



Cub

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TAKES ON
*Spring
Chicken*

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TO THE MAX**
Crowd-ready
tostadas &
walking tacos

*Trend watch:
Cottage
Cheese*

Chocolate lovers
face off in our
Sweetest 16

Plus!
**THE POWER
OF YOGURT**

Go Global

**BIG FLAVORS AND MUST-TRY MEALS
FROM AROUND THE WORLD**

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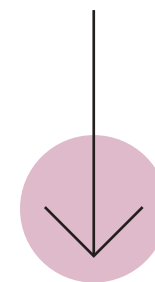
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A Whole New World

IT'S HARD TO IMAGINE a more globally connected food world than we have in 2024. Cooking and travel shows highlight the signature dishes and cuisines of far-off lands that pretty much anyone with a budget and passport can now experience. Restaurants and grocery aisles across the U.S.—and Minnesota—showcase the influence millions of immigrants and first-generation Americans have on expanding and reshaping our food culture.



8



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To celebrate these diverse culinary riches, we decided to center this issue on global foods. Starting on page 5, we nerd out on noodles, the foundation of too many world dishes and cuisines to count. We also devote our Make It Your Way feature to the Walking Taco—the Tex-Mex sensation that took the U.S. by storm in the 1960s and hasn't stopped (page 12). We really get down to business with 10 new recipes that take us from the shores of North Africa to the heart of the Midwest—with eight stops in between (page 14).

The adventure doesn't end there! March is National Frozen Foods Month and with a quick walk down any Cub freezer aisle, you'll find yourself surrounded by new global fare ready to take your taste buds on a trip. While these foods take center stage in our Easy Freeze-y feature on page 26, you'll find freezer Easter eggs throughout this issue. Speaking of Easter (sorry, couldn't help ourselves!), we've got smart ideas for Lent dinners and community events, too.

We also dote on dairy with features on yogurt—including how people around the world enjoy it (page 8)—and good ol' cottage cheese, which has become a social media sweetheart thanks to its versatility and high protein count (page 32).

There's much more ground to cover, if you can believe it, so you'd be wise to stick around, dive in, and have some fun with this issue.

We hope you enjoy a spring full of flavor,

Your friends at Cub

facebook.com/cub pinterest.com/cubfoods Instagram.com/mycubfoods

myCub **my way.**

→ What's Happening in Store



It's Girl Scout Cookie Season

The Girl Scouts River Valleys Cookie Program returns February 16–March 24. When you buy Girl Scout Cookies, you are creating opportunities for Girl Scouts to learn, grow, and thrive. From learning how to interact with customers to creating budgets, taking orders, and more! Plus, all cookie proceeds stay in our community. Look for them at your favorite Cub.



Holiday Ham Meals

This Easter, order a classic ham dinner, complete with delicious sides from our deli—enough food to serve up to eight. We'll make the meal so you can focus on making memories. Reserve yours today! You pick it up chilled and ready to gently reheat and serve. Pre-order your meal at least 48 hours in advance. Meal pickup begins February 11 and ends March 31, 2023.



Visit the Easter Bunny at Cub

Hop on over to your neighborhood Cub on Saturday, March 30 for a morning of Easter fun for the whole family. Take photos with the Easter Bunny, enjoy make-and-take crafts, and hunt for hidden Easter eggs filled with prizes and candy. Events typically run from 10 a.m.–1 p.m. but see your store for details.



20% Off Wine Sales

Just in time for spring gatherings and gifting, Cub Wine & Spirits and Cub Liquor locations are offering 20% off all wines from March 19–April 1. From Champagne and prosecco for mimosas and toasting, to a vast selection of reds and whites to pair with your Easter meal, it's all at Cub, and it's all on sale!



Meet Hatty

CUB IS PROUD TO BE THE SPONSOR OF THE MINNESOTA WILD'S TEAM DOG, HATTY.

Hatty will be raised to become a future service dog and joins the Wild as part of the team's Adopt-A-Dog program. The program's mission is to give a local hero their own hero.

Following her tenure with the Wild, Hatty will pursue a career training with Soldier's 6. At the conclusion of her specialized training, Hatty will be permanently placed with a veteran with post-traumatic stress disorder (PTSD) as a "Battle Buddy" and will help guide them through the difficult days in life.

→ Follow Hatty's journey with the Wild on Instagram (@mnwildpup) and at wild.com/hatty

STATS:

Name:

Hatty

Sex:

Female

Breed:

Golden Retriever

Born:

May 8, 2023

Birthplace:

Midwest Girl!

Position:

Forward, because I'm a real go-getter!

Favorite toy:

Any stick, including hockey sticks!

Favorite team:

Minnesota Wild

Quick Bites



RICE NOODLES

Chewy but light, the go-to noodle for pad Thai.

SOBA

Try in a cold noodle salad with fresh vegetables.

CHOW MEIN

The classic stir-fry noodle—just add veggies and tofu.

UDON

The perfect slurping noodle in soups and brothy dishes.

RICE STICKS

No cooking required, simply soak in hot water for 10–15 minutes.

RAMEN

Enjoy simply with broth or loaded with meat, boiled egg, and veg.

Ooodles of Noodles

THERE'S A WHOLE WIDE WORLD OF NOODLES and Cub is the place you can shop them all. The differences between Italian noodles boil down to shape, and in the end, they're largely interchangeable. Asian noodles, on the other hand, vary greatly. Before your next trip in, brush up on six of the most common types, what they're made from, and how best to use them. Then all that's left to do is stock up, sauce, and slurp!



HOW TO:

Rainbow Crepe Cake

What you'll need:

- 2 pkgs original egglife egg white wraps
- 16 oz mascarpone cheese
- 1 cup heavy cream
- ½ cup powdered sugar substitute
- 2 tsp vanilla extract
- food coloring

To make:

Whip together mascarpone, heavy cream, powdered sugar, and vanilla and divide equally into seven bowls. Add food coloring and stir to achieve desired hues. Start with one egg white wrap on a plate or cake stand and spread half the purple frosting. Lay on a second wrap and spread with remaining purple frosting. Repeat with each color in reverse ROY G BIV order so you end with red on top. Chill for 30 minutes before serving.



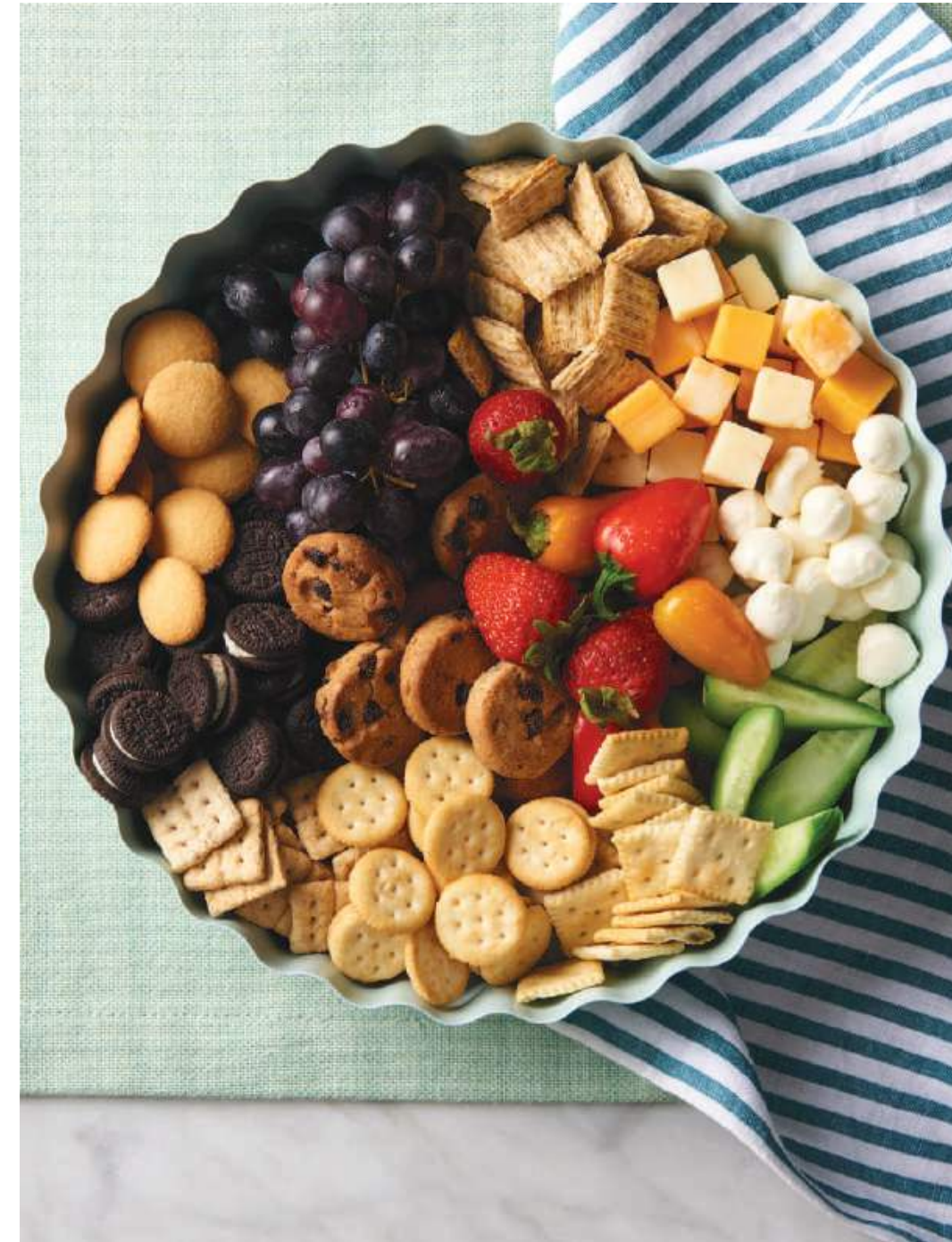
Turn all your favorite wraps or flour-based foods into a delicious low-carb alternative with one simple swap.

- Made with 95% egg whites
- Gluten free, dairy free, keto
- Find four flavors at Cub: Original, Everything Bagel, Southwest Style, and Italian Style
- Each pack contains six 7-inch wraps

EASY ENTERTAINING

Fuss-Free and Fancy

Low effort, high reward is a tricky balance to strike—if you don't have a few tricks up your sleeve, that is. The delicious, multi-hued hack here? Egglife egg white wraps! Pair with a simple-to-make mascarpone cream and some food coloring for a spring dessert that's turned all the way up to yum. And that's just one idea. Whether you're looking to cut carbs, plus up protein, or make a simple sugar swap, these five grain-free, dairy-free, keto-friendly flavors can transform any meal. From breakfast tacos to sandwich wraps, lasagna to enchiladas, sweet desserts and more, the possibilities are endless with Egglife egg white wraps.



FUN WITH FOOD

Make It Mini

Take celebrating the little things to a whole new level by going big on itty-bitty bites. A quick walk down any Cub snack aisle will quickly reveal that mini is having a major moment. From teeny TRISCUIT crackers and snack-size PREMIUM Saltines to poppable CHIPS AHOY! and NILLA Wafers, there's lots to be excited about. Put together a party spread for St. Patrick's Day, a spring baby shower, or a graduation party, and you're guaranteed to have everyone talking—and coming back for more.

BUILD IT:

Your options are endless, but keep the focus on small and sweet—think cubed cheeses, fresh mozzarella pearls, mini peppers and cucumbers, and tiny fruits like grapes and berries.



TRISCUIT Crackers
No snack tray is complete without this cracker hall-of-famer.



CHIPS AHOY! Cookies
We're all about the sweet and savory trays, and no guest will turn down a classic chocolate chipper.



RITZ Crackers
This buttery standard-bearer remains supreme even in mini form.



OREO COOKIES
One of the original snack minis is a must-have for the special day and the everyday.



PREMIUM Saltines
Every tray needs a palate cleanser or two, and saltines are an ideal transition to choosing your next bite.



NILLA Wafers
Pair with a bite of strawberry for that perfect vanilla-berry shortcake flavor.

POWER OF YOGURT

Culture Club

People around the world dial up their dairy with fermentation for extra flavor—and health benefits.

It all starts with milk—pure and simple goodness that’s packed with nutrition: muscle-building protein, the bone-strengthening power duo of calcium and vitamin D, plus more energy- and metabolism-boosting vitamins and minerals. But with the process of *fermentation*—the addition of specific bacteria, plus the magic of time (typically 24–72 hours)—it transforms. Fermentation creates tangy flavor and thicker consistency while also lengthening shelf life. Fermented, aka. *cultured*, dairy products have even more benefits. They deliver beneficial bacteria that can help with healthy digestion, and support your immune system. People around the world have developed countless delicious ways to enjoy cultured dairy. Let’s look at some of them—including a few that you’ll find in an aisle nearby.



SWEET TREAT

Chocolate-Covered Strawberry Magic Shell Yogurt Cup

INGREDIENTS

- 1 cup vanilla yogurt (5 oz)
- 3 strawberries, chopped
- 2 tbsp chocolate chips
- ¼ tsp coconut oil

DIRECTIONS

Mix strawberries into yogurt cup. Melt chocolate chips and coconut oil in microwave-safe bowl for 30 seconds. Drizzle over yogurt. Cover and freeze 10 minutes.



AMASI

Origin: Southern Africa

Traditionally fermented in a hollow gourd, amasi is a cow’s-milk product that has both curds and liquid. It’s eaten as a snack or alongside a cornmeal porridge called pap. It’s also sometimes blended and enjoyed as a drink.

AYRAN

Origin: Turkey

Savory ayran is a drink made by mixing yogurt with water and salt. It’s sometimes carbonated and served with mint, and is always a welcome, cooling addition when served alongside a spicy dish.

CRÈME FRAÎCHE

Origin: France

Defying its French name, “fresh cream,” crème fraîche is actually made with fermented *and* fresh cream. Its high butterfat content makes it decadent, and it’s particularly delicious served with fruit or baked goods. It’s also a great way to thicken a soup.

→ **FIND IT:** near the sour cream

DADIAH

Origin: Indonesia

Buffalo milk is the only ingredient for dadiah (or dadih)—it’s the process that turns it into a thick and creamy custard-like creation. The milk is poured into hollow bamboo tubes, covered with palm leaves, and left to spontaneously ferment with the help of naturally occurring cultures.

FROZEN YOGURT

Origin: United States

Taking yogurt in a dessert direction, this cool, tart treat gets sweetened to your taste with the addition of flavorings or a rainbow of toppings. It can scratch that ice cream itch while offering fewer sugars, fats, and carbs.

→ **FIND IT:** in the freezer aisle

KEFIR

Origin: North Caucasus (present-day Russia bordering Georgia and Azerbaijan)

This slightly effervescent beverage has grown in popularity in the U.S. as a tasty, drinkable yogurt. It’s made with kefir grains—tiny crumbles made of yeast—and bacteria that act as a “starter” while adding tanginess and other health benefits.

→ **FIND IT:** in the yogurt case

KUMIS

Origin: Central Asia

The nomads of the steppes traditionally made kumis with mare’s milk using a liquid culture starter to kick off the fermentation. Because of the higher sugar content in mare’s milk, kumis becomes slightly alcoholic. Interestingly, a product of the same name is made half a world away in Colombia, but with cow’s milk.

LABNEH

Origin: The Levant (present-day Lebanon, Syria, Palestine, Jordan, Israel)

There’s strained yogurt (think Greek), and then there’s labneh. It gets strained even more for a lusciously spreadable consistency that makes it a great dip, either on its own or with the addition of spices, lemon zest, olive oil, and more.

LASSI

Origin: India

The beloved yogurt drink of India was originally made with water buffalo milk, but is now widely made with cow’s milk too. Blended with water, lassis can go sweet (think mango or mint) or savory (salt or toasted cumin) depending on the drinker’s preference.

SKYR

Origin: Iceland

It takes four cups of milk to make one cup of skyr, which is why it’s thicker and creamier—with no straining—than a lot of other yogurts. Heirloom Icelandic cultures are used in its creation, and it’s hard not to wonder if what you’re eating is related to the skyr mentioned in thousand-year-old *sagas*.

→ **FIND IT:** in the yogurt case

VIIILI

Origin: Finland

This spontaneously fermenting yogurt variety has a unique texture often described as “ropy.” Scoop a spoonful up and it will stretch before snapping back, leaving your spoon almost clean. Its mild flavor earns it many fans and makes it easy to pair with sweet or savory additions.

TO TRY:

Right in Cub’s dairy aisles, you can find an international array of yogurts. Try them all to discover your favorite!



American:
Essential
Everyday



Australian:
Noosa



French:
Oui by Yoplait



Icelandic skyr:
Siggis,
Icelandic
Provisions



Greek:
Greek Gods,
Chobani,
Fage

MAKE THE MOST OF YOUR YOGURT

Even beyond the breakfast table, there are endless ways to enjoy yogurt.

USE IT AS A:

- Sauce:** Greek tzatziki or Indian raita
- Marinade:** Tenderizes and flavors meat
- Dressing base:** Whip up a creamy DIY salad topper
- Dip:** Grab a pre-made mix to add or get creative with spices and herbs
- Topping:** Swap out sour cream (especially if you’re lactose intolerant)



Anaheim:
Use in place of bell peppers + more heat



Pasilla Negro:
Ideal for stews and sauces



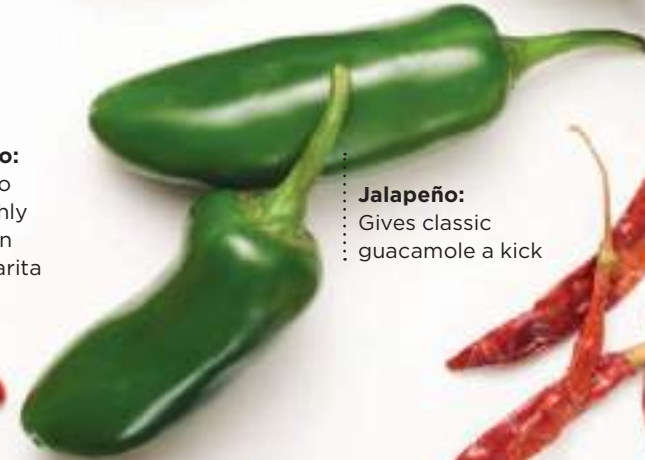
Chipotle:
Adds smoky depth to salsas



Poblano:
The go-to for chile rellenos



Fresno:
Add to a freshly shaken margarita



Jalapeño:
Gives classic guacamole a kick



Japones:
Use to create infused oils or spirits



De Arbol:
Grind to make chili powder



Habanero:
Spice up mango salsa. Beware: a little bit goes a long way



Habanero:
Makes the hottest of hot sauces



Serrano: Great (and hot!) in salsa, soup, or stew



Ancho: Ideal in cooking sauces and marinades



Hot Yellow: Use fresh or pickled in salads



Spice up game day with this fan fave:

Spicy Pimiento Pinwheels

Serves: 8 | Time: 1 hour 15 min

INGREDIENTS:

- ¼ cup mayonnaise
- 4 oz cream cheese, softened
- ½ tsp Dijon mustard
- ½ tsp Worcestershire sauce
- 1 jar (4 oz) diced pimientos, drained
- 1 medium jalapeño, seeded and finely chopped
- 1 scallion, finely chopped
- ¼ tsp cayenne
- 2 cups shredded extra sharp Cheddar cheese
- ½ cup shredded Colby cheese
- 4 flour tortillas (8-inch)

DIRECTIONS:

- 1 In a medium bowl, combine the mayo, cream cheese, mustard, Worcestershire, pimientos, jalapeño, scallion, and cayenne. Add the cheeses and beat with a mixer on low for 30 seconds to combine, then increase the speed to medium-high and mix for 2-3 minutes until creamy.
- 2 Spread a quarter of the cheese mixture onto each tortilla, making sure to cover the entire tortilla with the pimiento cheese. Starting at one end, tightly roll up each tortilla. Wrap each roll in plastic wrap and chill for at least 1 hour.
- 3 When ready to serve, remove from the refrigerator, unwrap, and slice into 1-inch rounds. Serve chilled or at room temperature.

Pick a Pepper

Any way you slice it, Mexican chilies pack a punch. Here are our go-to fresh and dried peppers and the best ways to use them.

OFF THE SHELF

Hit our aisles to kick up dishes with canned and pickled peppers like green chiles, chipotles, jalapeños, pepperoncini, and pimiento.





Walk This Way

Walking tacos have been a uniquely Mexican-American street food since the 1960s, and we're celebrating the party fave with mix-and-match ideas and three riffs that keep the concept fresh and fun.

What You'll Need

1. Pick Your Chip

Choose a base that will support the lineup of toppings you're eyeing.



2. Choose a Main

We tend to stick with the classics but using up leftovers is a pro move.

- Ground Beef
- Chicken
Grilled or Rotisserie
- Pulled Pork
- Ground Chorizo
- Beans
Black or Pinto

3. Layer on the Cheese

Grab some pre-shredded cheese or a block to shred yourself.

- Cheddar
- Cotija
- Colby Jack
- Queso Fresco
- Monterey Jack

4. Sauce It Up

Choose a sauce that will be an ideal binder for all your fixings.



- Chunky Salsa
- Queso Blanco
- Salsa con Queso
- Avocado Salsa
- Jalapeño Cheddar
Cheese Dip
- Smooth Ranch
Dip

5. Finish It Off

Complete your Tex-Mex masterpiece exactly the way you want.

- Crema
- Hot Sauce
- Shredded Lettuce
- Avocado
- Pickled Jalapeños

TWO TWISTS TO TRY:

1. SMASH BURGER

- + Nacho Cheese Doritos
- + Ground beef
- + Fritos Jalapeño Cheddar
Cheese Dip
- + Chopped white onions
- + Chopped pickle
- + Special sauce

2. CHICKEN BACON RANCH

- + Cool Ranch Doritos
- + Rotisserie chicken
- + Crispy bacon
- + Chopped green onion
- + Lay's Smooth Ranch Dip
- + Buffalo sauce

3. SCOTCHEROOS

- + 4 bags Fritos
- + ¼ cup peanut butter
- + ¼ cup corn syrup
- + 1 tbsp chocolate chips
- + ¼ cup sugar
- + 1 tbsp butterscotch chips

Add corn syrup and sugar to a small pan over medium heat, stirring until sugar dissolves and mixture begins to boil. Remove from heat and stir in peanut butter. Working quickly, scoop into bags and top with chocolate and butterscotch chips.

BONUS DESSERT IDEA:

A New Way to Surf & Turf

Jet-set from the comfort of your own kitchen with 10 global twists on fish, shrimp, and chicken dishes.



Chicken Shawarma Cobb Salad pg 20



Spanish-Inspired Chicken and Chorizo Paella pg 16



North African Crispy Lemon-Harissa Shrimp with Couscous pg 17

Spanish-Inspired Chicken and Chorizo Paella

Prep Time: 30 minutes | Cook Time: 50 minutes | Serves: 6



While super impressive and loaded with flavor, paella can be a tricky dish. We've made it a little easier with boneless, skinless chicken, frozen shrimp and peas, canned tomatoes, and easy-to-find arborio rice instead of the more specialized Spanish varieties. We're also using a 12-inch nonstick skillet, which admittedly makes it harder to create the classic toasted bottom, but it makes it easy to cook at home with a pan you probably have! The most important key to success in this recipe is preparedness: have your ingredients prepped and measured before you ever turn on the heat. And be ready to have a good time, because cooking paella makes any night feel like a party!

INGREDIENTS

- 1 qt chicken cooking stock (32 oz)
- 1 pinch saffron
- 1 lb Gold'n Plump Boneless, Skinless Chicken Breasts, cut in 1-inch pieces
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp olive oil
- 6 oz cured pork chorizo, thinly sliced
- 1 cup diced onion
- 2 cloves garlic, finely chopped
- 1 can (14.5 oz) diced tomatoes
- 1 cup arborio rice (8 oz)
- ½ lb frozen peeled, deveined shrimp, tail off (31-40 ct), thawed, optional
- 1 cup frozen sugar snap peas
- 1 lemon, cut in wedges

DIRECTIONS

- 1** Add chicken stock to large microwavable bowl. Microwave 3-5 minutes on High. Carefully remove. In 12-inch nonstick skillet, toast saffron over medium until aromatic, 1-2 minutes, then crumble into stock.
- 2** Season chicken with salt and pepper. In same skillet, heat oil over medium high. Add chicken and chorizo and cook 3 minutes, without moving, then stir and cook 2-3 minutes longer, until browned. Use a slotted spoon to transfer to a medium bowl; cover and keep warm.
- 3** Reduce heat to medium, add onion and cook, stirring often, 2-4 minutes. Stir in garlic and undrained tomatoes; increase heat to medium-high and cook, stirring of-

ten, 3-4 minutes, until liquid is absorbed.

4 Add rice, stirring to coat, and cook 1 minute. Stir in the chicken stock, chicken, and chorizo and bring to a simmer.

5 Skillet will be full. Do not stir again. Reduce heat to medium and cook 14-18 minutes, until liquid is at the same level as the rice (chicken will begin to emerge from liquid and if pan is shaken, some of mixture should stick to sides). Reduce the heat to low. If using, place shrimp evenly on top of rice. Continue to cook until liquid has been absorbed, 9-11 minutes.

6 Turn shrimp and add peas. Increase heat to medium-high and cook 3-5 minutes, rotating and shaking pan occasionally, until bottom layer of rice starts to caramelize.

7 Remove pan from heat. Cover loosely with foil and let rest for 5 minutes. Serve with lemon wedges.



North African Crispy Lemon-Harissa Shrimp with Couscous

Prep Time: 20 minutes
Cook Time: 15 minutes
Serves: 6



This Moroccan-style seafood riff on Buffalo wings gets dressed up for spring with a pop of fresh mint, parsley, and cilantro. Couscous with baby spinach and ras el hanout—a fragrant North African spice blend of cumin, coriander, ginger, turmeric, cinnamon, black pepper, cayenne, and allspice—take it to the next level.

INGREDIENTS

- 2 pkgs (9 oz each) SeaPak Jumbo Butterfly Shrimp
- 2 cups couscous
- 1½ tsp salt
- 1 tsp ras el hanout seasoning
- 6 tbsp butter, divided
- 3 cups water
- 8 cups baby spinach
- ¼ cup lemon juice
- 2 tbsp harissa
- ¼ cup chopped parsley
- ¼ cup chopped cilantro
- 2 tbsp chopped mint

DIRECTIONS

- 1** Heat oven to 425°F. Spray large rimmed sheet pan with cooking spray; arrange shrimp in single layer and bake 15-18 minutes, until hot.
- 2** Meanwhile, in 4- to 5-quart saucepan or Dutch oven, toast couscous, salt, and ras el hanout 3-4 minutes over medium-high heat, stirring constantly, until fragrant. Add 2 tablespoons butter and cook, stirring, until melted. Stir in water and heat to boiling; cover and turn off heat. Let stand 5-6 minutes or until water is absorbed. Uncover and stir in spinach, one handful at a time. Cover and let stand 3-5 minutes, until wilted.
- 3** In large microwavable bowl, place remaining 4 tablespoons butter. Cover with plastic wrap and microwave on High 1-2 minutes, until melted. Stir in lemon juice and harissa. Add cooked shrimp and herbs; toss to coat.
- 4** Spread couscous mixture on large platter. Top with shrimp, and serve.

Easy Skillet Chicken Piccata

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



Bright, herbal, citrusy and piquant—it's surprising that piccata still feels like cozy comfort food. The bright flavors of lemon, parsley, and white wine along with the heartiness of breaded, pan-fried chicken make this the perfect spring meal. Best of all, it's on the table in half an hour.

INGREDIENTS

2 Gold'n Plump Boneless Skinless Chicken Breasts (1 lb)
¼ cup all-purpose flour
½ tsp salt
¼ tsp pepper
1 egg, slightly beaten
1 tbsp water
1 cup Italian-style panko breadcrumbs
2 tbsp butter
2 tbsp olive oil
¼ cup capers
2 tbsp fresh lemon juice
2 tbsp dry white wine
Chopped parsley, if desired
Lemon wedges, if desired

DIRECTIONS

1 Slice chicken breasts in half horizontally. Place each chicken breast between plastic wrap and gently pound until about ¼ inch thick. In shallow dish, mix flour, salt, and pepper. In another shallow dish, beat egg and water. In a third shallow dish, place breadcrumbs. Coat chicken in flour mixture, dip in egg mixture, then coat with panko.
2 In a 12-inch nonstick skillet, heat butter and oil over medium. Cook chicken in a single layer (in two batches if needed), 8-10 minutes each, turning once, until chicken is no longer pink in center (165°F in center). Remove from skillet; cover to keep warm.
3 Stir capers, lemon juice, and wine into drippings in skillet; heat to boiling. Pour over chicken. Sprinkle with parsley and serve with lemon wedges.



Taking it's delicious direction from Southern France, where fresh, bright flavors rule, this lemony roasted chicken is a complete dinner that's weeknight-easy thanks to a sheet pan. Spatchcocking makes it cook faster and more evenly, and also takes up less room in the oven. For the best spatchcocking results, use a heavy chef's knife or sharp kitchen shears and pat the bird dry with paper towels before you get to work.



Roasted Spring Spatchcock Chicken with Fennel, Peas, Lemon, and Herbs

Prep Time: 20 minutes | Cook Time: 1 hour | Serves: 4

INGREDIENTS

1 whole Gold'n Plump® chicken (4-5 lbs)
3 tbsp olive oil, divided
1 tsp salt, divided
½ tsp pepper, divided
1 fennel bulb, trimmed and thinly sliced (about 2 cups)
1 cup sliced yellow onion
½ cup frozen petite green peas
Zest of 1 lemon
1 tbsp chopped chives
1 tsp thyme leaves

DIRECTIONS

1 Heat oven to 425°F. Line large rimmed sheet pan with foil. Place rack inside pan. Spray rack and pan with cooking spray.
2 Pat chicken dry with paper towels. Place chicken, breast side down, on large cutting board. Using heavy knife or poultry shears, cut closely along one side of backbone from thigh end to neck. Repeat on other side. Remove backbone; save for another use or discard. Turn chicken over; flatten breast by pressing firmly with heel of hand. Place chicken, breast side up, on prepared rack on pan. Tuck wings under breast. Rub chicken all over with

1 tablespoon olive oil, then sprinkle with ¾ teaspoon salt and ¼ teaspoon pepper. Roast uncovered 45 minutes.
3 Meanwhile, in large bowl, mix fennel, onion, remaining 2 tablespoons olive oil, ¼ teaspoon salt and ¼ teaspoon pepper.
4 Carefully remove rack with chicken from pan. Pour off pan juices, discard foil, and place chicken in center of pan. Add fennel mixture to pan around chicken. Roast 10-15 minutes longer or until thermometer inserted in thickest part of breast reads 165°F. Add peas to pan and cook 3-5 minutes longer, until peas are hot. Top with lemon zest, chives, and thyme to serve.



Chicken Shawarma Cobb Salad

Prep Time: 30 minutes
Cook Time: 0 minutes
Serves: 6



This loaded Cobb gets its inspiration from the Middle

Eastern flavors of spit-roasted shawarma. Our simplified version uses rotisserie chicken instead of lamb, but it's served with all the delicious trimmings of the original.

INGREDIENTS

- 2 cups olive oil
- ¼ cup lemon juice
- 1 tsp salt
- ¼ tsp cumin
- ¼ tsp turmeric
- ¼ tsp cinnamon
- ¼ tsp red pepper flakes
- 2 garlic cloves, finely chopped
- 2 cups cooked chicken (preferably Gold'n Plump), chopped
- 5 cups romaine, chopped
- 1 cup tomatoes, diced
- 1 cup cucumber, diced
- 1 cup red cabbage, shredded
- ½ cup crumbled feta cheese (2 oz)
- 2 pitas, toasted and torn into small pieces
- 1 cup prepared hummus

DIRECTIONS

- 1 In large bowl, whisk olive oil, lemon juice, salt, cumin, turmeric, cinnamon, red pepper flakes, and garlic. Pour ½ cup into a small serving bowl. Add chicken to remaining vinaigrette and toss to coat.
- 2 Place lettuce on a large serving platter. Top lettuce with chicken, tomatoes, cucumber, cabbage, cheese, and toasted pita pieces arranged in rows. Place hummus in another small serving bowl. Serve salad with the hummus and reserved vinaigrette.



Argentinian Chimichurri Shrimp, Smashed Potatoes, and Corn

Prep Time: 15 minutes
Cook Time: 35 minutes
Serves: 4



This sheet-pan version of classic Argentinian smashed potatoes with chimichurri includes crispy shrimp and frozen corn for an outstanding weeknight meal.

INGREDIENTS

- 1 lb baby red or fingerling potatoes
- ¼ cup olive oil, divided
- 1 tsp salt, divided
- ¼ cup fresh parsley, chopped
- ¼ cup cilantro, chopped
- 2 tbsp red onion, chopped
- 1 tbsp oregano, chopped
- 1 clove garlic, chopped
- 2 tbsp lemon juice
- 1 tsp red wine vinegar
- ½ tsp red pepper flakes
- ½ tsp sugar
- 1 pkg (9 oz) SeaPak Jumbo Butterfly Shrimp
- 1¼ cups frozen corn kernels

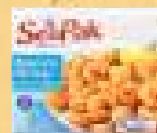
DIRECTIONS

- 1 Heat oven to 425°F. Coat large rimmed sheet pan with cooking spray. Add potatoes; drizzle with 1 tablespoon olive oil and sprinkle with ½ teaspoon salt. Turn to coat. Roast 18–22 minutes, until tender.
- 2 Meanwhile, prepare chimichurri. In large bowl, combine parsley, cilantro, red onion, oregano, garlic, lemon juice, vinegar, ½ teaspoon salt, red pepper flakes, and sugar. Slowly whisk in remaining 3 tablespoons olive oil.
- 3 Smash potatoes with metal spatula or bottom of a metal measuring cup. Add shrimp to pan around potatoes and roast 10 minutes longer.
- 4 Turn shrimp, add corn, and continue to roast 4–6 minutes, until potatoes are browned and shrimp are cooked through. Top with chimichurri sauce to serve.



Crispy Shrimp Pad Thai

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



You've never had shrimp like this before! Our fast and easy weeknight take on this Thai favorite comes together in a snap thanks to SeaPak popcorn shrimp. With all of the crunchy, salty, herby toppings, it's a feast for your eyes AND your taste buds.

INGREDIENTS

- 7 oz medium rice noodles
- 6 cups boiling water
- ½ cup packed brown sugar
- ¼ cup fresh lime juice
- ¼ cup soy sauce
- 2 tbsp fish sauce
- 1 tsp sriracha hot sauce
- 1 pkg (18 oz) SeaPak popcorn shrimp
- ¼ cup vegetable oil
- 1 bag (16 oz) frozen stir-fry blend
- 1 cup fresh bean sprouts
- ¼ cup cilantro, chopped
- 4 green onions, sliced on the bias
- ¼ cup peanuts, chopped, optional

DIRECTIONS

- 1 Place noodles in large bowl; cover with boiling water and submerge. Soak 8-10 minutes, or until noodles are soft but firm. Drain and rinse with cold water.
- 2 In small bowl, stir brown sugar, lime juice, soy sauce, fish sauce, and sriracha until well mixed; set aside.
- 3 Heat oven to 450°F. Place shrimp in a single layer on large rimmed sheet pan. Bake 10-12 minutes, turning once.
- 4 Meanwhile, in 12-inch nonstick skillet, heat vegetable oil over medium-high. Add frozen stir-fry blend and cook 6-8 minutes, until tender.

- 5 Stir in noodles and brown sugar mixture. Increase heat to high. Bring to a boil, tossing constantly with 2 wooden spoons or silicone spatulas. Add bean sprouts. Cook 2-4 minutes, stirring often, until noodles are tender. Place on serving platter. Sprinkle with cilantro, green onions, and peanuts to serve.

Korean Fish Sliders with Sweet Potato Fries

Prep Time: 10 minutes | Cook Time: 35 minutes | Serves: 4



Sweet meets spicy (and no, we can't get enough of this trend!) in a quick Korean-fusion spin on fish sandwiches. The Hawaiian sliders and sweet potato fries add sweetness while the kimchi and Korean gochujang-mayonnaise blend bring some spicy kick to these crispy, cheesy fish sandos.

INGREDIENTS

- 1 bag (20 oz) frozen sweet potato fries
- 2 pkgs (10 oz each) SeaPak Beer Battered Cod
- ½ cup mayonnaise
- 1 tbsp gochujang
- 8 Hawaiian sweet rolls, split and toasted
- 4 slices sharp Cheddar cheese, quartered
- 8 small lettuce leaves
- 3 tbsp kimchi, drained and chopped

DIRECTIONS

- 1 Heat oven to 425°F. Spray large rimmed sheet pan with cooking spray. Spread sweet potato fries in even layer on pan. Bake 10 minutes. Add cod to pan and return to oven; bake 25-30 minutes longer, until fish is hot in center.
- 2 Meanwhile, make gochujang mayonnaise by combining the two ingredients in a small bowl.
- 3 To serve, spread 1 teaspoon gochujang mayonnaise on the bottom buns, top each with 2 quartered slices of cheese, cod, lettuce, about 1 teaspoon kimchi, and top buns. Serve with sweet potato fries and remaining gochujang mayonnaise.

TIP

Stirring a bit of gochujang paste into prepared ketchup creates another umami-rich sweet and spicy sauce that's delightful on both sweet potato and regular fries.





Oven-Fried Pickle-Brined Chicken Thighs with Creamy Hot Honey Slaw

Prep Time: 35 minutes
Cook Time: 25 minutes
Serves: 6



The sweet and spicy—call it “swicy”—trend continues to grow. But this recipe takes it south of the Mason-Dixon line with boneless, skinless chicken that gets soaked in a buttermilk and dill pickle juice brine before breading and oven-frying. It’s the perfect partner for a hot sauce-spiked sweet and creamy slaw that uses bagged coleslaw mix and ingredients you probably already have in your pantry. Can’t take the heat? Skip the hot sauce!

INGREDIENTS

- ½ cup buttermilk
- ½ cup dill pickle juice
- 2 lbs Gold’n Plump Boneless, Skinless Chicken Thighs
- ¾ cup all-purpose flour
- 3 eggs, beaten
- 2¼ cups plain panko bread-crumbs
- 3 tbsp butter, melted
- 1 tsp smoked paprika
- ½ tsp salt
- ½ tsp ground black pepper
- ½ cup mayonnaise
- ¼ cup honey
- 1 tbsp apple cider vinegar
- 1 tbsp hot sauce
- 1 tbsp Dijon mustard
- 1 bag (14 oz) coleslaw mix

DIRECTIONS

- 1 Combine buttermilk and pickle juice in a 2-quart baking dish. Add chicken and turn to coat. Refrigerate 30 minutes or up to 2 hours.
- 2 Heat oven to 425°F. Spray rimmed sheet pan with cooking spray.
- 3 Place flour in a shallow dish and eggs in another. In a third shallow dish, combine breadcrumbs, butter, paprika, salt, and pepper. Coat chicken in flour mixture; dip into eggs, then coat with breadcrumbs. Place on sheet pan.
- 4 Bake 25–30 minutes, turning once, until chicken is cooked through (165°F in thickest part).
- 5 Meanwhile, prepare slaw. In large bowl, whisk together mayonnaise, honey, vinegar, hot sauce, and mustard. Stir in coleslaw mix.
- 6 Serve chicken on top of soft white bread with pickles, if desired, and coleslaw on the side.

TIP: Buttermilk and pickle juice brine is flavorful and effective, but avoid brining too long. If left in too long, the chicken will start to shred, resulting in a too-soft cooked texture.



Indian Sheet Pan Fish and Chips

Prep Time: 10 minutes | Cook Time: 30 minutes | Serves: 4



This easy riff on classic British fish and chips ups the simple flavor profile by tossing the fries in olive oil, salt, and garam masala as a fun way to elevate frozen fries. (You can try this technique with other flavors, using barbecue seasoning, steak seasoning, or your favorite seasoning blend.) The fresh cilantro, lemon, and mango chutney add color, extra flavor, and flair.

INGREDIENTS

- 2 tbsp olive oil
- ½ tsp salt
- ½ tsp garam masala
- 4 cups (about 14 oz) frozen french fries
- 2 pkgs (10 oz each) SeaPak Beer Battered Cod
- ¼ cup cilantro, chopped
- ½ cup mango chutney
- 1 lemon, cut in wedges

DIRECTIONS

- 1 Heat oven to 425°F. Spray large rimmed sheet pan with cooking spray. In large bowl, combine olive oil, salt, and garam masala; add fries and toss to coat. Spread fries in even layer on pan. Bake 10 minutes. Add cod and return to oven; bake 20–25 minutes longer, or until fish is hot in center, turning once.
- 2 Sprinkle fish and fries with cilantro. Serve with mango chutney and lemon wedges.

EASY Freeze-y

Behold, the power of frozen! A well-stocked freezer can cut down on prep time, reduce food waste, and take your taste buds on global adventures—all while saving you money. Fasten your seat belts, we're about to take off for frozen fare that's anything but boring.

Shortcut Oven-Roasted Porchetta with Herb Gnocchi

Prep Time: 10 minutes
Cook Time: 45 minutes
Serves: 4

INGREDIENTS

- 2 pkgs (13 oz each) Bertolli Herb Gnocchi
- 8 oz hardwood smoked bacon (regular cut)
- 18-19 oz pork tenderloin
- 2 tsp garlic powder
- 2 tsp dried parsley
- 2 tsp dried oregano
- 1½ tsp dried rosemary
- 1½ tsp dried basil
- 1½ tsp fennel seed, ground
- 1 tsp onion powder
- 1 tsp each salt and pepper

DIRECTIONS

Heat oven to 425°F. Mix spices and pat on pork tenderloin, then wrap with bacon strips. Place on greased rack over a foil-lined sheet pan. Roast tenderloin for 30-35 minutes until the bacon is crisp and the thickest part of the pork reads 145°F. Remove from oven and let rest 5 minutes.



GNOCCHI:

Make gnocchi according to package instructions. Finish with fresh grated parmesan, cracked black pepper, and chopped fresh rosemary, if desired.

Why Go Frozen?

Because variety is the spice of life. Today's frozen foods are created by chefs using on-trend ingredients and global flavors to deliver something for every taste and lifestyle. We're talking aisles of options.



Signature Spicy Chicken with Sticky White Rice and Sautéed Ginger Soy Bok Choy

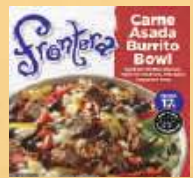
Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 2

INGREDIENTS

- 1 pkg (18 oz) Innovasian Signature Spicy Chicken
- 1 pkg (18 oz) Innovasian Sticky White Rice
- 2 tbsp canola oil
- 3 garlic cloves, minced
- 1½ inch piece ginger, minced
- ¼ tsp red pepper flakes
- 4 bunches baby bok choy, trimmed and cleaned
- 2 tbsp soy sauce
- Toasted sesame oil

DIRECTIONS

1 In a large sauté pan, heat oil over medium-high until shimmering. Add garlic, ginger, and red pepper flakes; cook, stirring constantly, until fragrant, about 45 seconds.
2 Add bok choy and toss; cook 2 minutes. Add soy sauce, 1 tablespoon water, then cover pan and cook another 2 minutes, until steam begins to escape from under lid.
3 Uncover and continue to cook until liquid is almost evaporated and stalks are soft, 3 minutes. Drizzle with sesame oil.
4 Prepare Spicy Chicken and Sticky White Rice per directions. Serve with bok choy.



Loaded Carne Asada Burrito Bowl

Prepare 1 (9 oz) Frontera Carne Asada Burrito Bowl according to package directions. Pile on your favorite toppings like guac, onions, tomatoes, lettuce, cilantro, and a squeeze of lime. Don't forget the tortilla chips and salsas for scooping!



Why Go Frozen?
When it comes to frozen vegetables, you are paying for 100% edible food, no stalks, seeds, or rinds here! Plus, you can use as much or as little as you need, whenever you need, which cuts down on waste.



Beef and Broccoli with Vegetable Fried Rice and Kung Pao Cauliflower

Cook Time: 10 minutes
Serves: 4

INGREDIENTS

- 1 pkg (22 oz) P.F. Chang's Beef and Broccoli
- 1 pkg (16 oz) P.F. Chang's Signature Fried Rice
- 1 pkg (24 oz) P.F. Chang's Kung Pao Cauliflower

DIRECTIONS

Prepare according to package directions. Serve with soy sauce and sesame seeds.

Why Go Frozen?

Time isn't always on our side. Ever get a smell of week-old meat or veggies past their prime? Frozen, however, stays fresh for months, which can cut down on food waste and save money.



Chinese-Style BBQ Pork Fried Rice with Smashed Cucumber Salad

Prep Time: 5 minutes | Cook Time: 10 minutes | Serves: 2

- INGREDIENTS**
- 1 pkg (16 oz) Innovasian Chinese-Style BBQ Pork Fried Rice
 - 1 tsp salt
 - 2 tsp sugar
 - 2 tsp sesame oil
 - 3 tsp soy sauce
 - 1½ tbsp rice vinegar
 - 2 seedless cucumbers
 - 4 cloves garlic, chopped
 - 2 tsp chili oil
 - 2 tsp toasted sesame seeds
 - Fresh cilantro

- DIRECTIONS**
- 1 In a large bowl, combine salt, sugar, sesame oil, soy sauce, and rice vinegar. Stir until the sugar and salt are dissolved. Set aside.
 - 2 On a cutting board, lay a large knife flat against the cucumber and smash lightly. Cut into small pieces.
 - 3 Toss cucumbers with dressing, garlic, and chili oil. Sprinkle with sesame seeds.
 - 4 Prepare Fried Rice per package directions and serve with cucumbers.



Chicken Parmigiana Penne with Garlic Bread and Caesar Salad

Prep Time: 5 minutes
Cook Time: 10 minutes
Serves: 3

- INGREDIENTS**
- 1 pkg (22 oz) Bertolli Chicken Parmigiana Penne
 - 1 pkg (16 oz) Essential Everyday garlic bread
 - 1 bag (10 oz) Casear salad

DIRECTIONS
Prepare according to package directions. Serve with grated parmesan and freshly cracked pepper.



Why Go Frozen?

For the convenience! Ready-to-use ingredients make meal prep crazy fast and super easy. All the picking, cleaning, chopping, and mixing is already done, saving precious time when it's needed most.

A Cottage Industry

Cottage cheese is (still) having a moment and these creative takes help the protein powerhouse live up to the hype.



FOR THOSE WHO'VE ALWAYS BEEN STAUNCHLY PRO-COTTAGE CHEESE, its allure is nothing new. Cottage cheese is delicious, loaded with protein, and versatile enough to make it sweet or savory, a snack, a dessert, an ingredient, or a meal in and of itself. Get ready to view this standby in a whole new light with these four creative takes.



Garlic Herb Whipped Dip

Silky smooth and loaded with flavor, this dip is a breeze to make and pairs perfectly with veggies, chips, or toast. Serves 4.

INGREDIENTS

- 1 pkg (16 oz) Kemps 4% small curd cottage cheese with chives
- ½ oz fresh basil
- ½ tsp dried thyme
- 1 garlic clove, chopped
- 2 tbsp fresh lemon juice
- Black pepper to taste

DIRECTIONS

Add all ingredients to a high-powered blender or food processor. Blend on high until smooth, scraping down sides until fully incorporated.



3-Minute Peach Cobbler

Inspired by Twin Cities food blogger Pinch of Yum, this single-serve treat takes the classic cottage cheese and peaches pairing to a whole new level.

INGREDIENTS

- 1 pkg (5.64 oz) Kemps plain small curd cottage cheese
- 1 fresh peach, chopped
- ½ tbsp butter
- 1 graham cracker, crushed
- Honey or maple syrup

DIRECTIONS

Scoop cottage cheese into a bowl and top with half of the chopped peach. Heat butter and graham crackers in microwave-safe bowl for 30 seconds. Sprinkle mixture over peaches and drizzle with honey or maple syrup.



Greek Hummus Bowls

Pile go-to Greek salad fixings—romaine lettuce, cucumbers, tomatoes, red onions, kalamata olives, and feta with a red wine vinaigrette—atop a high-protein hummus. Serves 4.

INGREDIENTS

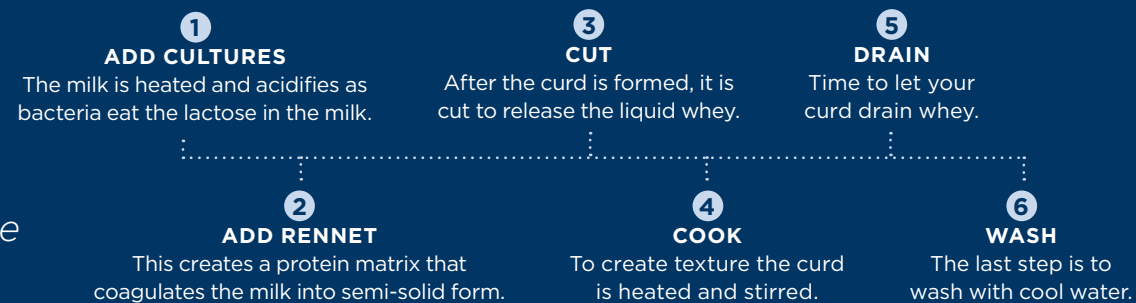
16 oz prepared hummus
½ cup cottage cheese

DIRECTIONS

Blend cottage cheese in food processor until smooth. Mix prepared hummus and cottage cheese in bowl until well-combined. Scoop ¼ cup hummus onto bottom of plate or bowl and top with salad.



How cottage cheese is made



Lemon Blackberry Ice Cream

Looking for a new favorite dessert that's bright, tangy, and just sweet enough? This frozen riff on cheesecake even boasts nearly 15 grams of protein. Serves 4.

INGREDIENTS

16 oz Kemps 4% Milk Fat Cottage Cheese
½ cup honey
1 tsp vanilla extract
6 oz fresh blackberries
1 tsp lemon zest
3 graham crackers, roughly crushed

DIRECTIONS

Blend cottage cheese, honey, vanilla, and all but four of the blackberries until smooth. Pour into freezer-safe container and mix in lemon zest and ⅔ of the graham crackers. Top with remaining blackberries and graham crackers. Freeze until firm, about 8 hours.



Small Curd VS Large Curd

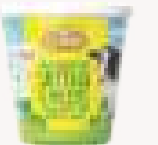
In our opinion, the kind of cottage cheese to savor is the large curd, full-fat variety, which is made with rennet and has a lower acidity. It's also lower in moisture than the small curd, non-renneted, higher-acid styles, which often come off as soupy because of high whey content. At its best, cottage cheese has a sweet, creamy flavor profile, with a textural complexity that sets it apart from anything else in the cheese case.



4% small curd



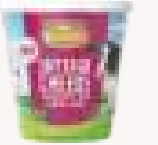
2% small curd



1% small curd



Fat-free small curd



4% large curd



4% small curd with chives

The Ultimate Chocolate Lovers' Bracket

Let's gooo, chocolate lovers!
Shoot your shot in our first-ever
spring chocolate bracket to crown
the ultimate 2024 chocolate champ.

Spoiler: There are no losers.



When a caramel-y poke cake dotted with Heath toffee bits faces off against fudgy chip brownies (best eaten warm, FYI), we all win!

TEAM: BAKE IT

Chocolate Caramel Poke Cake

INGREDIENTS

- 1 box Devil's food chocolate cake, plus ingredients called for on package
- 1 can (14 oz) sweetened condensed milk
- 1 cup Heath toffee bits
- 1 jar (12 oz) caramel sauce
- 1 tub (8 oz) whipped topping
- 3 Heath candy bars, chopped

DIRECTIONS

Bake cake according to package instructions and let cool. Use a wooden spoon handle or straw to poke holes across cake. Pour condensed milk over cake. Sprinkle with toffee bits and pour caramel sauce over candy. Refrigerate until completely cool. Top with whipped topping and chopped Health bars.

VS

Fudgy Chip Brownies

INGREDIENTS

- 1 box fudge brownie mix, plus ingredients called for on package
- ½ bag Mini Hershey's Kisses

DIRECTIONS

Prepare brownies according to package directions, and as added final step, stir in mini Kisses before baking. Serve warm.



TEAM:
BAKE IT

ROLO Pretzel Delights

INGREDIENTS

- Rolos
- Mini pretzels
- Pecan halves

DIRECTIONS

Heat oven to 250°F. Line cookie sheet with parchment paper. Place pretzels on cookie sheet. Top each with one unwrapped Rolo. Bake 3–5 minutes or until Rolos begin to soften but do not melt. Remove from oven and top with pecan half or another pretzel.

VS

Chocolate Peanut Butter Cookie Cups

INGREDIENTS

- 1 pouch peanut butter cookie mix, plus ingredients called for on package
- 1 bag miniature Reese's Peanut Butter Cups

DIRECTIONS

Heat oven to 375°F. Make cookies according to package directions. Shape dough into 1-inch balls and place in mini cupcake tin. Bake 8–10 minutes. Once slightly golden, place one miniature Reese's cup in each cookie, gently pressing down. Return to oven for 1 minute, then remove and place on a cooling rack to cool completely.



Nutty, salty, and sweet vs. gooey chocolate peanut butter is an epic flavor battle. For the Delights, we love using both milk and dark chocolate Rolos, and switching things up with cashews and almonds, too.



TEAM:
MAKE IT

S'mores

- Graham crackers
- Marshmallows
- Hershey's milk chocolate bars

VS

Chocolate Peanut Butter Lovers Trail Mix

INGREDIENTS

- 8 oz dry roasted peanuts
- 9 oz itty bitty pretzels
- 1 bag (8.5 oz) Reese's baking Cups and Pieces candy
- 5 oz Reese's peanut butter baking chips
- 6 oz mini chocolate chips

DIRECTIONS

Combine all ingredients and store in an air-tight container for up to 2 weeks. Makes 7 cups.

To make this match-up even more of a toss-up, swap the chocolate bar for a Reese's Peanut Butter Cup to take your s'more to a championship level.





Dress up your Peppermint Ice Dream dessert with a drop or two of food coloring to match any party theme.



PRO TIP: Add a tablespoon or two of Reese's Peanut Butter before blending for even more yum.

TEAM: MAKE IT

Peppermint Ice Dream

INGREDIENTS

- 6 oz York mini peppermint patties
- 2 oz milk
- 1 tub (8 oz) frozen whipped topping, thawed
- 1 prepared chocolate cookie crust (6 oz)

DIRECTIONS

- 1 Place peppermint patties and milk in large microwave-safe bowl. Microwave at medium/50% for 2 minutes; stir. Microwave an additional 30–60 seconds or just until peppermint patties are melted and smooth when stirred. Cool slightly.
- 2 Fold whipped topping into slightly cooled melted mixture and pour into crust. Cover; freeze 6–8 hours or until firm. Just before serving, garnish with additional mini peppermint patties and whipped topping. Serves 8.

VS

Double Malt Malt

INGREDIENTS

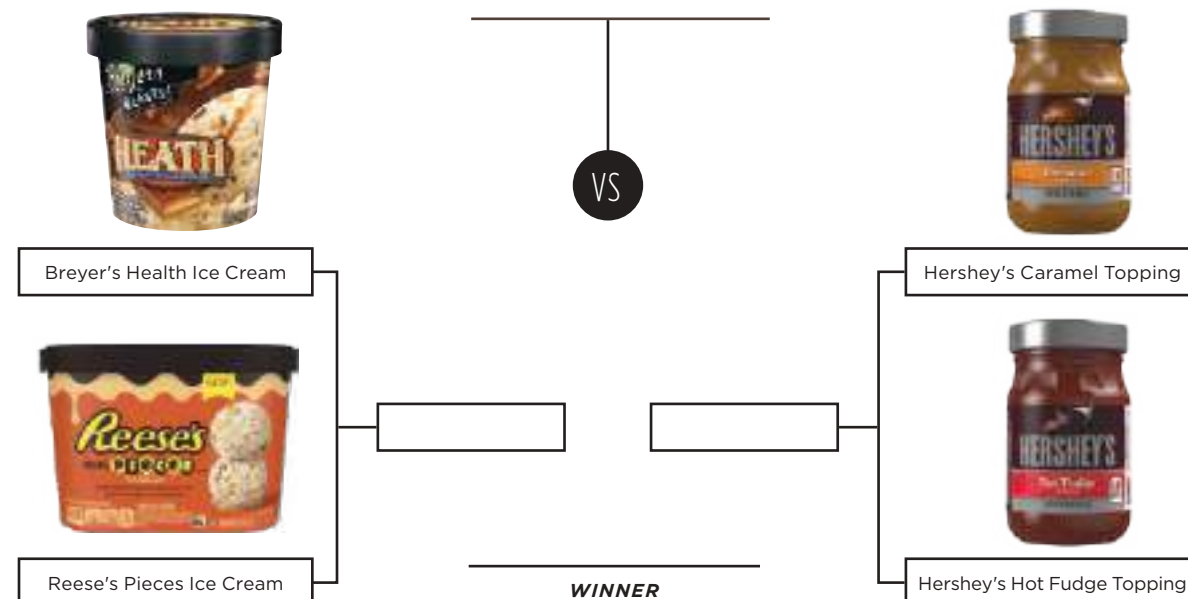
- 2 cups vanilla ice cream
- ½ cup milk
- 2 tbsp malted milk powder
- 1.5 oz (about 20) Whoppers Malted Milk Balls, crushed

DIRECTIONS

- Combine ice cream, milk, and malt powder in blender until smooth. Top with whipped cream, if desired, and crushed Whoppers. Serves 2.

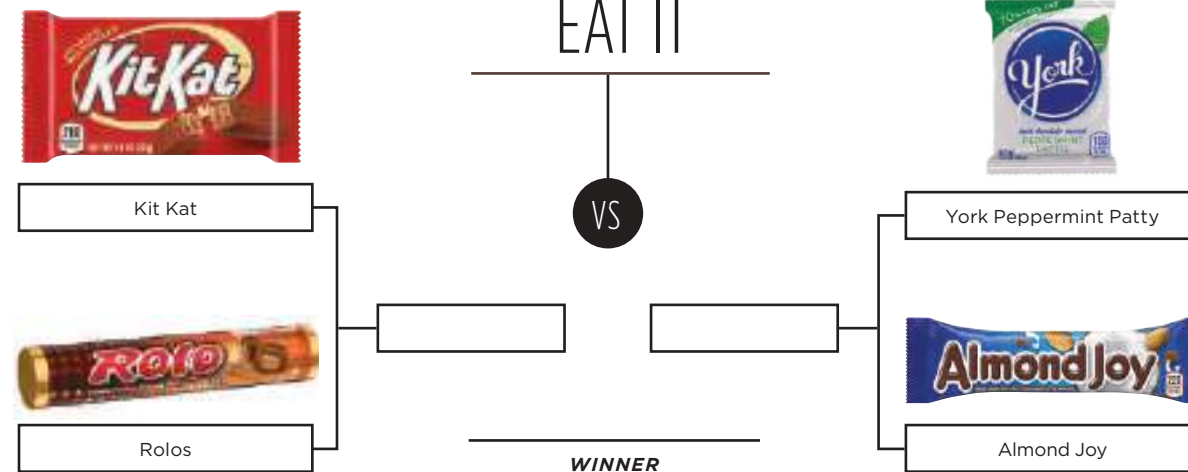
TEAM: COOL IT

VS

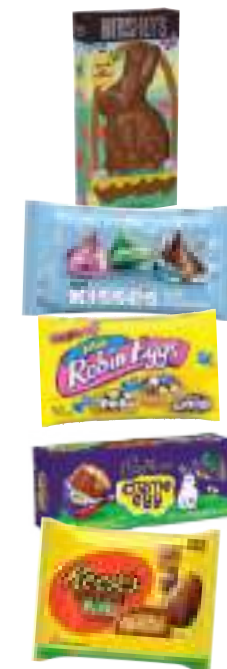


TEAM: EAT IT

VS



EASTER IS SUNDAY, MARCH 31
STOCK UP ON YOUR HOLIDAY FAVORITES NOW!



TIME OUT.
NOT A CHOCOLATE PERSON? TRY THESE THREE CLASSICS



CLASSIC Spring Suppers

Kick back with these seasonal cocktails for every crowd size

Raspberry Lemon Drop Martini

Serves 1

INGREDIENTS

- ¼ cup granulated sugar
- Zest from 1 lemon
- 2 oz Absolut Citron vodka
- 1 oz Cointreau
- 1 oz fresh lemon juice
- ¾ oz simple syrup
- 4 fresh raspberries,
1 muddled

DIRECTIONS

- 1 Combine sugar and zest on a small plate. Wet the rim of a chilled martini glass with a cut lemon, then twist the rim into the lemon sugar.
- 2 Add vodka, Cointreau, lemon juice, simple syrup, muddled raspberry, and a handful of ice to a cocktail shaker. Shake for 30 seconds or until very cold. Strain into the prepared martini glass, garnish with remaining raspberries on a toothpick, and serve.

OUR PICKS



Mississippi Bourbon Punch

Serves 15

INGREDIENTS

- 2 bottles (750 ml) Kendall Jackson Chardonnay
- 1 bottle (12 oz) grenadine
- 1½ cups Jim Beam Bourbon, chilled
- 1 cup fresh orange juice
- 1 cup cranberry juice
- ½ cup fresh lime juice
- 8 cups ice cubes
- 1 can (12 oz) lemon-lime soda
- 1 cup club soda, chilled
- Orange slices and maraschino cherries to garnish

DIRECTIONS

- Add chilled wine, grenadine, bourbon, and juices to a large punch bowl. Stir in ice, lemon-lime soda, and club soda. Garnish each drink with an orange slice and cherry.

OUR PICKS



Strawberry Rhubarb Gin Rickey

Serves 1

INGREDIENTS

Rhubarb Syrup

- ½ lb rhubarb, chopped (frozen works great—you may need less water)
- ½ cup granulated sugar
- 1¼ cups water

Cocktail

- 2 strawberries
 - 2 oz rhubarb syrup
 - 2 oz fresh lime juice
 - 2 oz Tanqueray London Dry Gin
- Crushed ice
Sparkling water
Lime slice or strawberry for garnish

DIRECTIONS

Make the rhubarb syrup

- 1 Combine ingredients in a small saucepan and bring to a simmer. Lower the heat to a slow bubble and cook until the rhubarb becomes mushy, about 15 minutes.
- 2 Puree the rhubarb with an immersion blender or small food processor until smooth. Refrigerate until chilled.

Make the cocktail

- 1 Muddle the strawberries in a cocktail shaker. Add 1 cup crushed ice, rhubarb syrup, lime juice, and gin.
- 2 Shake vigorously and strain into a glass filled with crushed ice. Top with a splash of sparkling water. Stir once or twice to mix. Garnish with a lime slice, rhubarb peel, and/or whole strawberry.

OUR PICK



Mojitarita

Serves 4

INGREDIENTS

- 1 cup fresh mint, plus more for garnish
 - ½ cup fresh lime juice
 - 2 tbsp sugar
 - 8 oz Patron Silver Tequila
- Soda or sparkling water
- 1 lime, sliced into thin wheels

DIRECTIONS

- 1 Tear the mint leaves into pieces and add ½ cup to a cocktail shaker with ¼ cup lime juice, 1 tablespoon sugar, and 4 ounces tequila. Add crushed ice and shake well.
- 2 Strain over ice into high ball glasses and top off with soda water. Garnish with mint leaves and lime slices.
- 3 Empty the shaker and repeat steps to make remaining drinks.

OUR PICK



WHAT YOUR FAVORITE
KIND OF FRY
 SAYS ABOUT YOU

When it comes to fries, the one thing we can all agree on is that they have to be crispy. Which style is the best style, on the other hand, is highly debatable (and tied to your character, it turns out). Thankfully, Grown In Idaho makes no less than six varieties of frozen fries and every one of them is super crispy. Keep reading to learn what your favorite fries reveals about your personality.



CRINKLE CUT

Two words for you: old school. Sometime in the early 90s (likely in a school cafeteria) your allegiance was formed and you've never wavered. You're not the sort to jump on trendy bandwagons, but your friends don't describe you as boring, either. When the occasion calls for it, you go all out.



HAND CUT

Hot and crispy on the outside and tender on the inside. Are we talking about you or the fries? Both, it turns out. You're the fiercely loyal and funny sort. Everyone you deem a close friend knows how lucky they are, and those who've crossed on to your bad side know there's no coming back.



TOTS

How do we say this nicely? You're the odd duck in your group of friends, aren't you. Goofball is a term you've heard more than once in your life, but you wear it as a badge of pride—as you should. Life is too short not to love what you love (tots) or to say how you feel (tots are the superior spud).



SHOESTRING

You're the connector of your family and friend group. Your keen ability to remember birthdays, anniversaries, and important dates always makes people feel special. And no one creates better get-togethers, from casual gatherings to swanky soirees, you know how to make the good times roll.



WAFFLE FRIES

"Don't sweat the small stuff" is your mantra in life. Free-spirited and full of energy, you excel at making seemingly mundane things fun. Even grocery shopping with you is a hoot. But don't be mistaken, you have a serious and brooding side, too. Just ask the person who tried to take your last waffle fry.



STEAK CUT

Confident, bossy, and bold are how you've heard others describe you. And that's just fine. We can't all like the same things; that would be boring. Someone has to unapologetically love steak-cut fries above all the others. Here's to knowing what you want and telling someone to get them for you.

NEW!
COLD FOAM
creamer

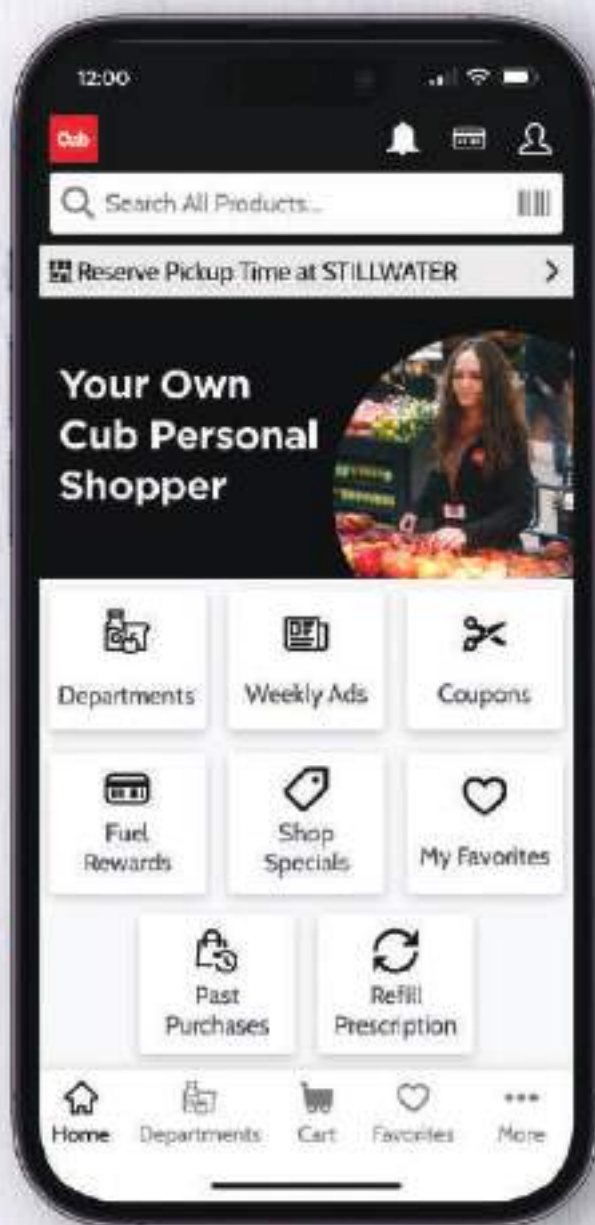
foams & creams



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