Compliments of Kowalski's

November – December 2026
THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME

our 100TH issue!



WINTERIZING
your salads

trending
HOLIDAY HAM RECIPES

HOW TO WRAP
every kind of gift

'tis the season

Celebrating with Specialty Cheese and The Board Loon (page 10)

thoughts from the KOWALSKIS



This season of celebration begins with something especially meaningful: the 100th issue of *At Home*. Like all of our Signature creations, our in-store magazine is uniquely ours, a scratch-made publication inspired by the *joy of good food*. Since its humble beginnings in 2003, we've refined the recipe a few times along the way, always focused on bringing shoppers inspiring ideas, delicious discoveries and the very best of each season. Turn to page 20 for a look back at the evolution of *At Home* and a behind-the-scenes glimpse at how each issue comes together.

Seasonality is at the heart of *At Home* because it's at the heart of Kowalski's. Climate, culture and the rhythms of our agricultural landscape continually shape the way we experience food – from week to week, month to month, and issue to issue. You can see that influence throughout our markets.

Ingredients, flavors, recipes and even décor shift with the seasons, reflecting traditions, trends and what's at its peak. In this final issue of 2026, we're exploring how our stores change throughout the year while highlighting some of the finest seasonal finds currently featured in each department.

Speaking of what's in season, consider adding something crisp and green to your holiday table. We love traditional hot side dishes as much as anyone (stuffing, mashed potatoes and gravy – yes, please!), but there's something special about a cool, vibrant salad alongside all those rich favorites. Beginning on page 16, you'll find plenty of inspiration for extending salad season well into the new year.

For many families, holiday ham is a cherished tradition. But tradition doesn't have to mean predictable. Culinary & Branding Director Rachael Perron shares ideas for giving classic holiday ham a fresh update, with preparations that feel more contemporary, balanced and flavorful than the sweeter versions of years gone by.

And if you're looking for a well-deserved night off during the busy holiday season, we suggest pizza. On page 18, we're spotlighting our sister brand, Pizzeria Pezzo, our favorite destination for a festive and flavorful meal out. With its scratch kitchen and commitment to authentic flavors, Pezzo brings our culinary philosophy to life in a warm, inviting setting dedicated to the *joy* of great pizza.

We're always happy to have Nutritionist Sue Moores, M.S., R.D., join the conversation. Her approach is simple: bring something meaningful to the table rather than take away from it. In her latest column, she explores delicious seasonal ways to add more fiber to holiday meals – without sacrificing enjoyment. You'll find her insights on page 22.

See you in the stores!

Kris Kowalski Christiansen and Mary Anne Kowalski









in this issue



RACHAEL PERRON
Culinary & Branding Director
"Merry Marshmallows" page 3



BELINDA JENSEN
Kowalski's Brand Ambassador
Bel's Bites: "Gathering Season" page 4



SUE MOORES, M.S., R.D.
Registered Dietitian/Nutritionist
"It's Fiber's Time...Finally" page 22



merry marshmallows

When I consider all of my holiday traditions, making homemade Christmas cookies and candies for family and friends is my favorite. Starting in late November, you'll find me in the kitchen most evenings mixing doughs and icings, rolling and cutting cookies, or decorating one festive treat after another. Last year, I made a whopping 13 different varieties, including *Coconut Joys* and *Peanut Butter Bonbons* (find the recipes on pages 23 and 24). While there are a few recipes I return to every year, I always like to add a couple of new ones to the lineup.

One of last year's new adventures was homemade marshmallows. I'd always avoided making them because I assumed they would be fussy and complicated. While they do require a candy thermometer and a stand mixer, they turned out to be much easier than I expected. Honestly, the hardest part was remembering to clean the knife between every single cut. The extra effort was more than worth it; the pillowy, sweet results exceeded all my expectations.

This year, everyone on my gift list is getting marshmallows. Not only are they delicious and surprisingly impressive, they're also lightweight and easy to package – perfect for shipping to family members scattered from Nevada to North Carolina. Unlike more delicate cookies and treats, they're almost guaranteed to arrive intact, ready to be dropped into a steaming mug of homemade hot chocolate.

Happy holidays!

Rachael

Selection and availability of products and ingredients vary by market.



BELINDA'S CHRISTMAS SALAD
(page 24)

gathering season

Ever since I was a little girl, I've loved the holidays. Growing up in a big family meant the holidays were always fun – loud and chaotic for my mom, but unforgettable for us kids. I still have vivid memories of lying on the living room floor in December, admiring our Christmas tree while a fire roared and feeling excited for Christmas morning.

As an adult, I've loved recreating those memories for my own family. I enjoy decorating the house and filling it with twinkling lights, not just on the tree. This is the darkest time of year, with the shortest days, so creating cozy, softly lit rooms that smell of pine is something I truly love. (Yes, I'm a real-tree person!) In this way, we make memories that are less about what's under the tree and more about how much we enjoy being together. (And, hopefully, how good the food is!)

But what I love most about this season is bringing people together for food, football, family and friends. I especially love hosting smaller groups. The meal stays manageable, the conversations go deeper, and everyone can gather around one table, linger a little longer and simply enjoy each other. That includes me. I don't want to spend the whole evening in the kitchen.

That's why my go-to holiday dinner is simple, unfussy and delicious: roasted beef tenderloin, potatoes, Brussels sprouts, and what I call a *Christmas Salad* made with spinach, clementines, pomegranate seeds and goat cheese. The beef and potatoes roast at the same temperature, making it easy to have everything ready when guests arrive, which is always my goal. I even set the table the day before so I can focus only on cooking. While the beef rests, I pull the sides from the oven, toss the salad and get everyone seated. Then it's just slice, plate and serve!

You can find all the recipes for my easy holiday menu here:

Bel's Best Christmas Dinner

Balsamic Roasted Beef Tenderloin

Melting Potatoes

Balsamic Roasted Brussels Sprouts

Bel's Christmas Salad

I hope you'll try them and that they'll help you spend less time worrying about the details and more time enjoying the holidays with your family and friends.

Best, Belinda

Selection and availability of products and ingredients vary by market.

SIGNATURE PRODUCT FOCUS

SEASONAL SELECTIONS

Give the holidays a flavorful jumpstart with seasonal selections from our Signature Products line. These festive favorites bring a little something special to the table. Whether it's a kicked-up maple syrup, a cheerful twist on jam or a playful frozen treat, you'll want to grab these limited-time offerings while they last.



Photograph by Mare Klassen, Kowalski's Markets

CRANBERRY SAUCE Made with real cranberries and port wine, this sweet-tart sauce is a delicious addition to holiday meals and recipes. It's sweetened with brown sugar and orange juice and contains no artificial flavors, colors or preservatives.

CHRISTMAS JAM This festive blend of cranberries and strawberries has a bright, fruity flavor and spreadable texture that's perfect for scones, croissants and even thumbprint cookies! Like all our jams, it's made with simple ingredients and no artificial colors, flavors or preservatives.

GINGER COOKIE AND PEPPERMINT BROWNIE ICE CREAMS Our Ginger Cookie Ice Cream features a rich brown sugar base that highlights the warm molasses notes of our Signature Ginger Cookies, while Peppermint Brownie combines crunchy candy cane pieces with chewy chunks of our own freshly baked brownies. Both varieties are handcrafted locally for Kowalski's by Crank and Dasher. Try them in our easy take on make-ahead holiday ice cream sundae cups *(shown at left)*. *Find these seasonal ice creams in the Frozen Foods Aisle.*

MULLING SPICES Warm up cider, wine, coffee or cocktails with this aromatic blend of cinnamon, dried orange peel, allspice and cloves. It's an easy way to bring the flavors and fragrance of the season to any gathering.

BOURBON MAPLE SYRUP Produced locally by a third-generation family business, this premium syrup is made with 100% pure maple syrup – never corn syrup or artificial additives. The addition of bourbon creates a rich, distinctive twist for pancakes, waffles, cocktails and holiday recipes.

APPLE BUTTER Part fruit spread, part pantry staple, this all natural favorite is made with real fruit and no corn syrup. Enjoy it on toast, muffins, pancakes and quick breads, or use it to add sweet-savory flavor to sandwiches, roasted meats, dressings and more.



HOLIDAY ICE CREAM SUNDAE CUPS *(page 24)*

Find these products in the Grocery Department unless noted otherwise. Selection and availability of products and ingredients vary by market.

that TIME OF YEAR

Make the season brighter with these of-the-moment selections from the Grocery, Dairy and Frozen Foods Departments. These products showcase seasonal flavors and ingredients that make both fall meals and holiday entertaining occasions particularly easy and special.



PANTRY PICK

DUFOUR PUFF PASTRY DOUGH

This premium holiday baking shortcut is handmade with simple ingredients and sweet churned butter, creating dramatically flaky layers and up to eight times the rise. Use it for savory appetizers, sweet pastries and seasonal tarts, or transform leftover vegetables, ham and cheese into an entirely new dish.



SEEDED CRISPS

Made with a tasty blend of fruits, nuts and seeds, Olina's premium crackers are perfect for grazing boards and cheese pairings. Varieties like *Cranberry & Pumpkin Seed*, *Cashew & Rosemary* and *Fig & Almond* feature flavors and ingredients especially suited to the season. Find them near the Deli or in the Cracker Aisle, depending on the store.

FOODIE FAVORITE



LOCAL

SKINNY STICKS' MAPLE SYRUP

Mitchell and Christine Hoyt and their young daughters tap their own trees and hand-bottle Skinny Sticks' 100% pure maple syrup as a family. It's a natural fit for the cozy flavors of fall and winter. Beyond pancakes, this versatile syrup makes a great addition to cocktails and mocktails, savory glazes, brunch dishes and salad dressings.



LOCAL

HIGHLAND POPCORN

St. Paul's Highland Popcorn provides meaningful, long-term employment for adults with intellectual and developmental disabilities – and they make excellent popcorn! Their *Wowza Mix*, *Dillin' & Chillin'* and *Lotta Caramel* varieties make for effortless holiday entertaining and gifting. Find them for a limited time only in select markets.



NEW

ANETO
NATURAL

ANETO BROTH

Aneto is a premium broth from Spain made with whole, natural ingredients rather than concentrates, powders, dehydrated ingredients, added flavors, extracts, yeast or MSG. It's a flavorful choice for soups, stews and stuffing or as a cooking liquid for fall's hearty pasta, grain and bean dishes.



HIDDEN GEM

BELGIOIOSO MASCARPONE

In 1990, BelGioioso became the first American company to produce this fresh Italian specialty cheese in the United States. It's an incredibly versatile ingredient for entertaining, with both sweet and savory applications. Use rich, creamy mascarpone to make spreads, dips, risotto, cheesecake, tiramisu and much more.



PANTRY PICK

BOB'S RED MILL ASSORTED GRAINS

Bob's Red Mill offers a wide variety of wholesome, delicious seasonal ingredients. Farro, barley and other hearty grains are a convenient way to "winterize" salads, adding texture and substance to sturdy greens, roasted vegetables, nuts and seeds.

YORKSHIRE WENSLEYDALE

Made by Wensleydale Creamery in Wensleydale, Yorkshire, this sweet, milky, buttery English cheese lends itself well to winter salads and grazing boards and pairs wonderfully with apples and white wine. Look for cranberry and blueberry varieties in the Dairy Aisle.



PANTRY PICK

MAILLE MUSTARDS

Though Maille has been around for over 270 years, their whole-grain and Dijon mustards fit right in with today's modern, less-sweet approach to ham. They're also a must for winter salad vinaigrettes and sandwiches made with holiday leftovers.



LOCAL

THE BUTTERED TIN DINNER ROLLS & CINNAMON ROLLS

With The Buttered Tin's Freshly Frozen line, you can enjoy homemade taste and fresh-from-the-oven joy whenever you want it – just proof and bake! Their dinner rolls are an obvious choice for holiday meals, while their cinnamon rolls are an easy solution for holiday brunches and overnight guests.





PANTRY PICK

PURAVIDA FOODS FROZEN VEGETABLES

PuraVida's fire-roasted and flame-grilled vegetables offer the warm, roasted flavors of fall and winter straight from the freezer. Varieties like *Fire Roasted Brussels Sprouts* and *Fire Roasted Vegetable Mélange* are great for hearty salads, easy sides and holiday meals.

Selection and availability of products vary by market.

One of the best things about shopping at Kowalski's during the holidays is the convenience of finding everything you need in one place. From ingredients for a festive meal to thoughtful gifts for family and friends, you can check off your entire list in a single trip. Better yet, you'll discover unique finds from local makers that feel especially personal. Here are a few of our favorite gift ideas for the season along with simple tips for wrapping each one beautifully.

wrap up the holidays

boxed games & puzzles

Brands to look for: White Mountain Puzzles

WRAP IT UP:
With their crisp edges and sturdy shape, games and puzzles are among the easiest gifts to wrap. Finish by wrapping ribbon around the package both horizontally and vertically, then add a bow in the center for a classic look.

bag it!

Brands to look for: SCOUT

NEW! Seasonal, durable gift bags from SCOUT are now available in the Gift Department.



jewelry



Brands to look for: Cosette Designs, Le Glitz Collection

WRAP IT UP:
Small items can easily get lost in larger packages or feel a bit underwhelming on their own. Place jewelry in a decorative gift box or tuck it into tissue paper and add it to a festive gift bag alongside a few small treats for a more substantial presentation.

socks, knit hats & mittens

Brands to look for: World's Softest Socks, COCO + CARMEN, Waggle

WRAP IT UP:
For a playful presentation, roll soft items into a "cinnamon roll" shape and secure them with ribbon. Nestle them inside a mug, basket or small gift box for an extra-special touch.



poured candles

Brands to look for: Farmstead Candle Company, Thymes

WRAP IT UP:
Protect glass containers by wrapping them in colorful tissue paper or a layer of bubble wrap. Place the candle in a gift bag or box, filling any empty space with tissue paper to keep it secure.

soaps & lotions

Brands to look for: Michel Design Works, The English Soap Company

WRAP IT UP:
Individual bars of soap can be wrapped in decorative paper and tied with ribbon or twine. Pair soaps and lotions together in a basket, gift box or reusable tote for a spa-inspired gift anyone will appreciate.





stuffed animals

Brands to look for: Jellycat

WRAP IT UP:
Stuffed animals can be surprisingly tricky to wrap. Try the "candy wrapper" method: Place the toy in the center of a large sheet of wrapping paper, roll the paper around it, then twist and tie each end with colorful ribbon.

wooden cutting boards & kitchen tools

Brands to look for: Totally Bamboo, Epicurean

WRAP IT UP:
Use a festive dish towel as gift wrap and secure it with kitchen twine or ribbon. To complete the thematic presentation, tuck or tie a wooden spoon, spatula or other cooking tool into the knot.

sweaters, pajamas & other apparel

Brands to look for: Waggle, P.J. Salvage, Shiraleah

WRAP IT UP:
A gift box instantly creates a polished presentation, but neatly folded clothing can look just as beautiful wrapped on its own. Secure with ribbon to help the package hold its shape and create clean, crisp lines.

trendy tip:

Give your gift a little extra sparkle. Christmas ornaments make beautiful finishing touches for wrapped packages. Tie one onto a ribbon or gift tag for a decoration that's part of the present itself!

Selection and availability of products vary by market.

cheers to CHEESE

A grazing board may be the perfect addition to any holiday gathering. It serves as an artful centerpiece, offers something for everyone and usually comes together without even turning on the oven. Our Cheesemongers love this time of year and are happy to help you curate a one-of-a-kind assortment of seasonal cheeses and accompaniments from around the store. Here are some of their favorite picks for the holiday grazing board on the facing page.

FEATURED PRODUCTS:

MARIEKE RESERVE GOUDA
Crafted from raw Wisconsin cow's milk, this aged cheese perfectly balances a dense, crunchy texture with a surprisingly rich and creamy finish.

SARTORI TOMATO BASIL BELLAVITANO
This rich, nutty and buttery artisan cheese features a hand-rubbed Mediterranean herb coating. Each bite delivers a dense, creamy profile with a subtle, satisfying crunch.



NU BAKE CRANBERRY OAT PHYLLO CRISPS
These handcrafted crisps feature delicate layers of fresh phyllo dough topped with dried cranberries, jumbo oats, pumpkin seeds, sunflower seeds, a dash of cinnamon and a light drizzle of honey for a sweet, bite-size treat.

KOWALSKI'S SIGNATURE BRIE
Mild, rich and beautifully balanced, this soft-ripened cheese has an edible, downy white rind and a luxuriously buttery, creamy interior that reaches peak ripeness with a soft, irresistible ooze.



BRIAN'S BEST

Several great wines would pair well with this assortment of gourmet goodies. Wine & Spirits Director Brian Mallie recommends the following for Kelsey's creation on the facing page. They'd also make excellent gifts for the wine lovers on your list this year.

WHITE
Italian white wines such as Gavi, Soave or Pinot Bianco

RED
Lighter- to medium-bodied reds such as Pinot Noir, Sangiovese or Grenache

BUBBLES
Crémant. This French sparkling wine produced outside the Champagne region can cost as little as a third of the "real" stuff.

No matter what's on the menu or who's on your list, our experts at Kowalski's Wine & Spirits can recommend just the right bottle – or *bottles*. Our incredibly popular "Best of the Season" holiday assortment is back, packing a little something for everyone into a perfectly portable and gorgeously giftable six-bottle tote.

Selection and availability of products vary by market.

LOCAL PARTNER

The Board Loon



Our cover board was designed and photographed by one of our favorite local content creators, cheese enthusiast **Kelsey Bassett**. Kelsey regularly partners with Kowalski's to create seasonal charcuterie boards that inspire shoppers and hosts all year long. To help celebrate our milestone 100th issue and the holiday season, she was eager to lend her talents.

"The holidays have always been so important to me," says Kelsey. "They're a season filled with traditions, memories and moments I treasure. As someone who's been a longtime fan of Kowalski's and *At Home*, being chosen to design the cover for this special issue feels incredibly meaningful and is truly an honor."

The honor is ours. Better known as the influencer **The Board Loon**, Kelsey specializes in virtual and in-person charcuterie workshops, sharing her passion for creating beautiful, delicious and totally Instagram-worthy boards. A gifted teacher, she has a knack for breaking down the art and science of charcuterie styling into techniques that are approachable, fun and easy to master.

Be sure to visit Kelsey's website, **theboardloon.com**, where you'll find a gallery of truly stunning boards, including a few of her personal faves.

Selection and availability of products vary by market.

the flavors of fall

Seasonal ingredients are popping up all around our markets. They're easy to spot if you know where to look. Here are a few of fall's defining flavors and some customer favorites that showcase them best.

WARM SPICES

Cinnamon, nutmeg and ginger are among the flavors most closely associated with fall, evoking the comforting aromas and familiar tastes of holiday traditions.

→ Discover our Signature **Autumn Spiced Grain Salad** and **Harvest Celebration Salad** in the Deli Service Case, and look for our Signature **Gingerbread** in the Bakery alongside the batter bread loaves.

STURDY GREENS

Robust greens like kale and chard complement rich fall foods better than delicate lettuces such as Bibb and leaf lettuce. Their earthy flavor and hearty texture help balance the season's heavier dishes.

→ Keep an eye out for our Signature **Kale and Apple Salad** and *NEW!* **Tuscan White Bean Salad** in the Deli Service Case.

HEARTY GRAINS

With their nutty flavor and satisfying chew, wheat berries, farro and wild rice bring a sense of comfort that feels right at home during cooler weather.

→ Try our Signature **Parmesan Wild Rice** from the Deli Service Case or our Signature **Butternut Quinoa Power Bowls** from the Deli Grab & Go Case.

CRANBERRIES

Whether fresh or dried, cranberries deliver a bright, tart-sweet flavor that cuts through richer dishes and pairs beautifully with autumn spices.

→ Spot this seasonal favorite in our Signature **Cranberry Orange Batter Bread** from the Bakery Department.

APPLES

Firm, crisp and pleasantly tart, apples mark the transition from summer's juicy melons and stone fruits to the heartier flavors of fall.

→ Look for our Signature **Hearty Grain & Apple Salad** in the Deli Service Case and our classic **Honeycrisp Apple Pie** from the Bakery.



TURKEY

Its connection to Thanksgiving may be obvious, but turkey also earns its place in fall cooking thanks to its deep, savory flavor, which pairs well with herbs like sage, rosemary and thyme.

→ Watch for our Signature **Savory Holiday Pie** and **Turkey Tetrazzini** in the Deli Grab & Go Case.

NUTS & SEEDS

Walnuts, pecans, pumpkin seeds and sunflower seeds add richness, texture and subtle buttery notes that bring depth to everything from salads to desserts.

→ Sample the season with our Signature **Pecan Pie**, **Pecan Pie Bars** and *NEW!* **Chocolate Bourbon Pecan Pie** (shown above) in the Bakery Department.

MUSHROOMS

Naturally rich in umami, mushrooms lend a hearty, meaty texture to soups, stews and casseroles, making even plant-based versions deeply satisfying.

→ You'll find mushrooms taking center stage in our Signature **Wild Rice Mushroom Medley** in the Deli Heat & Eat Case.

PUMPKIN

Pumpkin's gentle sweetness and earthy character pair effortlessly with classic autumn spices like allspice and cloves, making it a hallmark flavor of the season.

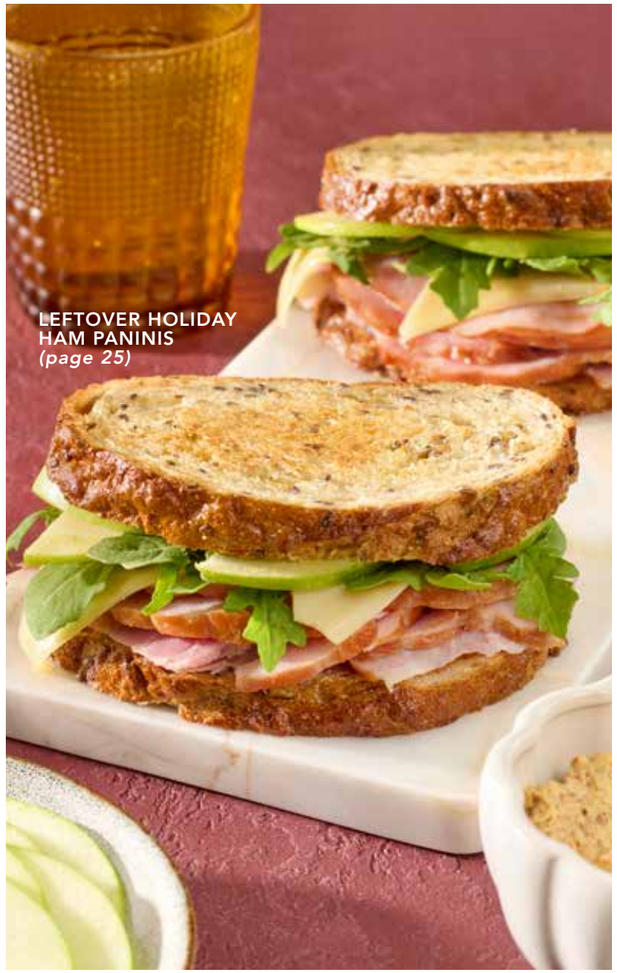
→ Head to the Bakery for our Signature **Iced Pumpkin Raisin Cookies** and **Maple Iced Pumpkin Cookies** (both available through Thanksgiving), plus our *NEW!* **Ultimate Pumpkin Pie** (shown below). Visit the Pastry Case for our Signature **Pumpkin Cream Cheese Swiss Cake Rolls**.



PUMPKIN COOKIES
(page 24)



Selection and availability of products and ingredients vary by market.



LEFTOVER HOLIDAY HAM PANINIS *(page 25)*



here's to HAM

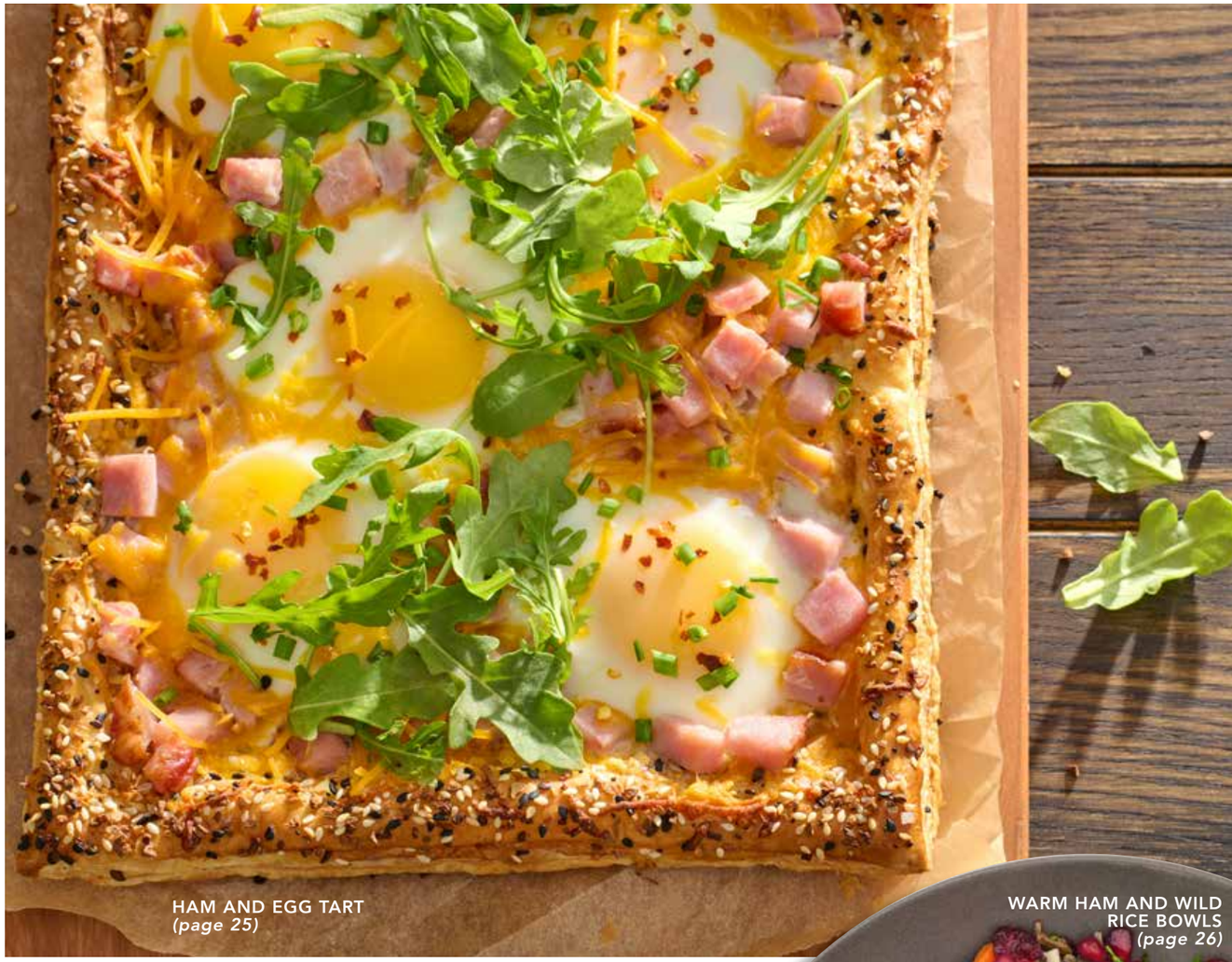
Modern holiday hosts love ham. It's easy to prepare, feeds a crowd and delivers days of delicious leftovers. But today's tastes are evolving. Rather than heavily glazed hams adorned with pineapple rings and maraschino cherries, many home cooks are gravitating toward savory, globally inspired flavors with balanced sweetness and contemporary appeal.

That's especially true at the holiday table, where sweet potatoes, cranberry sauce and roasted vegetables already bring plenty of sweetness to the meal. A more savory ham can create welcome balance and a more nuanced flavor profile. Recipes featuring ingredients like gochujang, harissa, chili flakes and black pepper offer complexity and subtle heat with just a touch of sweetness. The result feels more "elevated dinner party" than "holiday dessert."

Another reason to scale back the sugar? Less-sweet hams make for better leftovers! A heavily glazed ham can feel limiting once the holiday meal is over. Savory preparations transition more naturally into sandwiches and paninis, egg dishes, pasta, bean dishes and more.

FIND IT!
Kowalski's Signature Spiral-Cut Berkshire Ham
Our best ham is made from heritage-breed Berkshire pork naturally raised on small family farms with no growth promotants or antibiotics – ever!

Selection and availability of products and ingredients vary by market.



HAM AND EGG TART *(page 25)*



SCALLOPED POTATOES WITH HAM *(page 25)*



WARM HAM AND WILD RICE BOWLS *(page 26)*

WINTERIZING *your salads*

Salad season never really ends, but a few smart swaps can transform a light summer favorite into something perfectly suited for cooler weather. Better yet, a crisp, chewy salad offers a welcome contrast in both texture and temperature to the rich, comforting dishes that typically dominate holiday tables. Here are a few easy ways to give your go-to salads an autumn upgrade, along with some exclusive new salads that deserve a spot at your next gathering.



WINTER WALDORF SALAD *(page 26)*

GREENS Heartier greens like kale, chard and spinach bring more flavor, texture and staying power than water-rich favorites like iceberg and Romaine. Their pleasantly bitter notes also pair beautifully with the richer ingredients of the season.

VEGETABLES Roasted seasonal vegetables like squash and sweet potatoes add caramelized sweetness, smoky depth and a touch of warmth that tomatoes and cucumbers simply can't match.

FRUITS It's time to say goodbye (for now) to watermelon and nectarines. Crisp apples, juicy pears and jewel-like pomegranate seeds bring sweetness, tartness and crunch that pair well with tangy cheeses and richer dressings.

GRAINS Farro, bulgur, quinoa and wheat berries add satisfying chew, nutty flavor and plenty of good-for-you nutrition. Served cooled or slightly warm, they instantly make a salad feel more substantial.

DRESSINGS This time of year, bright summer vinaigrettes give way to dressings featuring aged balsamic, warming spices like ginger and curry, or a touch more sweetness. Kowalski's Signature Creamy Poppy Seed and Steakhouse Blue Dressings are especially good partners for the bolder flavors of the season.

Our ***NEW!*** Signature House Dressing is another excellent choice. Noticeably sweet with hints of mustard and garlic, it's a delicious complement to hearty greens like kale and chard. Use it anywhere you'd typically reach for a poppy seed dressing.

CHEESES As the seasons change, richer, more complex cheeses step into the spotlight. Roquefort, aged Gouda and nutty Parmesan bring bold flavor and depth, picking up where summertime favorites like fresh mozzarella and feta leave off.

NUTS & SEEDS Whether candied, toasted or simply sprinkled on top, nuts and seeds add satisfying crunch and richness. Pecans, walnuts and pepitas work particularly well alongside roasted vegetables and creamy cheeses.



FIND IT! Find our full line of exclusive, locally made Signature Fresh Salad Dressings in the Produce Department.

Selection and availability of products and ingredients vary by market.



WARM WHITE BEAN PANZANELLA SALAD *(page 26)*



BEAN AND FIG SALAD *(page 26)*



BOSTON BUTTERNUT BLUE SALAD *(page 27)*



HARVEST THYME SALAD *(page 27)*

DIG INTO DEEP-DISH:

dining out at

PIZZERIA PEZZO

If dining out is one of your family's holiday traditions – or if you're looking to start one – Pizzeria Pezzo is the perfect place. Owned and operated by the Kowalski family, Pezzo is a fitting partner for our store brand and reflects the same commitment to hospitality found at Kowalski's Markets.

"We love creating beautiful, inviting spaces and serving delicious food that makes people feel at home," says owner Kris Kowalski Christiansen. "It's what we've been doing in our stores for over 40 years." You'll often find Christiansen and her family dining at Pezzo. "It's one of our favorite spots to gather with friends and family. We're here every week."

Like Kowalski's, Pezzo emphasizes scratch cooking. Everything is made fresh by hand each day, including pizza doughs, mozzarella, Italian sausage, meatballs, sauces and dressings. And while best known for **award-winning Chicago-style deep-dish pizza** and New York-style coal-fired pies, Pezzo makes some of the best pastas, sandwiches and salads in town. Pizza may get all the glory, but regulars swear by these non-pizza delights:

HOUSE ROASTED TURKEY SANDWICH Why is the best turkey sandwich you've ever had made at our "pizza" place? It just is! (The house-brined turkey breast, freshly baked house bread and handmade sun-dried tomato basil aioli might have something to do with it.)

HEART OF SICILY SALAD Many customers still call it by its original name, *The Sicilian*. The scratch-made Sweet Mustard-Basil Vinaigrette is a cult favorite that fans buy by the bottle to enjoy at home.

FIRESIDE LEMON-BASIL CHICKEN WINGS We only make one flavor. When you've perfected the recipe, one is all you need.

LASAGNA Order a slice for the table. Trust us – it's a must-try! We offer it during the cold-weather months at the White Bear Lake location only.





House Roasted Turkey Sandwich



Fireside Lemon-Basil Chicken Wings



Heart of Sicily Salad



Lasagna

FIND IT!
Take a taste of Chicago home! Pizzeria Pezzo Frozen Deep-Dish Pizza is available in the Frozen Foods Aisle at Kowalski's Woodbury and Edina Markets.

LOCATIONS

White Bear Lake

2143 4TH ST.

The original Pezzo offers a full bar with Signature and seasonal cocktails, an elevated wine list and a great beer selection. It's also home to our Chicago Room – the place to party! Book it for groups of up to 50, or go all out and rent the entire restaurant. We can accommodate up to 200 of your besties.

Woodbury

8505 VALLEY CREEK RD.
(INSIDE KOWALSKI'S)

Tucked into the northwest corner of Kowalski's Woodbury Market, this location offers the full Pezzo menu, table service, wine and beer.

Edina

324 SOUTHDALE CENTER
(INSIDE KOWALSKI'S)

This smaller Pezzo location combines quick service at our walk-up counter with full-size traditional ovens that ensure the pizzas here are identical to those slung at our sit-down restaurants. Our slice program features extra-large slices for just $5 and deep-dish slices for just $8. Slices are available only from 11 a.m. to 2 p.m.

THE BUZZ

Our pizza speaks for itself, but countless others have plenty to say about Pezzo, too. With more than a dozen "Best of" awards (including, most recently, **2026 Best Pizza in White Bear Lake** *from White Bear Lake Magazine), you don't have to take our word for it!*

"seriously legit"
– Stephanie March, September 2017, mspmag.com

"One of the 25 Best Pizzas in Minnesota!"
– August 2019, enjoytravel.com

Our deep dish even made *Mpls.St.Paul Magazine*'s list of "the Cities' Most Perfect Pies": "For all you fiends yearning for Chicago-style deep-dish, **Pizzeria Pezzo is the place,** and the **Bucktown** – made with extra sausage, extra mozz, extra sauce, extra everything – is the pie."
– August 2026, mspmag.com

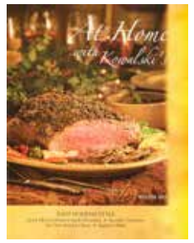
the **"Best Deep-Dish Pizza in the Twin Cities"**
– February 2020, Minneapolis/St. Paul Business Journal

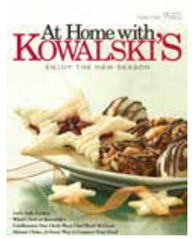
"the **absolute best deep dish pizza I've had,** even better than many of my Chicago favorites."
– Jason DeRusha, February 2023, minnesotamonthly.com

AT HOME *turns* 100

WELCOME TO A MILESTONE EDITION OF AT HOME – OUR 100TH ISSUE!

Our free in-house magazine has long been one of our most popular and enduring customer favorites. With a focus on food, cooking, entertaining, wellness and seasonal product stories, *At Home* has evolved over the last 23 years into a polished lifestyle and culinary magazine that reflects Kowalski's identity as a destination for joyful food lovers. Here's a brief history and a look at the incredibly creative talent working behind the scenes. To everyone who has contributed, collaborated, photographed, edited, designed, cooked, proofread and, most importantly, read along the way – thank you for being part of the story.





Community Newsletter Era: 2003 - 2011

Kowalski's At Home began as a publication titled *At Home with Kowalski's*. Published two to four times annually, it embraced the friendly, community-focused character of a neighborhood market newsletter, with lifestyle features woven throughout.

Kowalski's Director of Culinary Promotions **Linda Day Anderson** led the magazine as its first editor during these first eight years, developing recipes for its pages along the way. **Jerri Mahoney** handled in-house styling, with visual design provided by **Karne Dunshee** until fall 2006, when design and production shifted to Hooker & Company, a local marketing agency. Local professionals **Phil Aarrestad** and **Maggie Stopera** served as principal photographer and food stylist, respectively, helping shape *At Home*'s visual identity from its inaugural issue through more than two decades of publication.

Early issues featured messages from family leadership, a tradition that continues today with a letter in each edition from **Kris Kowalski Christiansen** and **Mary Anne Kowalski**. Their words provide a personal connection between the magazine and their stores.

highlights OF THE ERA

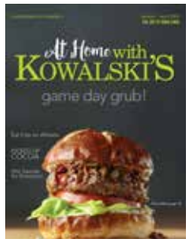
- Store events
- Seasonal shopping recommendations
- Graduation, wedding and holiday planning
- Health and wellness initiatives
- Local product features

the GOAT

One of the longest-tenured members of the *At Home* staff – and the magazine's undisputed *Greatest of All Time* – is **Rachel Sitko**, who has worked on *At Home* since 2010. As proofreader and unofficial team MVP, she helps ensure every issue reflects the polish and professionalism readers have come to expect. (And yes, she's saved us from minor embarrassment more than a few times.) As the magazine has evolved, so too have Rachel's contributions. She brings a critical eye, editorial insight and greater recipe clarity to every issue, making everything she touches more than a little bit better.

Since 2024, Rachel has been joined in her proofreading work by **Marta Johnson**. A former teacher with a love of language and learning, Marta "moonlights" with *At Home* when she isn't training Kowalski's new Bakery stakeholders.





Food Authority Era: 2012 - 2020

Two long-running experts helped define this chapter in *At Home's* history: **Sue Moores, M.S., R.D.,** who began contributing nutrition content in 2007, and Kowalski's Culinary Director **Rachael Perron**, who assumed responsibility for the magazine upon Linda's retirement in 2011. Together, Sue and Rachael helped establish *At Home* as a trusted source for culinary education, nutrition expertise and increasingly sophisticated recipe development. Local food stylist **Susan Telleen** joined forces with Phil and Maggie in 2013, further elevating the magazine's creative identity.

In 2020, Kowalski's was delighted to welcome Graphic Designer **Audra Norton** to the in-house magazine team. Audra was already a trusted creative partner, having spent 13 years designing *At Home* while at Hooker & Company. In the years that followed, she and Rachael worked closely to create a stronger editorial identity and visual style.

During the Food Authority Era, the magazine adopted a more consistent publishing schedule, appearing in store kiosks four to five times annually.

highlights OF THE ERA

- Personality-driven columns from expert contributors
- Profiles of staff, local producers and farmers
- Original recipe development
- Nutrition and wellness content
- Product education and inspiration
- Standout photography





Culinary Magazine Era: 2021 - present

After adding Branding Director to her title in 2018, Rachael began transforming *At Home* into a more contemporary publication focused on emerging ingredients, flavor trends, more in-depth culinary education and seasonally driven editorial themes. In mid-2021, the magazine officially adopted the name *Kowalski's At Home*. By 2023, it had settled into its current bimonthly publishing schedule, bringing the magazine into closer alignment with the merchandising and operational cadence of Kowalski's Markets.

Around the same time, longtime Kowalski's employee and professional portrait photographer **Mare Klassen** began contributing product photography as the magazine's visual needs expanded.

Rosie Lodien joined the team in 2025 as Culinary Assistant, helping develop fresh, relevant recipes tailored to each issue's theme. In 2026, Rosie, Audra and Rachael worked together to merge Kowalski's long-running recipe card and booklet program into *At Home*, replacing the separate materials with a more comprehensive, user-friendly recipe section that better aligns with store operations and offerings.

One of the most notable recent additions to the team came in early 2026, when former KARE 11 meteorologist and well-known foodie **Belinda Jensen** joined Kowalski's as Brand Ambassador. Her recurring column brings readers entertaining ideas, approachable recipes and plenty of lifestyle inspiration.

Also in 2026, professional photographer **Maria Erikson** and food styling assistant **Junita Bognanni** came aboard, bringing a more editorial and inspiring quality to *At Home*'s visual style.

highlights OF THE ERA

- Increasingly sophisticated, energetic design
- Colorful, story-driven imagery
- Modern cooking techniques and education
- Culinary trends and flavor exploration
- Lifestyle features and entertaining inspiration

it's fiber's time ...FINALLY!

SUE MOORES, M.S., R.D.

In all my years as a dietitian, fiber has never "caught fire" as a hot topic. It was hush-hush, something you quietly discussed for – *shhhh* – "regularity."

No more. Fiber has moved to the big kids' table, so much so that social media folks are tapping into a new trend called "fibermaxxing": loading up on fiber-rich foods. But why the fiber spotlight now? Some of that interest comes from the growing use of GLP-1 medications, which can slow digestion. Fiber's ability to help you feel full longer and a growing understanding of its role in GI health are also drawing attention. I'm here for all of it.

Fiber is a woefully undervalued nutrient. It's the kingpin when it comes to keeping food moving through your intestinal tract (aka "nature's broom") and a linchpin of a strong, thriving microbiome (the community of bacteria living in your intestinal tract). Your microbiome affects how your body absorbs and uses calories and nutrients. Fiber is food for the good bacteria, which are part and parcel of a healthy microbiome and a high-functioning immune system. A strong microbiome positively influences heart, brain and mental health, blood pressure, diabetes, cancer risk and more.

Nearly all of us – 95% – fall short on fiber, with most of us eating less than half of what we should. Plant foods are the go-to solution. They contain varying amounts of both soluble and insoluble fiber, plus they're packed with vitamins, minerals and phytonutrients that enhance fiber's many health benefits. Fiber supplements and fiber-fortified foods can be helpful for specific issues but are generally less impactful. They usually provide only one type of fiber and lack the value-added nutrients found in natural sources. Some isolated and synthetic fibers are also poorly tolerated and may cause inflammation in certain people.

You can always count on whole-grain cereals, whole-wheat pastas, bean pastas and canned beans to deliver on the fiber front. The seasonal selections in the shopping list above are worth dropping into your cart, too. They'll help keep you in fine, fit form this fall and winter.

FIBER-FRIENDLY *shopping list*

PEARS
APPLES
POMEGRANATE SEEDS
ORANGES
GRAPEFRUITS
CARROTS
POTATOES
BRUSSELS SPROUTS
PARSNIPS
WINTER SQUASH
KALE
QUINOA
FARRO
WALNUTS
PECANS
PUMPKIN SEEDS
SUNFLOWER SEEDS
DRIED FRUIT
SPLIT PEAS
LENTILS

SUE SAYS



HOW MANY GRAMS OF FIBER DO YOU NEED IN A DAY?

That depends on who you are:

AGE GROUP	MALE	FEMALE
1-3 years	19g	19g
4-8 years	25g	25g
9-13 years	31g	26g
14-18 years	38g	26g
19-50 years	38g	25g
51+ years	30g	21g

Find the long-form version of this article on our website:

THE joy OF GOOD recipes

Enjoy this curated collection of recipes celebrating the season's very best foods and flavors, as featured here in *Kowalski's At Home*. For even more great recipes, visit our user-friendly, searchable database at kowalskis.com. Scan the QR code to explore more than 2,000 delicious ideas, with holiday inspiration for everything from turkey and potatoes to cheesecakes and cookies.

GF MARSHMALLOWS
DF MAKES ABOUT 6 DOZEN, DEPENDING ON SIZE

⅓ cup confectioners' sugar
3 tbsp. cornstarch
- Kowalski's Unsalted Butter or cooking spray, for greasing the baking dish
¾ oz. (3 packets or about 2 ½ tbsp.) unflavored gelatin
1 cup cold water, divided, plus more for brushing the saucepan
1 ½ cups granulated sugar
1 cup light corn syrup
¼ tsp. salt
1 tbsp. Kowalski's Organic Madagascar Vanilla Bean Paste

DIRECTIONS:

1. In a medium mixing bowl, sift together confectioners' sugar and cornstarch.
2. Butter a 9x13" glass baking dish; sprinkle lightly and evenly with a small amount of sugar-cornstarch mixture. Set baking dish and remaining sugar-cornstarch mixture aside.
3. Add gelatin and ½ cup cold water to the bowl of an electric stand mixer fitted with a whip attachment; stir by hand to combine. Let gelatin mixture stand while preparing syrup.
4. In a medium saucepan, combine granulated sugar, remaining ½ cup water, corn syrup and salt over medium heat; cook and stir until sugar is dissolved.
5. Stop stirring; using a pastry brush and additional water, brush down sides of pan as needed to prevent sugar from crystallizing around the edges.
6. Continue cooking until sugar mixture reaches exactly 235°; immediately remove from heat and let cool in pan for 5 min.
7. Begin whipping gelatin mixture on low speed; with mixer running, slowly and evenly pour hot syrup into gelatin mixture.
8. Increase speed to high; whip until mixture is shiny and very thick (10-15 min.), adding vanilla during last minute of whipping.
9. Working quickly, gently spread marshmallow mixture evenly in the prepared baking dish, making sure it reaches the edges and corners; let stand at room temperature until top is very dry and marshmallow can be gently pulled away from the corners (at least 12 hrs.).
10. Using a knife, loosen marshmallow around edges of dish. Using your fingers, invert marshmallow in one piece onto a sheet of parchment paper dusted with sugar-cornstarch mixture; let stand until top of marshmallow slab is dry to the touch (about 2 hrs. more).
11. Dust top of marshmallow with sugar-cornstarch mixture; cut into squares using a hot knife, wiping knife clean between cuts.
12. Toss marshmallows in remaining sugar-cornstarch mixture until edges are no longer sticky.
13. Store at room temperature in an airtight container for up to 2 weeks.

A note about dairy: When cooking spray is used to grease the baking dish instead of butter, this recipe is dairy free.



GF HOT COCOA MIX
V MAKES 9 CUPS MIX (36 SERVINGS)

2 cups unsweetened cocoa powder
2 cups confectioners' sugar
4 cups instant nonfat dry milk
1 cup nondairy powdered creamer
1 tsp. salt

DIRECTIONS:

1. In an extra-large mixing bowl, sift cocoa powder and sugar together to remove lumps.
2. Add remaining ingredients; whisk to combine.
3. Transfer cocoa mix to an airtight container; store in a cool, dry place for up to 3 months.
4. To make cocoa, scoop ¼ cup mix into a mug; top with boiling water. Stir until smooth.

Tasty Tip: Turn your morning coffee into a coffeehouse-style mocha when you stir a heaping spoonful or two into a hot latte.



GF CLASSIC HOT CHOCOLATE
V SERVES 4

3 cups milk
½ cup heavy cream (or half-and-half)
9 oz. dark chocolate (not baking chocolate), chopped
1 tsp. Kowalski's Organic Madagascar Vanilla Extract or Vanilla Bean Paste
- pinch salt

DIRECTIONS:

1. In a medium saucepan, bring milk and cream barely to a boil over medium heat.
2. Add chocolate; continue cooking, stirring with a whisk, until chocolate is melted and mixture is smooth.
3. Stir in vanilla and salt.
4. Divide evenly among 4 mugs; serve immediately.



GF COCONUT JOYS
V MAKES ABOUT 36 PIECES

7 oz. (about 1 ¾ cups) sweetened shredded coconut
1 ¾ cups confectioners' sugar
1 cup finely chopped sliced almonds
½ cup sweetened condensed milk, plus more as needed
1 tsp. Kowalski's Organic Madagascar Vanilla Extract
¼ tsp. kosher salt
8-9 oz. dark chocolate, finely chopped
- sweetened shredded coconut and flaky sea salt, for garnish (optional)

DIRECTIONS:

1. In a large mixing bowl, combine coconut, sugar and almonds.
2. Add condensed milk, vanilla and salt; stir until well combined. If needed, add very small amounts of condensed milk until the mixture just barely holds together and sugar is fully dissolved.
3. Using a small cookie scoop, shape mixture into balls about ¾-1" in diameter; chill until firm (at least 30 min.).
4. In a small microwave-safe mixing bowl, microwave chocolate at 50% power in 30 sec. increments, stirring after each interval, until almost melted; stir until smooth.
5. Working one at a time, use a fork to dip coconut balls in melted chocolate; place candies on a parchment-lined baking sheet.
6. Garnish candies as desired; chill until set.
7. Store in the refrigerator, tightly covered, for up to 2 weeks.

Selection and availability of products and ingredients vary by market.



PEANUT BUTTER BONBONS
MAKES ABOUT 36 PIECES

1 ½ cups shelf-stable creamy peanut butter
½ cup Kowalski's Salted Butter (or ½ cup Kowalski's Unsalted Butter plus ¼ tsp. kosher salt)
1 tsp. Kowalski's Organic Madagascar Vanilla Extract
1 lb. (about 3 ¾ cups) confectioners' sugar
8-9 oz. dark or white chocolate, finely chopped
- warmed peanut butter and/or melted chocolate, for drizzling (optional)
- chopped peanuts and/or flaky sea salt, for garnish (optional)

DIRECTIONS:
1. In a large microwave-safe mixing bowl, combine peanut butter and butter. Microwave at 50% power in 30 sec. increments, stirring after each interval, until mixture is almost melted; stir until smooth.
2. Stir in vanilla.
3. Add sugar; stir quickly until well combined (see *Tasty Tips*).
4. Using a small cookie scoop, shape mixture into balls about ¾-1" in diameter; chill until firm (at least 30 min.).
5. In a small microwave-safe mixing bowl, microwave chocolate at 50% power in 30 sec. increments, stirring after each interval, until almost melted; stir until smooth.
6. Working one at a time, use a fork to dip peanut butter balls in melted chocolate; place candies on a parchment-lined baking sheet.
7. Garnish candies as desired; chill until set.
8. Store in the refrigerator, tightly covered, for up to 2 weeks.

Tasty Tips:
- Different brands of peanut butter may perform differently in this recipe. Jif has a creamy texture that's easy to work with, while drier brands may require less sugar or more mixing. Start with less sugar and add more as needed. The filling should resemble wet sand and hold together well when shaped into a ball without feeling sticky.
- Incorporating the sugar takes some work, so keep stirring! It will eventually come together. If you're really struggling, add another spoonful of peanut butter.

BELINDA'S CHRISTMAS SALAD
SERVES 6

1 cup pecan halves, toasted
⅓ cup Kowalski's Extra Virgin Olive Oil
3 tbsp. Dijon mustard
3 tbsp. Kowalski's Pure Honey
- juice of 1 large lime, divided
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
6 oz. baby spinach
3 clementines, peeled and segmented
½ cup dried cranberries
⅓ cup crumbled fresh goat cheese
⅓ cup pomegranate seeds

DIRECTIONS:
1. Finely chop about half of the pecans; set aside.
2. Combine oil, mustard, honey and most of the lime juice in a screw-top glass jar; fasten lid and shake vigorously to combine. Add additional lime juice to taste; season with salt and pepper.
3. In a large salad or serving bowl, toss spinach with a generous amount of dressing.
4. Top with clementines, cranberries, cheese, pomegranate seeds, pecan halves and chopped pecans; drizzle with remaining dressing to taste.

A note about gluten: When a gluten-free Dijon mustard is used, this recipe is gluten free.



HOLIDAY ICE CREAM SUNDAE CUPS
MAKES 4

4 Oreo cookies (or chocolate wafers), very finely crushed, plus more for garnish, if desired
1 pt. Kowalski's Signature Peppermint Brownie Ice Cream
4 tbsp. Kowalski's Deep Dark Hot Fudge Sauce
- garnishes, to taste (optional): whipped cream, brownie bits and crushed peppermint candy

DIRECTIONS:
1. Divide crushed cookies evenly among 4 (4 oz.) jars; firmly press into an even layer.
2. Divide ice cream among jars, smoothing the tops into an even layer.
3. Spread hot fudge sauce over ice cream; freeze for 5 min. to set.
4. Garnish as desired; serve immediately.

PUMPKIN COOKIES
MAKES ABOUT 40

2 ½ cups flour
1 tbsp. Kowalski's Vietnamese Ground Cinnamon
1 tsp. Kowalski's Ground Allspice
1 tsp. baking soda
1 tsp. kosher salt
¾ cup Kowalski's Unsalted Butter, at room temperature
⅔ cup brown sugar
⅓ cup sugar
⅓ cup dark molasses
2 tsp. Kowalski's Organic Madagascar Vanilla Extract
1 egg yolk
½ cup canned pumpkin purée (not pumpkin pie filling)
1 cup finely chopped walnuts (optional)
2 cups *Browned Butter Icing* (recipe below), for frosting

DIRECTIONS:
1. Preheat oven to 375°.
2. In a medium bowl, combine first 5 ingredients (through salt); set aside.
3. In a large mixing bowl, beat butter, sugars, molasses and vanilla with an electric mixer until creamy.
4. Add egg yolk; beat until combined.
5. Add pumpkin purée; beat until combined.
6. Add flour mixture; beat until thoroughly combined.
7. Stir in walnuts by hand.
8. Using a tablespoon or #40 cookie scoop, drop evenly sized rounded spoonfuls of dough 2" apart on 3 parchment-lined baking sheets.
9. Bake cookies one sheet at a time in preheated oven until just barely set and slightly puffy (9-10 min.), rotating sheet halfway through. Remove from oven; let cookies cool completely on baking sheets.
10. Frost cooled cookies evenly with icing.

BROWNED BUTTER ICING
MAKES ABOUT 2 CUPS

1 cup Kowalski's Unsalted Butter
4 cups confectioners' sugar
¼ tsp. salt
1 tsp. Kowalski's Organic Madagascar Vanilla Extract
4-5 tbsp. milk, plus more if desired

DIRECTIONS:
1. In a small skillet, heat butter over medium heat until it starts to bubble (about 2 min.).
2. Increase heat to high; continue cooking, swirling pan constantly, until butter is medium golden-brown (2-3 min.). Remove from heat; let cool for 3 min.
3. Using a fine-mesh strainer, sift sugar and salt into a large mixing bowl.
4. Slowly pour browned butter into sugar, stirring constantly.
5. Stir in vanilla.
6. Stir in 4-5 tbsp. milk until icing reaches desired consistency for spreading or drizzling; add more milk as needed for a thinner consistency.
7. Spread or drizzle icing on cookies, bars, cinnamon rolls, scones or donuts.

Tasty Tip: Watch butter closely while browning to prevent it from burning.

SMOKED HAM WITH MAPLE HONEY MUSTARD GLAZE
SERVES 8-12

7-9 lb. Kowalski's Signature Berkshire Smoked Bone-In Ham
1 cup water
1 cup Kowalski's Signature Freshly Squeezed Orange Juice, divided
1 ½ cups Kowalski's Pure Honey
½ cup Kowalski's Pure Maple Syrup
½ cup Dijon mustard
1 tsp. crushed red pepper flakes
1 tsp. freshly ground Kowalski's Black Peppercorns
- Kowalski's Mustard (any variety), for serving (optional)

DIRECTIONS:
1. Preheat oven to 350°.
2. Score ham diagonally, making ¼" deep cuts; score in opposite direction to form a diamond pattern.
3. Arrange ham fat-side up on a rack set in a roasting pan. Add water to pan; bake in preheated oven for 30 min.
4. Remove from oven; pour ½ cup orange juice into roasting pan.
5. In a small mixing bowl, combine honey, syrup, remaining orange juice, Dijon mustard, crushed red pepper and black pepper.
6. Brush ½ of the glaze over ham; continue baking, basting frequently with pan juices and brushing with remaining glaze, until internal temperature registers 140° (1-1 ½ hrs.).
7. Remove ham from oven; let rest for 15 min., basting frequently with pan juices.
8. Slice ham; drizzle with pan juices, if desired, or serve with mustard for drizzling, dipping or spreading on ham sandwiches.

A note about gluten: When a gluten-free Dijon mustard is used, this recipe is gluten free.

Tasty Tip: Freeze the leftover ham bone for later use in soups, stocks or beans.

LEFTOVER HOLIDAY HAM PANINIS
MAKES 2

4 slices Kowalski's Signature Artisan Multigrain Bread
2 tbsp. Kowalski's Apple Butter
8 oz. thinly sliced leftover ham
4 thin slices white Cheddar
- thinly sliced tart apple, to taste
2 tbsp. Kowalski's Stone Ground Mustard
- Kowalski's Extra Virgin Olive Oil, for grilling
- baby arugula, to taste

DIRECTIONS:
1. Preheat a nonstick skillet, griddle or panini press to medium heat.
2. Spread one side of 2 bread slices with apple butter; top evenly with ham, cheese and apple.
3. Spread mustard on one side of remaining bread slices; place bread mustard-side down over sandwich fillings.
4. Lightly brush both sides of sandwiches with oil; place on preheated cooking surface. Cook on first side until bottoms are dark golden-brown (about 2 min.); flip and repeat (sandwiches do not need to be flipped in a panini press).
5. If needed, reduce heat slightly and continue cooking until ham is hot and cheese is melted (about 2 min. more), flipping occasionally if using a skillet or griddle.
6. Open sandwiches; top evenly with arugula. Close and cut each sandwich in half on the diagonal; serve immediately.

Tasty Tips:
- Sandwiches may be assembled ahead of time; cover and refrigerate until ready to cook.
- Substitute Havarti, provolone or Swiss for the Cheddar.



SCALLOPED POTATOES WITH HAM
SERVES 4

¼ cup Kowalski's Butter, divided, plus more for buttering the baking dish
½ cup diced white onion
2 tbsp. flour
1 tsp. dried thyme or 1 tbsp. minced fresh thyme (optional)
1 tsp. kosher salt
1 ½ cups half-and-half
1 cup chicken broth
1 lb. julienned ham (such as leftover holiday ham or ham steaks)
2 lbs. Yukon Gold potatoes, peeled and sliced ⅛" thick
1 cup shredded Gruyère cheese
- garnishes, to taste (optional): crushed red pepper flakes, freshly ground Kowalski's Black Peppercorns and minced fresh herbs

DIRECTIONS:
1. Preheat oven to 350°. Butter a 9x13" glass baking dish.
2. In a large skillet, heat 2 tbsp. butter over medium heat. Add onion; cook and stir until onion is soft (about 3 min.).
3. Add remaining butter, flour, thyme and salt to the pan; cook, stirring constantly, until bubbly (about 1 min.).
4. Whisk in half-and-half and broth; bring to a boil, stirring constantly. Boil and whisk for 1 min.
5. Add ham to the cream sauce.
6. Fill prepared baking dish with alternating layers of sliced potatoes and cream sauce, ending with cream sauce on top. Sprinkle evenly with shredded cheese.
7. Cover dish with foil; bake in preheated oven for 45 min.
8. Uncover; continue baking until potatoes are tender and top is golden and bubbly (45 min. more).
9. Remove from oven; let rest for 10 min.
10. Top with desired garnishes; serve immediately.



HAM AND EGG TART
SERVES 4

½ pkg. (1 sheet) frozen gluten-free puff pastry
6 eggs, divided
2 tbsp. Kowalski's Everything Bagel Seasoning
2 tbsp. Kowalski's Stone Ground Mustard
½ lb. diced ham (such as leftover holiday ham)
½ cup shredded Kowalski's Mild Cheddar Cheese
- freshly ground Kowalski's California Sea Salt and Kowalski's Black Peppercorns, to taste
- garnishes, to taste (optional): minced chives, crushed red pepper flakes and fresh arugula

DIRECTIONS:
1. Let puff pastry thaw at room temperature until it can be unfolded without breaking (the pastry should be cool but pliable).
2. Preheat oven to 425°.
3. Unfold pastry sheet onto a parchment-lined baking sheet. Using a fork, pierce pastry all over, leaving a ½" border.
4. Bake puff pastry in preheated oven for 10 min.
5. Remove from oven; let cool for 5 min.
6. In a small mixing bowl, whisk 1 egg. Brush egg wash over border of pastry; sprinkle with bagel seasoning.

7. Spread mustard evenly over pastry, avoiding the border.
8. Arrange ham evenly over pastry, leaving 5 round wells for the eggs. Crack 1 egg into each well; sprinkle with cheese.
9. Return to oven; bake until eggs are cooked to desired doneness (about 12 min. for runny yolks).
10. Remove from oven; let cool for 5 min.
11. Season tart with salt and pepper; top with desired garnishes. Serve immediately.



GF DF WARM HAM AND WILD RICE BOWLS

SERVES 4

6 tbsp. Kowalski's Extra Virgin Olive Oil, divided
8 oz. sliced baby bella mushrooms
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
1 ½ cups sliced or chunked carrots (roughly ½")
½ cup thinly sliced celery
¼ cup diced onion
2 cups Kowalski's Wild Rice, prepared according to pkg. directions, cooled slightly
1 lb. smoked ham, in ½" dice
¼ cup apple cider vinegar
1 tsp. pomegranate molasses or Kowalski's Pure Maple Syrup
1 tsp. Dijon mustard
1 ½ cups julienned baby spinach leaves
- garnishes, to taste: toasted slivered almonds, chopped fresh parsley, thinly sliced green onion, fresh pomegranate seeds and sweetened dried cranberries

DIRECTIONS:

1. In a large skillet, heat 1 tbsp. oil over medium-high heat.
2. Add mushrooms; cook and stir until dark on the edges and tender (9-10 min.).
3. Season mushrooms with salt and pepper; remove from pan and set aside to cool slightly.
4. Add carrots and another 1-2 tsp. oil to the pan; cook and stir until dark golden on the edges and just tender (about 6-7 min.).
5. Remove carrots from pan; let cool to room temperature.
6. Add celery and diced onion to the pan with another 1 tsp. oil, if needed; cook and stir until tender (about 5 min.).
7. Add rice; stir to combine and rewarm slightly. Season with salt and pepper.
8. Divide rice mixture among 4 serving bowls; keep warm.
9. Add ham and another 1-2 tsp. oil to the pan; cook and stir until ham is crisp and dark on the edges (3-4 min.).
10. Remove ham from pan; set aside to cool slightly.
11. Reduce heat to medium. Add vinegar; scrape up any browned bits from bottom of pan.
12. Whisk in molasses and mustard; remove from heat.
13. Slowly drizzle in remaining oil, whisking vigorously, until dressing is emulsified and slightly thickened. Season with salt and pepper.
14. Divide ham, carrots, mushrooms and spinach evenly among bowls of rice; drizzle with warm dressing to taste.
15. Garnish as desired; serve immediately.

A note about gluten: When a gluten-free Dijon mustard is used, this recipe is gluten free.

GF V WINTER WALDORF SALAD

SERVES 4

2 cups red seedless grapes
1 tbsp. Kowalski's Extra Virgin Olive Oil
½ cup low-fat plain yogurt
1 tbsp. sugar (or Kowalski's Pure Honey)
5 oz. baby spring mix
2 cups chopped Granny Smith apples
1 cup (about 2 ribs) chopped celery
½ cup chopped dried dates
½ cup pecan halves, toasted
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. Preheat oven to 400°.
2. In a large mixing bowl, toss grapes with oil.
3. Arrange grapes in a single layer on a parchment-lined baking sheet; bake in preheated oven until grapes are soft and slightly charred (15-20 min.).
4. Transfer grapes to a plate; set aside to cool.
5. In a small mixing bowl, whisk together yogurt and sugar; set dressing aside.
6. In a large salad or mixing bowl, combine spring mix with cooled roasted grapes, apples, celery, dates, pecans, salt and pepper.
7. Drizzle salad with dressing; gently toss to coat. Serve immediately.

Tasty Tips:

- Substitute any lettuce for the greens called for in this recipe.
- Walnuts can be used in place of pecans in this recipe.

V WARM WHITE BEAN PANZANELLA SALAD

SERVES 4

1 loaf Kowalski's Signature Artisan Ciabatta Bread, cut or torn into 1-1 ½" cubes
½ cup Kowalski's Extra Virgin Olive Oil, divided
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
14-16 oz. (1 can) cannellini beans, rinsed and drained
½ cup Kowalski's Italian Vinaigrette Salad Dressing
4 oz. radicchio, torn
1 cup chopped Castelvetrano olives
½ red onion, thinly sliced into half moons
¼ lb. Kowalski's Israeli Feta (from the Specialty Cheese Department), crumbled
- torn fresh basil, for garnish (optional)

DIRECTIONS:

1. Preheat oven to 425°.
2. In a large mixing bowl, toss bread cubes with 3-4 tbsp. oil to fully coat; season with salt and pepper to taste.
3. Spread bread cubes on a parchment-lined baking sheet; bake in preheated oven until lightly browned and toasty (about 15 min.).
4. Remove bread cubes from oven; set aside to cool completely.
5. In a large skillet, heat 1 tbsp. oil over medium heat. Add beans; cook until warmed through (4-5 min.).
6. Season beans with salt and pepper; remove from heat and set aside.
7. In a small mixing bowl, whisk Italian dressing with remaining oil.
8. In a large salad bowl, combine toasted bread cubes with warm beans, radicchio, olives and onion; drizzle with dressing and toss to coat.
9. Top with feta; season with salt and pepper to taste.
10. Garnish with basil; serve immediately.

GF BEAN AND FIG SALAD

V SERVES 6

DF 30 oz. canned cannellini beans, rinsed and drained
6-8 dried Mission figs, thinly sliced
½ cup chopped walnuts, toasted
¼ cup (approx.) thinly sliced red onion
¼ cup *Mustard Vinaigrette*, plus 2 tbsp. (approx.) to taste
1 oz. (approx.) fresh arugula or baby spinach leaves, stemmed
- freshly ground Kowalski's Black Peppercorns, to taste
- chopped fresh Italian parsley, for garnish (optional)

DIRECTIONS:

1. In a large mixing or salad bowl, combine first 4 ingredients (through onion).
2. Drizzle with ¼ cup vinaigrette; toss to coat. Fold in greens; drizzle with additional vinaigrette to taste.
3. Season with pepper; garnish with parsley. Serve immediately.

MUSTARD VINAIGRETTE: In a medium mixing bowl, whisk together 2 tbsp. Kowalski's Champagne Honey Mustard, 2 tbsp. red wine vinegar or apple cider vinegar, and 1 tsp. Kowalski's Pure Honey. Very slowly drizzle in ¼ cup Kowalski's Extra Virgin Olive Oil, whisking constantly to form an emulsion; season to taste with kosher salt and freshly ground Kowalski's Black Peppercorns. *Makes about ½ cup.*

GF BOSTON BUTTERNUT BLUE SALAD

SERVES 4

2 heads Boston lettuce (also called Bibb or butter lettuce), torn
- *Mustard Basil Dressing*, to taste
1 cup *Roasted Butternut Squash* (find our recipe online at kowalskis.com)
¼ cup crumbled blue cheese
2 tbsp. finely chopped Kowalski's Honey Toasted Pecans
1 oz. very thinly sliced prosciutto, roughly torn
- 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. Toss lettuce with dressing to taste.
3. Transfer lettuce to a large platter or individual serving plates; top evenly with squash, cheese, pecans and prosciutto.
4. Drizzle with additional dressing to taste; season generously with pepper.

MUSTARD BASIL DRESSING: In a food processor, combine 2 ¼ oz. fresh basil, 5 chopped green onions and 2 cloves garlic; process until very finely minced. Add 1 cup mayonnaise, 3 tbsp. gluten-free Dijon mustard, 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Juice Case) and 1 tbsp. Kowalski's Pure Honey; process until smooth. Season to taste with kosher salt and freshly ground Kowalski's Black Peppercorns. Store in the refrigerator, covered, for up to 3 days. *Makes about 1 cup.*

GF V HARVEST THYME SALAD

SERVES 4

DF 12 oz. broccoli slaw
2 beets, peeled and cooked, cut into matchsticks
1 cup Kowalski's Roasted and Salted Pepitas
1 cup dried currants
1 cup Kowalski's Dried Cranberries
½ cup chopped Kowalski's Dried Mango or Apricots
8 oz. Salad Girl Organic Dairy-Free Sweet & Sassy Dressing (from the Produce Department)
1 ½ tsp. fresh thyme leaves

DIRECTIONS:

1. In a large mixing bowl, combine slaw mix, beets and most of the pepitas and dried fruits, reserving a small amount for garnish; toss.
2. Drizzle salad with most of the dressing; toss to coat.
3. Add additional dressing to taste.
4. Garnish salad with thyme, reserved pepitas and reserved dried fruits.

*Recipe adapted with permission from **Salad Girl**.*



GF DF BALSAMIC ROASTED BEEF TENDERLOIN

SERVES 6

2 ½ lbs. Kowalski's Certified Humane USDA Prime Whole Beef Tenderloin, trimmed and tied
2 tbsp. Dijon mustard
1 tbsp. Kowalski's Balsamic Vinegar
1 tsp. kosher salt
1 tbsp. coarsely cracked black pepper

DIRECTIONS:

1. Preheat oven to 500°. Place roast on a baking sheet lined with aluminum foil.
2. In a small mixing bowl, whisk together mustard, vinegar and salt. Brush mixture evenly over top and sides of roast; sprinkle evenly with pepper.
3. Roast in preheated oven for about 25 min. for rare (120° internal temperature) or 35 min. for medium (140° internal temperature).
4. Remove roast from oven; cover tightly with foil and let rest for 10 min.
5. Slice roast; serve warm.

A note about gluten: When a gluten-free Dijon mustard is used, this recipe is gluten free.

GF V MELTING POTATOES

SERVES 6

- Kowalski's Extra Virgin Olive Oil Spray or avocado oil spray, for coating the baking sheet
4 tbsp. Kowalski's Unsalted Butter, melted
2 tsp. chopped fresh thyme or rosemary
1 tsp. kosher salt
½ tsp. freshly ground Kowalski's Black Peppercorns
2 lbs. Yukon Gold potatoes, peeled and cut into 1" slices
1 cup gluten-free chicken stock or vegetable stock
3-4 cloves garlic, peeled and smashed

DIRECTIONS:

1. Preheat oven to 500°. Spray a 9x13" rimmed baking sheet with oil.
2. In a large mixing bowl, stir together melted butter, herbs, salt and pepper.
3. Add potatoes; toss to coat evenly.
4. Arrange potatoes in a single layer on the prepared baking sheet; roast for 15 min.
5. Using a thin spatula, gently loosen and flip potato slices; roast for 15 min. more.
6. Carefully pour stock over potatoes on the baking sheet. Add garlic; roast until potatoes are fully tender (10-15 min.).
7. Transfer potatoes to a serving platter; drizzle with any remaining cooking liquid. Serve immediately.

Dietary note: When vegetable stock is used, this recipe is vegetarian.

GF DF BALSAMIC ROASTED BRUSSELS SPROUTS

SERVES 6

1 ½ lbs. Brussels sprouts, trimmed and halved
- Kowalski's Extra Virgin Olive Oil, for coating the Brussels sprouts
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
4 oz. pancetta, cut into ½" dice
1 tbsp. aged balsamic vinegar or *Balsamic Syrup* (or to taste)

DIRECTIONS:

1. Preheat the oven to 450°.
2. Completely but lightly coat Brussels sprouts with oil; season to taste with salt and pepper.
3. Arrange sprouts in a single layer on a parchment-lined baking sheet; sprinkle evenly with pancetta.
4. Roast in preheated oven until sprouts are browned and tender when pierced with a fork (20-25 min.).
5. Remove pan from oven. Immediately drizzle sprouts and pancetta with balsamic vinegar; toss to coat.
6. Adjust seasoning to taste; serve immediately.

BALSAMIC SYRUP: In a small saucepan, whisk together ¾ cup Kowalski's Balsamic Vinegar, 2 tbsp. Kowalski's Pure Honey and ¼ tsp. freshly ground Kowalski's Black Peppercorns. Simmer over medium-high heat, uncovered, until just syrupy and reduced to about ¼ cup (about 6-8 min.), stirring occasionally. Remove from heat; cool completely. Store in the refrigerator, covered, for up to 3 weeks.



Selection and availability of products and ingredients vary by market.

seasonal supper

This classic Italian pasta dish, known as *paglia e fieno* ("straw and hay"), combines yellow and green pasta – the colors representing straw and hay – with sweet green peas and savory prosciutto or ham in a rich Parmesan cream sauce. It's an excellent way to repurpose leftover holiday ham and feels especially comforting when finished with a pinch of black pepper and freshly grated nutmeg.

GF STRAW AND HAY (PAGLIA E FIENO)

SERVES 4

- salt, for cooking the pasta
1 tbsp. Kowalski's Extra Virgin Olive Oil
½-1 lb. chopped ham (such as leftover holiday ham)
1 cup frozen peas
16 oz. (1 container) Kowalski's Signature Fresh Alfredo Sauce
18 oz. (2 pkgs.) Kowalski's Fresh Artisan Egg Linguine (or Fettuccine)
- garnishes, to taste (optional): freshly grated Kowalski's Signature Parmigiano-Reggiano Cheese, chopped fresh Italian parsley or basil, freshly ground Kowalski's Black Peppercorns and freshly grated nutmeg

DIRECTIONS:

1. Bring a large pot of salted water to a boil.
2. Meanwhile, heat oil in a large skillet over medium heat. Add ham and frozen peas; cook for 2 min.
3. Add Alfredo sauce; bring to a gentle boil. Reduce heat; simmer for 3-5 min.
4. Cook pasta in boiling water according to pkg. directions (do not overcook); near the end of cooking time, scoop about ½ cup of pasta cooking water from the pot and reserve.
5. Drain pasta; add to sauce and toss to coat. Add hot reserved pasta water a bit at a time as needed until sauce reaches desired consistency.
6. Divide pasta among 4 individual serving dishes; garnish as desired. Serve immediately.

TASTY TIPS

- To add more "hay" to this recipe, substitute 8 oz. dried green linguine for 1 pkg. Kowalski's Fresh Artisan Egg Linguine. Cook the dried and fresh pastas separately according to pkg. directions.
- No leftover ham? Find ham steaks in the Meat Department or order thick-cut slices of Boar's Head Ham from the Deli Service Counter.

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