three products also debuted in 1968?

- A. 
- B.  
- C.  
- D.  

3. All Cubs are located in Minnesota, except for one in:

- A. North Dakota
- B. Iowa
- C. Wisconsin
- D. Illinois



4. In what Minnesota town was the very first Cub store opened?






- A. Fridley
- B. Stillwater
- C. Rochester
- D. Red Wing



5. How many Cub stores are in operation today?

- A. 67
- B. 78
- C. 80
- D. 85

6. Place the top five most-purchased items of 2022 in order of highest to lowest:

- A. 
- B. 
- C. 
- D. 
- E. 

1. _____ 2. _____ 3. _____
4. _____ 5. _____

WHAT'S YOUR CUB I.Q.?

7. Which of these has NOT been used as a company slogan:

- A. The Low-Price Leader
- B. Nothing But Savings
- C. Save More, Get More
- D. The Store Next Door

8. Match the milk cap color to the correct kind of Cub milk:

Skim / 1% / 2% / Whole



A. _____



B. _____



C. _____



D. _____

9. How many slices are in a loaf of Cub white sandwich bread?

- A. 20
- B. 21
- C. 22
- D. 23



10. Identify the following Cub deli salads:

Crunchy Chinese Chicken Salad /
Egg Roll Pasta Salad / Rotellini Pasta Salad
Broccoli Cheddar Pasta Salad /
Chicken Cashew Salad / Millionaire Salad



A. _____

B. _____



C. _____

D. _____



E. _____

F. _____

11. Which of these is not a flavor of Cub popcorn:

- A. Jalapeño Cheddar
- B. Birthday Cake
- C. Chocolate Drizzle
- D. Cinnamon & Sugar



12. What year did Cub drop the word "foods" from its official name?

- A. 2016
- B. 2017
- C. 2018
- D. 2019



13. How many people does Cub employ?

- A. 8,000
- B. 9,000
- C. 10,000
- D. 11,000

14. Where will the newest Cub open in the spring of 2024?

- A. Rochester
- B. Duluth
- C. Moorhead
- D. St. Cloud

TRUE OR FALSE

15. Cub's original print advertising had a bear cub as its logo

16. Cub's corporate headquarters are in Fridley

17. 'Cub' was inspired by all four founders' love of the Chicago baseball team

18. Cub introduced one of the first check-out conveyor belt systems in the country

19. Bags were not provided when Cub originally opened

20. Every Cub store has a unique layout; no two are the same

TIME TO CHECKOUT

Let's see what your total comes to: give yourself one point for each correct answer.

1. **A** Cub was first known as Public Provision Food Bonanza, but the founders had to pay a fee to use it so they renamed to Cub, which stands for Consumers United for Buying.

2. **(One point for each) A, B, D** Keebler Fudge Stripes, Pringles, and Snack Packs (originally in metal cans) all hit the market the same year Cub was established: 1968.

3. **D** The lone Cub located outside of Minnesota is in Freeport, Illinois.

4. **A** Public Provision Food Bonanza opened in Fridley as a bare-bones operation catering to price-conscious shoppers.

5. **C** There are currently 80 Cub stores. In addition, there are 11 Cub Wine & Spirits, and 19 Cub Liquor stores.

6. **(One point for each)**
1. B; 2. E; 3. C; 4. D; 5. A

7. **B** Nothing But Savings has not been used as a slogan.

8. **(One point for each)**
A. Skim B. 2% C. Whole D. 1%

9. **B** There are 21 slices of bread in a loaf of Cub white sandwich bread

10. **(One point for each) A** Crunchy Chinese Chicken Salad **B** Chicken Cashew Salad **C** Millionaire Salad **D** Egg Roll Salad **E** Rotellini Salad **F** Broccoli Cheddar Pasta Salad

11. **D** Cinnamon & Sugar is not a flavor of popcorn. In addition to Jalapeño Cheddar, Birthday Cake and Chocolate Drizzle, we offer Butter, Caramel, Kettle and Low Salt options.

12. **C** In 2018 "Foods" was dropped and we became Cub

13. **C** We're proud to employ 10,000+ people across our organization

14. **A** A new 80,000 square foot store located at the NE corner of Scott Rd. NW and Commerce Dr. NW in Rochester will feature a large fresh aisle with floral and produce to welcome shoppers, a gourmet popcorn section, expanded deli and bakery departments as well as service meat, service seafood, dairy, frozen and grocery departments.

15. **True** Awww, for cute!

16. **False** Cub is headquartered in downtown Stillwater.

17. **False** Cub stands for Consumers United for Buying

18. **True** Not only did they help invent the concept of warehouse-style stores, they were one of the first in the nation to implement conveyor belts at checkout.

19. **True** To keep prices low, items were displayed in their original packaging, similar to a warehouse. Staff didn't individually price items (this was before UPCs). Instead, customers used grease pens to copy prices on products. Cashiers added up the markings and customers were left to do their own bagging, using their own bags, and to carry out of stores themselves.

20. **True** No two Cubs have the same layout, however they do all feature fresh produce and floral as the first items upon entering each store.

HOW DID YOU DO?



0 to 11 Points
Have We Met?

Seems like maybe you're new around here? We're happy to have you. Milk is in aisle two.



12 to 23 Points
You Know Your Way Around

Whether you're running in for something quick or shopping online, you're no novice shopper.



24 to 34 Points
Cub is Your Middle Name

You're a Cub fanatic and it shows. You know how to get the best deals and have for years.



CUB BAKERY

CHUNKY CINNAMON BREAD

From the mesmerizing cinnamon swirls and crunchy sugar on top, to the warm, hug-like vibes it delivers when toasted and slathered with butter, there are loads of reasons this Cub staple has amassed a cult-like following over the years. Using it for French toast is a genius move, but that's just the beginning! In honor of our 55th anniversary, we give you nine deliciously clever ways to turn Cub Chunky Cinnamon Bread into a celebration for your taste buds.



Honeyed Grapes & Mascarpone



Birthday Sprinkles and Butter



Cinnamon Toast Crunch



PB Apple Cinnamon



Brekkie Scrambler



Almond Butter Banana Chip



Nutella S'mores



Chicken N' Waffles Remix



MAPLE PECAN PUMPKIN PIE
Mix 1 oz. cream cheese and 3 tbsp canned pumpkin for the base

WHAT'S YOUR SHOPPING STYLE

We asked, you answered: here's what My Cub My Way means to our shoppers as we round the corner on 55 years of serving you.

FIRST THINGS FIRST, FAVORITE CUB DONUT?

- Fritter: 25%
- Cake Donut: 24%
- Frosted Old Fashion: 21%
- Long John: 20%
- Glazed Ring: 10%

60% of you visit Cub about once a week

Psst: we do pet meds, too!



Pharmacy

37% take advantage of the Cub Pharmacy

YOUR FAVORITE SIGNATURE CUB ITEMS ARE:



HOW DO YOU LIKE TO DO YOUR SHOPPING?

- 75% in store
- 15% online for delivery
- 10% online for pickup



Only some like it spicy
93% say Cub original fried chicken is better than the spicy recipe

Which day do you like to do your Cub shopping?



Only 8% of shoppers have consumed part or all of an item before reaching the checkout to pay

HOW DO YOU HAUL YOUR GROCERIES?

- 50% prefer paper bags
- 25% go with plastic
- 25% of you BYO

71% of you prefer to do your own bagging



WHEN YOU WALK INTO CUB, WHICH DO YOU GO FOR?

- 82% grab a full-size cart
- 17% prefer the mini cart
- 1% use a basket



These non-alcoholic options—and there are lots of them—will leave you feeling fresh the next day.



YAY FOR NA



GO ALL-IN BY GOING WITHOUT
 With so many options on the market, and new ones popping up almost daily, going without alcohol doesn't feel like the sacrifice it once did. In fact, with deliciously nuanced flavors like these, you might even prefer to skip alcohol more often, or even altogether. No matter your reasons, Cub Wine & Spirits and Cub Liquors are stocked with choices. Bonus: many NA and low-ABV beers are in our grocery stores, too.

MINNESOTA MAROON SANGRIA Make a quick honey syrup by combining 2 tablespoons honey and 1 tablespoon very hot water. Stir to combine and set aside. Slice an orange, lemon, lime, and apple into thin rounds. Add to a pitcher. Pour in 1 bottle non-alcoholic red wine. Add the honey syrup and 3 tablespoons fresh lemon juice. Top with ginger beer to taste.

WINES WE LOVE

Three brands that are worth exploring, sipping, and mixing.



GEISEN Made in New Zealand, Geisen offers a range of alcohol-removed options that start with full-strength wine before using advanced spinning cone technology to gently remove the alcohol while maintaining each varieties' distinctive nose. **Try:** Pinot Grigo, Rosé or Premium Red



STELLA ROSA Born through a rich legacy, Stella Rosa remains at the forefront of innovation. Not just about producing award-winning semi-sweet, semi-sparkling Italian wines, they are evolving with the spirit of the times to produce premium NA options as well. **Try:** Red, Black or Peach



FRE Fre delivers a refined alternative to traditional wine crafted for everyday enjoyment, whether you're relaxing on the couch mid-week or hosting an elegant baby shower. What's more, every sip of Fre reflects California's acclaimed wine regions. **Try:** Sparkling Rosé, Sparkling Brut, Chardonnay, Moscato, Merlot, Cab Sauv, White Zin



BEER TO BUZZ ABOUT

KALIBER From the brewers of Guinness, a golden amber with aromas of sweet grains, honey, caramel, and toasted bread.

BAUHAUS NAH, HAZY PALE ALE After the success of “Nah” Helles, MN-based Bauhaus expanded their line to include this hazy pale ale and a pink guava sour.

ATHLETIC BREWING FREE WAVE HAZY IPA Winner of 10+ awards, this mouth-watering IPA is loaded with Amarillo, Citra, and Mosaic hops.

SUMMIT NIALAS IPA Pronounced knee-uh-lis, Nialas is Irish Gaelic for “zero” in reference to the non-alcoholic quality of this full-flavored IPA.

SUMMIT NIALAS IRISH DARK This unique NA stout-style has big flavors of espresso, chocolate, and caramel, balanced by spicy hop characteristics.

GRÜVI PALE ALE Known for its balanced bitterness, this is a true take on the classic English brew with slight citrus and piney qualities.

ATHLETIC BREWING RUN WILD IPA Brewed with five NW hops, it has an approachable bitterness to balance the specialty malt body. Refreshing and only 65 calories.

SAMUEL ADAMS JUST THE HAZE IPA It took years to perfect, but winning the Gold Medal for Best NA Beer in America at the Great American Beer Fest made it worth it.

LAGUNITAS HOPPY REFRESHER This sparkling drink is made using everything Lagunitas knows about hops for a big splash of flavor that’s surprisingly fruity.

SIERRA NEVADA HOP SPLASH Another sparkling option! This one is infused with Citra and Amarillo hops for a refreshing medley of peach, mango, and grapefruit.

HEINEKEN 0.0 Heineken brewers started from zero and spent years exploring and brewing before they finally created an option worthy of the Heineken mark.

**LOOK LIKE DRINKS,
TASTE LIKE DRINKS,
HAPPENS TO BE
ALCOHOL-FREE.**

Spiritless is the solution to saying yes to more—and more often. This female-founded company cracked the code on how to forge human connections, make healthy decisions, pick your potency, and enjoy your favorite spirits while still doing it all—no matter the circumstances, occasion, or day.



WHISKEY SOUR

To a shaker add: 2 ounces Spiritless Kentucky 74, 1 ounce fresh lemon juice, ¾ ounce simple syrup and ½ ounce egg whites. Add ice, shake, and strain into a highball glass with fresh ice. Garnish with a cherry and orange wheel.



BLACK WIDOW SMASH

In a cocktail shaker add 3 blackberries, ½ ounce lemon juice, and 1 teaspoon maple syrup. Muddle to combine. Add 2 ounces Jalisco 55 and two dashes orange bitters. Strain over a lowball filled with ice. Top with sparkling and gently stir to combine. Garnish with a blackberry and lemon.

From opening page 48:

GOLDEN AUTUMN SANGRIA

Cut a red apple, green apple, and orange into slices. Add to a pitcher and top with ¼ cup simple syrup. Sprinkle with cinnamon to taste. Stir to combine. Add 1 bottle non-alcoholic white wine. Use a lighter to heat up two cinnamon sticks so the aromas are heightened, then use to stir the fruit and wine together. Top with soda water to taste.

THE LAST LITTLE BIT

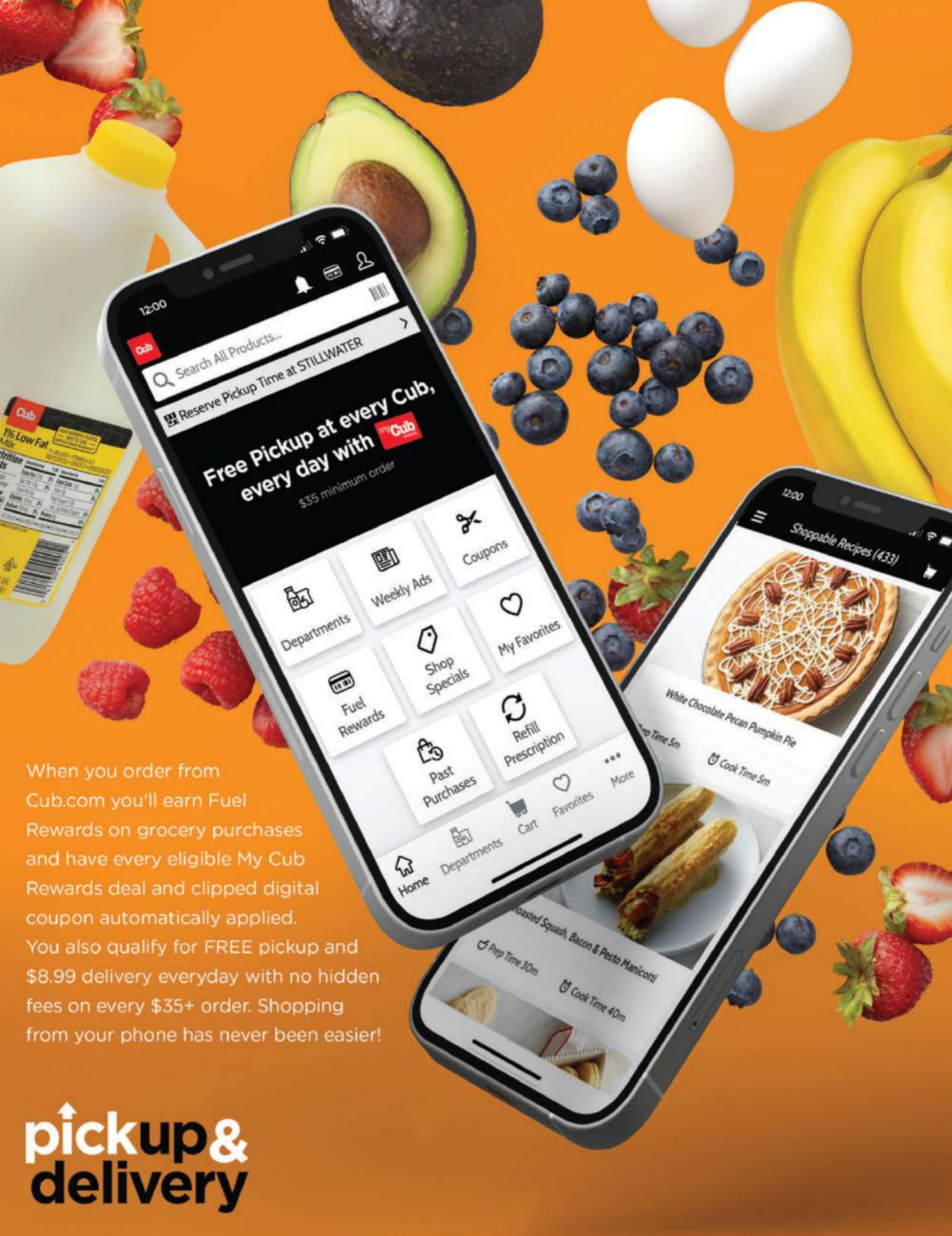
How to make use of every last crumb, dollop, and drop of your favorite grocery staples.



Those toasty little squares—er, what's left of them—are more than just a snack.



IT'S A SAD DAY WHEN YOU REACH INTO YOUR BOX OF CHEEZ-ITS ONLY TO FIND A HANDFUL OF PIECES LEFT AND A PILE OF CRUMBS. Or is it?! Before coming across this rather delicious idea, you might have tossed back those pieces and out the crumbs. Rookie mistake! What's at the bottom of that plastic sleeve is the best part, and here's why: Sour Cream and Cheddar Pasta. It's a meal so fast and easy there's no excuse not to make it. Start with the pasta of your choice (we went with cavatappi) and cook according to package directions. While pasta is still hot, toss with a heaping dollop of sour cream, a pat of butter, and garlic salt to taste. Top with chives and whatever is left at the bottom of your Cheez-Its sleeve. Creamy, tangy, cheesy and crunchy: behold the yum of the last crumb.



When you order from Cub.com you'll earn Fuel Rewards on grocery purchases and have every eligible My Cub Rewards deal and clipped digital coupon automatically applied. You also qualify for FREE pickup and \$8.99 delivery everyday with no hidden fees on every \$35+ order. Shopping from your phone has never been easier!

pickup & delivery