

Compliments of Kowalski's

March - April 2022

THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME

THE

Breakfast

ISSUE

THE
**NEW
SMOOTHIES**

QUICK & EASY
BREAKFAST PASTRIES

THE
WOMEN
OF MEAT & SEAFOOD

Passionfruit
Smoothie Bowls
(page 9)

The Family Grocery Store with the Family Still in It

Thoughts from the KOWALSKIS

It's no secret we love donuts. To be honest, we love all things breakfast. In this season of brunch, we thought it was about time to devote an issue to the most important meal of the day.

Culinary & Branding Director Rachael Perron agreed with us and amassed a collection of new recipes that celebrate the joy of good breakfast as much as the joy of fast and easy! Herein she's showcasing some simple shortcuts for homemade baked goods and quick options for breakfast, breakfast for lunch and breakfast for dinner!

Some of the most popular items in our Signature Products line are breakfast-related. On the facing page you'll get a look at but a few of them as well as Rachael's unexpected recipe for a homemade coffee cake made with, of all things, pancake mix!

We're celebrating Women's History Month (March) and International Women's Day (March 8) as we continue our

Stakeholder Spotlight series with another story about the changing of the guard at our Meat & Seafood counters. This has always been a department staffed mainly by men, and we're thrilled to have the expertise and experience of these two talented women within the ranks. They make a wonderful addition to our team with their knowledge, leadership and citizenship. You can learn more about these lovely ladies on page 5.

Speaking of ladies, our Nutritionist Sue Moores, M.S., R.D., brings us some words of wisdom about women's health on page 11. We are so fortunate to have Sue as a member of our team!

Here's looking forward to a beautiful spring!

Food matters! Truth matters!

Mary Anne Kowalski and
Kris Kowalski Christiansen



KOWALSKI COMPANIES IDENTITY STATEMENT: Kowalski Companies is a civic business. All stakeholders are obligated to organize, educate and set policy according to democratic principles and standards. We do this in partnership with other demonstrations of the Midwest Active Citizenship Initiative to renew and sustain democracy and to create a world that is abundant and just.



Easter Meals

Our holiday meals are prepared by hand with the best ingredients possible, including cage-free eggs in our Signature Quiche, Naturally Raised pork in our Spiral-Cut Ham and freshly squeezed oranges in our Signature Orange Juice. They're holiday meals made the way you'd make them at home, only you don't have to! Our Quiche Breakfast and Ham Dinners include all the sides, rolls and even dessert! Meals and sides are available for in-store pickup, curbside pickup and delivery.*

Choose from:

QUICHE BREAKFAST FOR 6
HAM DINNER FOR 8
SMALLER HAM DINNER FOR 2-4

Holiday side dishes are available à la carte, too, so you can always order a little extra or mix and match with your own menu.

ORDER ONLINE AT KOWALSKIS.COM

**While supplies last*

Please note that all stores will be closed Sunday, April 17, for Easter.

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SIGNATURE
PRODUCT
FOCUSKOWALSKI'S *Signature* BREAKFAST**Kowalski's Pancake Mixes**

Breakfast is easy and delicious with our locally made pancake mixes, available in Blueberry, Buttermilk and Chocolate Chip flavors. Try your favorite with our locally produced Signature Grade A Maple Syrups. Find them both in the Grocery Department.

**Kowalski's Snack Granolas**

Made from our own exclusive recipes, Kowalski's Signature Snack Granolas break apart easily. You'll love them on their own or crumbled into a bowl and splashed with milk. Made locally with premium rolled oats and wholesome ingredients like honey, sunflower seeds and flax seeds, these versatile snack enhancers make a terrific treat any time of day. We love it with yogurt or ice cream! Look for Blueberry Almond, Cranberry Cinnamon, Tropical Fruits & Nuts and Chocolate Peanut Butter varieties in the Bakery Department.

Kowalski's Coffees

Kowalski's Signature Coffee is roasted locally in the Twin Cities and delivered weekly to our markets for the freshest coffee around. Our coffee is also Fair Trade and organic. When Jim Kowalski traveled to Brazil to meet local farmers and inspect the beans that would one day become Kowalski's Signature Coffee Roasts, he knew we were hand-selecting only the best! Find a variety of ground beans, whole beans and single-serve options in the Grocery Department.

Kowalski's Grade A Maple Syrups

Kowalski's Signature Grade A Maple Syrups are 100% pure. They're locally produced by a third-generation family owned and operated business that has been producing quality maple syrup for over 80 years. Our real maple syrups are different than other breakfast "syrups." While ours is real maple, these imitations are made with sugar and/or corn syrup.

A natural with hotcakes, waffles or even drizzled over oatmeal or yogurt, our 100% Pure and Organic maple syrups are also great in place of other sweeteners, especially in recipes for more liquidlike foods, like smoothies, sauces and dressings.

**EASIEST CINNAMON CRUMB CAKE** V

SERVES 8

16 oz. Kowalski's Buttermilk Pancake & Waffle Mix, divided
 ½ cup brown sugar
 ½ cup finely chopped pecans (optional)
 5 tbsp. Kowalski's Salted Butter, melted
 2 tbsp. ground cinnamon
 ½ cup sugar

¼ cup canola oil
 1 egg
 1 tsp. Kowalski's Organic Madagascar Vanilla Bean Paste
 8 oz. sour cream
 ¼ cup hot water
 - confectioners' sugar, for garnish

In a small mixing bowl, combine 1 cup pancake mix, brown sugar, pecans, butter and cinnamon; mix well. Set cinnamon topping aside. In a large mixing bowl, whisk sugar, oil, egg and vanilla until pale in color and sugar is mostly dissolved (about 2 min.). Add remaining pancake mix and sour cream to the sugar mixture in 3 additions, alternating between each; mix until incorporated. Whisk in hot water. Spray a 9" round springform pan with cooking spray. Spread ½ of the batter in the pan; sprinkle evenly with ½ of the brown sugar mixture. Drop spoonfuls of the remaining batter on top of the brown sugar layer; use the back of the spoon to pat batter evenly over filling. Sprinkle batter evenly with remaining brown sugar mixture. Bake in a preheated 350° oven until a toothpick inserted in the center comes out completely clean (about 50 min.); cool in pan for 10 min. Loosen cake from the edge of the pan and remove collar; allow cake to cool completely to room temperature. Serve dusted with confectioners' sugar.



Rachael Perron
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**COOKING
AT HOME:**

meat

EGGSELLANT

SCRAMBLED EGGS FLORENTINE V

SERVES 4

- 8 oz. loaf artisan French or roasted garlic bread (from the Artisan Bread Table), sliced $\frac{3}{4}$ " thick
- Kowalski's Extra Virgin Olive Oil, for brushing the bread
- 1 tsp. kosher salt, plus more for seasoning the bread
- $\frac{1}{4}$ tsp. freshly ground Kowalski's Black Peppercorns, plus more for seasoning the bread
- 2 cloves garlic, peeled
- 5 tbsp. Kowalski's Unsalted Butter
- 5 oz. frozen chopped spinach, thawed and squeezed very dry
- 10 Kowalski's Large Organic Eggs, beaten
- 5 oz. Kowalski's Onion & Chive Cream Cheese Spread
- snipped chives, for garnish

Arrange bread on a baking sheet; brush liberally on both sides with oil. Season bread to taste with salt and pepper; bake in a preheated 425° oven until crisp and lightly darkened on the outside but slightly soft on the inside (about 15 min.). Remove crostini from oven; rub crisp edges and surface with garlic cloves. Set crostini aside to cool slightly. In a large skillet, melt butter over medium heat. Add spinach; cook until hot. Add eggs, 1 tsp. salt and $\frac{1}{4}$ tsp. pepper; reduce heat to medium-low. Dollop cream cheese spread over eggs. Stir gently and infrequently, moving eggs on and off the heat, until egg mixture warms up; repeat this several times until the eggs are almost done but still quite glossy and soft. Scoop eggs directly onto prepared crostini; garnish with chives. Serve immediately.

Scrambled eggs is one of those deceptively simple meals that really test a good cook. Because they cook so quickly, they're prone to overcooking. Rubbery, dry scrambled eggs are even less appealing than they sound.

"Low and slow" is my best advice for avoiding this culinary disaster. Well, that, and a generous bit of butter. This recipe is one I concocted after ordering the lobster scrambled eggs at Bar la Grassa more than a decade ago. Glossy, buttery and oh-so-silky, they were the scrambled eggs you dream of. Like Chef Becker's dish, I make mine with warm spoonfuls of cream cheese folded into the eggs and serve them on crispy, garlic-tinged toasted artisan bread. It's a beautifully decadent dish for breakfast or brunch, though I just as often serve it as a comforting midwinter dinner.

Warmly, *Rachael*



STAKEHOLDER SPOTLIGHT

the WOMEN of Meat & Seafood

THE CHANGING FACE OF THE SERVICE COUNTER

Kowalski's Markets is one of very few female-owned grocery retailers in the country, but this should not be such a unique phenomenon. Women drive most consumer purchases in their households, so it makes sense that they should help shape the future of the grocery industry. In particular, the Meat & Seafood Department has historically been male-dominated, but the demographics are starting to shift. We are delighted to highlight two talented women exploring careers in our Meat & Seafood Department, where they are just beginning to change the face of the service counter.

ALEX EVENSON, who works at our Lyndale Market, began working for Kowalski's while in high school and continued into college. During a holiday break, she was asked to help in the Meat Department and afterwards helped whenever she was on break from school. After graduating, she got a permanent position in the Meat & Seafood Department and worked herself up to Seafood Lead. Alex says what inspires her most is how many opportunities she's been given to build her capacity. She describes her managers as extremely encouraging, helpful, and always willing to answer questions and share their knowledge.



Alex Evenson

CHRISTEEN LANGREDER is the newest Meat & Seafood Manager at our Oak Park Heights Market and a seafood display artist extraordinaire. She got her start as a chef in the Deli Department, where she would often need certain cuts of meats for special orders. Christeen would watch the guys behind the service counter work and was curious about where the cuts she needed came from. She requested cross-training to learn more, and within a year, Christeen was a Meat Department employee. She has since worked her way up to being the company's only female Meat & Seafood Manager! Christeen says she is incredibly proud of the amazing programs and products that we have at Kowalski's Markets, and she loves to share her insights on them with both her customers and fellow stakeholders.



Christeen Langreder

Overwhelmingly, both women expressed that the main driver of success was a welcoming and inclusive environment where knowledge was freely shared and their talents, skills and drive were recognized and appreciated. They are humble and do not consider the impact they have on others, but seeing more women behind the Meat & Seafood Service Counters will encourage even more women to seek those roles. This in turn creates a larger talent pool for senior leadership positions, where the true power to shape the future resides. At Kowalski's, we promise to never stop striving for equitable representation in all positions in our company so that our people, from behind the counter to the top executives, are as diverse and unique as our amazing customers.



ALEX'S
go-to is always our New York strip.

CHRISTEEN
really enjoys Kowalski's shrimp and our exclusive Akaushi beef.

WATCH A TIME-LAPSE OF CHRISTEEN SETTING HER SEAFOOD CASE HERE:





Wake up to some new ways to use familiar products in your morning meal routine. Fresh pizza dough is a quick and easy way to whip up sweet cheese pastries, and day-old bread and jam are the secrets to making a fancy French favorite fast. Frozen puff pastry and a bag of muffin mix are similarly useful convenience products that'll enable you to bake up some truly impressive breakfast and brunch options that look much fussier than they actually are.

HAM & CHEESE MUFFINS

MAKES 12

1 pkg. Kowalski's Signature Muffin Baking Mix
(from the Bakery Department)

2 eggs

1 cup milk

½ cup canola oil

1 cup finely diced ham (such as Boar's Head
Tavern Ham)

1 cup shredded sharp Cheddar cheese, divided

¾ cup chopped green olives

½ cup sliced green onions (optional)

Pour muffin mix into a large mixing bowl; form a well in the middle. Crack eggs into the center of the well. Add milk and oil; whisk until everything is just moistened and no dry bits are visible. Fold in remaining ingredients, reserving some cheese for topping the muffins. Scoop mixture into a 12 ct. muffin tin sprayed with cooking spray or lined with paper baking cups; top with remaining cheese. Bake in a preheated 400° oven until golden (about 15 min.). Allow muffins to rest for 20 min. before serving.

TASTY TIP

To make jumbo muffins, simply bake about 3 min. longer.





EASY CHEESE AND FRUIT DANISH V

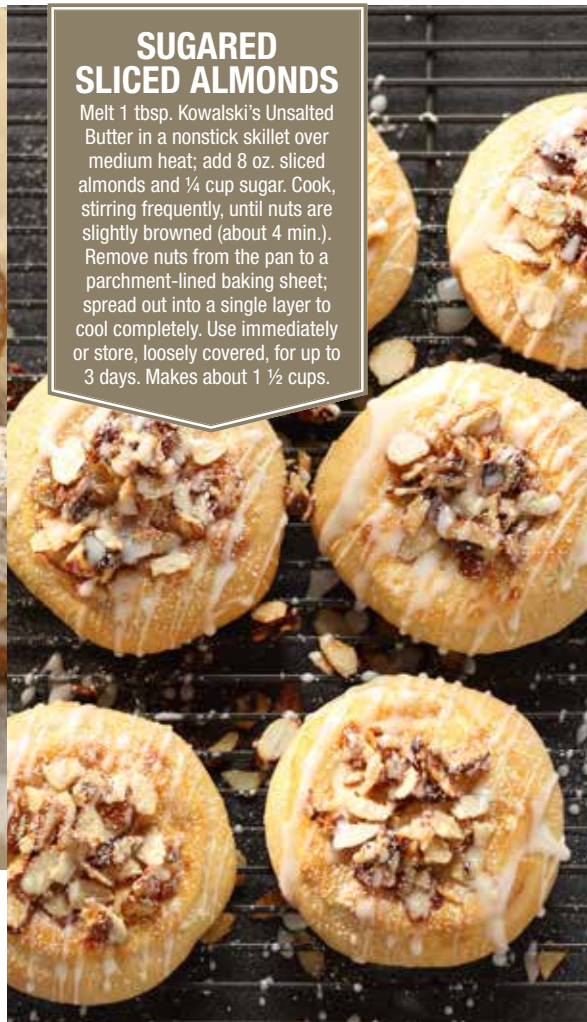
MAKES 10

- 1 pkg. frozen puff pastry
- 3 ½ tbsp. Kowalski's Unsalted Butter, melted and cooled
- 4 tbsp. Kowalski's Honey Almond Whipped Cream Cheese Spread
- 2 tbsp. Kowalski's Jam (any flavor)
- coarse sugar, for sprinkling
- confectioners' sugar, for garnish

Leave pastry on the counter at room temperature until you are able to unfold each piece without breaking it (it should be cool but pliable). Unfold and brush 1 side of each square evenly with butter. Cut each piece of pastry into thirds along the fold lines. Stack 3 strips on top of each other, buttered side up. Roll tightly to create a short, fat log. Repeat with remaining 3 strips. Cut each log crosswise into 5 evenly sized biscuit-shaped pieces. Using a rolling pin, lightly roll each piece to flatten into a circle about 3 ½" in diameter. Divide cream cheese evenly between the 10 circles, placing it in the middle of each piece. Repeat with jam on top of cream cheese. Fold each circle in half to create a pocket; press edges to seal in the filling. If the layers separate, lightly tap and squeeze together any large gaps in the pastry so the filling is well enclosed (very small gaps are fine). Place pastries 2" apart on a parchment-lined baking sheet; sprinkle with coarse sugar. Bake in a preheated 400° oven until dark golden-brown (about 20 min.). Remove pastries from oven; move to a wire rack and let cool to room temperature. Dust with confectioners' sugar before serving.

SUGARED SLICED ALMONDS

Melt 1 tbsp. Kowalski's Unsalted Butter in a nonstick skillet over medium heat; add 8 oz. sliced almonds and ¼ cup sugar. Cook, stirring frequently, until nuts are slightly browned (about 4 min.). Remove nuts from the pan to a parchment-lined baking sheet; spread out into a single layer to cool completely. Use immediately or store, loosely covered, for up to 3 days. Makes about 1 ½ cups.



CHEESE AND ALMOND KOLACHES V

MAKES 6

- 1 pkg. Kowalski's Fresh Pizza Dough (from the Bakery Department)
- flour, for working the dough
- 8 oz. Kowalski's Honey Almond Whipped Cream Cheese Spread
- pinch kosher salt
- 1 egg
- *Sugared Sliced Almonds*, to taste
- ½ cup confectioners' sugar, plus more for finishing the pastries
- milk, for making the icing

Cut dough into 6 equal pieces; form into ball shapes. Using floured hands and a floured work surface, shape and roll pieces into rounds about 4" in diameter and slightly taller on the edges (like a pizza crust). Place 1-2" apart on a parchment-lined baking sheet; set aside while you make the filling. In a medium mixing bowl, beat cream cheese and salt with an electric mixer until smooth. Beat in egg until mixture is light and creamy (about 2 min.). Spoon filling evenly into the center of the pastries. Bake in a preheated 375° oven until pastries are golden on the edges and puffy in the center (about 25 min.). Remove from oven; sprinkle immediately with almonds. Cool on pan for 5 min.; move to a wire rack and let cool for about 30 min. more. In a small mixing bowl, whisk confectioners' sugar with milk a few drops at a time until a thick but drizzleable icing forms; drizzle over pastries. Dust with powdered sugar to finish. Serve immediately or store, covered, at room temperature for up to 2 days.

IDEAS



RASPBERRY BOSTOCK V

MAKES 12

- 6 oz. fresh raspberries
- ¼ cup plus 1 tbsp. sugar, divided
- 1 cup almond flour
- ¼ cup Kowalski's Unsalted Butter, at room temperature
- 2 egg yolks
- 2 tbsp. flour
- ½ tsp. kosher salt
- ½ tsp. baking powder
- ½ tsp. Kowalski's Organic Pure Madagascar Vanilla Extract
- ¼ tsp. almond extract
- 1 loaf day-old soft, enriched bread such as challah or brioche
- 9 oz. Kowalski's Raspberry Jam
- sliced almonds, for garnish
- confectioners' sugar, for garnish

In a small mixing bowl, sprinkle raspberries with 1 tbsp. sugar; stir, smashing berries lightly, and set aside. In a medium mixing bowl, combine ¼ cup sugar with next 8 ingredients (through almond extract); mix until combined. Set almond mixture aside. Slice 6 pieces of bread from the center of the loaf, where the bread is widest; cut slices in half. Reserve remaining bread for another day or use. Spread jam evenly on 1 side of each bread slice; top evenly with almond mixture. Top evenly with smashed berries; sprinkle with sliced almonds. Arrange bostock on a large parchment-lined baking sheet; bake in a preheated 375° oven until almond mixture is dark golden and bread is toasty on the edges (about 15 min.); let stand for 5 min. Sprinkle with confectioners' sugar; serve warm.

good morning GOODIES

Grazing trays aren't just about cheese. In fact, one of our most popular party tray options is our **Good Morning Grazing Board**, which combines buttery pastries and other fresh-baked bakery treats with sweet spreads, fruit and, yes, a little cheese. It's one of many popular breakfast items we offer, along with fresh-cut fruit, yogurt, granola, hot items and, of course, donuts.

But you don't need a party to enjoy our breakfast selections! All the items we feature here are available daily in all of our stores, including the components of that Good Morning Grazing Board. Make your own mini version with these options from the Bakery, Grocery and Specialty Cheese Departments, listed at right.

- Mini Croissants
- Mini Morning Buns
- Mini Caramel Pecan Rolls
- Sliced Maple Stick
- Mini Muffins
- Banana Bread
- Stroopwafels
- Fresh blueberries, raspberries and strawberries
- Milton Creamery Prairie Breeze Cheddar Cheese (from the Specialty Cheese Department)
- Kowalski's Brie
- Velvet Bees Gourmet Honey Butter (from the Specialty Cheese Department)
- Kowalski's Black Raspberry Jam



Order full-size grazing boards
online at kowalskis.com!

BOWLED OVER

SUGGESTED TOPPINGS:

sliced pineapple
 fresh cut kiwi
 whole strawberries
Sugared Sliced Almonds (see page 7)
 fresh mint leaves
 chia seeds
 fresh passionfruit halves
 sliced mango
 sliced banana
 whole raspberries
 flaked coconut
 roasted and salted pepitas
 Kowalski's Tropical Fruits & Nuts Snack
 Granola (from the Bakery Department)
 fresh dragon fruit pieces

Smoothie bowls often contain healthy ingredients, but calories and sugar can quickly add up. To mitigate both, pay careful attention to the amount and type of mix-ins and toppings you're adding as well as your serving size.

TASTY TIP

Yes, they're smoothies served in a bowl, but smoothie bowls are also so much more than that. These social media stars are replacing cereal and oatmeal as the breakfast's "bowl of choice." They're as good as they look and can be even more fun to make and eat.

Smoothie bowls aren't served in a bowl just for the novelty of it. A true smoothie bowl is much, much denser than a sippable smoothie. Because you don't need a straw, these smoothies can be quite thick. Peanut and other nut butters, frozen bananas and creamy avocados can add real heft that requires a spoon.

But for many, the smoothie bowl is all about the toppings, which is great for those who actually want texture in a meal (and who doesn't?). Nuts, seeds, coconut, chocolate chips and more crunchy, chewy, toothsome garnishes bring a little more to the table than your basic drinkable breakfast. Here we offer some pretty, tasty ideas and a formula for some seasonally appropriate tropical bases.



DIRECTIONS:

In a blender, combine 12 oz. frozen passionfruit or dragon fruit chunks, 1 cup of another sweet frozen fruit (such as raspberries or mango), and a fresh or frozen banana, if desired. Add 1 ½ cups pomegranate or orange juice or nondairy milk; sweeten with honey to taste. Blend on high until smooth. Pour into 2 serving bowls; top as desired. Serve immediately.



Considering KETO

LOW CARB LIVING

Lower-carbohydrate diets have been seen in various forms throughout history, dating back to ancient Greece as a treatment for epilepsy. Today, low-carbohydrate diets are still being studied and trialed to understand their potential for assisting people with epilepsy, Alzheimer's, autism, Parkinson's, polycystic ovarian syndrome and type 2 diabetes, among other health conditions.

Some of the most common "low-carb" diets you may have heard of are the *ketogenic* (*keto*), *Atkins* and *paleo* diets. In general, they center around a diet of whole foods low in carbohydrates and sugar and high in protein.

However, the keto diet differs from more traditional low-carb diets. It puts greater emphasis on a higher consumption of fat, a decreased amount of carbohydrates (including sugars) and a slightly higher level of protein.

There are several versions of the keto diet. It typically suggests that approximately 70-80% of calories should come from fat*, compared to the 35% or less recommended by the American Heart Association. A mere 5-10% of the diet is comprised of carbohydrates, versus the 45-65% of calories advised by the Institute of Medicine. Protein should be approximately 15-25% of your calories.

When the body doesn't have enough carbohydrates (glucose) to use for energy, it turns to fat, including stored fat, as its primary source. When fat is broken down, ketones are formed, which become the body's fuel. This process is called *ketosis*. It takes several days for your body to adjust to relying on fat as its energy source. Tracking fat and carbohydrate intake is crucial in gauging whether or not your body goes into a state of ketosis. The production of increased ketones during ketosis closely mimics the body's effects from fasting.

Consult your health care provider before making this type of dietary change to ensure it will be safe for your body. The best proportions of fat, carbohydrate and protein can differ between people, depending on your current body composition and health status.

Naturally, there are pros and cons to any diet or lifestyle change. Some of these items are more likely with longer-term adherence to the diet.

**Choose healthful fats, such as nut and seed oils or butters, olive oil, avocados and fatty fish, such as salmon, tuna and trout.*

POSSIBLE PROS

- weight loss
- improved insulin levels
- improved insulin resistance
- reduced cholesterol and triglyceride levels
- reduced sense of hunger
- improved blood pressure levels
- greater awareness of food and nutrients
- increased proficiency in reading nutrition labels

Check out this article at kowalskis.com for a list of healthy low-carb choices in every department!

POSSIBLE CONS

- increased food costs
- difficulty in sustaining a meal plan and missing favorite foods
- headache, nausea, dizziness, brain fog, irritability or trouble sleeping during the adjustment phase
- increased time spent shopping for or preparing food
- increased time spent calculating macronutrients and your daily intake of fats, net carbohydrates, sugars and calories
- gastrointestinal disturbances, due in part to a lack of fiber
- deficiencies in certain vitamins and/or minerals



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WOMEN UNITE

{ 3 key health focuses
for a stronger you }



If you're a woman, do yourself a well-deserved favor: take some time for *you* and your health. Here are three of the top health concerns for women and ways to create a strong(er), healthier you.

HEART DISEASE

More than one in three women have some form of cardiovascular disease, the No. 1 health condition affecting women, yet only half are aware that it is the leading health concern. The good news: following a healthy lifestyle may prevent more than 80% of heart disease cases.

Women's hearts are very responsive to heart-healthy lifestyle habits, such as eating well. Making a move toward a heart-strong diet can reduce your disease risk by as much as 30%. Add these items to your grocery list:

- **Grains, beans and produce.** Oats, barley, any and every bean, pears, plums and other "skin-on" produce contain a good amount of soluble fiber. This type of fiber forms a gel-like substance in your intestines, binds with excess cholesterol that's floating around and shuttles it out of your body. Soluble fiber helps reduce cholesterol levels, triglycerides and blood pressure, three "ingredients" known to raise heart disease risk.
- **Omega-3-rich fish.** Salmon, trout, halibut, sardines, herring and tuna are omega-3-rich fish. The American Heart Association encourages you to eat 2-3 meals a week of these fish for multiple heart-health benefits, such as discouraging the formation of plaque inside arteries. Plant sources of omega-3s, including walnuts, chia seeds and flax seeds, are good but don't provide as big of a boost to health as fish sources.
- **Produce.** Much is written about inflammation and its detrimental influence on heart health. Eating plenty of produce tames the flames.

BREAST CANCER

Excess weight ups a woman's risk of breast cancer, in part because it may lead to elevated levels of estrogen. When it

comes to food and its role in breast cancer, conclusive evidence on impact is limited. A plant-rich diet filled with fruits and vegetables may help reduce risk, especially eating cruciferous vegetables, including cabbage, broccoli, arugula and Brussels sprouts. Potential risk-raisers are:

- **Foods high in trans fats** (found in some highly processed foods, bakery goods, chips, crackers, cookies, etc.) and **high in saturated fat** (found in certain meats and dairy foods)
- **Alcohol** (a daily serving is linked with an increased risk)

OSTEOPOROSIS

Osteoporosis, or a weakening of the bones, affects more than half of women over age 50. It's a "silent" condition that develops over time yet often isn't recognized until a bone breaks. Eating calcium-rich foods is important because it keeps bones strong, of course, but here are some lesser-known tips:

- **Trim the salt.** Eating foods high in sodium causes the body to lose calcium. Highly processed foods are the biggest source of sodium in our diets. Check the Nutrition Facts label on food packaging for sodium info. A food that has more than 20% of the Recommended Daily Value of sodium is considered a higher-sodium food.
- **Ease up on coffee, soft drinks and energy drinks.** If these beverages are the majority of what you drink, your bones can suffer. Caffeine decreases calcium absorption, and the caffeine and phosphorus in soft drinks can weaken bones. If you're big on coffee, sodas and energy drinks, you may not be getting enough milk or other bone-building beverages.
- **Shake up calcium-fortified drinks.** If you pick these to boost calcium, be sure to shake 'em up. The calcium added in can settle to the bottom of the container.
- **Think beyond calcium.** It's a big part of bone health, but there are plenty of other nutrients that are on the strong bones team: vitamins A, C, D and K; potassium; magnesium; boron and more. Get all those nutrients in produce, lower-fat dairy foods, lean meats, beans and whole grains.

References for this article may be found in the online edition at kowalskis.com.

SEASONAL SUPPER

Combining the appeal of “breakfast for dinner” and the ease of a one-dish meal, quiche is a classic. And, as far as classics go, there isn’t a more perfect quiche than a traditional Lorraine. Named for the French region from which it originated, it combines some form of salty-sweet bacon with nutty alpine cheese and the balancing bite of onion or shallot. Sure, it’s super for supper, but you can also serve quiche warm, room temperature or even cold the next day. It makes a stellar breakfast, lunch or snack.



QUICHE LORRAINE

SERVES 6

- 1 refrigerated pie crust
- 6 strips Kowalski's Smoked Bacon,
chopped into ¼" pieces
- 1 medium shallot, minced
- 4 eggs, beaten
- 1 ½ cups whole milk
- 1 tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's
Black Peppercorns
- pinch cayenne pepper
- pinch ground nutmeg
- 2 tbsp. fresh snipped chives, divided
- 8 oz. Swiss cheese, shredded, divided

Place pie dough in a 9" deep-dish pie plate. Tuck overhanging dough underneath itself to form a thick edge that is even with the rim; flute the edge, if desired. Freeze crust for 30 min. Put a piece of parchment paper or foil over the pie shell; fill with dried beans or pie weights. Place pie plate on a baking sheet on the center rack of a preheated 400° oven; bake until dough is set (about 15 min.). Remove from oven; remove parchment and beans. Set aside on a rack to cool. Reduce oven temperature to 350°. Meanwhile, in a skillet over medium heat, cook bacon until crisp (about 10 min.). Remove cooked bacon from pan with a slotted spoon; set aside. Discard all but 1 tbsp. bacon drippings. In the skillet used to cook the bacon, sauté shallot in bacon drippings over medium heat until softened (about 4 min.). Return bacon to the pan; keep warm. In a large mixing bowl, whisk eggs with milk; season with salt, black pepper, cayenne and nutmeg. Stir in ½ of the chives; set egg mixture aside. Spread bacon and onion mixture in the bottom of the par-baked crust; top with about ¾ of the cheese. Pour in egg mixture; sprinkle with remaining cheese and chives. Bake quiche on the baking sheet until filling is just set and pastry is golden (about 40 min.); let stand for 10 min. before cutting.