

Compliments of Kowalski's

September – October 2026
THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME

MAIN DISH energy

veggies at the
center of the plate

masterful
MEAL PLANNING

LUSCIOUS LOBSTER

Creamy Cauliflower
Gnocchi (page 22)

Thoughts from the KOWALSKIS



Dinner is giving main-character energy, and we are here for it. As we slide into fall, we're sidling up to supper and getting back to the dinner table with brand-new recipes and exciting ideas for incorporating vegetables into the mix. Rather than relegating them to sidekick status, we're putting veggies front and center!

You'll notice right away that this issue is much larger than usual. That's because our seasonal cookbooklet, *Cooking with Kowalski's*, has been merged into *At Home* to provide a more comprehensive guide filled with our best recipes, culinary expertise and ideas for making the most of all the goodies in our stores this season. You'll now find all of our featured recipes in a new section at the back of the magazine.

Speaking of what's in store, it's Minnesota Grown season! The very best of Minnesota is on display right now, especially in the Produce Department. Naturally, we will be celebrating our homegrown goodies during our annual Minnesota Grown Event on September 12. Join us at any Kowalski's location from 11 a.m. - 2 p.m. for a taste of everything good and growing in our state – and a few of our neighboring states, too!

Two Minnesota Grown vegetables take center stage in this issue: beets and bell peppers. These colorful cuties are taken for granted way too often! We're giving them their dues and have written several new recipes that celebrate their culinary awesomeness. Lest we forget, they're also incredibly good for us. Sue Moores, M.S., R.D., our resident Registered Dietitian, has the deets on beets (and bells and cauliflower, too!). She's sharing the most nutritious reasons to add them to your repertoire starting on page 14.

The celebration of Minnesota Grown continues with columnist pals Rachael Perron, our Culinary & Branding Director, and Belinda Jensen, our Brand Ambassador. They join Sue with suggestions for main dishes featuring beets and everyone's favorite Minnesota Grown crop: corn!

Luscious taste is the theme of our article on lobster. Considered a splurge because it's pricier than everyday seafood selections like salmon and shrimp, it's also a luxury protein in terms of flavor. The rich, sweet, delicate taste of lobster is *the* choice for your "I'm worth it" moments! Turn to page 12 for three delicious ways to enjoy it.

See you in the stores!

Kris Kowalski Christiansen and Mary Anne Kowalski

in this issue



RACHAEL PERRON
Culinary & Branding Director
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BELINDA JENSEN
Kowalski's Brand Ambassador
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SUE MOORES, M.S., R.D.
Registered Dietitian/Nutritionist
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Thank you
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CHICKEN AND
BEETS GRAIN
BOWLS
(page 20)

bowled over

From Mexican chicken-and-rice bowls with black beans, corn and pickled onions to Mediterranean hummus bowls and Vietnamese noodle bowls, I've been firmly in bowl mode all summer – and I'm not ready to stop anytime soon.

I grew up in a family where dinner followed a familiar formula: a plate neatly divided into thirds with a protein, a starch or grain, and a vegetable. Think pork chops, potatoes and green beans. Sometime over the past decade, though, I've embraced a different approach.

Instead of keeping everything separate, I pile it all together in salads, grain bowls, noodle bowls and stir fries. There's still usually a protein, a vegetable and a grain involved, but now they mingle together in one delicious bite. And honestly, I love it.

This comforting fall grain bowl recipe was inspired by a mixed-grain salad I enjoyed in Crete last year at Pasiphae, a charming family-owned restaurant near the Palace of Knossos. In fact, at our house, we still refer to it simply as "the Pasiphae salad." Here I've given the dish a seasonal twist, topping it with chicken, roasted beets and creamy goat cheese to create a hearty supper that's guaranteed to bowl you over.

Warmly,

Rachael

SIGNATURE



Photograph by Mare Klassen,
Kowalski's Markets

SIGNATURE PRODUCT FOCUS

INDIAN SIMMER SAUCES

Give dinner a flavorful jumpstart with Kowalski's Indian Simmer Sauces. They're packed with warming spices that perfectly complement fresh vegetables – especially cauliflower, mushrooms, summer squash, spinach, carrots and bell peppers – along with chickpeas, tofu, paneer, chicken and much more.

These versatile meal-makers are as easy to use as pasta sauce – just heat and eat!

KORMA SIMMER SAUCE – This mild, nutty sauce is often served with vegetables. It's also an excellent match for chicken or beef.

TIKKA MASALA SAUCE – Mild and creamy, this curry sauce is best with chicken and vegetables.

TANDOORI GRILL SAUCE – This yogurt-based sauce can be used as a simmer sauce or marinade. With a medium spice level and smoky flavor, it pairs best with chicken.

VINDALOO MARINADE – A favorite of curry fans, this tangy, spicy and mildly sweet sauce can be used as a marinade or simmer sauce. It pairs well with chicken or beef.

Find these traditional flavors in the Global Foods Aisle.



CURRY STUFFED BELL PEPPERS
(page 20)



**ROASTED
CORN ORZO
SALAD**
(page 20)

corn season!

When I visualize my perfect late-summer dinner, it definitely includes corn!

I grew up in rural Wisconsin, where we had incredible local corn every summer. I was in charge of shucking it before dinner more times than I can count, but it was always worth it! Now that I'm a Minnesotan, I know Minnesota Grown season means corn season. I love all the different ways you can prepare corn and add it to just about any meal. Roasting it out of the husk is my favorite because nothing beats that charred corn flavor.

I first learned this *Roasted Corn Orzo Salad* recipe years ago while hosting the *KARE 11 Saturday* show. A chef prepared it on the program, and over the years, I've put my own twist on it. Whenever my family gathers from across the country during the summer, this dish is always on the menu. My sister makes it just as often as I do and even shared it in a cookbook she helped write for her church.

One of the best things about this salad is that it can be served at room temperature, so there's no need to worry about refrigeration when you're taking it to a picnic or enjoying it on the boat. Sure, it takes a little chopping, but

otherwise it's incredibly simple to throw together earlier in the day – or even the day before. It works just as well for weeknight family dinners as it does for entertaining. It's also incredibly flexible, allowing you to incorporate almost any vegetable that's in season. It can be served as a meal all on its own, topped with grilled chicken, steak or salmon, or enjoyed as a hearty side dish. It tastes even better the next day, too, if there happens to be any left! The recipe makes a generous amount, which is perfect for “Day Two” snacking.

Beyond being practical, it's also super colorful and flavorful. I love the combination of orange peppers, roasted corn and cherry tomatoes, all in season right now. Served on a big white platter, it's simply gorgeous and tastes every bit as good as it looks! The marjoram gives the dressing such an interesting flavor, and the salty feta is a great match for the crisp, peppery arugula that's added right at the end.

Give this salad a try during this magical late-summer, early-fall harvest season. You'll be happy you did – and so will your guests!

Best,

Belinda



How I Keep a Lean Pantry
*(and Still Make Dinner Six
Nights a Week)*

*Contributed by Kowalski's Culinary & Branding
Director Rachael Perron*

Given what I do for a living, most people are surprised by how little I keep in my fridge and pantry. And considering how bare my refrigerator, freezer and cupboards often look, they're usually even more surprised to learn that we make dinner at home an average of six nights a week.

Each week, my goal is to use up nearly everything I bought the week before. I've always been a planner, but I really honed this skill during the COVID years. At one point, I was so determined to stay organized that I kept a written inventory of everything in my kitchen. That habit definitely wasn't sustainable, but some of the practices I developed during that time stuck around – and they've become invaluable. They help me minimize waste, save money and eliminate a lot of the stress that comes with the nightly question: *What's for dinner?*

So, how do I do it?



1.

I plan meals before I shop

If you're not in the habit, meal planning can sound overwhelming. In reality, it can be as simple as jotting down a few ideas in my phone's Notes app while sitting in the store parking lot.

Every plan starts with two questions:

- What do I already have at home?
- What does our family's schedule realistically look like this week?

My weekly meal plan always includes:

- **One night out.** It's almost always a trip to Pizzeria Pezzo in White Bear Lake.
- **One pantry-friendly meal.** These are lifesavers when schedules change. If we don't end up making one that week, it simply rolls into the next.

• **One freezer-friendly or deli-prepared meal.** I always keep a frozen option on hand, such as Kowalski's Frozen Enchiladas, Frozen Pizza or Frozen Lasagna. These, too, can easily be pushed to the following week if needed. From the Deli Department, our favorites are the Individual Chicken Pot Pies and Family-Size Shepherd's Pie.

• **One leftovers night.** If leftovers are scarce, we substitute another pantry-friendly or freezer-friendly meal.

One of the best things about pantry meals, freezer meals, leftovers and prepared foods is that anyone in our household can make them. Dinner doesn't have to fall on one person's shoulders. These meals are especially helpful on evenings when I'm coming home late from KSTP-TV or have a haircut or another commitment after work.

That leaves only about three meals each week that require a little more planning.

One of my go-to strategies is choosing recipes that share ingredients. For example, I have a favorite chicken stir fry that calls for a lot of celery but certainly not an entire bunch. I can either purchase prepared celery sticks from the Prepared Produce Section or plan a second meal that uses the rest of the bunch, such as Buffalo chicken salad. A family-favorite chicken and orzo skillet recipe uses only half a bag of spinach,

so I'll either buy just what I need from the Salad Bar or use the remaining spinach in a quiche later that week.

I also gravitate toward meals that naturally create very little waste. My cauliflower gnocchi recipe (on page 22), for example, uses an entire head of cauliflower. A simple dinner of salmon, rice and broccoli also leaves little behind. I can purchase exactly the number of salmon fillets I need, and my family can easily down a single head or two of broccoli in one sitting.



2. I shop my kitchen first

Before every shopping trip, I take inventory of what's already in my pantry, freezer and refrigerator. Knowing what I have on hand prevents unnecessary purchases and helps me use ingredients before they spoil.

PRO TIP
For a look at what I typically keep stocked at home, visit the e-version of this article at kowalskis.com.

3. I shop with a list — and mostly stick to it!

That doesn't mean I never make impulse purchases. I definitely pick up snacks, bakery treats and other fun items that catch my eye. (I'm talking about you, Minnesota Nice Snack Mix!) I'll also make substitutions when something is on sale or out of stock. If I spot a great item with a long shelf life or that freezes well, I'll absolutely bring it home.

PRO TIP
Some fresh food items, including many in the Meat Department, are sold in commercial vacuum-sealed packaging, which naturally extends their shelf life, often by several weeks. Excellent staples to keep on hand include bacon, chicken sausages, pork sausages, grass-fed ground beef, seasoned chicken wings, quarter pit hams and more. These versatile proteins freeze beautifully and make it easier to pull together pantry-friendly meals. I readily buy them, especially when they're offered at a feature price.



4. I buy less, more often

Rather than making one huge shopping trip, I typically shop twice a week. The first trip covers most of our needs, while the second serves as a quick replenishment run for highly perishable items that we'll use later in the week. This keeps produce fresher and helps prevent waste. I write shopping lists for both trips at the same time and share the second one with the household so anyone can quickly run in and grab those few items – it doesn't have to be me.



6. I repurpose leftovers intentionally

Sometimes leftovers are simply reheated. Other times, they become something completely new. Leftover chicken and roasted vegetables might find their way into carbonara, soup, quiche or grain bowls. Day-old bread becomes croutons or joins leftover vegetables in an egg bake. When fruit starts to soften, I blend it into smoothies or cook it down into a simple fruit sauce or loose jam that's delicious on pancakes, waffles or yogurt.

5. I follow a “first in, first out” system

Visibility matters. We have a dedicated shelf for leftovers, so they're always front and center. Other highly perishable staples, like yogurt, berries, cream and deli meat, also go where they're impossible to miss. New containers and packages always go behind or under older ones, ensuring the oldest items get used first.

PRO TIP
Years ago, I switched to clear glass food storage containers that can be used in the pantry, fridge or freezer. I love being able to immediately see what's inside, and they're a more environmentally friendly option, too. Pyrex is a great brand that's widely available. I also like Crate & Barrel's glass storage containers for dry pantry goods.

7. I schedule “garbage nights”

Despite the name, garbage night has nothing to do with throwing food away. In fact, it's one of my family's favorite traditions.

Garbage night is essentially a refrigerator cleanout meal. We pull out small portions of leftovers, aging produce, and all the odds and ends that need to be used up, then spread everything out on the counter. From there, everyone gets creative. Rarely does anyone eat the same meal, and that's part of the fun. One person might build a grain bowl, another might make a quesadilla, and someone else may throw together a salad or an omelet.

I appreciated garbage nights even more as my kids got older and became confident in the kitchen. They enjoyed the creativity, and it bolstered their cooking skills. It also taught them how to avoid wasting food. My daughter recently told me she loves seeing her apartment's fridge slowly empty as the week goes on. (It can become a fun challenge!)

Overall, I'd say the biggest takeaway is this: A well-stocked kitchen doesn't have to be a *full* kitchen. A little planning, thoughtful shopping and a willingness to get creative can go a long way toward reducing waste, saving money and making weeknight dinners feel a whole lot easier.

LEANING INTO *local*

Make every meal better with local selections from the Grocery, Dairy and Frozen Foods Departments. Our current picks showcase the best in flavor, variety and convenience from Minnesotans who strive daily to make their products “the right way.”



LOCAL

FLACKERS CRACKERS
From beautiful blue fields of flax to golden, sun-drenched sunflowers, every seed in Flackers Crackers tells a tale of nutritious wonder. Plus, these delicious snacks are organic, gluten free and Non-GMO Project Verified.



MILLERVILLE CO-OP CREAMERY BUTTER
A partnership between Minnesota farmers and their Minnesota cows, Millerville Co-Op Creamery has been making truly handcrafted butter for more than 90 years – as in hand-sliced, hand-wrapped and hand-boxed. Get your hands on some today!



BONGARDS FANCY SHREDDED CHEESE
As a farmer-owned co-op with more than a century of cheesemaking expertise, Bongards Fancy Shredded Cheese delivers the premium quality and flavor you expect from natural cheese. It’s perfect for pizzas, casseroles, salads, sauces and much more.

LOCAL

BIG WATT COLD PRESS COFFEE
Big Watt’s cold press formula is best known for its balance and drinkability. Made from responsibly sourced beans, it’s crafted without stabilizers, preservatives or anything artificial – ever. The company oversees every step of the process from formulation and sourcing to production, canning and packaging.



LOCAL

KEMPS
Farmer-owned Kemp's makes products from family-owned farms across Minnesota. Their cottage cheese and sour cream are Minnesota Grown, too. New to the Dairy Aisle is their Protein+ milk. This ultra-pasteurized, ultra-filtered, lactose-free milk has 50% more protein and 50% less sugar than their traditional milks.



SUNRISE FLOUR MILL
From their farms to your kitchen, Sunrise Flour Mill’s organic heritage wheat flour is made for living every day from scratch. Organic, freshly milled and never bleached, this flour is made exclusively from pre-hybridized wheat with an unaltered gluten structure that many people with gluten intolerance find easier to digest.



WHOLE GRAIN MILLING CO. TORTILLA CHIPS
More than 35 years ago, Doug and Lin Hilgendorf started Whole Grain Milling Co. with the intention of preserving as much of the nutrition and quality of their whole grains as possible. Their tortilla chips are made in their own facility from corn grown right on their farm. It’s no wonder their organic tortilla chips were named one of *The Minnesota Star Tribune’s* “Taste 50,” which celebrates some of the state’s best food products.



SMUDE'S POPCORN
Made with Smude’s Minnesota Grown Sunflower Oil, this microwave popcorn has a tender, fluffy bite that’s impossible to resist. It’s made without artificial flavors or additives, and the popcorn bags are fluorocarbon free, reflecting Smude’s all natural mission.

LOCAL



LOVE PIZZA
Love Pizza’s distinctive caramelized cheese edge shatters expectations of what frozen pizza can be. No cardboard crusts or sugar-filled sauces here! Every pizza is made with scratch-made dough and absolutely nothing artificial.

FRESH



MAINE STYLE
LOBSTER ROLLS
(page 20)

FRESH



LOBSTER MAC
AND CHEESE
(page 21)

Luscious lobster

Lobster is the ultimate luxury protein, beloved for its naturally sweet, mild flavor and firm, succulent texture. Unlike more delicate seafood that breaks apart when cooked, lobster meat yields a dense, satisfying bite that easily carries a meal.

With its substantial texture and rich flavor, lobster commands immediate attention. Serving it whole, split in half or as massive grilled tails creates a dramatic, sophisticated presentation on the plate. Tucked into sandwiches or blended into creamy macaroni and cheese, it instantly elevates an everyday dining experience into a special event.

Lobster excels at absorbing and balancing rich flavors, making it an ideal foundation for indulgent meals. Its sweet undertones pair flawlessly with simple drawn butter or creamy, decadent sauces. No matter how you serve it, lobster transforms an ordinary dinner into an unforgettable culinary showcase.



CONNECTICUT STYLE
LOBSTER ROLLS
(page 21)



veggies

GO MAINSTREAM

Don't relegate veggies to supporting players! This is the best season to bring vegetables front and center. On the pages that follow, we explore why cauliflower, bell peppers and beets deserve top billing when it comes to dinner, including the ways they can boost your health. Our expert Registered Dietitian, Sue Moores, M.S., R.D., offers up the details.

CALLING ON cauliflower

Cauliflower is a culinary marvel, revered for its mild flavor, dense texture and unparalleled ability to mimic traditional starches and proteins. Unlike watery vegetables, cauliflower is low moisture and high density. This allows it to crisp, brown and caramelize under high heat, unlocking a rich, nutty flavor. It's the perfect ingredient to build a meal around.

When elevated to the star of a meal, cauliflower's dense structure opens the door to an incredible variety of preparations. Slicing a whole head into thick "steaks" creates a meaty, substantial presentation that holds up to heavy searing, grilling or roasting. Alternatively, roasting a whole head intact results in a showstopping centerpiece for the dinner table. When riced or mashed, cauliflower serves as a light, comforting base that absorbs sauces beautifully.

Visually, cauliflower's pale color provides a striking contrast to vibrant herbs, spices and glazes, creating an eye-catching presentation. Flavor-wise, cauliflower acts as a culinary sponge. It effortlessly carries bold flavors, pairing perfectly with spicy Buffalo glaze, pungent curry aromatics, rich garlic butter or sharp cheeses. Anchoring a dish with cauliflower creates a satisfying, texture-rich meal that easily adapts to global cuisines.



CREAMY CAULIFLOWER GNOCCHI (page 22)

SUE SAYS



Cauliflower is a member of the Brassica family of vegetables, prized for their anti-inflammatory compounds. One of its many health-promoting phytonutrients is sulforaphane, which helps neutralize toxins in the body and protects our cells' DNA from damage. Sulforaphane, along with other phytonutrients, is believed to help protect against certain types of cancer by lessening the body's exposure to environmental cancer-causing agents and helping slow the growth of cancer cells. The phytonutrients in Brassica vegetables also support a healthy gut by feeding the "good guy" bacteria in the microbiome and reducing the number and impact of not-so-good bacteria.

CAULIFLOWER: 1 CUP

- Calories:** 25
- Protein:** 2g
- Carbohydrates:** 5g
- Fiber:** 2g
- Vitamin C:** 50mg (55% DV)
- Folate:** 55mcg (15% DV)
- Vitamin K:** 15mcg (13% DV)



NASHVILLE "NOT" CHICKEN (page 21)



FEEL THE beets

Beets are a culinary powerhouse, offering a unique combination of deep, earthy sweetness and vibrant visual appeal. Far from just a salad topping, their high natural sugar content allows them to caramelize beautifully when roasted, intensifying their flavor and developing a robust, complex character. These qualities make them an exceptional focal point for main dishes.

In main dishes, beets provide a dense, meaty texture that satisfies the palate much like animal proteins do. They can be sliced into thick “steaks,” roasted whole or shredded into hearty vegetable patties. Beyond texture, their intense magenta or golden hues visually transform a plate, creating an instantly striking and sophisticated presentation.

Beets also excel at absorbing and balancing contrasting flavors. Their natural sweetness pairs flawlessly with sharp acids like citrus or balsamic vinegar, salty elements like goat cheese, and pungent herbs like rosemary or thyme. When used in main dishes, beets provide a complex flavor foundation. They stand up well to roasting, braising and grilling, transforming a simple root vegetable into an elegant culinary creation.

BEETS: 1 CUP

- Calories: 60
- Protein: 2g
- Carbohydrates: 12g
- Fiber: 4mg (15% DV)
- Folate: 150mcg (35% DV)
- Manganese: 0.5mg (20% DV)
- Copper: 0.1mg (11% DV)



SUE SAYS

Beyond their beneficial vitamins, minerals and fiber, beets are filled with phytonutrients. Betalains, one such category of phytonutrients, function as antioxidants with anti-inflammatory properties. They protect the DNA in cells and can help reduce LDL cholesterol, which contributes to plaque buildup inside arteries. Betalains also have anti-tumor actions, such as eliminating harmful cells and slowing or stalling tumor growth.

In addition, beets contain dietary nitrate. This compound helps dilate arteries while decreasing blood vessel stiffness associated with high blood pressure, plaque buildup, lifestyle factors and aging. These combined actions help fight high blood pressure and improve the transport of oxygen and nutrients throughout the body.

Note: Be sure to eat the green tops, too. Just 1 cup of beet greens is a good source of vitamins A and C and provides all the bone-building vitamin K you need in a day.



ROASTED GOLDEN
BEET PASTA
(page 23)



HEALTHY
HARVEST PASTA
(page 23)

FRESH

**OPEN FACED
CHEESESTEAKS**
(page 22)



**GRILLED SAUSAGES
WITH SWEET PEPPERS
AND ONIONS**
(page 22)



BEAUTIFUL bells



Celebrated for their crisp texture and mild sweetness, bell peppers are exceptionally versatile players in the kitchen. They maintain a satisfying bite when lightly cooked but soften into a rich, savory sweetness when roasted or charred. This adaptability makes them an ideal vegetable around which to plan dinner.

Stuffing bell peppers' naturally hollow shape with grains, legumes or seasoned meats creates a visually striking, self-contained main course. Slicing them into thick strips allows them to mimic the texture of fajita meats, providing a juicy, substantial base for stir fries and sheet-pan dinners.

Bell peppers' bright red, orange, yellow and green varieties instantly brighten a plate, offering an appetizing and colorful presentation. From a flavor perspective, bell peppers are culinary chameleons. Their mild profile lets spices shine without overpowering them, and their natural sweetness complements bold flavors like smoky chipotle, pungent garlic, tangy citrus or rich cheeses.

BELL PEPPERS: 1 CUP

Calories: 50
Protein: 1.5g
Carbohydrates: 10g
Fiber: 1.5g
Vitamin B6: 0.5mg (30% DV)
Vitamin C: 140-250mg
(150-280% DV)
Folate: 70mcg (15% DV)

Note: Nutrient values vary by pepper color. Red, orange, yellow and purple bell peppers are generally higher in certain nutrients than green bell peppers, particularly vitamin C and folate.

Selection and availability of products and ingredients vary by market.



**BELL PEPPER
STIR FRY**
(page 23)

SUE SAYS



All bell peppers are powerhouses of vitamin C, which has many valuable functions, including the production and preservation of collagen and the enhanced absorption of iron from plant foods. Vitamin C and peppers' many flavonoids have strong antioxidant and anti-inflammatory actions. Together, they support the growth of good bacteria in your gut (microbiome).

Red, orange, yellow and purple bell peppers contain lutein and zeaxanthin. Along with vitamin C, these two carotenoids are valuable nutrients for healthy eyes. All three can help reduce the risk of cataracts and age-related macular degeneration. Other phytonutrients in bell peppers benefit heart, brain and immune health and may help protect against certain types of cancer.



MAGIC mushrooms

We cap off our veggie guide with a look at marvelous mushrooms. These earthy gems make an excellent savory focal point for meals. Their dense structure mimics the bite of meat and absorbs flavors like a sponge.

WHOLE MUSHROOMS: 1 CUP

Calories: 22
Protein: 3g
Carbohydrates: 3g
Fiber: 1g
Copper: 0.3mg (35% DV)
Selenium: 9mcg (15% DV)
Riboflavin: 0.4mg (35% DV)
Niacin: 4mg (30% DV)



SUE SAYS

Besides their nifty vitamin and mineral content, mushrooms contain a team of phytonutrients with health-helping heft. Polyphenols, oligosaccharides and fiber support the good bacteria in your gut, while other compounds inhibit the growth of bad, disease-causing bacteria. These actions help maintain a strong immune system.

Mushrooms' phytonutrients also deliver antioxidant, anti-inflammatory and cancer-fighting benefits. What's more, they contain compounds considered anti-diabetic, meaning they protect cells in the pancreas that produce insulin, along with other compounds that help reduce insulin resistance and manage blood glucose levels. Different varieties of mushrooms contain unique combinations of phytonutrients, so enjoy them all!



The Nutrition Facts provided in this article are for raw vegetables. "DV" refers to Daily Value. We have not included fat in the nutrient listings, as none of these vegetables contain more than a trace amount of it. Only vitamins and minerals present at 10% of the DV or more are highlighted, indicating that the vegetable is a "good source" of that nutrient.

If you take supplements and/or prescription or over-the-counter medications, interactions with the nutrients noted above may occur. Talk with your healthcare provider for guidance.

GARLICKY
MUSHROOM
LINGUINE
kowalskis.com

THE JOY OF GOOD recipes

Enjoy this curated collection of recipes that celebrate the best of the best foods and flavors of the season, as featured here in *Kowalski's At Home*.

CHICKEN AND BEETS GRAIN BOWLS

SERVES 4

- ¼ cup Kowalski's Balsamic Vinegar
- ¼ cup Kowalski's Freshly Squeezed Lemon Juice
- 2 tbsp. Kowalski's Pure Honey
- ¼ cup Kowalski's Extra Virgin Olive Oil
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 ½ cups wheat berries, cooked until soft yet chewy, cooled
- ¾ cup chopped dried fruit (such as dates, figs, apricots and golden raisins)
- ½ red onion, finely chopped
- ¼ cup chopped roasted almonds
- ½ oz. finely minced fresh herbs (such as mint and parsley), stems discarded, plus some sprigs for garnish, if desired
- 1 tbsp. freshly grated lemon zest
- 4 grilled chicken breasts (such as Kowalski's Rosemary & Garlic Chicken Breasts from the Deli Heat & Eat Case)
- 2 cups chopped *Roasted Beets* (page 23)
- 3-4 oz. creamy fresh goat cheese, crumbled

DIRECTIONS:

1. In a large mixing bowl, combine vinegar, juice and honey; slowly drizzle in oil while whisking vigorously. Season dressing to taste with salt and pepper.
2. Add wheat berries, dried fruit, onion, almonds, herbs and zest to the mixing bowl; toss gently until well coated.
3. Divide salad among 4 serving bowls. Top each bowl with a chicken breast; divide beets and cheese evenly among bowls.
4. Garnish to taste; serve immediately.

Tasty Tip: Serve the chicken and beets in this dish either chilled or warm, depending on your mood, the weather or both!

GF CURRY STUFFED V BELL PEPPERS

SERVES 8

- 1 tbsp. canola oil
- ½ yellow onion, minced
- 4 cloves garlic, minced
- 1 lb. ground chicken
- 1 tsp. ground turmeric
- 1 tsp. ground ginger
- 1 tsp. salt



- ½ tsp. freshly ground Kowalski's Black Peppercorns
- 12 oz. Kowalski's Korma Simmer Sauce
- 9.5 oz. pkg. Kowalski's Cauliflower Florets, cut into bite-size pieces
- 1 cup frozen peas
- 1 cup frozen rice
- cooking spray, for spraying the baking dish
- 4 bell peppers (any color), sliced in half lengthwise, seeds and membranes removed
- minced fresh cilantro and lime wedges, for garnish (optional)

DIRECTIONS:

1. Preheat oven to 350°.
2. In a large sauté pan, heat oil over medium heat. Add onion and garlic; cook, stirring occasionally, until onion is soft and translucent (about 5 min.).
3. Add chicken; cook and crumble until golden-brown and nearly cooked through (about 5 min.).
4. Add turmeric, ginger, salt and black pepper; stir and cook for 1 min.
5. Remove from heat. Add simmer sauce, cauliflower, peas and rice; stir to combine.
6. Spray the bottom of a 9x13" baking dish with cooking spray; arrange bell pepper halves in dish.
7. Divide filling evenly among pepper halves; bake in preheated oven until peppers are fork-tender and filling is bubbling (about 25 min.).
8. Remove from oven; serve stuffed peppers with cilantro and lime wedges, if desired.

Dietary note: To make this recipe vegan, substitute 14 oz. canned chickpeas for the ground chicken, cooking until lightly browned and heated through (about 5 min.).

V ROASTED CORN ORZO SALAD

SERVES 6

- 6 ears corn on the cob, trimmed and shucked
- ½ cup plus 1 tbsp. Kowalski's Extra Virgin Olive Oil, divided
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 3 tbsp. red wine vinegar
- 2 tbsp. finely chopped shallots
- 1 tbsp. Dijon mustard
- ½ lb. dried orzo pasta, cooked according to pkg. directions
- 1 lb. grape tomatoes, halved
- 8 oz. crumbled feta cheese
- 1 orange bell pepper, seeded, diced ¼"
- ½ cup chopped green onion
- 2 tbsp. chopped fresh marjoram, plus more for garnish, if desired
- 3 handfuls fresh baby arugula

DIRECTIONS:

1. Preheat grill to high heat; clean grill grates.

2. Place corn on a baking sheet; drizzle with 1 tbsp. oil and roll to coat. Season lightly with salt and pepper.
3. Roast corn over direct heat until tender and dark golden-brown in spots (10-15 min.). Remove from grill; set corn aside until cool enough to handle.
4. Stand an ear of corn upright on a stable cutting surface. Holding the top of the cob, use a sharp knife to remove the kernels with long downward strokes; set aside.
5. In an extra-large mixing or serving bowl, whisk together vinegar, shallots and mustard; slowly drizzle in ½ cup oil, whisking vigorously. Season dressing with salt and pepper.
6. Add roasted corn, orzo, tomatoes, feta, bell pepper, green onion and marjoram to the bowl; toss gently to combine.
7. Serve at room temperature over a bed of arugula, or fold arugula into the salad just before serving. Garnish with additional chopped marjoram, if desired.

Tasty Tip:

- Oregano may be substituted for the marjoram, if desired.



GF MAINE STYLE DF LOBSTER ROLLS

SERVES 4

- Kowalski's Unsalted Butter, at room temperature, for toasting the buns
- 4 Kowalski's Hot Dog Buns (or gluten-free hot dog buns), sliced lengthwise ⅓ through the top
- 1 stalk celery, minced
- 3 tbsp. mayonnaise
- 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice
- ½ tsp. dried tarragon
- freshly ground Kowalski's California Sea Salt and Black Peppercorns, to taste
- 12 oz. fully cooked lobster meat (from about two 8 oz. shelled lobster tails), chopped
- Bibb lettuce and minced chives, for garnish (optional)
- lemon wedges, for serving (optional)

DIRECTIONS:

1. Preheat a nonstick griddle to medium heat.
2. Spread butter on cut sides of buns. Toast buns cut-side down until golden-brown (about 3 min.); set aside.
3. In a small mixing bowl, stir together celery, mayonnaise and lemon juice until well combined.
4. Season dressing with tarragon, salt and pepper.
5. Fold lobster into dressing.
6. Divide lobster mixture among toasted buns; season with salt and pepper to taste. Serve with desired garnishes and lemon wedges for squeezing.

A note about gluten and dairy: When gluten-free buns are used, this recipe is gluten free. When buns are toasted without butter, this recipe is dairy free.

Tasty Tips:

- To make mini lobster rolls, use Kowalski's Dinner Rolls in place of the hot dog buns.
- Fully cooked, shelled lobster meat is available at the Seafood Counter – just ask!



GF CONNECTICUT STYLE LOBSTER ROLLS

SERVES 4

- 2 lobster tails (8 oz. each), fresh or thawed
- ½ cup (1 stick) Kowalski's Salted Butter
- cooking spray, for toasting the buns
- 4 brioche hot dog buns (such as St. Pierre brand)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- minced chives, for garnish (optional)
- lemon wedges, for serving (optional)

DIRECTIONS:

1. Using kitchen shears, cut the top shell of each lobster tail down the center. Gently crack shells open; loosen the meat so it can be removed easily after cooking.
2. Fit a large pot with a steamer basket; fill pot with water until basket sits about ½" above the surface. Place tails in basket; cover pot with lid and steam until shells are bright red and meat is fully cooked (about 8 min.).
3. Remove lobster tails from steamer basket; set aside to cool for 5 min.
4. In a small saucepan, slowly heat butter over low heat until melted. Remove pan from heat; let stand for 2 min.
5. Using a spoon, skim milky solids from surface of butter; discard. Transfer remaining butter to a medium mixing bowl.
6. Remove lobster meat from tails; roughly chop. Toss meat with warm butter; set aside.
7. Spray cut sides of buns with cooking spray; toast cut-side down on a griddle over medium heat until golden-brown (about 3 min.).
8. Divide lobster meat among toasted buns; drizzle with additional butter from the mixing bowl.
9. Season with salt and pepper to taste; garnish with chives, if desired.
10. Serve with lemon wedges, if desired.

A note about gluten: When gluten-free buns are used instead of brioche, this recipe is gluten free.

Tasty Tip: To make mini lobster rolls, use Kowalski's Dinner Rolls in place of the brioche buns.

LOBSTER MAC & CHEESE

SERVES 4

- 8 oz. dried elbow macaroni
- 3 cups whole milk
- 3 tbsp. Kowalski's Unsalted Butter
- 2 tbsp. flour
- 1 tsp. kosher salt
- ½ tsp. smoked paprika
- ½ tsp. onion powder
- ¼ tsp. ground mustard
- ¼ tsp. ground cayenne pepper
- ⅛ tsp. ground nutmeg
- 8 oz. Boar's Head White American Cheese, cubed
- 8 oz. smoked Gouda cheese, shredded
- 12 oz. fully cooked lobster meat (from about two 8 oz. shelled lobster tails), roughly chopped
- cooking spray, for spraying baking dish
- ½ cup Kowalski's Italian Herb Crostini (from the Bakery Department), crushed
- minced fresh chives and freshly ground Kowalski's Black Peppercorns, for garnish (optional)

DIRECTIONS:

1. Preheat oven to 350°.
2. In a large pot, cook pasta according to pkg. directions while preparing the cheese sauce; drain and keep warm.
3. In a small saucepan, heat milk but do not boil; keep warm.
4. In a large, deep skillet, melt butter over medium heat. Add flour to the pan; cook for 2 min., whisking to combine.
5. Add next 6 ingredients (through nutmeg); cook for 1 min. more, whisking to combine.
6. Add milk; cook, whisking gently, until mixture starts to thicken (1-2 min.).
7. Remove mixture from heat; fold in cheese until melted.
8. Fold in lobster meat and warm pasta.
9. Lightly spray an 8" square baking dish with cooking spray. Transfer macaroni mixture to the dish; top with crushed crostini.
10. Bake in preheated oven until golden-brown and bubbling (about 25 min.).
11. Garnish individual servings with chives and black pepper, if desired.

RUSTIC LOBSTER AND EGGS SUPPER

SERVES 4

- 1 loaf Kowalski's Signature Artisan Parmesan Herb Bread, sliced ¾" thick
- Kowalski's Extra Virgin Olive Oil, for brushing the bread
- 1 tsp. kosher salt, plus more for seasoning the bread
- ¼ 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. fully cooked lobster meat, roughly chopped
- 10 Kowalski's Large Organic Eggs, beaten
- 5 oz. creamy fresh goat cheese
- snipped fresh chives, for garnish

DIRECTIONS:

1. Preheat oven to 425°.
2. Arrange bread on a baking sheet; brush liberally on both sides with oil.
3. Season bread to taste with salt and pepper; bake in preheated oven until bread is crisp and lightly darkened on the outside but slightly soft on the inside (about 15 min.).
4. Remove crostini from oven. Rub crisp edges and surface with garlic cloves; set crostini aside to cool slightly.
5. In a large skillet, melt butter over medium heat. Add lobster meat; cook and stir for 1 min.
6. Add eggs, 1 tsp. salt and ¼ tsp. pepper; reduce heat to medium-low.
7. Dollop cheese 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.
8. Scoop egg mixture directly onto prepared crostini; garnish with chives.

V NASHVILLE "NOT" CHICKEN

SERVES 4

- ¼ cup canola oil, plus more for frying
- 1 cup flour
- 2 ½ tsp. ground cayenne pepper, divided
- ½ tsp. paprika
- ½ tsp. salt
- ½ tsp. freshly ground Kowalski's Black Peppercorns
- 2 cups buttermilk
- 2 Kowalski's Large Organic Eggs
- ¼ cup hot sauce (such as Frank's RedHot brand)
- 1 head cauliflower, sliced lengthwise through the core into 4 steaks
- 4 tbsp. Kowalski's Unsalted Butter, melted
- 1 tbsp. brown sugar
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 4 Kowalski's Hamburger Buns, toasted
- Kowalski's Bread and Butter Pickles and Kowalski's Signature Herbed Coleslaw (from the Deli Grab & Go Case), for garnish

DIRECTIONS:

1. In a deep pot, heat 3-4" oil over medium-high heat until it reaches 375°.
2. In a shallow dish, whisk together flour, ½ tsp. cayenne, paprika, salt and pepper; set aside.
3. In a medium mixing bowl, whisk together buttermilk, eggs and hot sauce until combined.



RECIPES

4. Coat cauliflower in flour mixture, then buttermilk mixture, then flour mixture again, shaking off excess. Place cauliflower on a wire rack; let air-dry for 15 min.
5. Carefully place 1-2 pieces of breaded cauliflower in oil; fry until golden-brown (about 3 min. per side). Remove from oil; transfer to a baking sheet fitted with a wire rack. Repeat with remaining cauliflower.
6. In a small mixing bowl, whisk together ¼ cup canola oil, melted butter, sugar, chili powder, garlic powder, onion powder and remaining cayenne pepper until combined. Using a pastry brush, brush sauce on top of fried cauliflower steaks.
7. Build sandwiches on buns; top with desired garnishes.

Tasty Tips:

- Here's an easy oil-disposal hack: Let oil cool completely, then use a funnel to pour it back into the original bottle for disposal.
- To make your own buttermilk, pour 1 tbsp. white vinegar into a 2-cup spouted measuring glass, then add milk until it reaches 1 cup.

CREAMY CAULIFLOWER GNOCCHI

SERVES 4

- 1 navel orange
- Kowalski's Extra Virgin Olive Oil, as needed
- 1 head cauliflower, cored and very thinly sliced into bite-size pieces (about 3 cups)
- 1 large shallot (or 2 small shallots), thinly sliced
- 1 tsp. kosher salt
- freshly ground Kowalski's Black Peppercorns, to taste
- 2-3 cloves garlic, finely minced
- ½ tsp. dried thyme
- ¼-½ tsp. crushed red pepper flakes
- 3 tbsp. Kowalski's Unsalted Butter
- 16 oz. pkg. prepared potato gnocchi (such as DeLallo brand)
- ¼-½ cup heavy cream, to taste
- snipped fresh chives, for garnish (optional)

DIRECTIONS:

1. If desired, use a channel knife to remove a few narrow strips of orange zest; curl them around a chopstick or straw. Set orange aside; reserve orange curls for garnish.
2. In an extra-large skillet, heat enough oil over medium-high heat to lightly coat pan.
3. Add cauliflower and shallot; sauté, stirring frequently, until very tender and dark on the edges (about 10 min.). Season with salt and pepper.
4. Reduce heat to medium. Add garlic; cook and stir for 2 min.

5. Add thyme and crushed red pepper flakes; cook and stir for 30 sec.
6. Add butter. When butter is melted, add gnocchi; stir to coat.
7. Cook gnocchi, mostly undisturbed, for 6 min., stirring gently only 2-3 times to allow a dark crust to form on all sides.
8. Using a fine grater, zest remainder of orange peel directly over gnocchi, avoiding the white pith. Cut orange in half; squeeze juice over gnocchi. Cook and stir for 15 sec.
9. Stir in cream; cook until mixture is warm (30-60 sec.).
10. Remove pan from heat; divide among individual serving plates.
11. Garnish with chives and reserved orange curls, if desired; serve immediately.

GF ROASTED BELL PEPPERS

MAKES ABOUT 2 CUPS

- 4 bell peppers (any color), cut into strips or quarters
- Kowalski's Extra Virgin Olive Oil, for coating the peppers
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. Preheat oven to 425°.
2. Toss bell peppers with oil until lightly coated; season with salt and pepper.
3. Arrange peppers on a parchment-lined baking sheet; roast in preheated oven until edges are browned and flesh is tender (about 15 min.), turning once.

OPEN FACED CHEESESTEAKS

SERVES 4

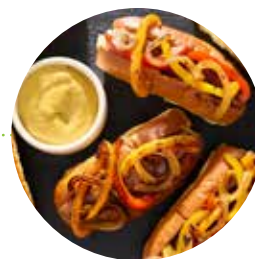
- 2 tbsp. Kowalski's Extra Virgin Olive Oil, divided
- 8 oz. sliced baby bella mushrooms
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- ½ yellow onion, thinly sliced
- ¼ cup Kowalski's Signature Beef Demi-Glace, divided, plus ½ cup more for serving, if desired
- 1 lb. Kowalski's Certified Humane USDA Prime Ribeye Steak, shaved
- 4 (1" thick) slices Kowalski's Signature Artisan Italian Country Bread
- 4 slices provolone or American cheese
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- Kowalski's English-Style Horseradish Sauce, to taste (optional)

DIRECTIONS:

1. In a large skillet, heat 1 tbsp. oil over medium-high heat. Add mushrooms, bell peppers and onion; cook until mushrooms are browned and onion is soft and translucent (about 5 min.).

2. Add 2 tbsp. demi-glace; stir to coat. Remove veggies from skillet; keep warm.
3. Clean skillet; heat remaining oil over medium-high heat. Add steak; sauté until steak reaches desired doneness (about 3 min. for medium). At the end of cooking time, add 2 tbsp. demi-glace; toss steak to coat.
4. Preheat broiler.
5. Place bread slices on a baking sheet; top each slice evenly with shaved steak and a slice of cheese.
6. Divide sautéed veggies among sandwiches; place under preheated broiler until cheese is melted (1-2 min.).
7. Season with salt and pepper; drizzle with horseradish sauce, if desired.
8. Heat ½ cup demi-glace; serve on the side for dipping or drizzling, if desired.

Find It! Find Kowalski's Signature Beef Demi-Glace in the Meat Department.



DF GRILLED SAUSAGES WITH SWEET PEPPERS AND ONIONS

SERVES 4

- 2 bell peppers (red, orange and/or yellow), stemmed, seeded and cut into ¼" strips
- ¼ yellow onion, cut into ¼" strips
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 tsp. minced garlic
- 1 tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 4 Market Sausages Smoked & Uncured Bratwurst (any variety)
- 4 Kowalski's Hot Dog Buns, sliced ¾ of the way through

DIRECTIONS:

1. Preheat grill to medium-high heat; clean grill grates.
2. In a large mixing bowl, combine bell peppers with onion, oil, garlic, salt and black pepper; toss until well combined.
3. Place pepper mixture into a grill basket; grill over direct heat until tender and slightly charred (10-15 min.), stirring occasionally.
4. While pepper mixture cooks, grill sausages until heated through (10-12 min.).
5. Place sausages in buns; top with peppers and onions.

Tasty Tip: This sweet pepper mixture isn't just for brats. It also pairs perfectly with your favorite steak.

GF BELL PEPPER STIR FRY

V SERVES 4

- VE** ½ cup Kowalski's Signature Freshly Squeezed Orange Juice
DF ¼ cup low-sodium tamari
 2 ½ tbsp. sugar
 2 tbsp. cold water
 1 ½ tbsp. cornstarch
 - freshly grated zest of 1 orange, plus more for garnish
 2 tsp. rice vinegar
 1 tsp. ground ginger
 1 tsp. ginger purée (from the Produce Department)
 2 tbsp. canola oil
 1 fresh broccoli crown, chopped into 1" pieces
 3 bell peppers (any color), cut into 1" pieces
 1 small yellow onion, cut into 1" pieces
 2 cloves garlic, finely minced
 - freshly ground Kowalski's Black Peppercorns, to taste
 - garnishes, to taste (optional): roasted salted cashews, thinly sliced green onion and sesame seeds

DIRECTIONS:

1. In a small mixing bowl, whisk together first 9 ingredients (through ginger purée); set sauce aside.
2. In a large skillet, heat oil over medium-high heat. Add broccoli; cook and stir until broccoli is well browned but not quite cooked through (about 3 min.). Remove from skillet; set aside.
3. Add bell peppers and onion to the skillet; cook and stir until crisp-tender (about 4 min.).
4. Add minced garlic; cook and stir for 1 min.
5. Reduce heat to medium-low. Rewhisk sauce; add to skillet with reserved broccoli. Cook and stir until broccoli is evenly coated and sauce is nicely thickened (about 2 min.).
6. Season with black pepper to taste; serve warm with desired garnishes.

A note about gluten: When gluten-free tamari is used, this recipe is gluten free.

GF ROASTED BEETS

V SERVES 4

- VE** 6 beets
DF - Kowalski's Extra Virgin Olive Oil, for coating the beets
 - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
 - garnishes, to taste (optional): fresh or dried herbs, lemon wedges, balsamic glaze and Kowalski's Pure Honey



DIRECTIONS:

1. Preheat oven to 400°.
2. Scrub beets well with a vegetable brush; rinse and pat dry with paper towels.
3. Trim stems and root ends; cut beets into wedges.

4. Toss beets with oil; season with salt and pepper.
5. Roast beets on a parchment-lined baking sheet until fork-tender (about 30 min.), turning once.
6. Remove beets from oven; let cool for 2-3 min.
7. Rub beets with a clean, dry paper towel to remove the skins.
8. Serve warm, at room temperature or chilled.

Dietary note: When served without honey, this recipe is vegan.

V ROASTED GOLDEN BEET PASTA

SERVES 4

- 4 small golden beets, peeled and cut into quarters
 ½ cup white onion
 4 cloves garlic
 2 tbsp. Kowalski's Extra Virgin Olive Oil, plus more for drizzling
 2 tsp. dried thyme
 1 tsp. kosher salt
 1 tsp. freshly ground Kowalski's Black Peppercorns
 ½ cup (approx.) warm heavy cream, divided
 2 (8.8 oz.) pkgs. Kowalski's Fresh Goat Cheese & Caramelized Onion Girsoli Pasta
 - garnishes, to taste (optional): thinly sliced fresh basil, fried sage leaves, toasted pine nuts, freshly grated Kowalski's Signature Parmigiano-Reggiano Cheese and crushed red pepper flakes

DIRECTIONS:

1. Preheat oven to 425°.
2. In a large mixing bowl, combine beets, onion and garlic; drizzle with oil. Sprinkle with thyme, salt and pepper; toss to coat.
3. Carefully wrap beet mixture in a sealed foil packet; place on a baking sheet. Bake until vegetables are fork-tender (30-45 min.).
4. Transfer 2 beets, onion and garlic to a high-speed blender. Add ¼ cup warm cream and 2 tbsp. oil; blend until smooth. Add an additional beet and/or more cream 1 tbsp. at a time until sauce is perfectly smooth and fairly loose; set aside.
5. Cut remaining beet(s) into bite-size pieces; fold into sauce. Keep warm.
6. In a large pot, cook pasta according to pkg. directions; drain.
7. Toss pasta with warm beet sauce; serve with desired garnishes.

Tasty Tip: You can also make this recipe with red beets. Save time with pre-roasted red beets from the Prepared Produce Section. In a small skillet over medium heat, sauté onion, garlic, thyme,

salt and pepper in a bit of oil until onion is soft and translucent, then continue with step 4.

Find It!

- Find Kowalski's Fresh Goat Cheese & Caramelized Onion Girsoli Pasta in the Dairy Aisle.
- Find Kowalski's Signature Parmigiano-Reggiano Cheese in the Specialty Cheese Department.



V HEALTHY HARVEST PASTA

SERVES 6

- 8 oz. dried whole-wheat or chickpea penne pasta
 1 tbsp. Kowalski's Extra Virgin Olive Oil
 8 oz. gourmet mushroom blend
 1 cup summer squash, sliced
 ½ cup fresh corn
 - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
 2-3 oz. fresh goat cheese, to taste
 2 cups Roasted Beets (at left), diced or sliced
 1 cup chopped baby kale or spinach
 - garnishes, to taste: freshly grated Kowalski's Signature Parmigiano-Reggiano Cheese (from the Specialty Cheese Department), thinly sliced green onions and chopped fresh Italian parsley

DIRECTIONS:

1. In a large pot of unsalted water, cook pasta according to pkg. directions (do not overcook); near the end of cooking time, scoop approx. ½ cup pasta cooking water from the pot and reserve.
2. While pasta cooks, heat oil in a large sauté pan over medium-high heat.
3. Add mushrooms, squash and corn to the pan; cook, stirring frequently, until mushrooms are browned (6-8 min.).
4. Season veggies to taste with salt and pepper; set aside.
5. When pasta is done cooking, drain and return to the cooking pot. Add goat cheese; stir pasta and cheese together, adding hot reserved pasta water a bit at a time until sauce reaches desired consistency.
6. Gently warm beets in the microwave.
7. Fold mushroom mixture, beets and chopped greens into pasta mixture; adjust seasoning to taste.
8. Garnish individual portions as desired; serve immediately.



Selection and availability of products and ingredients vary by market.

seasonal supper

Everyone in the tub! This fun seasonal recipe is great for Oktoberfest or anytime Minnesota Grown bell peppers are in season. It features our Signature Fresh Bratwurst cooked in a beer "bath." Made locally with our own exclusive recipes, vegetarian-fed pork and no artificial ingredients, our brats are the best in town! We offer everything from traditional bratwurst to unique varieties like our new Cheese Curd Bratwurst. Look for them in the Meat Department.

GF HOT TUB BRATS

SERVES 4

- 9" square disposable foil pan, for "hot tubbing"
- 1 red bell pepper, sliced into ½" strips
- ½ white onion, sliced into ½" strips
- 2 jalapeño peppers, seeded and sliced into ½" strips
- 4 Market Sausages Fresh Cheese Curd Brats
- 16 oz. beer (your choice)
- 4 Kowalski's Hot Dog Buns
- garnishes, to taste (optional): Kowalski's Classic Ketchup, Kowalski's Mustard and sliced jalapeño peppers

DIRECTIONS:

1. Preheat grill to medium-high heat; clean grill grates.
2. Place foil pan on grill over indirect heat.
3. While pan warms, place pepper and onion strips directly on the grill grates over direct heat; char for 3 min. per side. Transfer vegetables to foil pan.
4. Grill brats over direct heat until lightly browned (about 2 min. per side); transfer to pan.
5. Slowly add beer to pan so it does not foam over sides. Cook brats and vegetables, lid down, until brats are cooked through (about 30 min.).
6. Transfer brats to buns; top with peppers, onions and desired garnishes.

A note about gluten: When made with gluten-free broth instead of beer and served on gluten-free buns, this recipe is gluten free.

Tasty Tip: You can substitute chicken or vegetable broth for the beer in this recipe.

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.