



table

GRILLING 2024



Day in the Sun

Indulge in a sunny day with a delicious summertime meal.



Barbecuterie

Barbecue fit for a grazing board. Find inspiration for your next gathering.



Sweet & Spicy

Sweet or spicy? We have sips and snacks to satisfy any craving.



LOOK FOR THESE INTERACTIVE ICONS THROUGHOUT.



SHOP RECIPE



WATCH

A smartphone is shown in the foreground, displaying a webpage with the text "CO-OP OUTDOOR LIVING" and "Find Your SUMMER". The background of the phone screen shows an outdoor patio with a wooden wall and a wicker chair. The overall background of the banner is a wooden wall with a garden scene.

Find your summer
in the yard

Discover outdoor furniture, decor, barbecues and more at your local Co-op Home Centre.

[FIND YOUR BACKYARD OASIS >>](#)

A man with a beard, wearing an orange long-sleeved shirt and blue jeans, is sitting on a wooden chair outdoors. He is working on a laptop on a wooden table. In the background, there is a house and greenery. The entire scene is set against an orange background with faint floral patterns.

SHOP ONLINE AND SPEND MORE TIME IN THE SUN.

Give us your list, and we'll do the shopping so you can make the most of those long summer days.

[STAY ONE CLICK AHEAD >>](#)

A stainless steel gas grill is shown with food cooking on it. A propane tank is attached to the side, and a pink lantern and a jar are on the side table. The background is a lush green lawn with trees.

Find your summer
by the grill

Don't forget to fill your propane tank at your local Co-op Gas Bar! Download the Co-op app to find a propane filling station near you.

[DOWNLOAD THE CO-OP APP >>](#)

Sunny days are here.

There's something about summertime and those delightfully long days that stretch into peaceful, easy evenings that makes you want to gather with loved ones. Our acclaimed Western Canadian chefs have fresh ideas to help you plan the ultimate sunny day menu – whether you're hosting a backyard soiree or meeting friends for a day at the park.

We've taken everyone's go-to party favourite, the charcuterie board, and kicked it up a notch with delicious, grilled options to suit a variety of palates. Of course, we're calling it "barbecuterie." If you prefer a classic burger or smokie, we have something for you, too.

And for those summer days spent on the go, you can always find ready-made or ready-to-cook options at your local Co-op – perfect to pick up on your way to the picnic. Whenever you're firing up your grill or packing up a cooler, you'll be ready to make the most of the season.



FLAVOURS of SUMMER



**Same Clamato,[®]
hold the calories.**

**30% LESS CALORIES.
44% LESS SODIUM.**



For this recipe and more, scan here



*Per 250 mL serving of Mott's® Clamato® The Original
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CONTENTS

New to You »

The latest batch of Co-op products is sure to make summer a bit tastier.

MEET THE MAKERS GROWERS EDITION

Meet the growers who provide fresh, Western Canadian-grown produce to Co-op Food Stores. >>>



Day in the Sun

Indulge in a sunny day well spent with a delicious summertime meal.

Day in the Sun

- Corn & Tomato Arugula Salad »
- Berkshire Bangers with Pickled Peppers »
- Bison Burgers with Blueberry Mostarda & Horseradish »
- White Chocolate Raspberry Brownies »

Barbecuerie Boards & More

Barbecued fare fit for a grazing board. Find inspiration for your next backyard gathering.



Traditional Board

- Maple Bacon Chicken Thighs »
- Coffee Rub Chicken Lollipops »
- Refrigerator Pickles »

Seafood Board

- Grilled Prawn & Grapefruit Wraps »
- Chimichurri Mussels »

Fun with Foil »

Get ready to wow your guests with shiny packages filled with flavour.

Veggie Board

- Grilled Mushroom Dip »

Mushroom 101 »

Grills just want to have fungi so add more plant-based options to the grill.

Dessert Board

- Cast Iron Apple Pie with Cheddar Crust »
- Salted Caramel Grilled Pears »
- Gluten-Free Rhubarb Strawberry Crisp »

Sweet & Spicy

Sweet. Spicy. Or a little bit of both. These summertime sips and snacks will satisfy any craving.



Mocktails

- Two To Mango Mocktail »
- Pina Clamato Mocktail »

Tasty Travels »

- Chef Cesar Roblin tells us about his childhood comfort food.
- Carne Asada »

Appetite for Life »

Stay healthy and hydrated this summer.

MEET THE CHEFS



DALE MACKAY | SASKATOON, SK

MacKay, is a winner of Top Chef Canada and founder of Grassroots Restaurant Group, which includes three restaurants in Saskatoon and Regina.



CHRISTOPHER CHO | REGINA, SK

Cho, a master of mixology and exceptional customer service, is a co-owner of Grassroots Restaurant Group and sole owner of Traditional Bitters.



NICOLE GOMES | VANCOUVER, BC

Gomes, the first female winner of Top Chef Canada: All-Stars, owns Nicole Gourmet and with her sister Francine runs Cluck N Cleaver, a successful fried and roast chicken concept restaurant.



ANGIE QUAALE | LANGLEY, BC

Quaale, a North American BBQ competitor, is a champion for local and author of the best-selling cookbook Eating Local in the Fraser Valley.



MARIA KOUTSOGIANNIS | CALGARY, AB

Koutsogiannis creates straight-forward recipes that inspire vegans and non-vegans alike to embrace vibrant, wholesome, plant-based foods without sacrificing comfort or indulgence.



MANDEL HITZER | WINNIPEG, MB

Hitzer, former judge on Wall of Chefs, runs deer + almond, a restaurant that has received numerous accolades. He co-founded RAW almond, bringing world-class chefs to the frozen rivers of Winnipeg.

TRULY WESTERN CANADIAN

CO-OP GOLD Bison Products



LEARN MORE >>



WanuskeWIN

A portion of the proceeds support cultural education programs at Wanuskewin Heritage Park.

CHAPMAN'S



The best in the ice cream category.



Winner Ice Cream Category. Survey of 4,000 people by Kantar.



Peanut • Nut Free

EGG free

NEW TO YOU



CO-OP GOLD PURE KETTLE COOKED POTATO CHIPS



There's nothing quite as satisfying as the crunch of a kettle-cooked potato chip. CO-OP GOLD PURE® Kettle Cooked Chips are made in Surrey, B.C., by Naturally Homegrown Foods. Enjoy your favourite flavours, or try something new like Spicy Ranch, Rosemary & Garlic, Loaded Baked Potato and Maple Bacon. And if you want to experience a truly Western Canadian taste, tear into a bag of Honey Dill – a flavour combo that originated in Winnipeg!

CO-OP GOLD DELI SALADS

When all your time and energy go into whipping up a delicious main course, your side dish options may be lacking. CO-OP® GOLD Deli Salads are here to fill the gaps in your menu. Choose from five different varieties including Creamy Coleslaw, Potato & Egg, Creamy Potato, Macaroni & Cheese, and Creamy Macaroni. Made in Delisle, Saskatchewan, with locally grown vegetables, they're practically homemade.



CO-OP GOLD SODA & SPARKLING WATER

Pop open a can of new and improved CO-OP® GOLD Soda. Now available in a tall skinny can with a sleek new look, find all your favourite pop flavours: Classic Cola, Root Beer, Ginger Ale, Lemon Lime and Orange. If you prefer a lighter taste, CO-OP® GOLD Sparkling Water can quench your thirst for something bubbly. Available in five fizzy flavours: Original, Grapefruit, Watermelon, Black Cherry and Lime. Best of all, they're both made in Edmonton, Alberta!



CO-OP GOLD PURE HERBAL TEA

There's nothing quite like a spot of iced tea on a sunny summer afternoon. And our new CO-OP GOLD PURE® Tea varieties are best enjoyed cold. Enjoy three fun-in-the-sun flavours: Watermelon Mint Green Tea, Pineapple Coconut Rooibos and Pink Lemonade Herbal Tea. To make a perfect pitcher of refreshing iced tea, steep 8 tea bags in ½ cup of boiled water for approximately five minutes. Remove the tea bags, pour the concentrate into a pitcher over ice and cold water, and sit back and sip!



CO-OP GOLD PURE KOMBUCHA

Call it a gut feeling – we just know you're going to love the new CO-OP GOLD PURE® Kombucha. Handcrafted in small batches in Medicine Hat, Alberta, this fermented tea is made with organic ingredients, full of good-for-you live cultures and it's gluten- and dairy-free. Enjoy a summery sip of Blueberry Haskap Lavender (made with Alberta-grown haskaps), a sweet and refreshing taste of Watermelon Lemonade or the crisp bite of Root Beer Ginger (made with Alberta-grown ginger). These tasty brews are the flavour fusions you've been waiting for.





MEET THE MAKERS

GROWERS EDITION



BRIAN FAULKNER
VP BUSINESS DEVELOPMENT & MARKETING | BCFRESH

BCFRESH WARBA POTATOES

The Warba potato is the earliest potato variety available in Canada, but their thin skins can make them difficult to harvest and ship. BCFresh, owned by 33 family farms in British Columbia's lower mainland, solved that problem by working with food scientists to develop packaging that extends the shelf life of the potatoes to 21 days. "These bags hold just the right amount of moisture and allow air to move through the bags, creating optimum storage conditions for the potatoes. Co-op was the first to jump on our new packaging in a big way," says Brian Faulkner.

Now new Warba potatoes can be shipped to stores and enjoyed by customers in May and June. "We're excited to share these early new potatoes with Western Canada," says Brian.



DELTA

GOODLEAF FARMS GREENS

GoodLeaf Farms is Canada's first and largest vertical farm. With two new vertical farms coming online in late 2023 and early 2024, they will be providing Western Canada with baby greens and micro-greens.

"Our product is sustainably grown, pesticide free, more nutrient dense and has a longer shelf life than many other products," says Barry Murchie. "We're creating an alternative for Canadians that does not displace domestic farmers."



BARRY MURCHIE
CEO | GOODLEAF FARMS



CALGARY



DANIEL & CHELSEA ERLANDSON
OWNERS | SPRING CREEK GARDEN

SPRING CREEK GARDEN CARROTS, BROCCOLI & CORN

Selling vegetables from his market garden put Daniel Erlandson through university, and he never looked back. Today, he and his wife Chelsea grow 1,100 acres of vegetables near Lake Diefenbaker. Their carrots, pumpkins, broccoli and corn are distributed to Co-op stores in Saskatchewan.

"We had so much to learn, from packaging to shipping to spacing out plantings," says Daniel. "Co-op has supported us from the beginning - they have been with us through all of it."



OUTLOOK

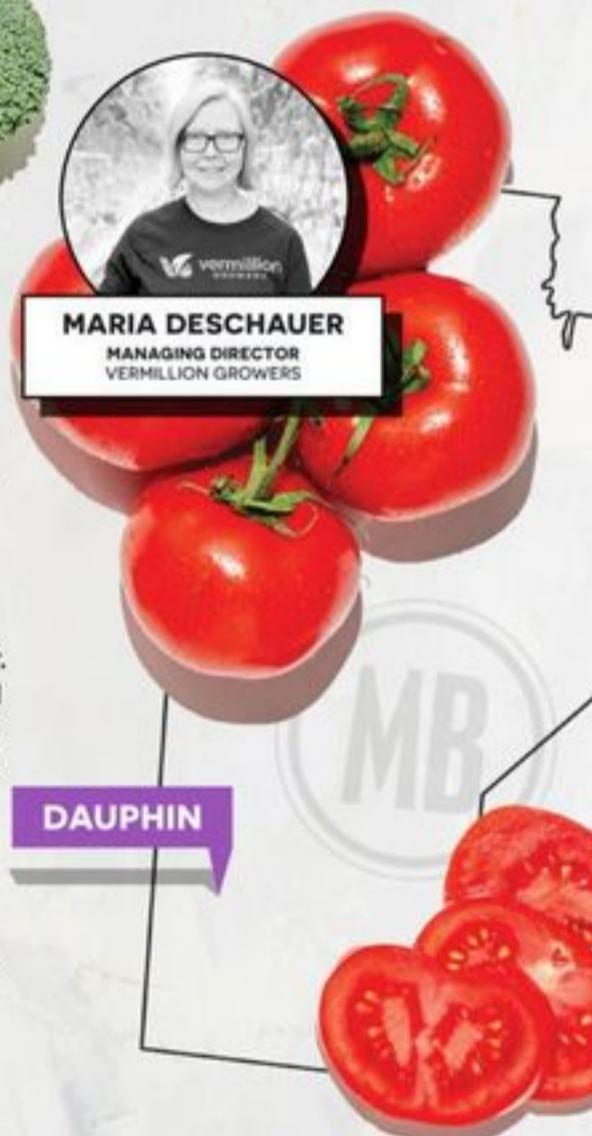
VERMILLION GROWERS TOMATOES ON THE VINE

With their slogan, "Growing Food. Growing People. Growing Community," Vermillion Growers is committed to building the economy in rural Manitoba, supplying Western Canada with locally grown produce and doing it sustainably. "We have 10 acres under glass, growing tomatoes on the vine using controlled environment agriculture," says Maria Deschauer. "We use a fraction of the water required for field growing, and green technology is incorporated into our facility to ensure the growing process is as environmentally sustainable as possible."

The first crop of tomatoes left this brand-new facility for Co-op stores in November. "We're very thankful for Co-op's commitment to local production. The Co-op brand is so important to rural communities."



MARIA DESCHAUER
MANAGING DIRECTOR
VERMILLION GROWERS



DAUPHIN



**PROUDLY
WESTERN
CANADIAN**

These producers are among the many Western Canadian growers supplying fresh produce to local Co-ops. Local produce selection varies with the season and Co-op location. Visit your Co-op to see what local produce is available in your community!

Day in the Sun



A blissful sunny day in your backyard oasis calls for a tasty meal. Whether you spend the day lazily lounging on the deck, carefully tending to your garden, or diligently staining your fence, indulge in a day well spent with a perfect plateful. Enjoy a handcrafted bison burger with all the fixings, or a grilled sausage topped with homemade pickled jalapeños. And don't forget dessert!



CORN & TOMATO ARUGULA SALAD

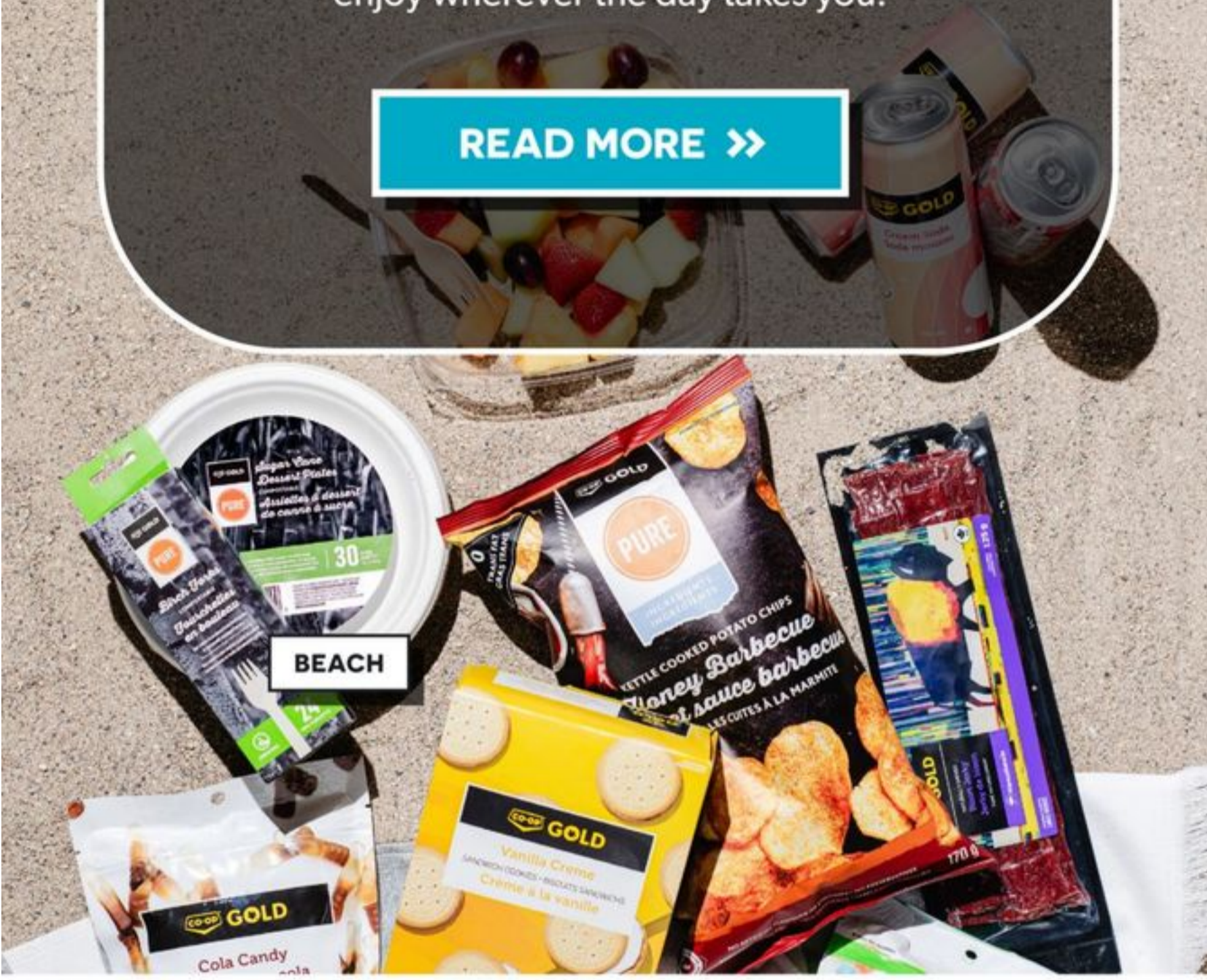
A flavourful fresh summer salad topped with tangy lime chili dressing.

[VIEW RECIPE >>](#)

PACK A Picnic

A day on the deck. A day on the boat. Or a day at the park. The perfect summer day calls for perfect summer snacks. Enjoy delicious dishes you can prep ahead and pack up to enjoy wherever the day takes you.

READ MORE >>



WE'VE GOT THE FLAVOUR

CLUB HOUSE
LA GRILLE

French's

FRANK'S
RedHot

CHOLULA
HOT SAUCE



LA GRILLE SMOKY RANCHERO BLACK BEAN BURGERS



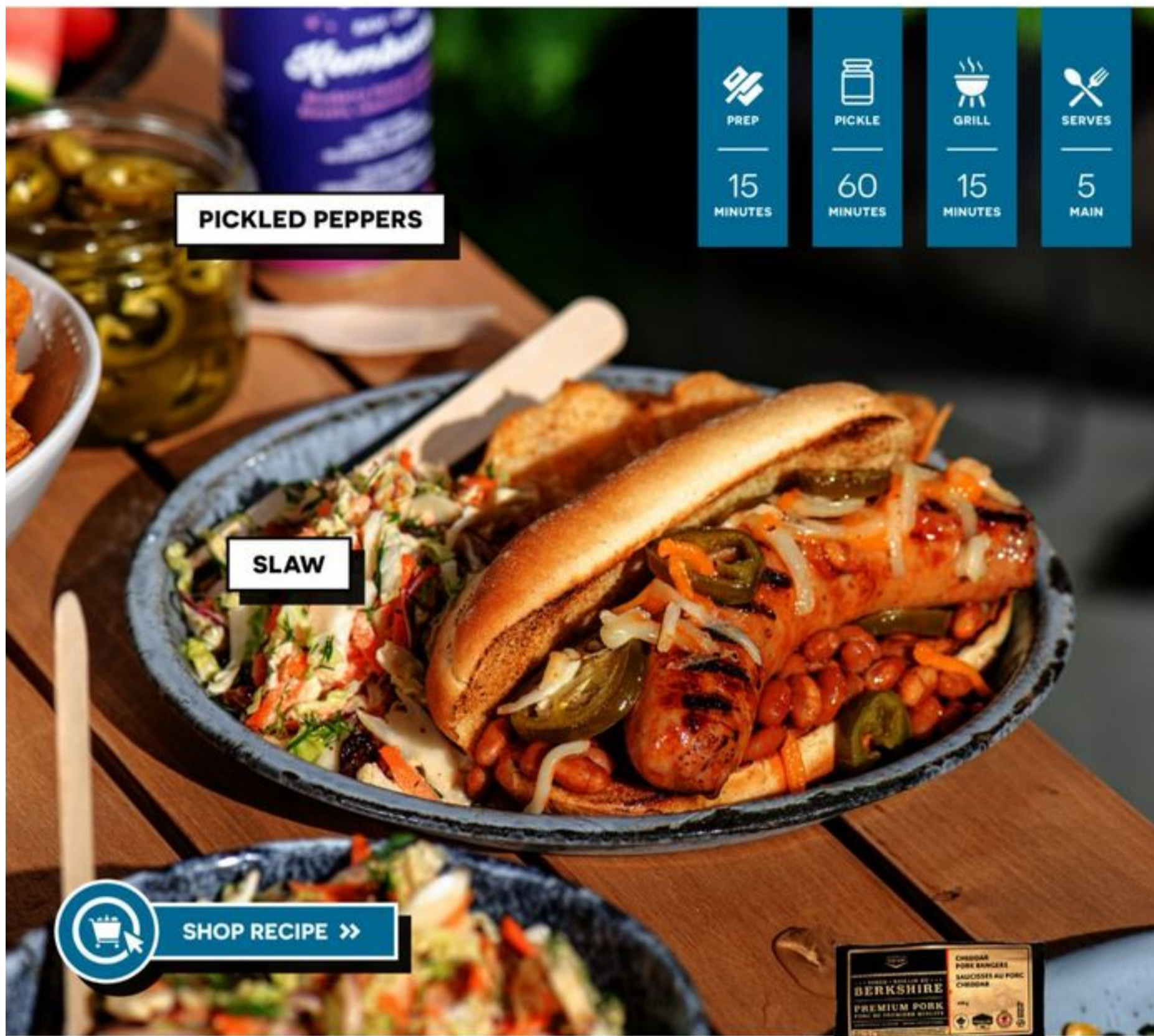
INGREDIENTS

1 can (540 milliliters) black beans , drained and rinsed
1/2 cup (125 milliliters) finely chopped onion
1 teaspoon (5 milliliters) finely chopped fresh garlic
1 tablespoon (15 milliliters) olive oil
1 egg
1/2 cup (50 grams) crumbled feta

5 tablespoons (75 milliliters) breadcrumbs
1/4 cup (60 milliliters) plus 1 tablespoon (15 mL) Smoky Ranchero Seasoning , divided
1/4 cup (60 milliliters) plus 2 tablespoons (30 mL) mayonnaise , divided
2 tablespoons (30 milliliters) lime juice
1 tablespoon (15 milliliters) fresh cilantro
6 hamburger buns
1 medium avocado , peeled, pitted, and thinly sliced

1. Preheat oven to 350°F (180°C). Mix black beans, onion, garlic and olive oil in a medium bowl. Spread in an even layer on large foil-lined shallow baking pan. Bake 15 to 20 minutes or until black beans burst open and skin is slightly crispy. Allow to cool.
2. Place egg, feta, breadcrumbs, 1/4 cup (60 ml) of the Seasoning, 2 tablespoons (30 ml) of the mayo, lime juice and cilantro in food processor; cover. Pulse just until mixed. Add cooked black bean mixture; pulse until well mixed and chopped. Form black bean mixture into 6 patties. Freeze at least 2 hours.
3. Meanwhile, mix remaining 1/4 cup (60 ml) mayo and remaining 1 tablespoon (15 ml) Smokey Ranchero Seasoning in small bowl. Refrigerate until ready to serve.
4. Preheat grill on medium heat. Brush frozen black bean burgers lightly with oil. Grill 10 to 15 minutes per side or until cooked through (internal temperature reaches 160°F (71°C)).
5. Serve Black Bean Burgers on buns with Ranchero Mayo and sliced avocados. Top with lettuce and tomato, if desired.

Visit clubhouse.ca for more recipe ideas.



 PREP	 PICKLE	 GRILL	 SERVES
15 MINUTES	60 MINUTES	15 MINUTES	5 MAIN

BERKSHIRE BANGERS & PICKLED PEPPERS

CHEF DALE MACKAY | SASKATOON, SK



INGREDIENTS

PICKLED PEPPERS

- 1 cup white vinegar
- 5 tbsp sugar
- 1 garlic clove
- ½ tsp salt
- 1½ cups sliced jalapeño peppers (about 8 to 10)

BUNS AND TOPPINGS

- 5 CO-OP Berkshire Cheddar Pork Bangers
- ½ cup CO-OP GOLD Beans with Pork in Tomato Sauce
- 5 VILLAGIO Toscana Sausage Buns
- ½ cup CO-OP GOLD Tex Mex Shredded Cheese Blend

SLAW

- ½ cup CO-OP GOLD Mayonnaise
- 1 tbsp white vinegar
- ½ tbsp CO-OP GOLD PURE Liquid Honey
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 cups savoy cabbage, sliced thinly
- 1 cup cauliflower, sliced thinly
- ½ cup red onion, sliced thinly
- 1 cup coarsely grated carrots
- ¼ cup raisins
- 2½ tbsp chopped fresh dill

DIRECTIONS

- To make pickled peppers, place vinegar, sugar, garlic and salt in a small pot and bring to a boil. Put sliced jalapeños into a glass jar or container, pour boiling vinegar mix over jalapeños and let sit for at least 1 hour before using.

Tip: When slicing the jalapeños, you can keep the seeds or remove them, depending on how hot a pickle you like. The seeds hold most of the spice. Any unused pickled jalapeños can be stored in the fridge in their brine for three to four weeks.
- To make the slaw dressing, combine mayonnaise, vinegar, honey, salt and pepper in a large bowl. Dress cabbage, cauliflower, red onion, carrots, raisins and dill with desired amount of dressing. Mix thoroughly, cover and chill until ready to eat.
- Preheat grill to medium-low. Grill bangers, allowing some char and colour to develop. Cook until juices run clear when pierced with a small knife and until they register 71°C (160°F) internally on an instant-read thermometer.
- Heat beans in a pot or use at room temperature.
- To serve, place a sausage in a bun and add beans, pickled peppers and cheese. Serve with slaw on the side or on top.





BISON BURGERS WITH BLUEBERRY MOSTARDA & HORSE RADISH WHIP

CHEF MANDEL HITZER | WINNIPEG, MB

CHEF'S NOTE: This very special burger patty recipe reminds me of my childhood. The best parts are the roughly diced onions that keep the burgers moist. Heinz Ketchup is my chef's secret to help with caramelization while the burger cooks. I love serving a rich burger with a light and crisp wedge salad.



INGREDIENTS

BURGERS

1½ lb ground bison
 1 CO-OP GOLD Egg
 ½ cup medium diced white onion
 ½ cup breadcrumbs
 ½ cup HEINZ Ketchup
 4 cloves garlic, minced
 ½ tsp paprika
 ½ tsp sugar
 ½ tsp salt
 3 dashes Worcestershire sauce
 5 dashes pepper sauce

HORSE RADISH WHIP

1 cup KRAFT Miracle Whip
 3 tbsp sliced green onion
 3 tbsp CO-OP GOLD Prepared Horseradish
 1 tsp ground black pepper
 salt to taste

BLUEBERRY MOSTARDA

½ lb fresh blueberries
 3 tbsp CO-OP GOLD Apple Cider Vinegar
 2 tsp canola oil
 1 tbsp sugar
 3 tbsp CO-OP GOLD Dijon Mustard

GREEN GODDESS DRESSING

½ cup KRAFT Miracle Whip
 ½ cup plain yogurt
 1 anchovy fillet
 1 avocado, peeled and pitted
 2 tbsp fresh basil leaves
 2 tbsp fresh mint leaves
 2 tbsp fresh parsley
 2 tbsp fresh dill sprigs
 2 cloves garlic
 1 lemon, zest and juice
 salt and pepper to taste

GARNISHES AND TOPPINGS

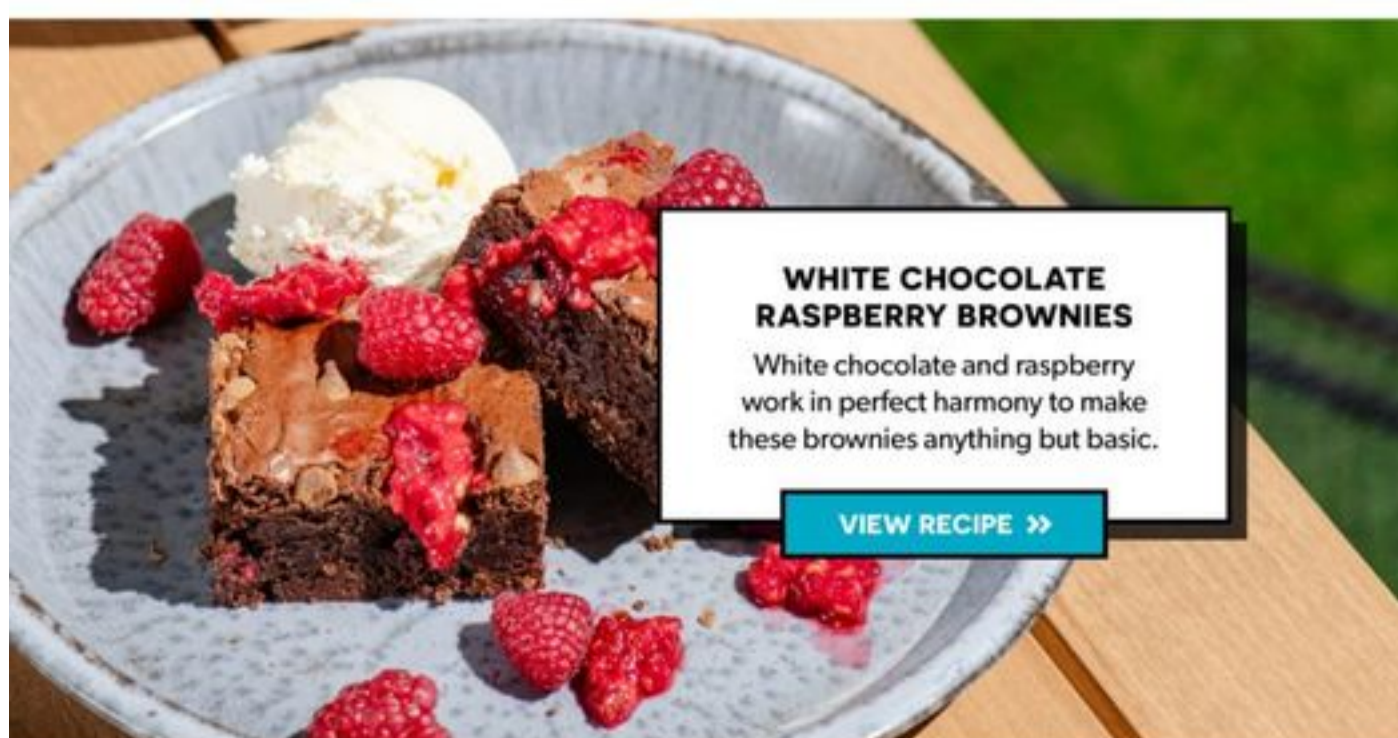
1 pack CO-OP GOLD Naturally Smoked Bacon
 1 head iceberg lettuce, cut into 8 wedges
 6 small wedges blue cheese
 4 radishes, sliced
 2 tbsp dill sprigs
 1 pack DEMPSTER'S Signature Gold Burger Buns
 6 CO-OP GOLD Mozzarella Slices
 1 pack alfalfa sprouts

DIRECTIONS

- To make burgers, mix all ingredients together and form six patties. Refrigerate until it's time to cook.
- To make horseradish whip, place all ingredients in a bowl and whisk together until incorporated. Refrigerate until burger assembly.
- To make mostarda, measure all ingredients into a small pot and simmer to a jam-like consistency, about 20 minutes on medium heat. Cool and set aside.
- To make green goddess dressing, combine all ingredients in a blender. Purée until smooth. Transfer to a serving container and chill until needed.
- Preheat the grill to medium. Cook the bacon in a pan on the grill, in a hot oven, or on the stovetop. Cook until crisp, drain off the fat, cool and chop half of the bacon coarsely, reserving half as slices for the burgers.
- Cook burgers on the grill or pan-fry until nicely charred and internal temperature reaches 74°C (165°F).
- Place an iceberg lettuce wedge on each plate. Drizzle with Green Goddess dressing. Garnish with blue cheese, chopped bacon, sliced radishes and sprigs of dill on top.
- To assemble the burgers, spoon a dollop of blueberry mostarda on each bun's base, followed by burger, mozzarella and bacon. Top with alfalfa sprouts. Spread horseradish whip on the top of each bun. Place the top on the burger, slice in half if desired, skewer each half with a bamboo skewer and serve immediately.



If you don't have time to make bison burger patties from scratch, use CO-OP GOLD Bison Burgers instead. Available in the freezer section of your local Co-op Food Store.



WHITE CHOCOLATE RASPBERRY BROWNIES
 White chocolate and raspberry work in perfect harmony to make these brownies anything but basic.

[VIEW RECIPE >>](#)



Barbecue Boards & More



The sun is shining, and the grill is calling. You drop an invite in the group chat: “BBQ at my place!” Your guests expect a basic burger, but you have other plans in mind: Barbecue. It’s a grazing board like no other. Try a twist on traditional barbecue fare. Or expand your grilling repertoire with something more adventurous like “seacuterie” or delectable desserts. Whatever you’re craving, we have a board for you.



Traditional

Bored of barbecue? Try a board full of delicious twists on cookout classics.



COFFEE RUB

CHICKEN LOLLIPOPS

MAPLE BACON

CHICKEN THIGHS

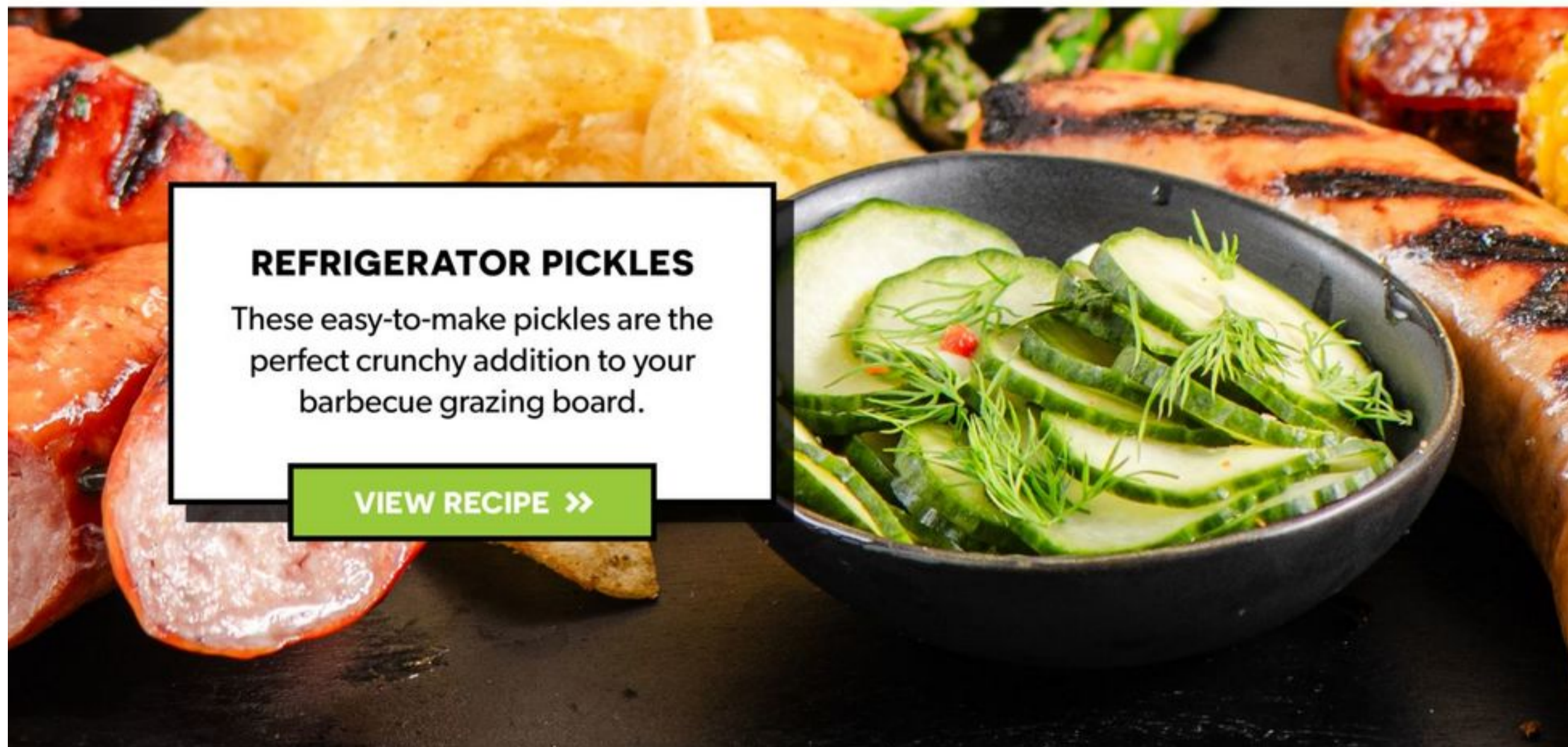
REFRIGERATOR

PICKLES

REFRIGERATOR PICKLES

These easy-to-make pickles are the perfect crunchy addition to your barbecue grazing board.

[VIEW RECIPE >>](#)





MAPLE BACON CHICKEN THIGHS

CHEF ANGIE QUAALE | LANGLEY, BC

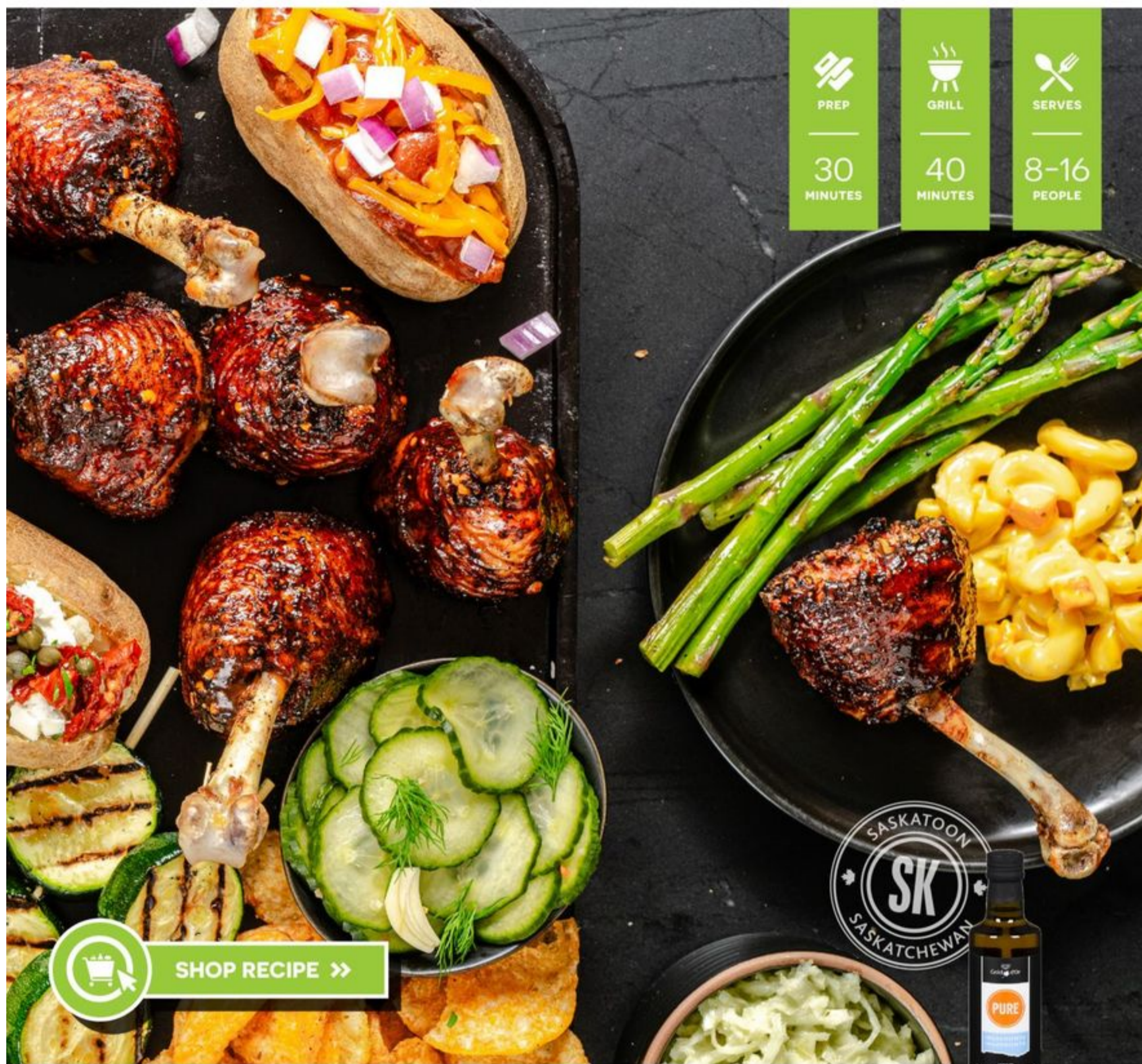
INGREDIENTS

- 8 boneless, skinless chicken thighs
- 2 tbsp CO-OP GOLD Maple BBQ Seasoning
- 8 strips CO-OP GOLD Naturally Smoked Thick Sliced Bacon
- 1 cup BBQ sauce
- ¼ cup CO-OP GOLD Maple Syrup
- canola oil for grill

DIRECTIONS

1. Pat chicken thighs dry and generously season on both sides with BBQ seasoning. Roll each thigh up and gently wrap one strip of bacon around each so the bacon ends underneath the thigh. Place thigh with the ends of the bacon facing down on a baking sheet.
2. Preheat grill to medium-high heat, about 375°F. Oil grill grates. Turn the fire off under one side of the grill so you're cooking over indirect flame on that side. Place the chicken thighs on the side of the grill without flame to prevent bacon from flaring up while chicken cooks. Grill, turning occasionally with tongs, for about 30 minutes or until the internal temp of the chicken comes to 74°C (165°F).
3. In a small bowl, combine BBQ sauce with maple syrup. Set aside.
4. Once chicken thighs are fully cooked, turn flame back on and glaze with BBQ sauce and maple syrup mixture, basting and turning every minute or 2 to cover the whole thigh with glaze.
5. Remove all chicken from grill, and transfer to serving tray.





COFFEE RUB CHICKEN LOLLIPOPS

CHEF ANGIE QUAALE | LANGLEY, BC

INGREDIENTS

- 8 fresh chicken drumsticks
- $\frac{3}{4}$ cup CO-OP GOLD Fire Roasted Coffee Rub
- 1 bottle VH Honey Sriracha Sauce (341 mL)
- canola oil for grill

DIRECTIONS

1. To prepare chicken lollipops, use a small, sharp knife to cut a circle around the narrow end of each drumstick, cutting down to the bone. Separate the skin and tendons attached to the narrow end of the drumstick and push meat down toward the thick end to create a "lollipop" with a bone handle. Repeat for the rest of the drumsticks.
2. Once drumsticks are all trimmed, generously sprinkle them with coffee rub. Wrap each exposed bone end with foil to prevent burning.
3. Preheat grill to medium-high heat, about 375°F. Oil grill grates. Place the lollipops on grill, turning occasionally with tongs, for about 30 minutes or until the internal temperature of the chicken comes to 74°C (165°F).
4. Glaze chicken lollipops with sriracha sauce. Grill for 8 to 10 minutes to set the glaze.
5. Remove all chicken from grill and discard foil wraps. Transfer to a serving tray, and enjoy your barbecuerie with a glass of Good Host Iced Tea or Lemonade.



CO-OP GOLD PURE KETTLE COOKED POTATO CHIPS

There's nothing quite as satisfying as the crunch of a kettle-cooked potato chip.



Seafood

CHIMICHURRI

MUSSELS

From the sea to the backyard. Grilled shrimp and mussels take centre stage on this spectacular seafood spread.

CO-OP GOLD HERB &
GARLIC SHRIMP SKEWERS

GRILLED PRAWN
& GRAPEFRUIT WRAPS

CO-OP GOLD BACON-WRAPPED
SCALLOP MEDALLIONS



TIME-SAVING SEAFOOD

Look for convenient seafood options in the freezer aisle at your local Co-op.

CO-OP GOLD BACON-WRAPPED SCALLOP MEDALLIONS

Succulent, sweet scallop medallions hand-wrapped in smoked bacon are the perfect addition to your seafood spread.





 PREP	 GRILL	 SERVES
30 MINUTES	40 MINUTES	8-16 PEOPLE

GRILLED PRAWN & GRAPEFRUIT WRAPS

CHEF NICOLE GOMES | VANCOUVER, BC



INGREDIENTS

AIOLI AND PICKLED RED ONIONS

¼ cup	HELLMAN'S Mayonnaise
1 tsp	grapefruit zest
1	small clove garlic, very finely chopped
2 tbsp	water
½ tsp	salt
3 tbsp	white wine vinegar or rice vinegar
¼ cup	CO-OP GOLD PURE Grapefruit & Pink Peppercorn Vinaigrette & Marinade
2 tsp	CO-OP GOLD PURE Raw Unpasteurized Honey
½	large red onion, sliced into ¼-inch strips

PRAWNS AND GARNISHES

1 lb	16/20 size prawns, thawed, peeled, deveined, tail removed
¼ cup	CO-OP GOLD PURE Grapefruit & Pink Peppercorn Vinaigrette & Marinade (divided)
2 stalks	green onions, very finely sliced
1	grapefruit
1	ripe avocado
2 stalks	green onions, finely sliced on angle
1 head	butterleaf living lettuce (for wrapping)
½ bunch	cilantro with stems, picked into 1-inch sprigs
	salt to taste

DIRECTIONS

1. Make the aioli ahead of time. Mix the mayonnaise with grapefruit zest and chopped garlic in a serving bowl. Cover and chill.
2. Pickle the onions ahead of time. Combine water, salt, vinegar, vinaigrette and honey in a small sauce pot. Bring to a boil.
3. Add red onions, return to a boil, remove from heat and transfer to a glass bowl. Cover and chill.
4. To marinate prawns, pat prawns dry with paper towel. Butterfly each prawn by making a small slit without cutting completely through on the back side. Toss the prawns in two-thirds of the vinaigrette with sliced green onions. Marinate for no more than 15 minutes.
5. To assemble the dish, preheat grill on high.
6. To prepare garnishes, cut off peel from grapefruit: first, cut ½-inch off the top and bottom, then set the grapefruit flat side down on cutting board. Cut off all the peel following the round shape of the fruit, then cut grapefruit into ½-inch chunks. Peel avocado and scoop out pit. Cut into ½-inch chunks and gently toss grapefruit and avocado in most of remaining vinaigrette, reserving 2 tbsp. Slice 2 green onion stalks on an angle.
7. Salt prawns very lightly. Grill on one side for 1 minute, flip and grill for 30 seconds to a minute or until prawns have just turned pink and reach 74°C (165°F). Do not overcook.
8. Toss prawns in reserved 2 tbsp vinaigrette. Do not use marinade that was used for raw shrimp.
9. Serve lettuce leaf wraps with a platter of garnishes: green onion, pickled onions, cilantro sprigs, aioli, grapefruit, avocado and prawns. Assemble wraps to taste.



PREP

30

MINUTES



GRILL

40

MINUTES



SERVES

8-16

PEOPLE

CHIMICHURRI MUSSELS

CHEF NICOLE GOMES | VANCOUVER, BC

INGREDIENTS

¼ cup	CO-OP GOLD Unsalted Butter, room temperature
2 tbsp	CLUB HOUSE LA GRILLE Chimichurri Seasoning
2	large cloves garlic, finely chopped
1	lime, for zest and grilling
1½ lb	fresh mussels
½	jalapeño, very finely sliced
½	CO-OP GOLD PURE Artisan Golden Baguette, cut into ½-inch slices on angle
2 stalks	green onions, finely sliced
¼ cup	cilantro, roughly chopped

DIRECTIONS

1. Prepare the butter ahead of time. Use a spatula to mash the butter in a small bowl until soft and pliable.
2. Add chimichurri spice, garlic and zest of the lime and mix well. Cut lime in half. Set aside one half for grilling.
3. Place a two-foot piece of heavy-duty foil on a baking sheet, then position a second piece of the same length on top in the opposite direction.
4. Clean mussels by giving them a light scrub and pulling out the beard (the little furry piece attached to the one side of the edge of shell).
5. To cook mussels, preheat grill on high.
6. Place mussels in the centre of the double layer of foil. Top with dollops of seasoned butter and sprinkle with jalapeno slices. Close the foil over the mussels and fold the ends and long edges snugly to seal the package.
7. Place foil package directly on the grill and close lid. Cook covered for approximately 12 to 15 minutes, depending on the heat output of the barbecue.
8. Unwrap one edge and peek inside the foil package. As soon as most of the mussels are open and reach 74°C (165°F), they are ready to eat. Re-seal and set aside mussel package. Do not eat any unopened mussels; make sure to discard them.
9. Grill lime cut-side down for approximately 4 minutes. Grill baguette slices if desired.
10. Open the foil package, squeeze lime over mussels, then sprinkle green onions and cilantro over top. Enjoy immediately!



FUN WITH

Foil

Don't be foiled.

The classic barbecue side dish of potatoes and veggies in aluminum foil has its place at cookouts and camping trips. But foil's potential goes far beyond that classic packet. Foil works as both a tiny oven and a baking pan, so virtually anything you bake can go in a foil packet. Get ready to wow your guests with some new shiny packages.



FOIL PACKET Cooking Basics

BE GENEROUS WITH YOUR FOIL. Make sure you have enough to wrap securely around the food.

DON'T OVERFILL. If you can't seal the package properly, you risk juices and oils leaking out and burning.

BE GENEROUS WITH FATS. Use a good amount of oil or butter. A mix of both is a good idea, since butter can burn easily.

SEAL TIGHTLY but leave a bit of breathing room for steam. Bring the ends of your packet together around the food and fold both layers together. Fold over several times and pinch to seal along the entire seam before gently folding in each end.

IF IN DOUBT, DOUBLE UP. Heavy duty foil is a great option for making packages, but you can always double up. If you notice a tear in your first try, add another layer to ensure a proper seal.

Once you've mastered foil cooking basics, the sky is the limit for what you can cook, from savoury to sweet.



STEELHEAD
TROUT FILLETS



FISH | Fish is a great option for foil packets. Start with a layer of sliced lemons at the bottom to infuse the fish with flavour. Top with steelhead trout fillets, a drizzle of olive oil and fresh dill or tarragon. Seal in asparagus and julienned carrots for a complete, lemon-infused meal.

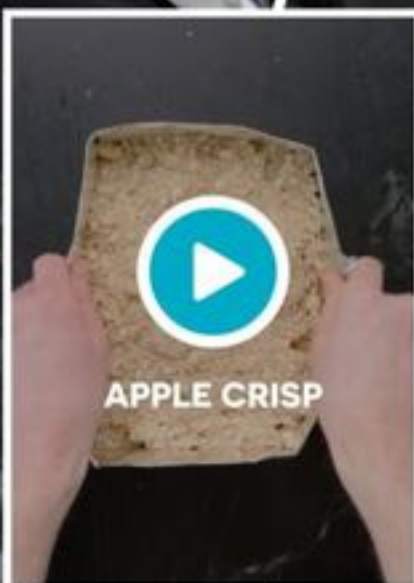


HALLOUMI
& VEGETABLES

VEGGIE | For a plant-based main dish, mix some of your favourite vegetables. How about chopped onions, red pepper, zucchini and mushrooms with cubed halloumi or soft plant-based cheese and fresh chopped basil or oregano? Drizzle with a generous amount of olive oil, and sprinkle with your choice of seasoning – we recommend CO-OP GOLD Roasted Garlic and Pepper spice seasoning or classic salt and pepper. Then seal and grill for 15–20 minutes.



APPLE CRISP



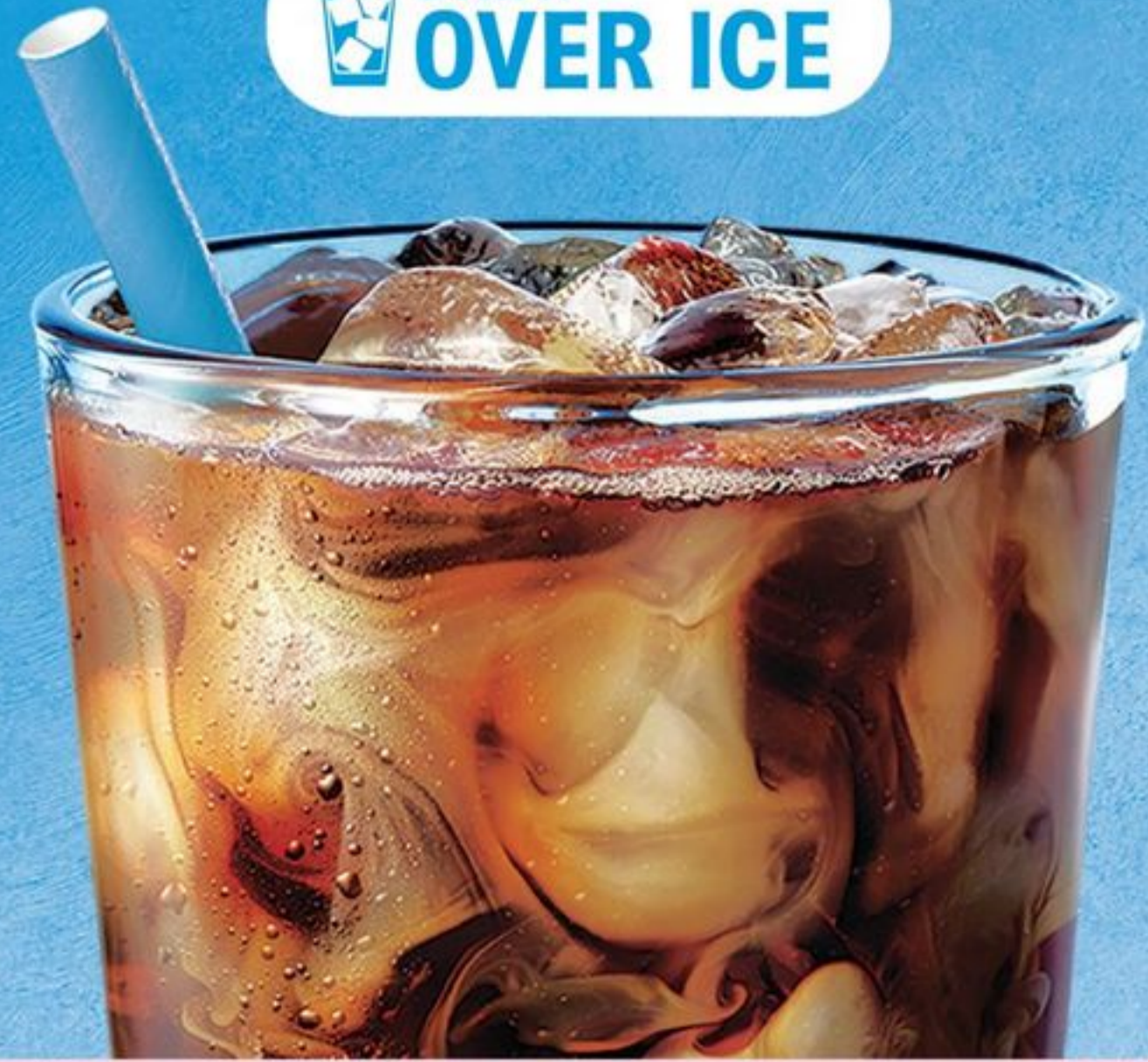
DESSERT | Fruit crisp of any kind can be baked in foil, without the sticky clean-up. In this case, don't seal the foil, just form it into a square pan shape. Put 3 cups chopped apples, rhubarb, or berries of your choice into the foil. In a separate bowl, mix a half cup each brown sugar and flour, a quarter cup each butter and oats and a sprinkle of cinnamon if desired. Rub everything together with your fingers until fully mixed and butter chunks are pea-sized or smaller, then sprinkle over the fruit. Bake on indirect heat until it's bubbly throughout. Watch carefully to prevent scorching.

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FILL a large tumbler with ice. **DO NOT** use glass.

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ADD milk, sugar and more ice to taste, if desired. Enjoy!

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Veggie-forward

Don't skip the dip! Enjoy veggie-forward grazing options with delicious grilled mushroom and tofu delights.



PREP
15 MINUTES

GRILL
45 MINUTES

SERVES
6-8 APPETIZER



GRILLED MUSHROOM DIP

CHEF MARIA KOUTSOGIANNIS | CALGARY, AB

INGREDIENTS

- 1 cup thickly sliced crimini mushrooms
- ¼ cup KRAFT Pure Black Garlic and Cracked Pepper Dressing
- 2 tbsp avocado oil
- 2 sweet onions, thinly sliced
- 2 garlic cloves, thinly sliced
- 2½ tsp salt (divided)
- 2 tsp sugar
- 1 CO-OP GOLD Rosemary Olive Oil Loaf
- ½ cup soft tofu
- ½ cup spreadable goat cheese, softened
- ½ cup CO-OP GOLD Plain Greek Yogurt
- 1 tbsp minced fresh chives
- 1 tsp garlic powder
- ½ tsp ground pepper
- 1 tbsp Worcestershire sauce
- olive oil

DIRECTIONS

1. Preheat grill to medium-high. Put mushrooms and dressing in a large bowl and toss to coat the mushrooms.
2. Place all mushrooms in a grilling basket or cast iron pan and grill until charred and cooked through, about 7 minutes on each side. Flip occasionally to avoid burning.
3. Heat a medium-sized pot or high-sided skillet over medium heat. Add avocado oil and reduce heat to medium-low. Add onions and garlic. Sprinkle with most of the salt and all the sugar. Cook, stirring occasionally, until onions and garlic are caramelized and golden, about 30 minutes.
4. While the onions cook, make the crispy bread. Slice loaf into ½-inch slices. Brush one side of each slice with olive oil and place on the grill for 1-2 minutes per side until toasted. Set aside.
5. Transfer onions and mushrooms to a cutting board and chop coarsely into smaller pieces.
6. Whiz the tofu in a food processor or mash thoroughly with a large spoon. Add goat cheese and blend until smooth. Mix in yogurt. Stir in onions, mushrooms, chives, garlic powder, remaining salt, pepper and Worcestershire sauce.
7. To serve, transfer dip to a serving bowl on a platter and garnish with the grilled bread.





Grills just want to have fungi.

Add more plant-based choices to your grilling menu with Co-op's mushroom selection.

Most edible mushrooms have a meaty texture and savoury flavour notes, which makes them a natural with butter, garlic and strong-flavoured cheese. Any variety of mushroom will sing when fried in butter and garlic and topped with Parmesan. Simply prepared, they taste great on toast, in an omelette, on a breakfast plate next to your fried eggs...we could go on.

IF YOU'RE LOOKING TO WIDEN YOUR HORIZONS, TRY:



PORTOBELLO

Great on top of your favourite burger, portobellos are also a vegetarian-friendly stand-in for sliced beef. Try sautéed sliced portobellos on a Philly cheese "steak" or "beef" dip sandwich. If you can't do without the meat, add sliced grilled mushrooms to the mix.

Sliced portobellos are also a great addition to grain bowls and fajitas. A simple marinade of olive oil, balsamic vinegar and splash of soy sauce are all the flavouring they need.

MINI BELLAS

Also known as cremini mushrooms, these baby portobellos have an earthy, rich flavour and can replace white mushrooms in any recipe.

The simplest way to use them is to halve or quarter and sauté with lots of garlic in butter and olive oil. When they're nicely browned, sprinkle with fresh parsley, a generous squeeze of lemon juice and salt and pepper to taste. Toss with pasta and freshly grated Parmesan cheese for an easy dinner, add to pizza or pile onto toasted baguettes, or top with Swiss cheese slices and finish under the broiler for mushroom toast.



STUFFER

These beauties were made to be stuffed. Use this basic formula, then experiment to find your favourite blend for a sleeper hit in the summer appetizer department:

- Stem the mushrooms and finely chop the stems.
- Mix the stems with a soft cheese (cream or goat) to bind together.
- Add fresh herbs and something to amp up the flavour, like chopped cooked shrimp, gorgonzola cheese or finely chopped spinach and red peppers.
- Toss the mushroom caps in oil, stuff with filling and bake in the oven or on the grill until the cheese is melted and bubbly.



KING OYSTER

These mushrooms deserve their royal name, offering big mushroom flavour and a meaty texture that lends itself to a variety of preparations. Here are four options to consider:

- Shred raw mushrooms with a fork, place in a colander and sprinkle with salt. Let sit a few minutes, then rinse and cook in your favourite barbecue sauce – or mix equal parts Co-op Gold Soy Sauce and Co-op Gold Maple Syrup with Lucky Dragon Sriracha and Sambal Oelek to taste for a homemade sweet and spicy sauce. A great stand-in for pulled pork, served on a bun or over rice.
- Slice mushroom stems crosswise into 1-inch cylinders and pan fry in butter 2 to 3 minutes per side until golden. Makes an amazing substitution for sea scallops. A squeeze of lemon and a sprinkle of capers and parsley are all you need for a spectacular veggie-forward main.
- Halve lengthwise and grill or pan-fry until browned and tender. Drizzle with your favourite pesto and serve as an appetizer or over salad.
- Halve lengthwise and slice into 2-inch pieces. Bring to a boil one-third cup each of soy sauce, mirin, sake and sugar and simmer until sauce has reduced by half. Thread mushroom pieces onto skewers and brush with oil. Grill for 5 minutes on each side until tender and showing grill marks. Brush with sauce and serve extra sauce at the table.





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Dessert

Sun, fun and dessert in the backyard. Summer days don't get much better.



SALTED CARAMEL
GRILLED PEARS



CO-OP GOLD
COOKIES

CHEDDAR CRUST
APPLE PIE

RHUBARB
STRAWBERRY CRISP



GLUTEN-FREE RHUBARB STRAWBERRY CRISP

Rhubarb and strawberry are perfect companions in this gluten-free dessert.

[VIEW RECIPE >>](#)



CAST IRON APPLE PIE WITH CHEDDAR CRUST

CHEF DALE MACKAY | SASKATOON, SK

INGREDIENTS

CRUST

2½ cups	ROBIN HOOD All Purpose Flour
½ tsp	salt
1 cup	ARMSTRONG Old or Medium Cheddar Cheese
1 cup	CO-OP GOLD Salted Butter, chilled
½ cup	ice-cold water

FILLING

8 to 10	Pink Lady apples
1¼ cup	brown sugar
¼ cup	ROBIN HOOD All Purpose Flour
½ cup	CO-OP GOLD Salted Butter, melted
½ tsp	ground cinnamon
½ tsp	ground nutmeg

DIRECTIONS

- Put flour and salt in a large bowl. Grate cheese coarsely using a box grater. Mix into flour mixture.
- Remove butter from fridge and quickly coarsely grate using a box grater. Stir butter into flour mix with your hands so it's evenly incorporated. Add half of the ice water and mix quickly with your hands without working the dough too much. Add remaining water and mix until blended in. Once dough begins to clump together, transfer to a floured counter. Make a ball and cut in half, form each half into a 3-inch disc, wrap separately, and place in the fridge for 1 hour to rest.
- Peel apples, cut in half lengthwise, and remove core and seeds. Cut into 1-inch cubes and place in a large bowl. Add remaining filling ingredients to bowl and toss well.
- Take dough out of fridge and roll each disc out on floured work surface until about ¼-inch thick. To cut the top crust, gently place 10-inch cast iron pan upside-down on one of the rounds. Use a paring knife to cut around the pan. Reserve the top round.
- Spray or grease pan and lay the other round of dough carefully inside. The dough should hang over the sides. Mold dough into the bottom and sides of the pan so it fits snugly. Use scissors to trim the edges, leaving a ½-inch dough overhang.
- Put apple mix in the dough-lined pan. Press in so there are no gaps.
- Fold the reserved top crust in half, then in half again, and centre it on the apple filling. Unfold the dough so it covers the apples and pan. Use your fingertips to pleat and seal the two layers of dough together. Cut one or two steam vents in the centre of the top crust.
- Chill pie for at least 1 hour or up to 1 day.
- Preheat barbecue (or oven, if preferred) to 400°F. To use indirect heat, set half the burners to high, leaving the other half off. Place the pie on the off side of the grill. Close the lid and keep it closed except to rotate the pie every 30 minutes. Cook for 90 minutes, until crust is golden brown and apples are bubbling.
- Remove from heat and let rest for an hour before serving warm or chilled.

CO-OP GOLD COOKIES

When you need a quick and easy treat, skip the oven and try one of six new cookie varieties from Co-op.





SALTED CARAMEL GRILLED PEARS

CHEF DALE MACKAY | SASKATOON, SK



CHEFS NOTE: Open the can of coconut milk in advance and mix it to combine the fat and water. Measure out $\frac{1}{4}$ cup and reserve the rest for another purpose. Keep the mixed coconut milk in the fridge until you're ready to use it: cold ingredients will whip better than room temperature.

INGREDIENTS

CARAMEL

1 cup, 2 tbsp sugar (divided)

6 tbsp CO-OP GOLD Salted Butter

WHIPPED CREAM

$\frac{3}{8}$ cup, 1 cup whipping cream (divided)

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ cup LUCKY DRAGON Full Fat Coconut Milk

$\frac{1}{2}$ cup lime zest

$\frac{1}{2}$ tsp ground cinnamon

$\frac{1}{2}$ tsp ground nutmeg

GARNISH & PEARS

$\frac{1}{2}$ cup toasted peanuts

1 $\frac{1}{2}$ tbsp fresh cilantro

2 tbsp candied ginger

6 ripe green pears

DIRECTIONS

1. To make the caramel, put 1 cup sugar in a medium, heavy-bottomed pot and place on medium-high heat. Once sugar starts to melt, whisk it carefully. Cook without stirring until dark amber in colour.
2. Add butter all at once and whisk until melted. Remove from heat and whisk in $\frac{3}{8}$ cup whipping cream and salt. Let cool.
3. Prepare the garnishes: Chop the peanuts, cilantro and ginger. Set aside.
4. Open coconut milk and mix well to combine fat and water. Once mixed, measure out $\frac{1}{4}$ cup and reserve the rest for another purpose.
5. Add $\frac{1}{4}$ cup coconut milk to a bowl with the remaining cream and sugar. Add lime zest. Use a whisk or stand mixer on high to whip cream until stiff peaks form. Chill until ready to use.
6. Peel pears and cut in half lengthwise. Remove the core using a melon baller or small knife. Use a small knife to remove the stem membrane from the neck of each pear half.
7. Preheat grill to 400°F. Grill the pears with the lid open for about 4 minutes per side, turning once and allowing the cut sides to char and colour. Leave the barbecue set to medium heat while grilling. Remove from heat when soft but not falling apart.
8. Place pears on a board or platter, cut-side up. Soften caramel sauce on the stove or grill, then heavily drizzle the pears with sauce. Sprinkle peanuts, cilantro and ginger over the pears. Serve whipped cream on the side.

Sweet & Spicy

MOCKTAILS



Sweet. Spicy. Or a little bit of both. These summertime sips will satisfy any craving. For those wanting to indulge a little, turn these mocktails into cocktails by adding alcohol. Each recipe offers a suggested spirit, or try one of your own choosing.



 PREP	 MIX	 MAKES
10 MINUTES	5 MINUTES	2 DRINKS



TWO TO MANGO

MIXOLOGIST CHRISTOPHER CHO | REGINA, SK

INGREDIENTS

RIMMER AND SYRUP

- 1 tsp LUCKY DRAGON Sriracha Sauce
- 2 tsp CO-OP GOLD Himalayan Pink Salt
- 4 cups CO-OP GOLD Mango Juice
- 4 cups white sugar
- 6 tbsp fresh cilantro

DRINK

- 1 tbsp lime juice
- 2 tsp LUCKY DRAGON Sriracha Sauce
- 8 CO-OP GOLD Mango Chunks
- ice cubes
- 8 oz CO-OP GOLD Lime Sparkling Water
- 2 oz Tequila Blanco (optional)

GARNISH

- 5-6 CO-OP GOLD Mango Chunks, grilled
- 2 tsp cilantro sprig

DIRECTIONS

1. Smear the rims of two short glasses with sriracha. Dust the rims with salt.
2. To make the syrup, combine mango juice, sugar and cilantro in a small pot. Bring to a boil. Remove from heat and whisk until the sugar has dissolved and syrup has thickened. Remove the cilantro. Measure out 4 ounces and refrigerate the rest for another use.
3. Combine syrup, lime juice, sriracha, mango chunks and optional tequila in a cocktail shaker. Add ice and shake vigorously. Double strain over ice into glasses.
4. Top with lime sparkling water and more ice if needed. Garnish with grilled mango chunks and fresh cilantro.





PINA CLAMATO

MIXOLOGIST CHRISTOPHER CHO | REGINA, SK

INGREDIENTS

RIMMER

1 tsp CO-OP GOLD Himalayan Pink Salt

1 tsp CO-OP GOLD Taco Seasoning

1 tbsp lime juice

DRINK

1 tbsp lime juice

1 tbsp CO-OP GOLD Tropical Juice

1 tbsp juice from CO-OP GOLD Pineapple Slices

1 tsp CO-OP GOLD Hot Cayenne Sauce

1 tsp barbecue sauce

½ cup MOTT'S Clamato Juice

1 oz mezcal or tequila (optional)

GARNISH

1 tsp CO-OP GOLD Taco Seasoning

CO-OP GOLD Pineapple Slices, grilled

fresh cilantro

CO-OP GOLD Chorizo Salami, grilled

DIRECTIONS

1. To make rimmer, combine salt and taco seasoning. Mix well and lay onto a small dish compatible to the size of glassware. Rim the glassware with lime juice, then with the rimmer mixture.
2. In a rimmed tall glass, combine all ingredients except for the Clamato juice. Stir well, then add Clamato and ice cubes.
3. Garnish with taco seasoning dusted on grilled pineapples, fresh cilantro, and grilled chorizo.





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TASTY✈️TRAVELS

Carne Asada

FOOD MADE FOR GATHERING

Chef Cesar Roblin brings his favourite childhood comfort food to the menu at Saskatoon's Ronald McDonald House.

Growing up in northeast Mexico, Chef Roblin remembers Saturday night gatherings centred around carne asada – grilled meat. “Every Saturday evening, we would gather for a traje party,” he says. Traje (pronounced tra-he) is a play on words, meaning both “suit” and “I brought something.”

“On those Saturday nights, it meant you should bring something – usually salty – and you don’t have to dress up,” Chef Roblin says.

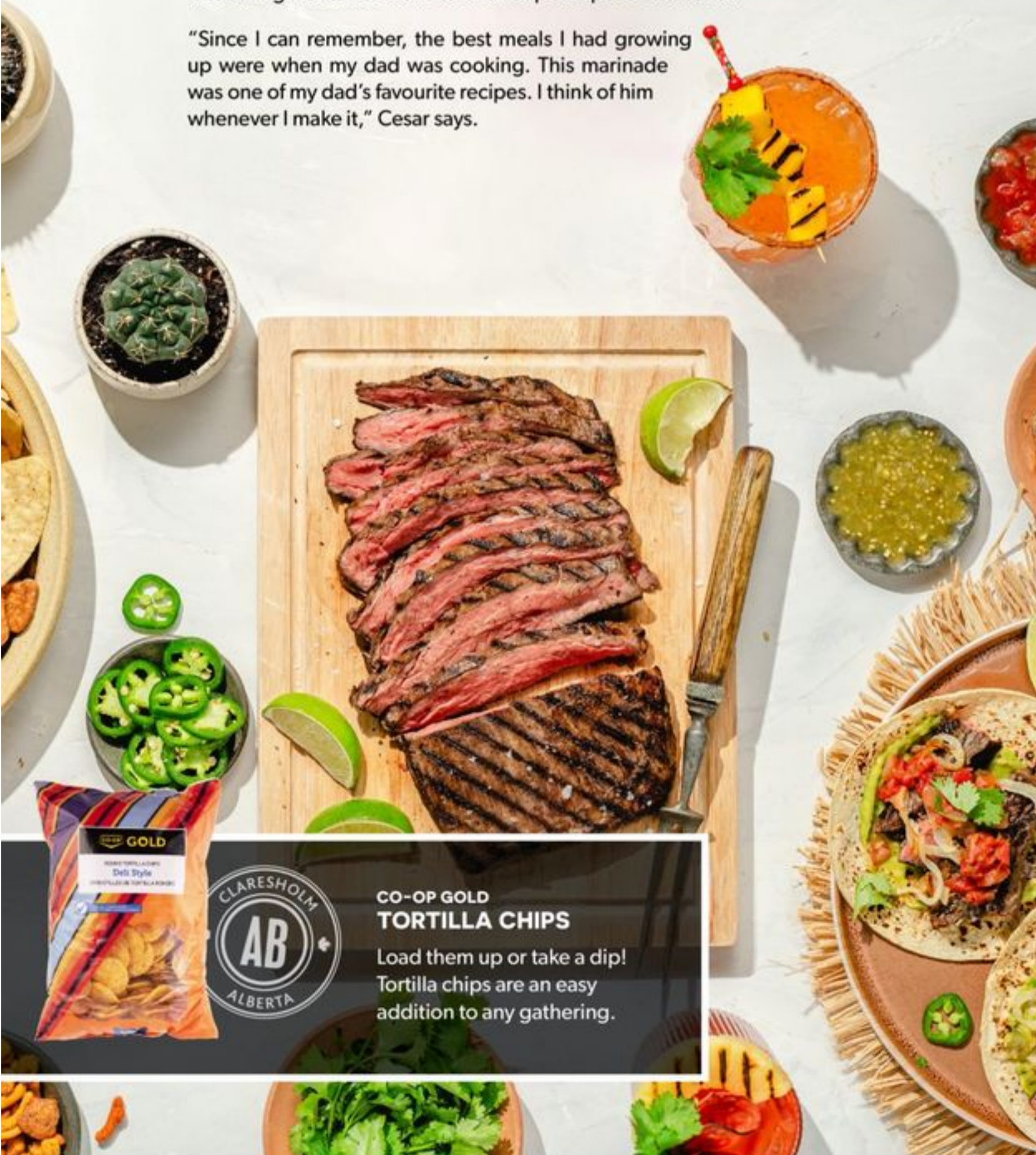
The meal would start late – 9 or 10 p.m. – and everyone would bring their specialties. “One auntie would bring the guacamole, another frijole charros (bean stew made with chorizo sausage, black beans and jalapeño), and another would bring the green and red salsas.”

The meat was grilled and served as a fajita (meaning “cut in strips”) alongside caramelized onions cooked in foil on the grill, fresh pequin chilis and soft corn tortillas. Kids would fill up on sliced sausage and quesadillas filled with Oaxaca cheese served off the grill.

“After we eat, we look forward to sobremesa – the Mexican tradition of relaxing at the table after a meal. That’s when we chat, catch up and learn about family traditions. It’s our way to pass on family stories,” he says.

As chef at Ronald McDonald House, Roblin shares the food he grew up with as often as possible. He has introduced chilaquiles for breakfast and is teaching his staff to make tortilla soup and pozole for lunch.

“Since I can remember, the best meals I had growing up were when my dad was cooking. This marinade was one of my dad’s favourite recipes. I think of him whenever I make it,” Cesar says.



CO-OP GOLD TORTILLA CHIPS

Load them up or take a dip!
Tortilla chips are an easy addition to any gathering.



 PREP	 MARINATE	 GRILL	 SERVES
10 MINUTES	2 HOURS	15 MINUTES	8 MAIN

CARNE ASADA

CHEF CESAR ROBLIN | SASKATOON, SK

CHEFS NOTE: Beef is expensive in Mexico, so steak is traditionally filleted into thinner steaks to feed more people. Ask your butcher to fillet your steak, or use a thicker steak and cook it a bit longer on each side. The amount of time per side will depend on the thickness of the meat and how you like it cooked. Grill filleted steaks 2 or 3 minutes per side for rare. For a whole flank steak, grill 5 to 6 minutes per side for rare, or longer to desired doneness.

INGREDIENTS	
½ cup	lime juice
1 cup	canola oil
2 tsp	garlic powder
½ tsp	salt
1 tsp	smoked paprika
1 tbsp	dry oregano
2 tsp	chicken soup base
1 tsp	ground cumin
2 tsp	Worcestershire sauce
3 lbs	filleted flank steak or outside round steak

- | DIRECTIONS |
|---|
| 1. Mix all ingredients except the meat in a bowl and stir to combine. Pour into a resealable bag or flat container large enough to accommodate the beef. Add beef to the bag or container and marinate at least 2 hours or overnight. |
| 2. Preheat grill to high. Remove the steak from the marinade and place on grill. Cook to desired doneness. Remove to a board or platter and let rest 5 to 10 minutes before carving and serving. |



CO-OP GOLD SNACK MIXES

Transport your tastebuds with Mexican-inspired flavours. Fill up your snack table with all three varieties this summer.



APPETITE FOR LIFE

Hydration FOR Summer

The body is made up of 55 to 75 per cent water, which means that hydration is critical to our health. It supports the body's temperature control, transports nutrients through the body, improves concentration, and even helps to stabilize blood sugars.



BROOKE BULLOCH
REGISTERED DIETITIAN | SASKATOON, SK

In the summer months, dehydration is more common because when we sweat, we lose water and important electrolytes like sodium and potassium. Signs of dehydration may include dry mouth, thirst, headache, light-headedness and fatigue. Fortunately, we use fluids as part of everyday foods and function – to keep warm, to keep cool, to socialize and for pleasure. We can use this to our advantage to help stay hydrated.

FIVE TIPS TO BETTER SUMMER HYDRATION:

1. INFUSE YOUR WATER | Infuse your water to enhance the taste. Try fruit and herb-infused water such as strawberry and basil, orange and lime, or cucumber and mint.

2. WATER-FILLED SNACKS | Snack on water-filled fruit and vegetables. Foods with the highest water content include watermelon, strawberries, peaches, cucumber, celery and bell peppers. These foods will add to overall fluid balance and they're rich in fibre and antioxidants as a bonus.

3. KOMBUCHA | Try kombucha, a fermented tea beverage that originated in northeast China. It's typically lower in sugar than juice, and fermented foods and beverages can benefit the gut microbiome.

4. FROZEN LIQUIDS | Consume your liquids frozen! Popsicles are a fun way to get a variety of nutrients while hydrating. Turn a smoothie into popsicles or try the CO-OP GOLD Smoothie Bars.

5. ADD FIZZ | Choose a naturally sweetened carbonated water for fun flavours without the added sugar.



Staying hydrated doesn't have to feel like such a chore and there are a lot of ways to make it more interesting. Have fun with different foods and beverages and be sure to pack water everywhere you go. If you do enjoy soda pop (regular or diet), juice or kombucha, drink plain water with it to help reduce the exposure of acid and/or sugar on the teeth. *



*If you are pregnant or have a chronic condition, discuss the safety of kombucha with your dietitian.



THE GREAT CO-OP RECIPE CONTEST

We love the classic cookbooks full of tried-and-true recipes submitted by the people in our communities.

This summer, we want to bring back the spirit of those community cookbooks by asking Co-op members to share their favourite family recipes for a chance to win one of four \$250 CO-OP® Gift Cards.

Enter to win before
June 16, 2024!

[SEE FULL CONTEST DETAILS >>](#)



Find Your
SUMMER



Jen's Famous Lemon & Wild Blueberry Ricotta Pancakes

RECIPE BY JEN SMITHSON, BEAUSEJOUR CO-OP MEMBER

"Our family loves fresh and flavourful healthy foods. We spend so much time picking fresh blueberries every summer with our loved ones. It's a family tradition. These pancakes are the best pancakes you will ever try. They are moist, delicious and so flavourful. There is no better combination. Lemon and blueberry."

INGREDIENTS

- 1½ cups all purpose flour
- 3½ tbsp sugar
- 2 tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- 1 cup milk
- ¾ cup ricotta cheese
- 3 CO-OP GOLD PURE Eggs
- 1 tsp pure vanilla
- 2 tbsp lemon zest
- ¼ cup freshly squeezed lemon juice
- 1 tbsp melted butter
- Fresh blueberries
- Icing sugar
- CO-OP GOLD Maple Syrup

DIRECTIONS

1. Whisk together flour, sugar, baking powder, baking soda and salt. Make a well in the dry ingredients mixture.
2. In a separate bowl mix milk, ricotta cheese, eggs and vanilla until well blended. Add butter, lemon zest and juice to this mixture.
3. Pour the liquid mixture into the dry ingredients bowl and mix until just combined.
4. Cook pancakes on a flat griddle. When bubbles pop time to flip.
5. Serve warm with fresh blueberries, icing sugar and maple syrup.

No purchase required. Contest begins on May 16, 2024, at 12:00 a.m. CT and ends on June 16, 2024, at 11:59 p.m. CT. There is a total of four (4) prizes available to be won, each consisting of one (1) \$250 CO-OP® Gift Card. Open to legal residents of British Columbia, Alberta, Saskatchewan or Manitoba, who are the age of majority in their province or territory at time of entry. Odds of winning depend on number of eligible entries received and the level of skill in recipe creation before the contest closes. Limit one (1) entry per person. For full rules and entry details visit: www.co-op.crs.