

Brookshire's

celebrate

1

SEPTEMBER | OCTOBER 2024

COOKING



FREE

COOL

October Savings



OCTOBER
2 - 29



ON SELECT
**Dairy and
Frozen Items**



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IN THIS ISSUE

Fall brings more than just a change in the weather. While we love the cooler days and turning leaves, we are even more excited about the delicious autumnal flavors. Plus, it heralds the beginning of all the holiday fun starting with Halloween. Let's celebrate!

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BROWN SUGAR-MAPLE COOKIES

Indulge in the flavors of fall with our Brown Sugar-Maple Cookies. These cookies blend dark brown sugar and maple syrup to create a delightful treat that's crisp on the outside and chewy on the inside. They are perfect for cozy autumn days.

ONE-SHEET EATS

EASY WEEKNIGHT MEALS JUST GOT EASIER. LITTLE TO NO PREP OR CLEANUP REQUIRED! (HELLO, PARCHMENT PAPER!)

ENHANCE ANY DINNER

with a simple side salad made from **Local Bounti**® fresh greens. Follow this easy formula to bring color, texture and flavor to your meal.



Salad Greens
+
Seasonal
Vegetables
(or fruit)
+
Salad Dressing
+
Salad Topper



ROASTED SAUSAGES **WITH** BALSAMIC-GLAZED VEGETABLES

Total Time: 1 hour | Serves: 4

- 2 medium apples, cored and cut into wedges
- 2 cups butternut squash, medium diced
- 1/2 large red onion, sliced
- 1 Tbs fresh sage, chopped
- 1 Tbs fresh rosemary, chopped
- 2 Tbs extra virgin olive oil
- 1 Tbs balsamic vinegar
- 1 Tbs honey
- 1/2 tsp salt
- 1/2 tsp black pepper
- 8 Italian sausages

DIABETIC FRIENDLY

Preheat oven to 450° F. Spread the apples, squash, onions, sage and rosemary across a large sheet pan. In a small bowl, stir together the olive oil, vinegar, honey, salt and pepper. Drizzle over the vegetables, and toss well.

Prick the sausages with a fork. Arrange them around the vegetables. Roast for 30 to 40 minutes or until the vegetables begin to caramelize and the sausages are golden and cooked through. Flip the sausages and vegetables halfway through the cooking time.

Per Serving:
Calories: 350, Fat: 23 g (6 g Saturated Fat), Cholesterol: 45 mg, Sodium: 1,050 mg, Carbohydrates: 29 g, Fiber: 5 g, Protein: 11 g.

IF YOU LOVE A GOOD CORNER PIECE OF LASAGNA, YOU ABSOLUTELY HAVE TO TRY THIS RECIPE! SHEET-PAN WHITE LASAGNA IS HERE, DELIVERING ALL OF THE DELICIOUSLY CRISPY EDGES YOU CRAVE.

DIABETIC FRIENDLY

WHITE LASAGNA WITH TURKEY SAUSAGE

Total Time: 1 hour 30 minutes
Serves: 12

- 1 lb ground turkey sausage
- 5 cups homemade Alfredo sauce (or jarred), divided (see recipe)
- 1 (10 oz) pkg frozen spinach, thawed
- 1 lb ricotta cheese
- 1 egg
- 2 Tbs extra virgin olive oil
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 (1 lb) pkg lasagna noodles, cooked
- 2 cups mozzarella cheese, grated or torn
- 1 cup parmesan cheese, shredded

Per Serving:
Calories: 410, Fat: 23 g (12 g Saturated Fat), Cholesterol: 100 mg, Sodium: 850 mg, Carbohydrates: 21 g, Fiber: 1 g, Protein: 29 g.

Preheat oven to 425° F. In a skillet over medium heat, cook the turkey sausage until all liquid releases and evaporates and meat begins to brown. Pour 4 cups of Alfredo sauce into a bowl. Stir in the sausage. Reserve the remaining 1 cup of Alfredo sauce. Set aside.

Squeeze all of the liquid out of the spinach. Place spinach in a large bowl. Add the ricotta, egg, olive oil, garlic powder, salt and pepper.

Grease a 13 x 18 sheet pan with olive oil cooking spray. Spread 2 cups of the turkey and Alfredo sauce mixture across the pan. Cover with a single layer of noodles. Spread two-thirds of the ricotta mixture over the top of the noodles. Add one cup of mozzarella cheese and one cup of turkey mixture. Cover with another layer of noodles. Top with the remaining one cup of Alfredo sauce, ricotta mixture, mozzarella and parmesan.

Place in the oven. Bake for 30 minutes or until sauce is bubbly, cheese is melted and edges begin to brown. Let rest for 5 minutes. Cut into squares to serve.

HOMEMADE ALFREDO SAUCE

In a saucepan over low heat, melt 5 tablespoons of unsalted butter. Stir in 5 tablespoons of all purpose flour. Whisk the mixture into a smooth blonde paste. Slowly whisk in 5 cups of room-temperature milk, one cup at a time. Increase the heat to medium. Bring milk to a simmer. Let thicken for 2 to 3 minutes. Add 1/2 teaspoon each of salt and pepper. Stir. Turn off heat. Stir in 2 cups of shredded parmesan cheese. The sauce will thicken as it cools. (Makes 5 cups)



HAVE A TASTE OF OUR HANDPICKED

APPLES

Sweet, tart and crunchy to the core, fall apples are ideal for seasonal snacking and baking.

Autumn harvest season is here, and that means an abundance of our apple-solutely favorite fruit! Enjoy an apple (or more) a day this fall.

CHOOSING WISELY

Look for apples that are blemish-free with good color. You should also check the apples for firmness to make sure that the fruit you select is crisp.

PREPARING

Whether you plan to eat apples fresh or use them in a recipe, you should give them a quick wash before taking a bite or preparing them for your dish.

KEEPING IT FRESH

For maximum freshness, store apples in the crisper drawer of your fridge. Keeping them in a cold and humid environment will ensure they last longer, up to 6 weeks.

WHY IT'S SO GOOD

Apples are as good for you as they taste! They are a great source of vitamin C, fiber and antioxidants, which are vital to support a healthy gut and protect against disease.

Baked Apples with Walnut Crumble and Bourbon Whipped Cream

Total Time: 1 hour 15 minutes | Serves: 4

- 4 apples, tops removed, cored and hollowed
- 6 Tbs unsalted butter, melted
- 1 cup walnut pieces
- 1 cup old-fashioned oats
- 1/3 cup all purpose flour
- 1/3 cup granulated sugar
- 1/3 cup light brown sugar
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1 cup heavy whipping cream
- 1 Tbs powdered sugar
- 1 Tbs bourbon

Preheat oven to 400° F. Place apples in a baking dish. In a small bowl, combine the butter, walnuts, oats, flour, granulated sugar, brown sugar, cinnamon and salt. Stir until well-combined.

Spoon about 1/4 cup of the crumble into the top of each apple. Carefully add 1/2 inch of water to the bottom of the baking dish to prevent the apples from drying out. Bake for 40 to 45 minutes until apples are soft.

While the apples are cooling, place the cream in a large bowl. Using an electric mixer on high speed, whip the cream until thick and fluffy. Lower the speed. Sprinkle in the powdered sugar and bourbon. Use a spoon to dollop the cream on top of each apple.

Per Serving:
Calories: 740, Fat: 46 g (18 g Saturated Fat), Cholesterol: 70 mg,
Sodium: 310 mg, Carbohydrates: 78 g, Fiber: 9 g, Protein: 10 g.



Jalapeño Jelly-Glazed Pork Tenderloin With Roasted Apple Compote

Total Time: 1 hour 15 minutes | Serves: 4

PORK:

1 (14 oz) can whole cranberries
3 sprigs thyme, plus more for garnish
2 jalapeños (seeds removed), finely chopped
1/3 cup granulated sugar
1/4 cup orange juice
2 Tbs apple cider vinegar
1 (2 to 3 lbs) pork tenderloin
1/2 tsp salt
1/2 tsp black pepper
1 Tbs olive oil

APPLE COMPOTE:

5 honeycrisp apples, cored and diced
1 cup raisins
1/2 cup apple cider
2 Tbs lemon juice
2 Tbs Nature Nate's® 100% Pure Organic Raw & Unfiltered Honey
1/2 tsp salt



In a saucepan, combine the cranberries, thyme, jalapeños, sugar, orange juice and vinegar. Stir to combine. Bring to a simmer. Let simmer for 10 minutes. Remove from heat. Let cool to room temperature.

Preheat oven to 375° F. Mix all apple compote ingredients together. Transfer to a baking sheet. Rub the tenderloin with salt and pepper. Place on top of compote. Combine 1/2 cup of cranberry glaze with olive oil. Spoon it over the tenderloin. Place in the oven. Cook for 45 to 55 minutes until an instant-read meat thermometer reads 155° F. Baste the pork with additional cranberry glaze halfway through cooking time. Remove from oven. Cover the pork, and let it rest for 10 minutes.

Slice the pork, and serve it with the apple compote. Spoon additional glaze over the pork. Garnish with extra thyme sprigs.

Per Serving:

Calories: 640, Fat: 9 g (2 g Saturated Fat), Cholesterol: 145 mg, Sodium: 420 mg, Carbohydrates: 93 g, Fiber: 7 g, Protein: 49 g.

1. AMBROSIA

With a name that means "food of the gods," there is no wonder why this apple is so delicious. Refreshing with a pleasant crisp, this apple naturally does not brown quickly after being sliced. That makes it perfect for snacks or salads. You can also cook with it.

2. GRANNY SMITH

This classic favorite is sublimely tart. It'll make your mouth water with every single crunchy bite.

3. HONEYCRISP

Take a bite of one of the crispest tasting, most refreshing, juiciest apples there is. Honeycrisp apples are the real deal. Enjoy it on top of a fresh salad. Pair it with cheese, or simply snack on it just the way it is.

4. KORU®

Sweet, juicy and packing a big crunch, Koru® apples are ideal for snacking or baking. They have a honey-sweet flavor, and they are slow to brown.

5. LUCY™ GLO

A tasty tart apple with a unique blushing inside, this apple is sweet and perfect for juicing or eaten as a snack.

6. ROCKIT™

Take a bite out of the world's first pocket-sized apple! Everything you love about an apple is miniaturized into a perfect snackable size. Incredibly crisp and sweet, this conveniently sized apple is the perfect snack for even the smallest hands.

7. SWEETANGO®

If you like sweet and tangy flavors, Sweetango® is the apple for you. You'll love the juicy crunch and hints of fall spices with vibrant acidity. Due to the juiciness of this apple, it is best to keep it out of the oven. However, you will not go wrong snacking on it, topping it on a salad or pairing it with cheese.

8. SUGARBEE®

See what all the buzz is about! Harvested from the elevated orchards of Washington State, this beautiful bicolored apple is crispy, firm in texture and unbelievably sugar-sweet. SugarBee® apples are great for baking and roasting.

CLASSIC
& UNIQUE
VARIETIES
FRESH TO
YOU.



PUTTING THE FUN IN FUNGUS

MUSHROOMS

Healthy and hearty, these humble fungi make for some cap-tivating dishes!

Don't let the term "fungus" put you off. Mushrooms are an incredibly flavorful way to add depth to meat dishes and a host of meat-free alternatives.

CHOOSING WISELY

Select mushrooms that have a uniform color. Avoid those with dark spots. They should feel firm and plump. If they have started to shrivel, they are past their prime.

PREPARING

Like all fresh produce, you should give mushrooms a wash before eating them. We recommend rinsing them right before eating or cooking.

KEEPING IT FRESH

Refrigerate mushrooms in a brown paper bag to keep them fresh for longer. Even when kept in the fridge, mushrooms are best eaten within a few days of purchase.

WHY IT'S SO GOOD

Mushrooms are exceptionally rich in antioxidants, vitamin D and vitamin C. They are a powerhouse of essential nutrients. Their meaty texture makes them highly filling for very few calories, making mushrooms a great choice for people counting calories.



Mushroom Tapenade

Total Time: 30 minutes, plus cooling
Makes: 1 1/2 cups

- 1 lb assorted mushrooms, quartered
- 4 Tbs unsalted butter, divided
- 1 medium shallot, finely chopped
- 2 cloves garlic, minced
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 Tbs sherry or dry white wine
- 1 Tbs fresh parsley, finely chopped

In a food processor, add the mushrooms. Pulse several times to chop into small pieces. In a large skillet over medium heat, melt 3 tablespoons of butter. Add shallots and garlic. Cook for 3 to 4 minutes until softened. Add mushrooms. Sauté for 7 to 8 minutes (stirring often) until mushrooms have softened and released their liquid. Increase the heat to medium-high. Cook until liquid has evaporated. Add the salt, pepper, remaining tablespoon of butter and wine. Cook until liquid evaporates. Add parsley. Let it cool to room temperature.

Serving Ideas: Spread on toast or sandwiches. Mix into cooked pasta. Use as a topping for eggs or pizza. Serve on a charcuterie board. Use as a stuffing for grilled chicken, fish or ravioli.

Per Serving (2 Tbs):
Calories: 45, Fat: 4 g (3 g Saturated Fat), Cholesterol: 10 mg, Sodium: 50 mg, Carbohydrates: 2 g, Fiber: 0 g, Protein: 1 g.

Portobello Fajitas

Total Time: 1 hour | Serves: 4

4 Tbs olive oil, divided
2 Tbs lime juice, divided
1 tsp salt
1 tsp chipotle chile powder
1 tsp ground cumin
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp black pepper
1 large red onion, sliced
1 large red bell pepper, sliced
1 large orange bell pepper, sliced
5 large portobello mushroom caps, cleaned and sliced
2 Tbs Worcestershire sauce
1 avocado, sliced
8 (8-inch) flour tortillas, warmed
fresh cilantro leaves, for garnish
lime wedges and favorite toppings, for serving

DIABETIC FRIENDLY

Preheat oven to 450° F. Whisk together 2 tablespoons of olive oil, 1 tablespoon of lime juice, salt, chile powder, cumin, onion powder, garlic powder and black pepper. Spread the onion and bell pepper slices across a large baking sheet. Pour the oil mixture over the top. Toss to coat.

In a large bowl, coat the mushroom slices with the Worcestershire sauce and remaining oil. Add the mushrooms to the baking sheet. Arrange all ingredients in a single layer. Roast for 30 to 40 minutes until vegetables are charred.

Transfer to a serving bowl. Top with the avocado slices. Drizzle with remaining tablespoon of lime juice. Sprinkle with cilantro. Serve with tortillas, lime wedges and other favorite toppings for fajitas.

Per Serving (2 tacos):
Calories: 410, Fat: 23 g (5 g Saturated Fat), Cholesterol: 0 mg,
Sodium: 1,170 mg, Carbohydrates: 46 g, Fiber: 7 g, Protein: 9 g.

SUBSTITUTIONS AND DIETARY PREFERENCES

Mushrooms: Don't have portobellos? Use whatever mushrooms you love!

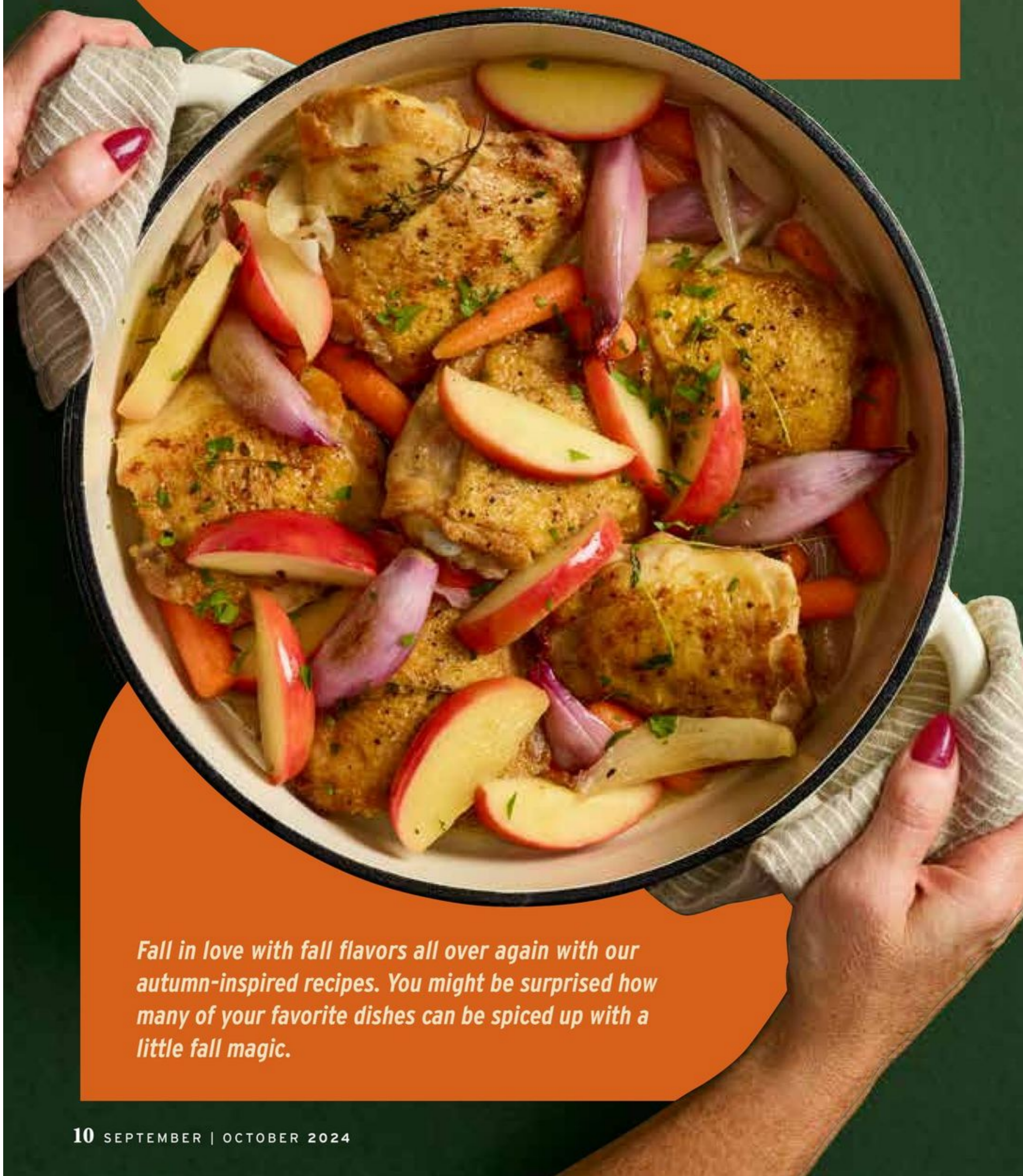
Add zucchini for extra veggies.

High protein: Add grilled chicken or shrimp.

In this recipe, portobello mushrooms replace the meat. They offer a “meaty” texture and flavor that even carnivores won’t miss, making them perfect for fajitas.



FALL FLAVORS



Fall in love with fall flavors all over again with our autumn-inspired recipes. You might be surprised how many of your favorite dishes can be spiced up with a little fall magic.

APPLE CIDER GLAZED CHICKEN WITH CARROTS AND SHALLOTS

Total Time: 1 hour 30 minutes
Serves: 6

- 6 bone-in, skin-on chicken thighs, trimmed
- 1 tsp salt
- 1 tsp black pepper
- 3 Tbs vegetable oil
- 1 apple, sliced
- 3 medium shallots, peeled and quartered
- 1 1/2 cups baby carrots
- 8 sprigs fresh thyme
- 1 1/3 cups apple cider
- 2/3 cup chicken broth
- 1/4 cup honey
- 2 Tbs Dijon mustard
- 2 Tbs unsalted butter

DIABETIC
FRIENDLY

Place the chicken on a plate. Sprinkle with salt and pepper on both sides. Add the vegetable oil to a large Dutch oven. Over high heat, sear the chicken until golden on both sides. Remove, and set aside. Add the apples, shallots, carrots and thyme. Sauté for 2 to 3 minutes. Push those ingredients to the sides of the pot.

Add the cider, broth, honey and mustard to the middle. Stir in the butter until melted. Add the chicken back to the Dutch oven. Bring to a simmer. Reduce heat to low. Cover, and cook for 30 to 40 minutes until chicken is cooked through.

Per Serving:
Calories: 370, Fat: 27 g (7 g Saturated Fat),
Cholesterol: 100 mg, Sodium: 600 mg,
Carbohydrates: 17 g, Fiber: 2 g, Protein: 16 g.



Pair some **Bob Evans® Mashed Potatoes** with your Apple Cider Glazed Chicken with Carrots and Shallots to create a cozy and comforting autumn dinner.



PUMPKIN SPICE DINNER ROLLS

Total Time:
1 hour 30 minutes, plus rising
Makes: 12

1/2 cup milk
2 1/2 to 3 cups all purpose flour,
spooned and leveled (divided)
2 tsp instant yeast
1/2 cup pumpkin puree
3 Tbs light brown sugar, packed
2 Tbs unsalted butter, softened
2 large eggs, room temperature
(divided)
1/2 tsp pumpkin pie spice (see recipe)
1/2 tsp salt
1 Tbs water
2 Tbs pepitas
flaky sea salt, for sprinkling

Per Serving (1):
Calories: 180, Fat: 5 g (2 g Saturated Fat),
Cholesterol: 35 mg, Sodium: 115 mg,
Carbohydrates: 28 g, Fiber: 1 g, Protein: 6 g.

Heat the milk to 110° F to 115° F. (See note.) In the bowl of a stand mixer fitted with the dough hook, combine 2 1/2 cups of flour, warmed milk, yeast, pumpkin puree, brown sugar, butter, one egg and pumpkin spice. Turn to the lowest speed. Mix until flour is incorporated. Sprinkle in the 1/2 teaspoon of salt. Increase the speed to medium, and beat for 2 to 3 minutes.

The dough should be slightly sticky and soft, pulling away from the edges of the bowl. If the dough is too sticky, add more flour (one tablespoon at a time) while beating on low speed. Give the flour a minute to incorporate before adding another tablespoon. The dough will begin to form into a ball.

Transfer the dough to a lightly greased bowl. Cover with a towel or plastic wrap. Let rise until doubled in size (about 45 minutes). Remove the towel. Deflate the dough by punching down lightly. Transfer the dough to a floured work surface. Shape into a large smooth ball. Cut in half. Cut each section in half again until you have 12 equal-sized pieces. Shape each piece into a smooth ball. Spray two pie tins with nonstick cooking spray. Place six balls of dough in each tin with about 1/2 inch of space around all sides.

Cover each pie tin with a towel. Let rise for 45 more minutes or until dough has doubled in size. Preheat oven to 375° F. After rising, combine the remaining egg and the water. Brush egg wash over the rolls. Sprinkle with the pepitas and sea salt. Bake for 14 to 16 minutes until cooked through and golden-brown. Remove from oven. Let cool for 5 minutes before serving.

Note: To heat the milk, pour in a microwave-safe container. Microwave in 15-second intervals, stirring and checking the temperature each time. Heating time will vary.



DIY PUMPKIN PIE SPICE

(Makes 2 tablespoons)

4 tsp ground cinnamon
1 tsp ground ginger
1/2 tsp ground nutmeg
1/2 tsp ground allspice
1/4 tsp ground cloves



BROWN BUTTER PECAN CAKE

Total Time: 2 hours, plus chilling
Serves: 10

CAKE:

1 box butter pecan cake mix
1 cup water
3 large eggs, room temperature
1/3 cup brown butter, melted (see recipe)
1/2 tsp pumpkin pie spice, for decorating
(see recipe on p. 11)
1 1/2 cups chopped pecans, divided

BROWN BUTTER FROSTING:

2 cups brown butter, room temperature
(see recipe)
4 cups powdered sugar, spooned
and leveled
2 Tbs maple syrup
1 tsp pumpkin pie spice (see recipe on p. 11)
2 Tbs milk (optional)

CUT CHOLESTEROL AND CALORIES WITH EGG BEATERS® LIQUID EGG SUBSTITUTE.



Use 1/4 cup of Egg Beaters® Liquid Egg Substitute for each egg. Reduce the amount of water needed for the cake by two tablespoons to compensate for the increased liquid.

Preheat oven to 350° F. Using an electric mixer, combine the cake mix, water, eggs and melted brown butter. Beat for two minutes until smooth and creamy. Fold in 1 cup of pecans. Line two 9-inch cake pans with parchment paper. Grease the sides of the pans with butter. Divide the batter evenly between the pans. Bake for 30 to 40 minutes until a toothpick inserted into the middle comes out clean. Let the cakes cool to room temperature in the pans.

Using an electric mixer, beat the 2 cups of brown butter for about 2 minutes until light, fluffy and pale. With the mixer on low, slowly add the powdered sugar. Stop the mixer, and scrape down the sides as necessary. Add the maple syrup and the pumpkin spice. Continue to beat for about 5 minutes. The frosting will be light and fluffy. If it tastes gritty or sugary, then add two tablespoons of milk before beating for 2 more minutes.

To assemble the cake, remove one cake from the pan. Place top-side up on a cake plate. Spread about 1 cup of frosting in an even layer on top of the cake. Place the second cake, bottom-side up. Apply a thin layer of frosting on the top of the cake and around the sides. Place the cake in the refrigerator for 1 hour. After the thin layer is set, continue with the remaining frosting until top and sides are completely covered. Decorate the cake with remaining pecans and a dusting of pumpkin spice.

Per Serving:

Calories: 910, Fat: 64 g (31 g Saturated Fat), Cholesterol: 175 mg, Sodium: 300 mg, Carbohydrates: 84 g, Fiber: 2 g, Protein: 6 g.



BROWN BUTTER 101

THE KEY TO ENHANCING THE RICHNESS OF YOUR COOKING AND BAKING.

For the cake, you will need five sticks of room-temperature unsalted butter. A small amount of volume is lost when cooking the butter. Unwrap all butter, and place it in a light-colored skillet. Melt over low heat. Increase the heat to medium, and then bring to a simmer. Stir continuously. The butter will bubble and start to foam. Lower the heat when the surface of the butter is all foam. Continue to stir and check the color of the butter under the foam. When you begin to see a darker color and brown flecks, turn off the heat but keep stirring. The butter will smell nutty and toasted. Remove the pan from the heat, and immediately pour into a bowl. Let cool. For the cake batter, you will need 1/3 cup of melted brown butter. For the frosting, refrigerate the remaining brown butter so that it will solidify again. There should be approximately 2 cups remaining. The browning process takes 6 to 8 minutes.

OTHER WAYS TO USE BROWN BUTTER

- Toss with cooked pasta.
- Substitute for regular butter in any baked good.
- Toss with roasted vegetables.
- Spoon over seared fish.
- Use in pie crust recipe for chicken pot pie.
- Add to pancake batter.
- Melt, and serve with boiled shrimp.



BROWN SUGAR-MAPLE COOKIES

Total Time: 1 hour 15 minutes, plus cooling
Makes: 3 dozen



COOKIES:

2 sticks (1 cup) unsalted butter, room temperature
1 cup dark brown sugar, packed
1/3 cup maple syrup
1 egg, room temperature
2 tsp pure vanilla extract
2 1/2 cups all purpose flour, spooned and leveled
1 tsp baking soda
1/2 tsp ground cinnamon
1/2 tsp kosher salt
1 cup butterscotch chips
1/2 cup pecans, finely chopped

MAPLE GLAZE:

4 Tbs unsalted butter, melted
1/3 cup maple syrup
1 cup powdered sugar

Preheat oven to 350° F. Line baking sheets with **Simply Done® Parchment Paper**.

Using an electric mixer, beat the 1 cup of butter and the brown sugar until fluffy. Add 1/3 cup of maple syrup, the egg and vanilla. Beat until creamy. On low speed, slowly add the flour, baking soda, cinnamon and salt. Fold in the butterscotch chips and pecans.

Scoop out rounded tablespoons, and roll into balls. Place the dough balls two inches apart on the baking sheets. Bake for 14 minutes. Let the cookies cool on the baking sheets. Repeat with the remaining dough.

To make the glaze, combine the melted butter, maple syrup and powdered sugar. Drizzle lightly over the cooled cookies.

Per Serving (2):
Calories: 340, Fat: 16 g (9 g Saturated Fat), Cholesterol: 45 mg, Sodium: 190 mg, Carbohydrates: 46 g, Fiber: 1 g, Protein: 3 g.

IN MY SPOOKY *Era*

Halloween is the time to embrace your dark side. From wicked concoctions to decadent appetizers and "to die for" desserts, it's the season to indulge in devilish deliciousness. Step into your spooky era this Halloween!

Pumpkin CHEESE BALL

Total Time:
30 minutes, plus chilling
Serves: 8

DIABETIC
FRIENDLY

2 green onions, root end trimmed
1/4 cup candied jalapeños
2 tsp fresh thyme leaves
1 (8 oz) bag Brookshire's
Shredded Sharp
Cheddar Cheese
1 (8 oz) pkg cream cheese
3 Tbs salsa
2 jars Brookshire's Everything
Bagel Seasoning Blend
kitchen twine, for shaping
stem from a pumpkin or
bell pepper, for decorating

In a food processor, add the green onions, jalapeños and thyme. Pulse until finely chopped. Add the cheddar cheese, cream cheese and salsa. Process until all ingredients are completely combined. On a flat surface, lay out a large piece of plastic wrap. Spoon the cheese mixture into a pile in the middle of the plastic. Lift the sides of the plastic to shape the cheese into a ball. Wrap tightly, and place in a bowl. (See note.) Refrigerate for at least 4 hours or overnight.

Remove the wrapped cheese ball from the fridge. Adjust the shape of the ball, if necessary. Pour the

everything bagel seasoning onto a plate. Unwrap the cheese ball, and roll it in the seasoning. Press the seasoning into the cheese ball until the entire ball is coated. Wrap in a new piece of plastic wrap. Adjust the shape, and place back in the bowl. Refrigerate for 2 hours. Cut four pieces of twine to 12 inches long. Remove cheese ball from fridge. Leaving the plastic on, tie the twine tightly around the cheese ball to create ridges that look like a pumpkin. Chill for 2 more hours. When ready to serve, cut the twine. Unwrap the cheese ball, and place on a serving platter. Top the cheese ball with the stem.

Note: If you have a 5-inch bowl, this is the perfect size for the cheese ball. It will help hold the round shape while chilling. Turn it over occasionally, so both sides of the sphere can mold to the shape of the bowl.

SHAKE UP
YOUR CRACKERS
FOR DIPPING!
TRY RYE CHIPS,
PRETZEL CRISPS OR
WHEAT THINS.



Vampire CHOCOLATE CUPS

Total Time: 30 minutes, plus chilling
Makes: 12

1 (12 oz) bag frozen raspberries, thawed
8 oz semisweet chocolate chips
12 mini muffin liners

Place raspberries in a colander, and strain the liquid. Mash lightly to break up any whole berries. In a double-boiler, melt the chocolate chips.

Spread out the muffin liners on a baking sheet. Spoon a small amount of chocolate into the bottom of each liner. Spread the chocolate across the bottom and around the sides of the liner. Add a spoonful of raspberries. Smooth out the raspberries to reach the sides of the liners. Top with a thin layer of chocolate. Make sure the chocolate covers all of the raspberry layer. Refrigerate for at least 20 minutes or until ready to serve. Remove the muffin liners before serving.

Per Serving (2):
Calories: 120, Fat: 7 g (4 g Saturated Fat),
Cholesterol: 0 mg, Sodium: 0 mg,
Carbohydrates: 18 g, Fiber: 3 g, Protein: 1 g.



WITCHES' BREW *Cocktail*

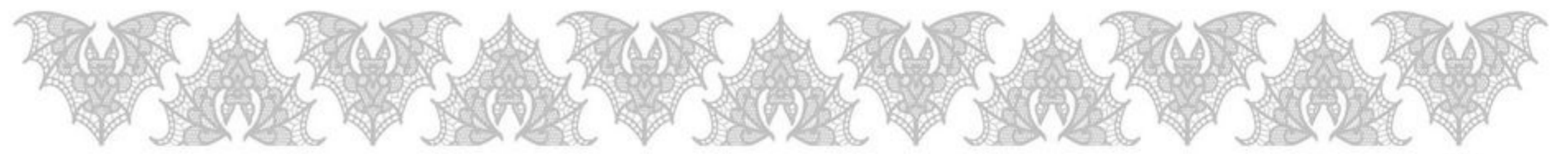
Total Time: 5 minutes | Makes: 2

lime wedges
1/2 cup black decorating sugar
ice
2 oz vodka
2 oz blue curacao
2 Tbs grenadine syrup
sparkling water
blackberries, for garnish
fresh thyme leaves, for garnish

Rim the edges of two cocktail glasses with lime wedges. Dip the glasses into the black sugar.

Fill the glasses with ice. Add an ounce of vodka and an ounce of blue curacao to each glass. Add 1 tablespoon of grenadine and a squeeze of lime juice (optional) to each glass. Top with sparkling water. Garnish with blackberries and thyme.

Per Serving (1):
Calories: 150, Fat: 0 g (0 g Saturated Fat),
Cholesterol: 0 mg, Sodium: 0 mg,
Carbohydrates: 21 g, Fiber: 0 g, Protein: 0 g.





11⁹⁹

Chop House Wine
Selected - 750 mL Bottle



CHEERS TO BOOS & BOOZE!



11⁹⁹

90+ Cellars Wine
Selected
750 mL Bottle



19⁹⁹

Prominence Wine
Selected
750 mL Bottle



17⁹⁹

Iron Side Reserve Wine
Pinot Noir Or Chardonnay
750 ML Bottle

SCORE BIG FLAVOR WITH *Owens* ITALIAN SAUSAGE PIZZA DIP!

The ultimate crowd-pleaser for football parties combines all of the savory flavors of pizza in a creamy, dippable form.



PIZZA DIP

Total Time: 50 minutes | Serves: 10

- 1 (8 oz) pkg cream cheese, softened
- 1 cup ricotta cheese
- 3 cups shredded Italian cheese, divided
- 1 cup grated parmesan, divided
- 1 (24 oz) jar marinara sauce
- 1 lb Owens® Premium Italian Pork Sausage, cooked and drained
- 1 cup pepperoni slices
- chopped parsley, for garnish
- toasted baguette slices, for serving



Preheat oven to 350° F. Spray a 2-quart baking dish with cooking spray. Set aside. In a medium bowl, combine the cream cheese, ricotta, 2 cups of the shredded cheese and 1/2 cup of parmesan. Then, spread half of the cheese mixture into the bottom of the baking dish. Top the cheese with half of the marinara sauce. Add half of the sausage and half of the pepperoni. Repeat all three layers. Top with the remaining cup of shredded cheese and 1/2 cup of parmesan. Bake for 30 minutes or until cheese is melted and bubbly. Garnish with parsley, and serve with baguette slices.

Per Serving (3 Tbs):

Calories: 420, Fat: 33 g (15 g Saturated Fat), Cholesterol: 100 mg, Sodium: 1,100 mg, Carbohydrates: 10 g, Fiber: 1 g, Protein: 21 g.

Dinnertime made simple. Just pick 2.



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TAILGATE

SEASON

TACKLE GAME DAY SNACKS WITH EASE! OUR HEARTY APPETIZERS ARE EASY TO PREPARE AND SURE TO SATISFY YOUR CROWD.



BUFFALO CHICKEN-STUFFED FRENCH BREAD

Total Time: 1 hour | Serves: 10

1 large loaf Brookshire's Bakery French Bread

- 2 Tbs olive oil
- 1 (8 oz) pkg cream cheese, softened
- 1 1/2 cups bleu cheese crumbles, divided
- 1/3 cup sour cream
- 1/3 cup mayonnaise
- 1/3 cup Buffalo wing sauce
- 1 Tbs ranch dressing seasoning
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 2 chicken breasts, cooked and shredded
- 2 slices bacon, cooked and crumbled
- 2 green onions, chopped

Preheat the oven to 350° F. Using a serrated knife, cut along the top edge of the bread and halfway down into the middle of the loaf to create a bowl shape. Pull out bread from the center of the loaf but not all the way to the bottom. Rub the inside of the bread with olive oil. Place bread on a baking sheet. Set aside.

In a large bowl, stir together the cream cheese, 1 cup of bleu cheese, sour cream, mayonnaise, wing sauce and seasonings. Add two-thirds of the chicken. Stir to combine. Spoon the mixture into the bread bowl. Top with the remaining chicken, 1/2 cup of bleu cheese and bacon. Bake for 25 to 30 minutes until cheese is melted and bread is golden. Top with green onions. Let cool for 10 minutes. Slice the stuffed bread before serving.

Per Serving:

Calories: 420, Fat: 25 g (11 g Saturated Fat), Cholesterol: 50 mg, Sodium: 930 mg, Carbohydrates: 34 g, Fiber: 3 g, Protein: 14 g.

CHOPPED ITALIAN SLIDERS

Total Time: 30 minutes | Makes: 20

- 3 cups shredded lettuce
- 3 oz provolone cheese, chopped
- 3 oz mozzarella cheese, chopped
- 6 oz deli pepperoni, chopped
- 6 oz deli salami, chopped
- 6 oz deli ham, chopped
- 1 cup cherry tomatoes, quartered
- 1/4 cup banana peppers, chopped
- 1/4 cup pickled red onions, chopped
- 1/4 cup green or black olives, chopped
- 1/4 cup mayonnaise
- 2 Tbs olive oil
- 3 Tbs red wine vinegar
- 1 Tbs Italian seasoning
- 1/2 tsp salt
- 1/2 tsp pepper
- 20 slider buns

DIABETIC FRIENDLY

Spread the lettuce in an even layer across the bottom of a serving bowl. Layer all of the chopped ingredients on top of the lettuce, including tomatoes. In a sealable container, combine the mayonnaise, oil, vinegar and seasonings. (See note.) Pour the dressing over the ingredients in the bowl. Toss to combine. Serve inside the slider buns.

Note: This recipe is best enjoyed fresh on the same day as prepared. However, the chopped mixture and dressing can be prepared separately in advance. Store them in airtight containers in the refrigerator for up to 2 days. When ready to serve, follow the remaining instructions to make the sliders.

Per Serving (1):

Calories: 220, Fat: 13 g (5 g Saturated Fat), Cholesterol: 35 mg, Sodium: 600 mg, Carbohydrates: 17 g, Fiber: 0 g, Protein: 10 g.



GAME DAY



ONE PAN, BBQ PULLED PORK AND OH-SO-MANY TOPPINGS.



139

McCormick
Slow Cooker
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1.3-1.6 oz

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