



Cooking WITH
KOWALSKI'S

feeling
GOOD

MAY-JUNE 2025

SECTION GUIDE



Salads



Sandwiches



Main Dishes



Sweets

ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE



COLORFUL PINEAPPLE SALAD GF V VE DF

SERVES 4

- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 tbsp. pineapple juice
- 2 tsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- 1 tsp. brown sugar
- pinch ground ginger or 1 tsp. fresh grated ginger
- freshly ground Kowalski's Sea Salt and Black Peppercorns, to taste
- 1 cup chopped fresh pineapple
- $\frac{2}{3}$ cup jicama, peeled and cut into matchsticks
- $\frac{2}{3}$ cup frozen shelled edamame, thawed
- $\frac{2}{3}$ cup chopped red bell pepper
- 4 radishes, thinly sliced
- 1 avocado, pitted, peeled and cubed
- $\frac{1}{2}$ oz. (approx.) fresh cilantro, chopped

DIRECTIONS:

1. In a large mixing bowl, whisk together oil, juices, sugar and ginger; season to taste with salt and black pepper.
2. Add remaining ingredients; toss to combine.
3. Season with additional salt and pepper to taste; chill salad until ready to serve.

FIND IT!

Find precut jicama sticks in the Prepared Produce Section.

GREEK GRAIN SALAD WITH DILLED FETA DRESSING

V

SERVES 4

- 1 cup cooked red quinoa, cooled
- ½ cup cooked wheat berries, cooled
- 2 tsp. Kowalski's Extra Virgin Olive Oil
- 4 tsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department), divided
- ½ tsp. dried oregano
- ½ tsp. kosher salt, divided
- ½ tsp. freshly ground Kowalski's Black Peppercorns (or more to taste), divided
- ½ cup low-fat plain yogurt
- 1 ½ oz. French feta cheese, crumbled
- 2 tbsp. snipped fresh dill
- 1 tsp. (approx.) freshly grated lemon zest
- 1 cup rinsed and drained canned garbanzo beans



- 1 cup halved grape tomatoes
- 1 cup peeled, chopped cucumber
- 6 dried apricot halves, finely diced
- 2 tbsp. finely chopped red onion
- 2 tbsp. thinly sliced green onion
- 2 tbsp. chopped fresh Italian parsley
- 4 small (4" diameter) whole-wheat pita breads, cut into wedges, for serving

DIRECTIONS:

1. In a medium mixing bowl, toss grains with oil and ½ of the lemon juice; season with oregano, ½ of the salt and ½ of the pepper. Set quinoa mixture aside.
2. In a small mixing bowl, whisk yogurt with cheese, dill, zest and remaining salt, pepper and lemon juice; set dressing aside.
3. In a large mixing or salad bowl, combine beans, tomatoes, cucumber, apricots, onions and parsley.
4. Add quinoa mixture to bean and vegetable mixture; toss gently to combine.
5. Divide salad among 4 serving dishes; serve each portion with an equal amount of dressing and pita wedges.



MOOD BOOST SALAD GF V

SERVES 4

- | | |
|--|---|
| 6 oz. baby spinach | 3 oz. crumbled fresh goat cheese |
| - <i>Balsamic Vinaigrette</i> , to taste | - toasted walnuts, to taste |
| 8 oz. fresh strawberries, sliced | - freshly ground Kowalski's Black Peppercorns, to taste |
| 1 avocado, sliced | |

DIRECTIONS:

1. Wash spinach in ice-cold water; drain thoroughly in a salad spinner until very dry.
2. In a large salad or mixing bowl, toss spinach with dressing to taste.
3. Top salad with remaining ingredients; season generously with pepper and drizzle with additional dressing to taste.

BALSAMIC VINAIGRETTE GF V VE DF

MAKES 1 CUP

- | | |
|--|--|
| 3 tbsp. Kowalski's Balsamic Vinegar | ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more to taste |
| 1 tbsp. gluten-free Dijon mustard (optional) | ½ cup Kowalski's Extra Virgin Olive Oil |
| 1 tbsp. minced shallots (optional) | 1-2 tbsp. freshly chopped herbs (such as parsley, dill and chives), optional |
| ¾ tsp. kosher salt, plus more to taste | |

DIRECTIONS:

1. In a medium mixing bowl, whisk together vinegar, mustard, shallots, salt and pepper.
2. Drizzle in oil very slowly, whisking constantly to form an emulsion.
3. Whisk in chopped herbs, if desired; adjust seasoning to taste.
4. Store in the refrigerator, covered, until ready to use (up to 3 days).



RAINBOW SALAD GF

SERVES 4

4 oz. salad greens (such as Romaine lettuce, baby kale, baby spinach, baby gem lettuce, butter lettuce or a combination)

¼ cup (or to taste) Kowalski's Signature Fresh Honey French Salad Dressing (from the Produce Department), plus more for serving, if desired

½ pt. red cherry or grape tomatoes, halved

½ cup matchstick-cut carrots

½ yellow bell pepper, cut in ½" dice

1 small avocado, pitted, peeled and sliced

½ cup crumbled blue cheese

1 cup sliced purple cabbage

2 very thinly sliced radishes

- freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. Chop greens, then wash in ice-cold water; drain thoroughly in a salad spinner until very dry.
2. In a large salad or mixing bowl, toss greens with dressing to taste.
3. Arrange dressed greens on a serving platter or transfer to a shallow rimmed serving bowl.
4. Arrange tomatoes, carrots, bell pepper, avocado, cheese, cabbage and radishes (in that order) in curved strips or wedges over the greens.
5. Drizzle with additional dressing to taste, if desired.
6. Season with black pepper to taste; serve with additional dressing on the side, if desired.



SHADES OF SUMMER SALAD GF V

SERVES 4

- | | |
|---|---|
| 6 oz. bag Taylor Farms Sweet Butter Blend Lettuce Mix | ¼ cup grated carrot |
| - <i>Green Goddess Dressing</i> , to taste | 1 avocado, pitted, peeled and sliced |
| ½ cup well-drained Cleveland Kraut | 3 oz. crumbled fresh goat cheese |
| Beet Red Sauerkraut | - roasted and salted cashews or pepitas (your choice), to taste |
| ½ cup frozen shelled edamame, thawed | - microgreens, to taste |
| ½ cup sliced English cucumber | - freshly ground Kowalski's Black Peppercorns, to taste |

DIRECTIONS:

1. Wash lettuce in ice-cold water; drain thoroughly in a salad spinner until very dry.
2. In a large salad or mixing bowl, toss lettuce with dressing to taste.
3. Top salad with next 8 ingredients (through microgreens); season generously with pepper and drizzle with additional dressing to taste.

GREEN GODDESS DRESSING:





THAI MANGO SALAD GF V VE DF

SERVES 4

- 1 lime
- 3 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 tsp. Kowalski's Pure Honey
- 1 tsp. soy sauce or gluten-free tamari
- freshly ground Kowalski's Black Peppercorns, to taste
- 2 lbs. fresh mangoes, pitted, peeled and cut into $\frac{3}{4}$ " chunks
- $\frac{1}{2}$ cup peeled and seeded diced cucumber
- $\frac{1}{2}$ cup matchstick-cut carrots
- $\frac{1}{4}$ cup roughly chopped roasted and salted peanuts, divided
- $\frac{1}{2}$ oz. (approx.) fresh cilantro
- red Fresno pepper, stemmed, seeded and thinly sliced, to taste

DIRECTIONS:

1. Using a fine grater, remove 1 $\frac{1}{2}$ tsp. zest from lime; place zest in a medium mixing or salad bowl.
2. Cut lime in half; squeeze 2 tbsp. juice into the bowl with the zest.
3. Whisk in oil, honey and soy sauce until well blended; season with pepper to taste.
4. Add mango, cucumber, carrots and most of the peanuts to the bowl; toss to coat.
5. Divide salad among 4 serving dishes; top with cilantro and peppers.
6. Garnish with remaining peanuts.



TROPICAL SLAW V VE DF

SERVES 4

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|---|--|
| 3 tbsp. canola oil or Kowalski's Extra Virgin Olive Oil | ½ cup frozen shelled edamame, thawed |
| 3 tbsp. tamari | ½ cup sliced almonds, toasted |
| 3 tbsp. rice vinegar | ¼ cup diced dried pineapple |
| 1 tbsp. sugar | ¼ cup diced dried papaya |
| 2 tsp. toasted sesame oil | 3 green onions, thinly sliced, divided |
| 19 oz. pkg. fresh coleslaw mix (from the Produce Department) | 2 oz. unseasoned uncooked ramen noodles, broken into bite-size pieces |
| 16 oz. Kowalski's Sliced Mango (from the Prepared Produce Section), cut into bite-size pieces | 2 tbsp. sesame seeds (white, black or a combination), toasted, divided |
| ½ cup diced red bell pepper | |

DIRECTIONS:

1. In a medium mixing or salad bowl, combine canola oil, tamari, vinegar, sugar and sesame oil; whisk until well blended.
2. Add coleslaw mix, mango, red pepper, edamame, almonds, pineapple, papaya, most of the green onions, broken ramen noodles and about ½ of the sesame seeds to the bowl; toss until salad is well coated.
3. Garnish with remaining onions and sesame seeds; serve immediately.



GREEK LAMB BURGERS

MAKES 2

- | | |
|--|--|
| 12 oz. Kowalski's Naturally Raised
100% Grass-Fed Ground Lamb | ½ tsp. kosher salt |
| 2 green onions, thinly sliced | 2 Kowalski's Sweet Egg Buns (from
the Bakery Department), lightly
toasted |
| 2 oz. feta cheese, finely chopped | - toppings, to taste: Bibb lettuce,
sliced tomatoes, sliced red
onion, peeled and thinly sliced
cucumber, mango chutney and
<i>Lemon Dill Dressing</i> |
| 3 tbsp. chopped fresh Italian
parsley | |
| 1 clove garlic, finely minced | |
| 1 tsp. dried oregano | |
| 1 tsp. crushed red pepper flakes | |

DIRECTIONS:

1. Preheat grill to medium-high heat; clean grill grates.
2. Using clean hands, mix first 8 ingredients (through salt) in a large mixing bowl until thoroughly combined; form 2 patties.
3. Grill burgers over direct heat, lid down, until done (4-5 min. per side), turning once.
4. Remove burgers from heat; tent loosely with foil and let stand for 3-5 min.
5. Serve burgers on buns with desired toppings.

**LEMON DILL
DRESSING:**



JERK CHICKEN SANDWICHES

MAKES 3

- 3 boneless skinless chicken breast halves
- ½ cup Kowalski's Extra Virgin Olive Oil
- 2 cloves garlic, finely minced
- 1 tbsp. finely chopped fresh Italian parsley
- 1 tbsp. *Jerk Seasoning*
- freshly grated zest of 1 lemon
- 1 tsp. Kowalski's Habanero Tomatillo Hot Sauce
- ¼ tsp. kosher salt
- ¼ cup mayonnaise



- 1 tbsp. freshly squeezed lemon juice
- 3 Kowalski's Butter Burger Buns (from the Bakery Department), lightly toasted
- baby arugula and Kowalski's Fresh Mango Salsa, for serving

DIRECTIONS:

1. Butterfly or pound chicken lightly to an even ¼" thickness; set aside.
2. In a large mixing bowl, whisk together next 7 ingredients (through salt); reserve 2 tbsp. oil mixture in a small mixing bowl.
3. Add chicken to large mixing bowl; toss to coat with marinade. Cover and refrigerate for 30 min. to 2 hrs.; discard used marinade when finished.
4. Add mayonnaise and lemon juice to the small mixing bowl of reserved marinade; whisk together and set aside.
5. Preheat a grill to high heat; clean grill grates.
6. Grill chicken over direct heat until cooked through (about 8 min.), turning once.
7. Remove chicken from heat; tent loosely with foil and let rest for 5 min.
8. Serve chicken on buns topped with mayo mixture, arugula and mango salsa.

JERK SEASONING



MAKES 5 TBSP.

- 1 tbsp. Kowalski's Dried Thyme
- 1 tbsp. Kowalski's Hungarian Paprika
- 2 tsp. Kowalski's Ground Allspice
- 2 tsp. Kowalski's Cayenne Pepper
- 2 tsp. sugar
- 1 tsp. kosher salt
- ½ tsp. freshly ground Kowalski's Black Peppercorns
- ½ tsp. Kowalski's Ground Nutmeg
- ½ tsp. Kowalski's Ground Cinnamon
- ¼ tsp. Kowalski's Ground Cloves

DIRECTIONS:

1. In a small mixing bowl, combine all ingredients.
2. Store in a sealed container in a dark, dry place until ready to use (up to 3 months).



LAMB BURGERS WITH FRESH HERB SAUCE

MAKES 2

- 12 oz. Kowalski's Naturally Raised 100% Grass-Fed Ground Lamb
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 2 whole-wheat burger buns, split and toasted
- toppings, to taste: leaf lettuce, sliced tomato, thinly sliced red onion, very thinly sliced cucumber, fresh herbs and *Fresh Herb Sauce*

DIRECTIONS:

1. Preheat grill to medium-high heat; clean grill grates.
2. Using clean hands, form lamb into 2 patties; season with salt and pepper.
3. Grill burgers over direct heat, lid down, until done (4-5 min. per side), turning once.
4. Remove from heat; tent loosely with foil and let stand for 3-5 min.
5. Serve burgers on toasted buns with toppings to taste.

FRESH HERB SAUCE GF V

MAKES ABOUT ½ CUP

- ½ cup Kowalski's Signature Herb Spread (from the Deli Grab & Go Case)
- ½ cup low-fat buttermilk
- 1 tbsp. finely chopped fresh dill
- 2 tsp. finely chopped fresh Italian parsley
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. In a small mixing bowl, whisk together herb spread and buttermilk.
2. Stir in dill and parsley; season to taste with salt and pepper.
3. Serve immediately or store in the refrigerator, covered, for up to 5 days.



MANGO CHICKEN SALAD WRAPS DF

MAKES 6

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|--|--|
| 1 lb. (approx.) shredded Kowalski's Signature Rotisserie Chicken | $\frac{3}{4}$ tsp. mild curry powder |
| 8.5 oz. jar Stonewall Kitchen Mango Chutney (from the Deli Department) | $\frac{3}{4}$ tsp. kosher salt |
| $\frac{1}{2}$ cup finely diced celery | $\frac{1}{2}$ tsp. freshly ground Kowalski's Black Peppercorns |
| $\frac{1}{2}$ cup mayonnaise | 6 large (10-12") sandwich wraps or tortillas |
| $\frac{1}{4}$ cup golden raisins | 16 oz. Kowalski's Sliced Mango |
| $\frac{1}{4}$ cup dried cranberries | - fillings, to taste: Romaine lettuce; |
| 3 tbsp. thinly sliced green onion | julienne-cut red bell pepper, carrot |
| 3 tbsp. finely chopped toasted pecans | or cucumber; and shredded purple cabbage |

DIRECTIONS:

1. In a large mixing bowl, combine shredded chicken with chutney, celery, mayo, dried fruit, green onion, pecans, curry powder, salt and pepper.
2. Arrange wraps on a clean work surface; if using, place Romaine leaves in the center of each wrap. Evenly scoop chicken salad into the center "square" of each wrap, on top of the lettuce; top with mango slices and other desired fillings.
3. Working one at a time, fold the right and left sides of each wrap in toward the center, covering the outer edges of the filling by about 1"; hold in place while you fold the edge closest to you up and over the filling to cover. Press and hold these three sides firmly against the filling as you roll the wrap away from you toward the top edge of the wrap.
4. Cut wraps in half; serve immediately.



PITA BURGERS

MAKES 4

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| 1 ⅓ lbs. Kowalski's Certified Akaushi Ground Chuck (or Kowalski's Naturally Raised 100% Grass-Fed Ground Lamb) | ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more for seasoning |
| 3 tbsp. harissa paste, divided | ½ cup mayonnaise |
| 1 ½ tsp. ground cumin | 4 whole-grain pita breads, warmed |
| 1 tsp. cumin seeds, divided | - toppings, to taste: sliced tomato, sliced cucumber, sliced red onion, fresh mint, fresh cilantro and crumbled feta cheese |
| 1 tsp. garlic powder | |
| ½ tsp. kosher salt, plus more for seasoning | |

DIRECTIONS:

1. Preheat grill to high heat; clean grill grates.
2. Using clean hands, mix beef with 2 tbsp. harissa, cumin, ½ tsp. cumin seeds, garlic powder, salt and pepper; form 4 patties.
3. Grill burgers over direct heat, lid down, until done (about 5 min. per side), turning once.
4. Remove from heat; loosely cover with foil and let stand for 3-5 min.
5. In a small mixing bowl, combine mayonnaise with remaining harissa and cumin seeds; season with salt and pepper.
6. Serve burgers on (or in) pitas with desired toppings.



SUMMER SLOW COOKER LAMB GYROS

SERVES 6

- | | |
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| 3 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) | 1 tsp. freshly ground Kowalski's Black Peppercorns |
| 2 tbsp. Kowalski's Extra Virgin Olive Oil | $\frac{3}{4}$ tsp. kosher salt |
| 3 cloves garlic, crushed | 2 lb. lamb top round roast |
| 1 tbsp. finely chopped fresh mint (or 1-2 tsp. dried mint) | 6 slices pita or flatbread, warmed |
| 1 $\frac{3}{4}$ tsp. dried oregano | - garnishes, as desired: sliced or diced cucumber, sliced tomato, sliced red onion, torn Bibb lettuce, shredded radicchio, tzatziki sauce, fresh mint and lemon wedges |

DIRECTIONS:

1. In a medium mixing bowl, whisk together first 7 ingredients (through salt).
2. Place roast in a slow cooker; add marinade and turn to coat all sides.
3. Cook lamb on high for 5-6 hrs. or on low for 7-8 hrs.
4. Remove lamb from slow cooker; discard fat and bones, if any.
5. Serve chunks of warm lamb on warm pita or flatbread with desired fresh toppings.

TASTY TIP You can substitute an equal amount of beef top round roast or beef chuck roast for the lamb top round roast called for in this recipe.



BAKED CHICKEN TENDERS WITH SUNSHINE SAUCE

SERVES 4

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|---|---|
| 1 cup panko breadcrumbs | ½ cup flour |
| ⅓ cup Kowalski's Parmesan Cheese, freshly grated | 3 eggs whites, lightly beaten, whisked with 1 tbsp. water |
| 1 ½ tsp. Dash Table Blend Salt-Free Seasoning Blend | 1 lb. boneless skinless chicken breasts, cut into 1 ½" strips |
| 1 tbsp. canola oil | - <i>Sunshine Sauce</i> , for serving |

DIRECTIONS:

1. Preheat oven to 400°.
2. Spread breadcrumbs on a rimmed baking sheet; bake in preheated oven until golden-brown (about 6 min.).
3. Transfer toasted breadcrumbs to a shallow dish; whisk in cheese and seasoning. Drizzle with oil; stir to combine.
4. Place flour and eggs in separate shallow dishes.
5. Working in batches, coat chicken in flour, shaking off excess. Dip floured chicken in egg, then coat with panko mixture, pressing to adhere. Place chicken on a wire rack; let air-dry for 15 min.
6. Place chicken on a baking sheet lined with parchment paper; bake in preheated oven until chicken is golden-brown and cooked through (15-20 min.), flipping chicken and rotating pan halfway through.
7. Serve with sauce for dipping.

**SUNSHINE
SAUCE:**





GRILLED CHICKEN WITH GRAPE SALSA GF DF

SERVES 4

- 1 cup chopped seedless red grapes
- 2 tbsp. finely chopped red onion
- 1 jalapeño pepper (or less to taste), finely chopped
- grated zest and juice of 1 lime
- 1 tsp. Kowalski's Extra Virgin Olive Oil (or more to taste)
- chopped fresh cilantro, to taste
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 ¼ - 1 ½ lbs. boneless skinless chicken pieces (breasts or thighs), pounded slightly until evenly thick

DIRECTIONS:

1. In a small mixing bowl, combine grapes, onion, jalapeño, zest and juice.
2. Drizzle grape mixture with oil; stir to combine.
3. Add cilantro, salt and pepper to taste; set salsa aside for at least 30 min. or refrigerate for up to 24 hrs.
4. Spray a grill pan lightly with cooking spray; preheat to medium-high heat.
5. Grill chicken in preheated pan, turning occasionally, until chicken is done (about 4 min. per side).
6. Top chicken with salsa to taste; serve immediately.



GRILLED RASPBERRY CHIPOTLE PORK CHOPS

SERVES 4

2 cups water, very cold, divided

1 tbsp. salt

1 tbsp. sugar

4 (1" thick) Kowalski's Naturally Raised Bone-In Pork Chops (about 2 lbs. total)

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

½ cup Kowalski's Raspberry Chipotle Sauce, plus extra for dipping

- garnishes, to taste (optional): fresh raspberries and fresh herbs (such as parsley, mint, rosemary or thyme)

DIRECTIONS:

1. Microwave ½ cup cold water with salt and sugar until water is very hot but not boiling; stir until water is clear and solids are dissolved.
2. In a large spouted measuring glass, combine hot water with remaining cold water; set brine aside.
3. Make 1-2 cuts in the fat around the edge of each pork chop to prevent curling during grilling.
4. Put 2 chops in each of 2 large zipper-closure food storage bags; pour ½ of the brine into each bag. Seal bags; let stand at room temperature for at least 20 min. (up to 1 hr.) or refrigerate bags for 1-6 hrs.
5. Remove chops from brine; discard brine and bags. Bring chops to room temperature (about 30 min.).
6. Preheat grill to high heat; clean grill grates.
7. Dry chops with paper towels; season with salt and pepper.
8. Arrange chops on preheated grill over direct heat; grill on one side until dark grill marks form and meat releases easily from grill grates. Flip chops and move away from direct heat; continue grilling on opposite side, with the bone facing the hottest part of the grill, just until pork is slightly pink in the center and reaches an internal temperature of 140° (10-14 min. total).
9. Remove chops from heat; tent loosely with foil and let rest for 10 min. (internal temperature should increase to 145° as chops rest).
10. Toss or brush hot chops with sauce to coat; garnish with herbs. Serve immediately with extra sauce on the side for dipping.



HERB BALSAMIC LAMB CHOPS GF DF

SERVES 4

½ cup Kowalski's Extra Virgin Olive Oil	2 tsp. gluten-free Dijon mustard
¼ cup Kowalski's Balsamic Vinegar	¼ tsp. freshly ground Kowalski's Sea Salt
1 tbsp. Kowalski's Pure Honey	¼ tsp. freshly ground Kowalski's Black Peppercorns
1 tbsp. chopped fresh oregano (or 1 tsp. dried)	8 (1 ¼-1 ½" thick) lamb rib chops (about 3 ½ lbs. total)
2 cloves garlic, minced	

DIRECTIONS:

1. In a small mixing bowl, whisk together all ingredients except chops.
2. Place chops in a baking dish; pour marinade over chops, turning chops to thoroughly coat. Cover and refrigerate for 1 hr., turning chops occasionally.
3. Preheat a grill to medium-high heat; clean grill grates.
4. Remove chops from marinade; discard marinade.
5. Arrange chops on preheated grill; cook until slightly pink in the center and meat reaches an internal temperature of 140° (10-14 min.), turning once when dark grill marks form and meat releases easily from grill grates.
6. Remove chops from grill; tent loosely with foil and let rest for 5 min. before serving.



MEDITERRANEAN NACHOS

SERVES 4

- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- ½ cup chopped yellow onion
- 2 cloves garlic, finely minced
- 1 lb. Kowalski's Naturally Raised 100% Grass-Fed Ground Lamb
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 tsp. Kowalski's Ground Cumin
- ½ tsp. Kowalski's Ground Cinnamon
- ½ tsp. Kowalski's Ground Ginger
- ¼ tsp. Kowalski's Ground Turmeric
- pinch Kowalski's Ground Cloves
- ⅓ cup dry white wine
- 8 oz. Kowalski's Original Hummus
- garnishes, to taste: Kowalski's Extra Virgin Olive Oil, golden raisins, lemon zest, toasted pine nuts, finely chopped fresh cilantro and Kowalski's Za'atar (from the Spice Aisle)
- Kowalski's Pita Crackers, Pita Chips (from the Deli Department) or Kowalski's Naan (from the Bakery Department), for serving

DIRECTIONS:

1. In a large skillet, sauté onion in oil over medium-high heat until tender (about 5 min.).
2. Add garlic; cook and stir until softened and fragrant (1-2 min.).
3. Add lamb; cook and crumble until meat is no longer pink (10-12 min.).
4. Drain fat from meat; season with salt and pepper.
5. Add spices (through cloves); cook and stir for 1 min.
6. Deglaze pan with wine; cook until wine is evaporated (about 2 min.), then remove from heat.
7. Scoop hummus into a shallow serving dish; top with meat mixture.
8. Drizzle with oil; sprinkle with other garnishes as desired.
9. Serve with pita crackers, pita chips or naan.



BALSAMIC STRAWBERRIES WITH WHIPPED MASCARPONE GF V

SERVES 6

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|---|-------------------------------------|
| ½ cup mascarpone cheese | 6 tbsp. Kowalski's Balsamic Vinegar |
| ½ cup heavy cream | - optional garnishes, to taste: |
| ¼ cup superfine sugar | freshly grated lemon zest, |
| ½ tsp. Kowalski's Organic | freshly ground Kowalski's Black |
| Madagascar Vanilla Extract | Peppercorns and fresh mint leaves |
| 2 lbs. fresh strawberries, hulled and halved (or quartered if very large) | |

DIRECTIONS:

1. In a large mixing bowl, use an electric mixer with whip attachment to combine mascarpone, cream, sugar and vanilla at medium speed just until soft peaks form; set aside.
2. In a separate large mixing bowl, combine strawberries and vinegar, tossing to coat; cover and refrigerate for 30 min.
3. Spoon strawberries and their juices into a rimmed serving platter or bowl. Dollop mascarpone mixture on the platter next to the berries; sprinkle with lemon zest, black pepper and fresh mint, if desired.



CINNAMON SUGAR GRAHAM'S V

MAKES 32

2 tbsp. granulated white sugar	½ tsp. kosher salt
2 tbsp. turbinado sugar	3 tbsp. Kowalski's Unsalted Butter, melted
2 tbsp. light brown sugar	16 graham cracker sheets, broken in half
2 tsp. ground cinnamon	

DIRECTIONS:

1. Preheat oven to 375°.
2. In a small mixing bowl, combine sugars, cinnamon and salt; mix well. Pour mixture onto a small rimmed plate; set aside.
3. Line a rimmed baking sheet with parchment paper; set aside.
4. Working 4-6 crackers at a time, use a pastry brush to evenly brush one side of each cracker with butter from edge to edge. Press the buttered side of each cracker into sugar mixture; place crackers on sheet pan butter-side up, sides touching.
5. Watching carefully so crackers don't burn, bake in preheated oven until sugars just start to melt and stick together (crackers will still have a sandy, sugary top) and crackers are barely darkened on the edges (about 5 min.).
6. Remove pan from oven; let crackers rest until cool (about 30 min.). Store at room temperature for up to 1 week.



EASY ICE CREAM SANDWICHES

MAKES 2

- 4 ct. pkg. Kowalski's Signature Family Favorite Cookies (your choice of flavor), divided
- 1 pt. Kowalski's Signature Ice Cream (your choice of flavor), divided
- sprinkles, crushed candy, etc., for rolling (optional)

DIRECTIONS:

1. Put cookies in the freezer for 3-4 hrs. to harden.
2. Allow ice cream to soften at room temperature for 3-5 min.
3. Place 1 cookie on a clean work surface, bottom side up; top cookie with $\frac{1}{2}$ pt. ice cream.
4. Place another cookie on top, bottom side against the ice cream; press cookies together to evenly distribute ice cream. Smooth edge with the back of a spoon.
5. Repeat with remaining cookies and ice cream.
6. Roll edges of ice cream sandwiches in sprinkles or candy to coat exposed ice cream, if desired.
7. Wrap sandwiches in waxed paper; freeze for 4 hrs. or until solid.
8. Let sandwiches stand at room temperature for 5-10 min. before serving.

Dipped Cookie Variation:

1. Start this recipe by adding approx. 4 oz. (roughly $\frac{1}{2}$ cup) dark chocolate melting discs to a microwave-safe dish.
2. Microwave chocolate in 30 sec. increments, stirring between heatings, until mixture is smooth.
3. Dip half of each cookie in melted chocolate to coat (or use a rubber spatula to lightly and evenly coat half of each cookie with chocolate, including top, bottom and edge); place dipped cookies on waxed paper.
4. Set dipped cookies aside at room temperature until chocolate hardens (2-3 hrs.).
5. Transfer dipped cookies to freezer; follow recipe above.

TASTY TIPS

- Bake cookies at home using any variety of Kowalski's Signature Bake at Home Frozen Cookie Dough.
- Use Kowalski's Signature Family Favorite Mini Cookies to make more modestly sized treats, if desired.



ESPRESSO GRANITAS GF V VE DF

SERVES 4

2 cups espresso or strong black coffee, lukewarm

½ cup brown sugar

1 tsp. freshly grated orange zest

- garnishes, to taste: fresh mint sprigs and orange curls or segments (optional)

DIRECTIONS:

1. Combine coffee, sugar and zest in a medium mixing bowl; stir until sugar melts.
2. Pour mixture into a 9x13" baking dish; freeze for 1 hr.
3. Remove dish from freezer; use a fork to scrape up any ice crystals.
4. Return dish to freezer; repeat scraping process every 15 min. for approx. 3 ½ hrs.
5. When mixture is thoroughly frozen, fluff with a fork and freeze for another 30 min.
6. Serve with garnishes, as desired.



INDIVIDUAL MERINGUE SHELLS GF V

MAKES 10

3 egg whites

¼ tsp. cream of tartar

⅔ cup superfine sugar, divided

1 tsp. Kowalski's Organic

Madagascar Vanilla Extract

- fillings, your choice: Kowalski's
Lemon Curd and/or Sweetened
Whipped Cream

- toppings, your choice: fresh
berries, *Balsamic Berry Sauce*
(find a recipe at kowalskis.com) or
dessert sauce

DIRECTIONS:

1. Preheat oven to 275°.
2. In a medium mixing bowl, beat egg whites and cream of tartar with an electric mixer on high speed until foamy.
3. Beat in sugar 1 tbsp. at a time.
4. Add vanilla; beat until stiff and glossy.
5. Drop ¼ cup scoops of meringue onto 2 parchment-lined baking sheets; using the back of a spoon, shape into bird's-nest-shaped bowls. Bake in preheated oven for 1 hr.
6. Turn off oven; leave meringues in oven with door closed for 1 ½ hrs.
7. Remove from oven; cool completely at room temperature.
8. Fill and top meringues as desired.

SWEETENED WHIPPED CREAM GF V

MAKES ABOUT 2 CUPS

1 cup heavy cream

3 tbsp. sugar

DIRECTIONS:

1. In a medium mixing bowl, use an electric mixer or balloon whisk to whip heavy cream until soft peaks almost form.
2. Whisk in sugar just until dissolved.
3. Continue beating until stiff peaks form.
4. Use immediately or refrigerate, covered, until ready to use.



MOCHA BROWNIE ICE CREAM SANDWICHES V

MAKES 8

- 1 pkg. boxed brownie mix, plus ingredients needed to prepare as directed on the pkg.
- 1 pt. Kowalski's Signature Java Chocolate Chunk Ice Cream
- 1 pt. Kowalski's Signature Chocolate Malt Ice Cream

DIRECTIONS:

1. Preheat the oven as directed on the package of brownies.
2. Lightly spray two 8" metal baking pans with cooking spray; line bottoms with parchment paper, leaving at least a 1" overhang on two opposing sides of each pan.
3. Prepare brownie batter as directed on the package, splitting the batter between pans; smooth batter evenly to the edges of the pan with an offset spatula.
4. Bake brownies in preheated oven until a toothpick inserted in the center comes out with just a few moist crumbs attached (start checking after 9 min.; the brownies will bake much faster than if all the batter was in a single pan, usually no more than 15 min.).
5. Remove from oven; let brownies cool in pans to room temperature.
6. Loosen brownies from the edges of each pan; remove each slab from the pan in a single piece, using the overhanging parchment as a sling.
7. Reline the bottom of one pan with clean parchment paper, leaving at least a 1" overhang on two opposing sides. Return one of the brownie slabs to the lined pan, top side up.
8. Let ice cream soften until it's easy to work with (up to 30 min.).
9. Scoop softened ice cream evenly over brownies in pan; spread ice cream evenly to the edges of the pan with an offset spatula. Cover ice cream layer with the second brownie slab, top side down, pressing down evenly but firmly. Freeze until solid (at least 3 hrs.).
10. Cut slab into 8 evenly sized sandwiches; wrap each in parchment or waxed paper. Store wrapped sandwiches in a sealed freezer bag or storage container until ready to serve.
11. Remove sandwiches from freezer about 10 min. before serving.



PINEAPPLE GRANITAS GF V VE DF

MAKES 2

- | | |
|-----------------------------------|---------------------------------|
| ¼ cup boiling water | 1 tbsp. minced fresh mint, plus |
| 2 tbsp. superfine sugar | 2 sprigs for garnish |
| - ice | 2 fresh pineapple wedges and |
| ¼ cup pineapple juice | pineapple leaves, for garnish |
| ¼ cup Kowalski's Freshly Squeezed | (optional) |
| Lime Juice (from the Produce | |
| Department) | |

DIRECTIONS:

1. In a 2-cup glass measuring cup, combine water and sugar; stir until sugar dissolves.
2. Add ice to reach ½ cup; stir until ice dissolves.
3. Add pineapple juice, lime juice and mint.
4. Pour into a pie plate; freeze for 1 hr.
5. Use a fork to scrape up any ice crystals; return to freezer for 1 hr.
6. Scrape surface of the granita again with a fork; return to freezer until solid (1 hr. more).
7. Scrape again; scoop into 2 lowball glasses.
8. Garnish glasses with mint, pineapple wedges and pineapple leaves; serve immediately.

Variation: For *Piña Colada Granitas*, stir ½ cup coconut rum into the liquid before freezing.



SPRING KIWI CUPS GF V

SERVES 10

3 egg whites

 $\frac{1}{4}$ tsp. cream of tartar $\frac{2}{3}$ cup superfine sugar

1 tsp. Kowalski's Organic Madagascar Vanilla Extract

2 $\frac{1}{2}$ cups vanilla Greek yogurt

5 medium kiwis, peeled and diced

12 oz. fresh raspberries

- Kowalski's Pure Honey, to taste

- garnishes, to taste: *Sugared Sliced Almonds*, confectioners' sugar and fresh mint leaves**DIRECTIONS:**

1. Preheat oven to 275°.
2. In a medium mixing bowl, beat egg whites and cream of tartar with an electric mixer on high speed until foamy.
3. Beat in sugar 1 tbsp. at a time.
4. Add vanilla; beat until stiff and glossy.
5. Drop $\frac{1}{4}$ cup scoops of meringue onto 2 parchment-lined baking sheets; using the back of a spoon, shape into bird's-nest-shaped bowls. Bake in preheated oven for 1 hr.
6. Turn off oven; leave meringues in oven with door closed for 1 $\frac{1}{2}$ hrs.
7. Remove from oven; cool completely at room temperature.
8. Fill each meringue cup evenly with yogurt; top with kiwi and raspberries.
9. Drizzle with honey; sprinkle with nuts. Dust with confectioners' sugar, garnish with mint.

SUGARED SLICED ALMONDS GF VMAKES 1 $\frac{1}{2}$ CUPS

1 tbsp. Kowalski's Unsalted Butter

8 oz. sliced almonds

 $\frac{1}{4}$ cup sugar**DIRECTIONS:**

1. In a nonstick skillet, melt butter over medium heat. Add almonds and sugar; cook, stirring frequently, until nuts are slightly browned (about 4 min.).
2. Transfer nuts to a parchment-lined baking sheet; spread out into a single layer to cool completely.
3. Use immediately or store, loosely covered, for up to 3 days.



STRAWBERRY BALSAMIC SUNDAES GF V

SERVES 6

16 oz. fresh strawberries, sliced ¼" thick

¼ cup sugar

2 tbsp. Kowalski's Balsamic Vinegar or Fig Balsamic Vinegar

1 ½ pts. Kowalski's Signature Vanilla Bean or Strawberry Ice Cream

- roasted and salted shelled pistachios, roughly chopped, to taste

DIRECTIONS:

1. In a large mixing bowl, combine strawberries, sugar and vinegar; refrigerate, covered, for 1-4 hrs.
2. Scoop ice cream into 6 serving dishes.
3. Top ice cream with marinated strawberries; garnish with pistachios.



STRAWBERRY SOUR CREAM TART V

SERVES 8-10

- | | |
|--|---|
| 1 ¼ cups graham cracker crumbs | 1 tsp. Kowalski's Organic
Madagascar Vanilla Extract |
| ¼ cup plus ⅔ cup sugar, divided | ½ cup strawberry jam or preserves |
| 5 tbsp. Kowalski's Unsalted Butter,
melted | 1 tbsp. water |
| 16 oz. (2 containers) Kowalski's
Original Whipped Cream Cheese
Spread, at room temperature | 1 ½ lbs. fresh strawberries, hulled
and halved (or quartered if very
large) |
| 1 cup sour cream | - for garnish, to taste:
confectioners' sugar and fresh
mint leaves |
| 4 tsp. Kowalski's Freshly Squeezed
Lemon Juice (from the Produce
Department) | |

DIRECTIONS:

1. Preheat oven to 350°.
2. In a medium mixing bowl, combine crumbs, ¼ cup sugar and butter; toss with a fork until well blended.
3. Press crumb mixture firmly into the bottom and up the sides of an 11" tart pan with a removable bottom. Bake in preheated oven until crust is golden-brown and firm to the touch (6-8 min.).
4. Remove crust from oven; set aside to cool completely.
5. In a large mixing bowl, beat cream cheese and ⅔ cup sugar until smooth.
6. Beat in sour cream, lemon juice and vanilla until completely combined.
7. Spread filling inside cooled crust; cover and chill in the refrigerator until filling is set (at least 4 hrs.).
8. In a small mixing bowl, whisk jam with water. Heat jam mixture in the microwave for 15 sec.
9. Toss berries with warm jam mixture.
10. Arrange berries over filling; turn the top layer of berries cut-side down for the prettiest look.
11. Dust with confectioners' sugar and garnish with mint; serve immediately.



SUMMER BERRY SAUCE GF V VE DF

MAKES 1 ½ CUPS

2 cups fresh strawberries, raspberries, blueberries or blackberries, stems removed, rinsed and drained

¼ cup superfine sugar, plus more to taste

¼ cup Kowalski's Signature Freshly Squeezed Orange Juice

1 tsp. freshly grated orange zest

DIRECTIONS:

1. Combine berries, ¼ cup sugar, orange juice and zest in a blender; purée until smooth. Add additional sugar to taste, if desired.
2. If using a berry with noticeable seeds, pass sauce through a fine-mesh strainer to remove seeds.
3. Cover and refrigerate sauce for up to 1 week.
4. Serve over ice cream or pound cake, or stir into lemonade, lemon-lime carbonated beverages or sparkling wine.

TASTY TIP

Superfine sugar, also known as caster sugar or ultrafine granulated sugar (such as C&H Baker's Sugar), is more finely granulated than regular sugar. Because it dissolves almost instantly, it is perfect for sweetening cold liquids. It can be substituted cup for cup for regular sugar.



TRIPLE STRAWBERRY SHORTCAKES V

SERVES 8

- | | |
|--|--|
| 3 lbs. (approx.) fresh strawberries, stemmed and hulled, divided | $\frac{3}{4}$ cup full-fat strawberry-flavored Greek yogurt |
| $\frac{1}{4}$ cup superfine sugar | 1 $\frac{1}{2}$ cups heavy cream |
| 15.3 oz. pkg. Kowalski's Original Scones Baking Mix | 0.8 oz pkg. freeze-dried strawberries (such as Natierra brand) |
| $\frac{1}{2}$ cup Kowalski's Salted Butter, cold, cut into small cubes | $\frac{1}{4}$ cup confectioners' sugar |

DIRECTIONS:

1. Dice enough strawberries to measure 1 cup; set aside.
2. Slice remaining strawberries and place in a medium mixing bowl; sprinkle with superfine sugar and let stand until strawberries are juicy and soft (about 2 hrs.).
3. Meanwhile, prepare 8 scones using scone mix, butter, yogurt and diced strawberries as directed on the package of scone mix; let cool at room temperature for at least 1 hr. (up to 1 day).
4. Just before serving, combine cream, dried strawberries and confectioners' sugar in a medium mixing bowl. Using an electric mixer, whip mixture until dried strawberries are well incorporated and soft peaks form (there will still be small bits of berry visible in the whipped cream).
5. Serve scones with an equal amount of macerated strawberries and strawberry whipped cream.

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