

# SIMPLY

SEP / OCT 2024

*Schnucks*

## FIVE Dinners

FOR A FAMILY OF FOUR, ALL FOR UNDER



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LESS THAN  
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PER SERVING!

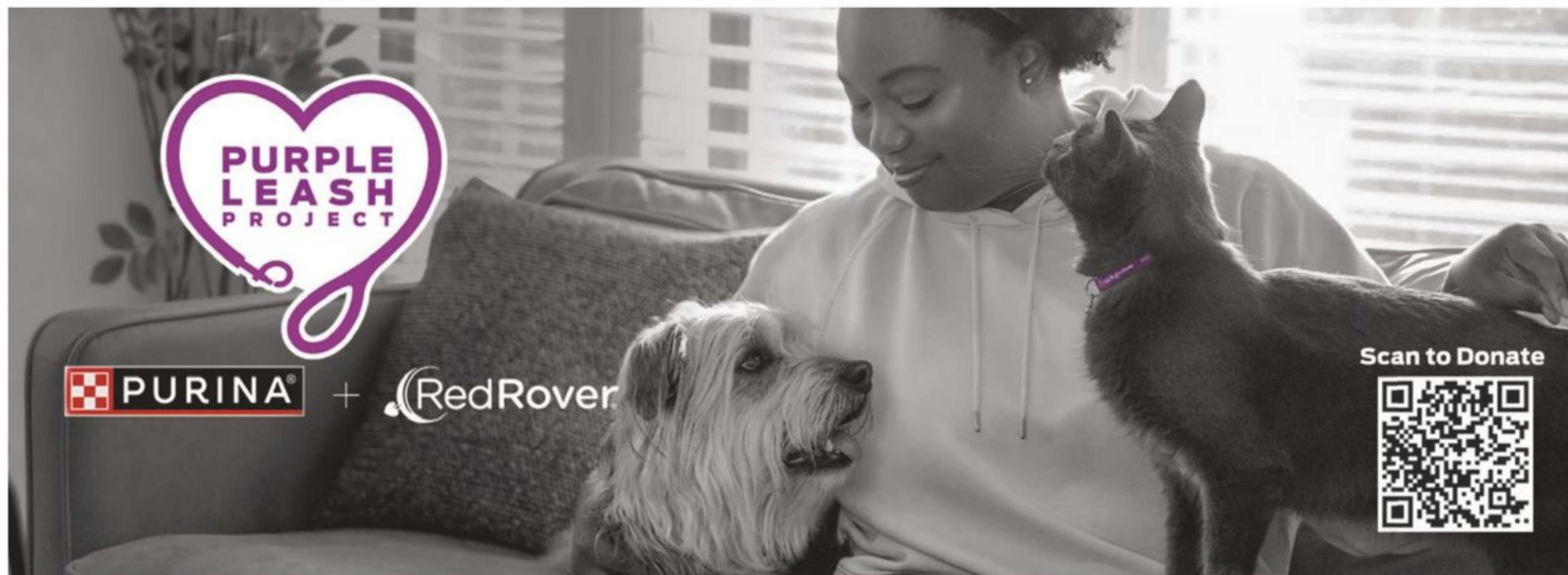
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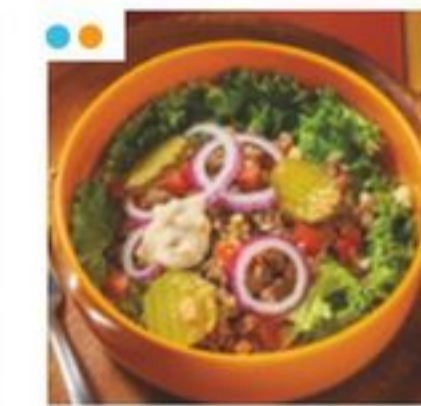
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# canned creations

Canned tomatoes and tomato sauces are harvested at peak ripeness, locking in flavor and nutrients. They're perfect for these delicious recipes, helping you save time and money. Stock up and start cooking!



**Allison Primo**  
SCHNUCKS  
REGISTERED DIETITIAN



**Canned tomatoes are quick, convenient and full of nutrients. Look for the Dietitian Pick icon on canned tomato products when shopping in-store or in the Schnucks Rewards app.**



**VEGAN BLACK-BEAN BOLOGNESE** SERVES: 4 ACTIVE: 10 MIN TOTAL: 35 MIN

- 1/2 16-oz. pkg. Full Circle whole-wheat rotini pasta
- 3 tbsp. Schnucks olive oil, divided
- 1 medium carrot, peeled and shredded
- 1 small zucchini, shredded
- 1 fresh rosemary sprig
- 1/4 tsp. black pepper
- 1/4 tsp. crushed red pepper
- 1 14.5-oz. can Schnucks Italian-style diced tomatoes with garlic, oregano and basil
- 1 8-oz. can Schnucks no-salt-added tomato sauce
- 1 15-oz. can Schnucks no-salt-added black beans, drained and rinsed
- 1 tbsp. chopped fresh parsley, for garnish

2. In a medium saucepan, heat remaining oil over medium-high. Stir in carrot, zucchini, rosemary, black pepper and red pepper until combined. Cook until vegetables are tender, 3–5 minutes.
3. Stir in reserved pasta water, diced tomatoes, tomato sauce and beans. Bring to a boil. Reduce heat to low, continuing to simmer, and mash half of the beans with a potato masher.
4. Cook, covered and stirring occasionally, about 20 minutes. Season with salt and additional black pepper, if desired. Discard rosemary sprig. Serve over pasta, garnished with parsley.

PER SERVING: 450 CAL, 12G FAT (2G SAT FAT), 0MG CHOL, 331MG SODIUM, 69G CARB (13G FIBER, 9G SUGARS), 15G PRO

1. Cook pasta according to package directions until al dente. Reserving 1/4 cup pasta water, drain and rinse pasta. Return to pot and toss with 2 tablespoons oil. Cover and keep warm.



**SHAKSHUKA WITH FETA** SERVES: 4 ACTIVE: 25 MIN TOTAL: 30 MIN

- 2 tbsp. Schnucks olive oil
- 3 cloves garlic, thinly sliced
- 1 medium shallot, thinly sliced
- 1/2 tsp. Schnucks cumin
- 1/4 tsp. crushed red pepper
- 1 cup jarred roasted red peppers, drained and chopped
- 1 28-oz. can Schnucks no-salt-added crushed tomatoes
- 4 Schnucks eggs
- 1/4 cup crumbled feta cheese
- 2 tbsp. chopped fresh cilantro, for garnish

- 4 tbsp. Schnucks nonfat plain Greek yogurt, for serving
  - 1 15-oz. loaf Schnucks French bread, cut into 12 slices
1. Heat oil in a medium skillet over medium-high. Add garlic and shallot; cook, stirring occasionally, until golden, 2–3 minutes.
  2. Add cumin and crushed red pepper; stir constantly until fragrant, 1–2 minutes. Stir in roasted red peppers and tomatoes. If desired, season with salt and black pepper. Bring to a boil, stirring often.

3. Using the back of a large spoon, make 4 shallow indentations in sauce and crack an egg into each. Cook, covered, on low, simmering gently until egg whites are set, 7–10 minutes. Remove from heat and sprinkle with feta and cilantro.
4. Drizzle with yogurt and serve with French bread slices.

PER SERVING: 325 CAL, 14G FAT (4G SAT FAT), 215MG CHOL, 619MG SODIUM, 37G CARB (5G FIBER, 15G SUGARS), 15G PRO



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## WHY CANNED TOMATOES?

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For more info visit: [tomatowellness.com](http://tomatowellness.com)

# five dinners for under \$7.75

Whether you enjoy veggie-forward meals, Dietitian Picks or just need to save time, these weeknight menus deliver five flavorful dinners for less than \$3.75 per serving.

## Grocery Lists

### dietitian picks

- 14 oz. chicken tenderloins
- 1 lb. raw shrimp (21–25 count)
- 1 lb. 90% lean ground beef
- 1 head lettuce
- 4 medium zucchini
- 1 16-oz. bag baby carrots
- 1 medium cucumber
- 1 medium yellow onion
- 6 Roma tomatoes
- 2 celery stalks
- 2 medium red onions
- 1 bunch kale
- 3 lemons
- 2 15.5-oz. cans garbanzo beans (chickpeas)
- 1 14-oz. pkg. firm tofu
- 1 6-oz. bag finely shredded Parmesan cheese
- 1 6-oz. pkg. crumbled feta
- 1 5.3-oz. container nonfat plain Greek yogurt
- 1 5-oz. bag seasoned croutons
- 1 16-oz. pkg. whole-wheat rotini pasta
- 1 16-oz. pkg. quinoa
- 1 16-oz. jar hamburger dill-pickle chips
- 1 bunch fresh Italian parsley (optional)
- 1 bunch fresh thyme (optional)

### veggie-forward

- 4 medium avocados
- 1 small white onion
- 1 small yellow onion
- 1 small red onion
- 1 medium green bell pepper
- 1 head Boston lettuce
- 1 English cucumber
- 1 bunch kale
- 2 medium carrots
- 1 10-oz. container cherry tomatoes
- 1 10-oz. pkg. fresh pico de gallo
- 1 12-oz. steam-in-bag chopped sweet potatoes
- 1 10-oz. pkg. frozen cauliflower florets
- 1 10-oz. pkg. frozen spinach
- 1 10-oz. jar mushrooms
- 1 15.5-oz. can garbanzo beans (chickpeas)
- 1 15-oz. can no-salt-added black beans
- 1 14.5-oz. can diced tomatoes
- 1 bottle peanut satay sauce
- 1 1.25-oz. pkg. low-sodium taco seasoning
- 1 pkg. 6-inch corn tortillas
- 1 8-oz. pkg. chickpea spaghetti pasta (or regular)
- 1 16-oz. pkg. quinoa
- 1 7-oz. pkg. sunflower seeds
- 1 16-oz. bottle green goddess dressing
- 1 5-oz. wedge Parmesan cheese

### quick meals

- 4 tilapia filets
- 1 lb. lean ground beef
- 4 bone-in, skin-on chicken thighs
- 1 lb. boneless, skinless chicken breast
- 1 small red onion
- 2 large russet potatoes
- 1 bunch fresh asparagus
- 1 lemon
- 4 medium carrots
- 1 bunch green onions
- 2 small yellow onions
- 1 medium red bell pepper
- 1 16-oz. jar salsa
- 2 20-oz. cans pineapple chunks in juice
- 1 16-oz. can refried beans
- 1 6-oz. can tomato paste
- 2 8-oz. pkgs. chickpea penne pasta (or regular)
- 1 16-oz. pkg. linguine pasta
- 1 8-count pkg. 8-inch flour tortillas
- 1 8-oz. mini bread loaf
- 1 16-oz. carton heavy whipping cream
- 1 5-oz. bag shredded Parmesan cheese
- 1 8-oz. bag shredded Mexican-style cheese
- 1 bunch fresh Italian parsley (optional)

## Pantry Staples

Check your pantry for these versatile ingredients and be ready to make all the recipes from this meal plan—and many more!

**Herbs & Spices:** Black pepper, dried basil, chili powder, crushed red pepper, cumin, garlic powder, minced garlic, ground ginger, Italian seasoning, oregano, paprika, salt, taco seasoning

**Condiments:** Mustard, hot sauce, mayonnaise, soy sauce

**Broths & Stocks:** Chicken, vegetable

**Dairy:** Butter, milk

**Oils:** Cooking spray, olive oil, vegetable oil

**Others:** Vinegar, rice, honey, eggs, sugar

# dietitian picks

Eating healthy doesn't have to be expensive. Use this five-day Dietitian Pick meal plan to keep your budget and healthy-eating goals on track.

## Lemon-Parm Kale Salad with Creamy Tofu Dressing

SERVES: 4 ACTIVE: 10 MIN TOTAL: 15 MIN

- ½ 14-oz. pkg. firm tofu, drained and cut into quarters
- 1 lemon, zested and juiced (about 3 tbsp. juice)
- 2 tbsp. Schnucks extra-virgin olive oil
- 1 tsp. Schnucks jarred minced garlic
- 4 cups kale, stems removed and leaves massaged
- 1 15.5-oz. can Schnucks garbanzo beans (chickpeas), drained and rinsed
- ½ cup Schnucks seasoned croutons
- ¼ cup Schnucks finely shredded Parmesan cheese

1. In a food processor or blender, purée tofu, lemon zest and juice, oil and garlic, scraping sides and bottom as needed, until smooth, 2–5 minutes. (If using a blender, cut tofu into smaller pieces before puréeing.) Season with salt and pepper, if desired. Refrigerate until ready to serve.

2. Finely chop kale and transfer to a medium salad bowl. Top with garbanzo beans (chickpeas), croutons and Parmesan. Toss with half of creamy tofu dressing until combined. Serve immediately.

PER SERVING: 209 CAL, 9G FAT (2G SAT FAT), 5MG CHOL, 171MG SODIUM, 24G CARB (2G FIBER, 0G SUGARS), 12G PRO

Dietitian Picks are made with:

- fruits and veggies
- 100% whole grains, eggs or lean meats
- 600mg or less sodium
- 8g or less added sugars
- 5g or less saturated fat

Make "angel hair" zucchini using a julienne peeler, or use a mandoline to make zucchini "fettuccine." Or just pick up premade zucchini noodles in the produce department.

## Lemon-Garlic Shrimp with Zoodles

SERVES: 4 ACTIVE: 10 MIN TOTAL: 30 MIN

- 1 lb. raw shrimp (21–25 count), tail-off, peeled and deveined
- ½ lemon, zested and juiced (about 1½ tbsp. juice)
- 3 tbsp. Schnucks jarred minced garlic
- 3 tbsp. Schnucks olive oil, divided
- 1 tsp. Schnucks crushed red pepper, plus more for garnish
- ¼ cup unsalted chicken stock
- 4 medium zucchini, trimmed and spiral-sliced
- Lemon slices and fresh chopped Italian parsley, for garnish

1. In a medium bowl, stir together shrimp, lemon zest and juice, garlic, 1 tablespoon oil and crushed red pepper. Refrigerate, covered, 20 minutes.

2. In a large skillet, heat oil over medium-high. Add shrimp (with marinade) in a single layer; cook until slightly browned, 2 minutes. Stir, then continue cooking until shrimp is just beginning to turn pink, 1–2 minutes. Transfer to a plate and cover to keep warm.

3. Stir chicken stock into skillet; bring to a simmer, gently scraping bottom with a wooden spoon, until liquid is reduced by half, 2–3 minutes.

4. Add zucchini; cook until al dente, about 2 minutes. Gently stir in shrimp and, if desired, season with salt and black pepper. Garnish with red pepper, lemon slices and parsley. Serve immediately.

PER SERVING: 216 CAL, 12G FAT (2G SAT FAT), 170MG CHOL, 202MG SODIUM, 5G CARB (2G FIBER, 3G SUGARS), 21G PRO

Massaging kale before serving softens the leaves and reduces the bitter flavor. Add a small drizzle of oil, crunch the leaves between your hands then rub them together with your fingers, fully coating the kale with oil. Massage until leaves just begin to wilt.

Use the remaining Creamy Tofu Dressing in other recipes like the Mediterranean Quinoa-Chickpea Salad or the Simple Burger Bowl, both on page 11.

## Timeless Chicken Noodle Soup

SERVES: 4 ACTIVE: 20 MIN TOTAL: 40 MIN

- 1/2 16-oz. pkg. Full Circle whole-wheat rotini pasta
- 2 tbsp. Schnucks vegetable oil
- 1/2 medium yellow onion, diced
- 1/2 cup sliced baby carrots
- 1/2 cup sliced fresh celery
- 2 tsp. Schnucks jarred minced garlic
- 14 oz. Schnucks chicken tenderloins, diced
- 4 cups Schnucks 33% less-sodium chicken broth
- Chopped fresh Italian parsley and thyme leaves, for garnish

1. Cook pasta according to package directions. Two minutes before done, drain and rinse under cold water.
2. Meanwhile, in a large pot, heat oil over medium until hot. Stir in onion, carrot and celery; cook until onion is translucent, 3–5 minutes. Stir in garlic and chicken; cook, stirring often, 5 minutes. Season with salt and pepper, if desired.
3. Stir in broth and bring to a boil. Reduce temperature to low and let simmer 20 minutes. Stir in pasta; simmer until al dente, about 2 minutes. Remove from heat and serve immediately, garnished with parsley and thyme.

PER SERVING: 244 CAL, 8G FAT (1G SAT FAT), 53MG CHOL, 638MG SODIUM, 16G CARB (2G FIBER, 3G SUGARS), 27G PRO



Perfect for prep-ahead! Covered, this keeps up to seven days in the fridge.

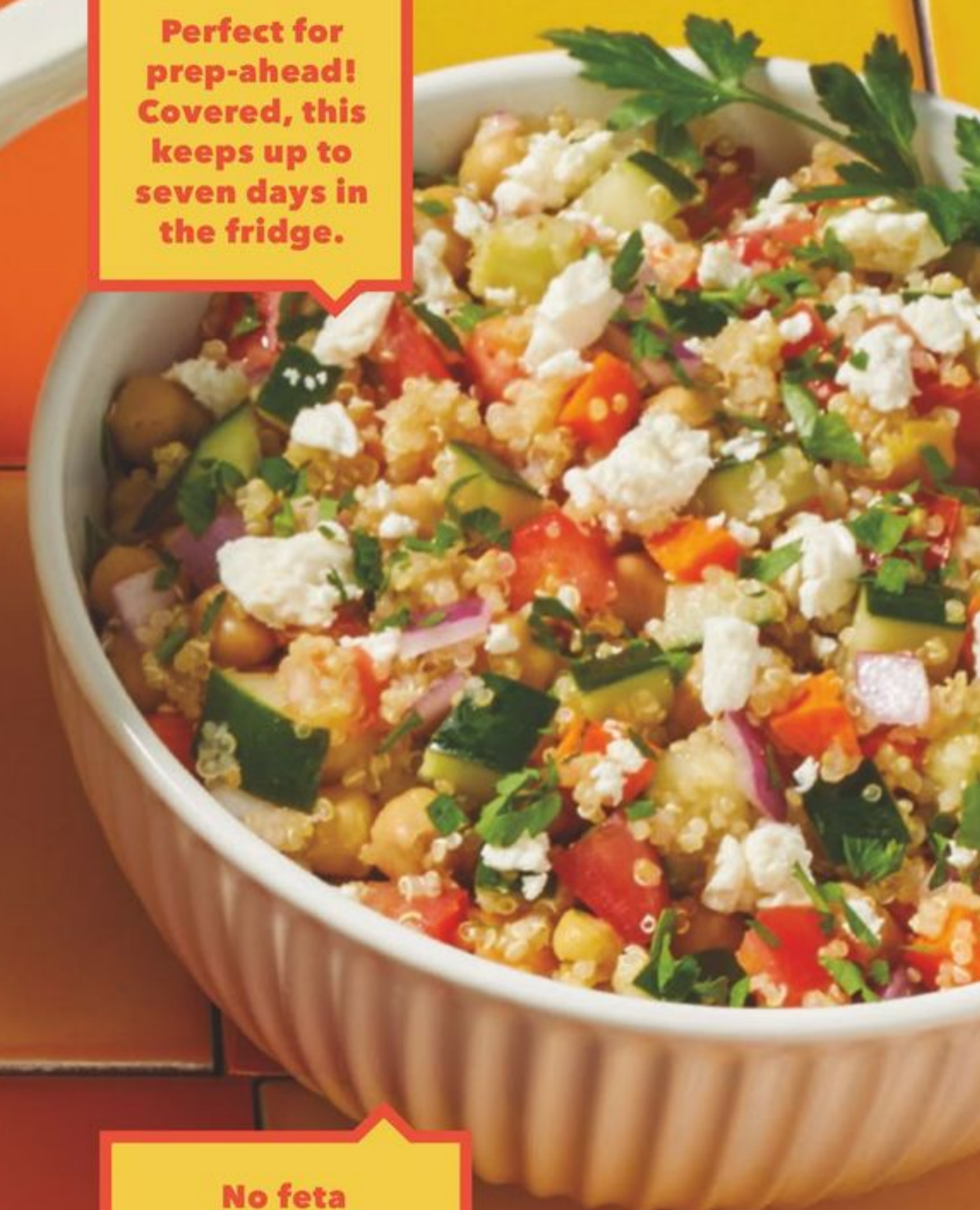
## Mediterranean Quinoa-Chickpea Salad

SERVES: 4 ACTIVE: 5 MIN TOTAL: 35 MIN

- 1/4 cup Schnucks olive oil
- 1 lemon, zested and juiced (about 3 tbsp. juice)
- 2 tbsp. Schnucks jarred minced garlic
- 2 cups cooked Full Circle quinoa
- 1 15.5-oz. can Schnucks garbanzo beans (chickpeas), drained and rinsed
- 1/2 cup diced baby carrot
- 1 medium cucumber, diced
- 1/2 medium red onion, diced
- 2 Roma tomatoes, diced
- 1/4 cup crumbled feta cheese, for garnish
- Chopped fresh Italian parsley, for garnish

1. In a large bowl, whisk together oil, lemon zest and juice, and garlic. Season with salt and pepper, if desired. Add cooked quinoa, garbanzo beans (chickpeas), carrot, cucumber, red onion and tomato; stir until combined. Refrigerate, covered, at least 30 minutes. Serve garnished with feta and parsley.

PER SERVING: 435 CAL, 19G FAT (2G SAT FAT), 8MG CHOL, 422MG SODIUM, 54G CARB (11G FIBER, 4G SUGARS), 13G PRO



No feta on hand? Substitute goat cheese, halloumi or cotija for the feta cheese in this recipe.

Switch up the toppings for fresh variations. Try bell peppers, avocados, mushrooms, jalapeños or grilled zucchini.



## Simple Burger Bowl

SERVES: 4 ACTIVE: 30 MIN TOTAL: 35 MIN

- 1/4 cup Schnucks hamburger dill-pickle chips, divided, plus 1/2 tsp. dill-pickle juice
- 1 5.3-oz. container nonfat plain Greek yogurt
- 1 tbsp. Schnucks 50/50 ketchup
- 1 tsp. Schnucks yellow mustard
- 1 tsp. Schnucks garlic powder, divided
- 1/4 tsp. Schnucks paprika
- 2 tbsp. Schnucks canola oil
- 1 lb. Schnucks 90% lean ground beef
- 1 head lettuce, washed and leaves separated
- 1 medium red onion, thinly sliced
- 4 Roma tomatoes, diced
- 1/2 cup Schnucks seasoned croutons, crushed

1. Chop enough pickle chips to yield 2 tablespoons. In a small bowl,

whisk them together with dill-pickle juice, yogurt, ketchup, mustard, 1/2 teaspoon garlic powder and the paprika. Season with salt and pepper, if desired. Cover and refrigerate.

2. In a medium skillet, heat oil over medium-high. Stir in ground beef, remaining garlic powder and, if desired, salt and pepper. Cook, stirring to break up lumps, until browned, 8–10 minutes. Remove from heat.

3. Lay lettuce leaves in 4 serving bowls and top with ground beef, red onion slices, tomato, crushed croutons and remaining dill-pickle chips. Drizzle with yogurt dressing and serve immediately.

PER SERVING: 335 CAL, 20G FAT (4G SAT FAT), 2MG CHOL, 264MG SODIUM, 17G CARB (3G FIBER, 9G SUGARS), 35G PRO

# veggie- forward

If you have a vegetarian in the family, or just want to cut down on meat, these five meals are packed with delicious flavors and focused on plant-based proteins and ingredients.

## Peanut-Chickpea Bowl

SERVES: 4 ACTIVE: 15 MIN TOTAL: 20 MIN

- 1 tbsp. Schnucks vegetable oil, divided
- 4 cups kale, stems removed, leaves massaged and chopped
- 2 medium carrots, peeled and chopped
- 1 tsp. Schnucks jarred minced garlic
- 1 15.5-oz. can Schnucks garbanzo beans (chickpeas), rinsed and drained
- ½ cup Full Circle peanut satay sauce, plus more for garnish
- 2 cups cooked Schnucks brown rice
- 2 avocados, peeled, pitted and sliced

1. In a skillet over medium heat, add half of the oil, the kale, carrot and garlic. Cook until kale has wilted, about 3 minutes. Season with salt and pepper, if desired, then transfer to a bowl.
2. Stir remaining oil, the garbanzo beans (chickpeas) and peanut sauce into skillet. Reduce heat to low; cook, stirring occasionally, until heated through, about 5 minutes.
3. Serve hot rice topped with kale mixture, chickpea-peanut sauce and avocado slices.

PER SERVING: 568 CAL, 29G FAT (5G SAT FAT), 0MG CHOL, 649MG SODIUM, 64G CARB (17G FIBER, 11G SUGARS), 15G PRO

Buying steam-in-bag potatoes is a time saver. If you want to save even more money, peel, dice and steam 2 medium sweet potatoes.

Making your own pico is easy. In a small bowl, add equal parts of diced tomatoes and onions, fresh cilantro and a squeeze of lime juice. For a spicy kick, add jalapeño.

## Sweet Potato-Black Bean Tacos

SERVES: 4 ACTIVE: 10 MIN TOTAL: 25 MIN

- 1 12-oz. steam-in-bag chopped sweet potatoes
- 1 1.25-oz. pkg. Schnucks low-sodium taco seasoning mix
- 1 tbsp. Schnucks olive oil
- 1 15-oz. can Schnucks no-salt-added black beans, rinsed and drained
- 8 6-inch Schnucks corn tortillas, warmed
- 1 10-oz. pkg. Schnucks Short Cuts pico de gallo
- 1 avocado, peeled, pitted and diced

1. Microwave sweet potatoes according to package directions; transfer to a large bowl. Sprinkle with taco seasoning and toss to coat.
2. Heat oil in a skillet over medium-high until hot. Add sweet potatoes; cook, stirring occasionally, until browned and crispy, 5–8 minutes. Add black beans; cook, stirring occasionally, until heated through, about 5 minutes.
3. Serve with tortillas, pico de gallo and avocado.

PER 2-TACO SERVING: 376 CAL, 10G FAT (1G SAT FAT), 0MG CHOL, 949MG SODIUM, 64G CARB (11G FIBER, 16G SUGARS), 10G PRO



## Mushroom-Quinoa Skillet with Spinach

SERVES: 4 ACTIVE: 10 MIN TOTAL: 20 MIN

- 1 cup Full Circle quinoa
- 2 tbsp. Schnucks olive oil, divided
- 1 10-oz. jar Schnucks sliced mushrooms, drained
- 1 tsp. Schnucks jarred minced garlic
- ¼ cup Schnucks 33% less-sodium vegetable broth
- 1 small yellow onion, diced
- 1 10-oz. pkg. Schnucks frozen cauliflower florets, thawed
- 1 10-oz. pkg. Schnucks frozen spinach, thawed and drained
- ¼ cup shaved Parmesan cheese
- Schnucks crushed red pepper, for garnish

1. Cook quinoa according to package directions.
2. Meanwhile, heat half of the oil in a large skillet over medium-high. Add mushrooms; cook, stirring, until lightly browned, about 3 minutes. Add garlic; cook, stirring, until fragrant, about 30 seconds. Carefully stir in broth, scraping up any browned bits in skillet. Reduce heat to medium; cook 3–4 minutes more. Transfer mixture to a bowl.
3. Stir remaining oil, the onion and cauliflower into skillet over medium heat. Cook, stirring occasionally, until onion is translucent, 5 minutes. Stir in spinach; cook until heated through, about 2 minutes more.
4. Stir mushroom mixture into skillet along with cooked quinoa until combined. Serve warm with Parmesan, garnished with red pepper.

PER SERVING: 328 CAL, 12G FAT (2G SAT FAT), 5MG CHOL, 178MG SODIUM, 42G CARB (7G FIBER, 5G SUGARS), 12G PRO



Canned tomatoes are convenient, budget-friendly and full of nutrients. Learn more about them in our "Healthier Habits" section on pages 4 and 5.

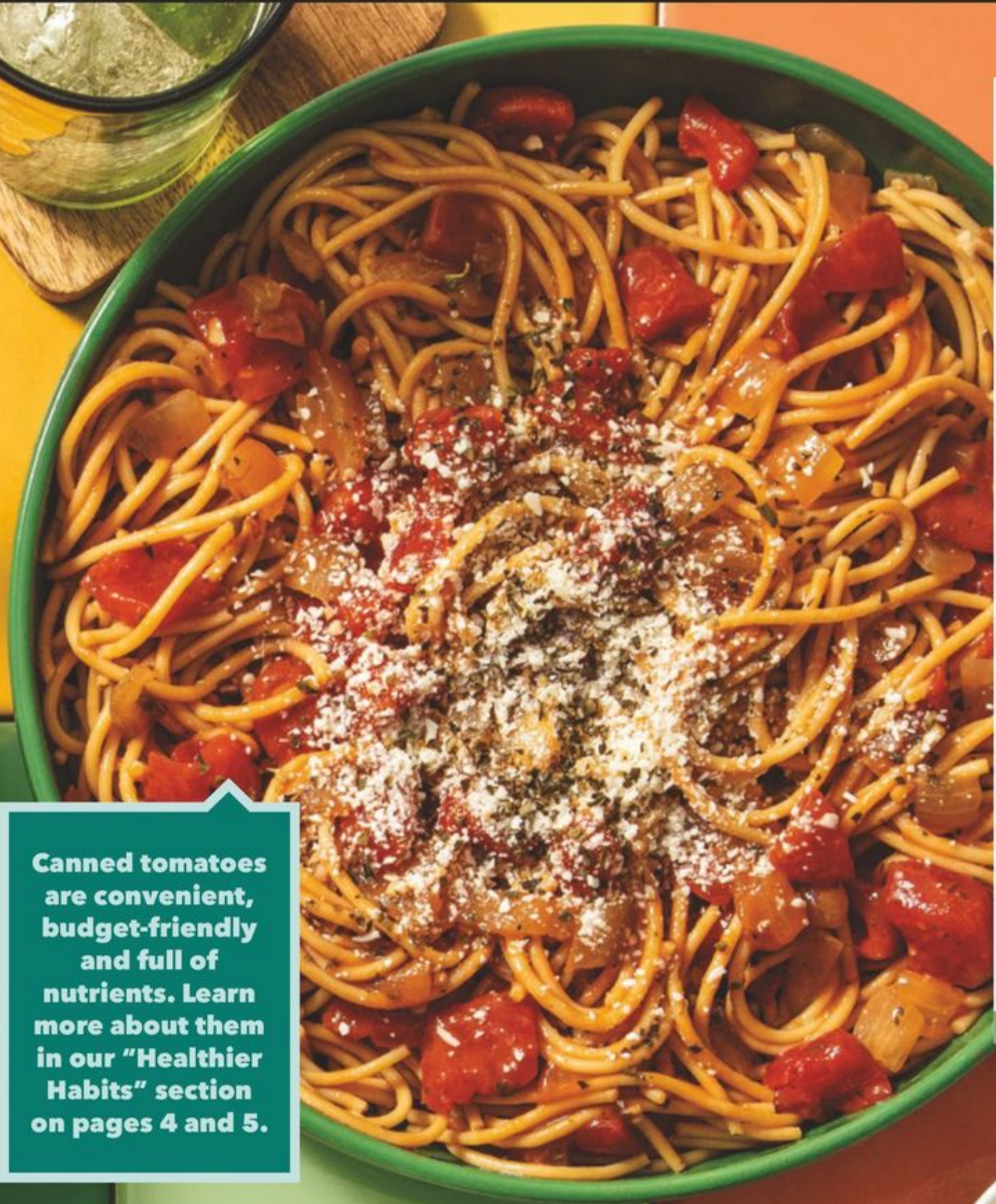
## One-Pot Chickpea Pasta

SERVES: 4 ACTIVE: 15 MIN TOTAL: 30 MIN

- 1 tbsp. Schnucks olive oil
- 1 small white onion, diced (about ½ cup)
- 2 tsp. Schnucks jarred minced garlic
- 1 14.5-oz. can Schnucks diced tomatoes
- 2 cups Schnucks vegetable broth
- 1 8-oz. pkg. chickpea spaghetti pasta
- 1 tsp. Schnucks Italian seasoning
- ½ tsp. Schnucks dried basil, for garnish
- Grated Parmesan cheese, for garnish

1. In a large pot over medium heat, add oil and onion; cook, stirring, 3–5 minutes, until translucent. Stir in garlic; cook until fragrant, about 1 minute. Add tomato; cook, stirring occasionally, 5 minutes more.
2. Stir in broth, pasta and Italian seasoning; cover and bring to a boil. Reduce heat to medium-low; simmer until pasta is tender, about 10 minutes. Serve immediately, garnished with basil and Parmesan.

PER SERVING: 297 CAL, 8G FAT (1G SAT FAT), 0MG CHOL, 456MG SODIUM, 43G CARB (12G FIBER, 11G SUGARS), 11G PRO



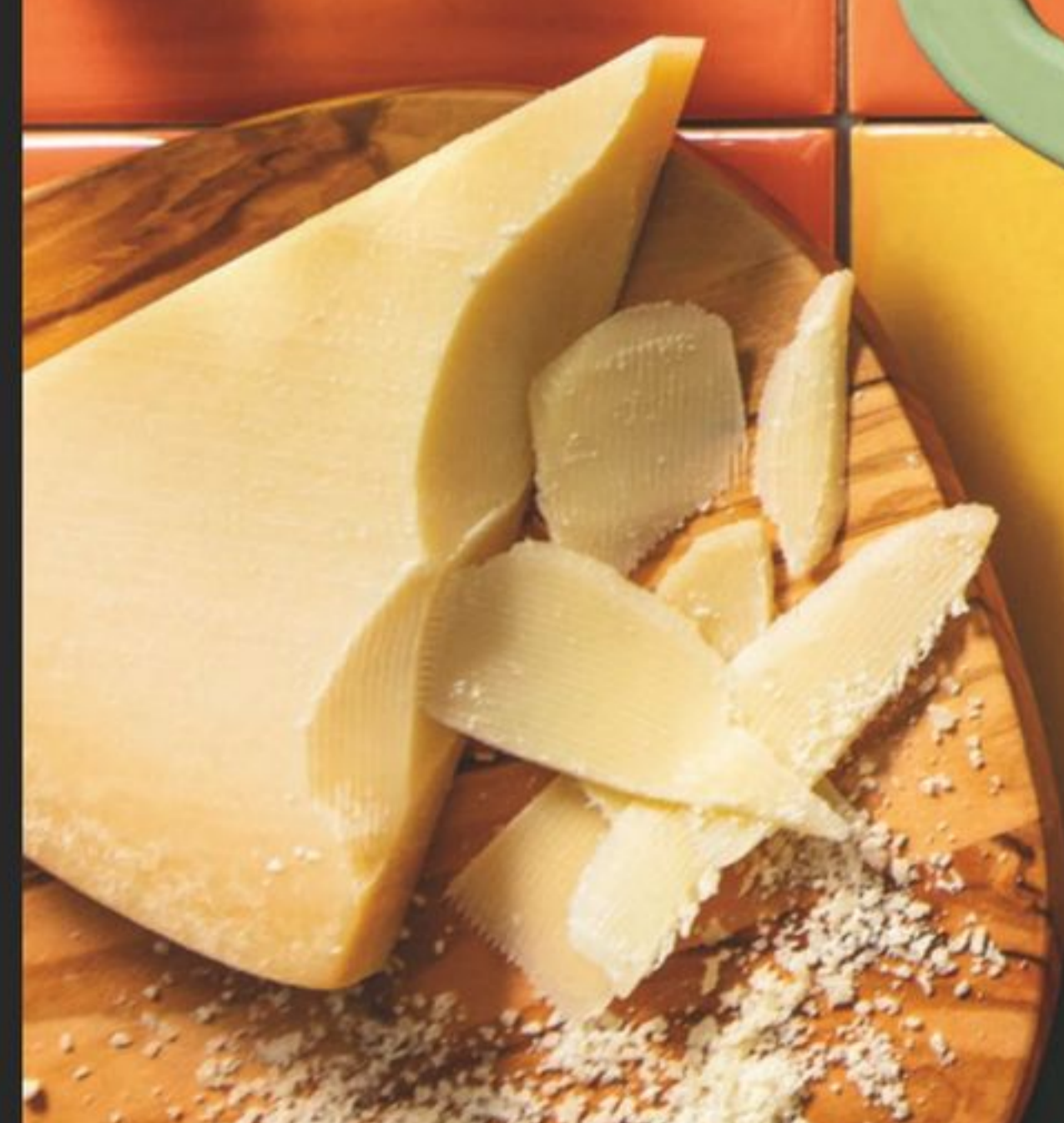
## Green Goddess Salad

SERVES: 6 ACTIVE: 5 MIN TOTAL: 5 MIN

- 1 head Boston lettuce, roughly chopped
- 1 green bell pepper, chopped
- 1 English cucumber, chopped
- 1 10-oz. container cherry tomatoes
- 1 small red onion, sliced
- ¼ cup Schnucks sunflower seeds
- 1 avocado, peeled, pitted and diced
- 1 cup green goddess dressing

1. In a large bowl, toss together all ingredients. Serve immediately.

PER SERVING: 293 CAL, 26G FAT (4G SAT FAT), 0MG CHOL, 263MG SODIUM, 13G CARB (5G FIBER, 6G SUGARS), 4G PRO



# quick meals

Efficiently prepare a week's worth of dinners with these quick, flavorful recipes, each made with 10 ingredients or less.

## Crave-Worthy Hawaiian Chicken Thighs

SERVES: 4 ACTIVE: 15 MIN TOTAL: 1 HR

- 2 20-oz. cans Schnucks pineapple chunks in pineapple juice  
½ cup Schnucks less-sodium soy sauce  
¼ cup Schnucks packed light brown sugar  
1 tsp. Schnucks jarred minced garlic  
1 tsp. minced fresh ginger  
4 Schnucks bone-in, skin-on chicken thighs  
2 tbsp. Schnucks olive oil  
2 cups hot cooked Schnucks long-grain white rice  
Fresh parsley, for garnish
  2. In a large skillet, heat oil over medium. Reserving ½ cup marinade (discard the rest), add chicken skin side down to skillet. Cook until crispy, about 5 minutes. Turn chicken over; continue cooking until internal temperature reaches 165 degrees, 8–10 minutes. Transfer to a plate and cover to keep warm.
  3. Stir pineapple chunks and reserved marinade into skillet. Reduce heat to low and simmer, stirring occasionally, until thickened, about 5 minutes. Return chicken to skillet and stir to coat. Serve with hot rice and garnish with parsley.
- PER SERVING: 583 CAL, 21G FAT (5G SAT FAT), 83MG CHOL, 1066MG SODIUM, 77G CARB (3G FIBER, 37G SUGARS), 15G PRO

1. Drain pineapple, reserving ½ cup juice. In a gallon zip-top plastic bag, add juice, soy sauce, brown sugar, garlic, ginger and chicken. Seal bag and turn to coat. Refrigerate at least 30 minutes or up to overnight.

Let chicken marinate overnight for extra flavor.

## Sheet-Pan Tilapia

SERVES: 4 ACTIVE: 5 MIN TOTAL: 25 MIN

- 4 tilapia filets
- ½ small red onion, thinly sliced
- 2 large russet potatoes, peeled and cut into 1-inch cubes
- 1 bunch fresh asparagus, trimmed and cut lengthwise into 2-inch pieces
- 2 tbsp. Schnucks olive oil, plus more for brushing
- 1 lemon, halved
- 1 tbsp. Schnucks jarred minced garlic
- 1 tsp. Schnucks dried oregano
- Chopped fresh parsley, for garnish

1. Preheat oven to 400 degrees and line a large sheet pan with parchment paper.
2. In a large bowl, add onion, potato and asparagus. Drizzle with oil and toss to coat. Spread onto prepared sheet pan along with tilapia; brush fish with oil.
3. Juice 1 lemon half; cut remaining half into slices. In a small bowl, stir together lemon juice, garlic and oregano; pour over vegetables and fish. Bake until fish flakes easily with a fork, 18–20 minutes. Serve immediately with lemon slices and garnish with parsley.

PER SERVING: 486 CAL, 19G FAT (3G SAT FAT), 26MG CHOL, 492MG SODIUM, 64G CARB (6G FIBER, 5G SUGARS), 20G PRO

If using frozen filets, let them thaw in the refrigerator first.

Other mild, firm white fish, such as catfish, haddock, halibut or trout, can be used in place of the tilapia.

## Baked Beef Chimichangas

SERVES: 8 ACTIVE: 15 MIN TOTAL: 25 MIN

- 1 lb. Schnucks lean ground beef
- 1 small yellow onion, finely chopped
- 1 16-oz. can Schnucks refried beans
- 1 1.25-oz. pkg. Schnucks 30% less-sodium taco seasoning mix
- 1 1/2 cups Schnucks shredded Mexican-style cheese
- 8 8-inch Schnucks flour tortillas
- 1 tbsp. Schnucks olive oil, for brushing
- 1/2 cup Schnucks salsa

1. Preheat oven to 400 degrees and coat a casserole dish with cooking spray.

2. In a skillet over medium heat, add ground beef and onion. Cook, stirring to break up lumps, until beef is browned, 8–10 minutes. Drain, then stir in refried beans and taco seasoning.

3. Scoop 1/4 cup beef mixture into the center of each tortilla and sprinkle with cheese. Fold sides, tops and bottoms over beef mixture. Transfer, folded sides down, to prepared casserole dish and brush with oil.

4. Bake until golden brown, 15–20 minutes. Top with salsa and serve immediately.

PER SERVING: 370 CAL, 17G FAT (8G SAT FAT), 54MG CHOL, 598MG SODIUM, 33G CARB (5G FIBER, 3G SUGARS), 23G PRO

Pair one of the Baked Beef Chimichangas with the Mexican-Style Quinoa on page 21.

## Weeknight One-Pot Chicken Lo Mein

SERVES: 4 ACTIVE: 10 MIN TOTAL: 35 MIN

- 4 1/2 cups Schnucks low-sodium chicken broth
- 1 lb. Schnucks boneless, skinless chicken breast, cut into chunks
- 1 16-oz. pkg. Schnucks linguine pasta
- 4 medium carrots, peeled and cut into diagonal slices (or thin 2-inches strips)
- 6 green onions, sliced on an angle in 2-inch sections, plus more for garnish
- 1 medium red bell pepper, sliced
- 1/4 cup Schnucks less-sodium soy sauce
- 4 tsp. Schnucks jarred minced garlic
- 1/2 tsp. Schnucks garlic powder
- 1/2 tsp. Schnucks onion powder

1. In a large stockpot, stir together all ingredients. Cover and bring to a boil over high heat. Reduce heat to medium and simmer, stirring occasionally, until most liquid has evaporated and chicken is cooked through, about 15 minutes. Uncover and let stand 5 minutes. Serve garnished with green onion.

PER SERVING: 669 CAL, 10G FAT (3G SAT FAT), 85MG CHOL, 1033MG SODIUM, 95G CARB (4G FIBER, 9G SUGARS), 49G PRO

Spaghetti and ramen are great substitutes if you don't have linguine on hand.

## 20-Minute Pasta

SERVES: 4 ACTIVE: 15 MIN TOTAL: 20 MIN

- 2 8-oz. pkgs. chickpea penne pasta
- 2 tbsp. Schnucks olive oil
- 1 small yellow onion, diced
- 1 6-oz. can Schnucks tomato paste
- 1 tbsp. Schnucks Italian seasoning
- 1/2 cup Schnucks heavy whipping cream
- 1/2 cup Schnucks shredded Parmesan cheese
- 1/2 8-oz. Schnucks mini bread loaf, cut into 4 slices

1. Cook pasta according to package instructions. Drain, reserving 1/2 cup pasta water.

2. In a large skillet, heat oil over medium. Add onion; cook, stirring occasionally, until translucent, about 10 minutes. Stir in reserved pasta water, tomato paste and Italian seasoning. Slowly stir in whipping cream until combined. Stir in cooked pasta until coated.

3. Sprinkle with Parmesan and serve with bread slices.

PER SERVING: 752 CAL, 24G FAT (9G SAT FAT), 50MG CHOL, 266MG SODIUM, 97G CARB (14G FIBER, 11G SUGARS), 35G PRO

SIMPLE LUNCHES

# fast and flavorful

Hungry and in a hurry? Check out these easy lunch ideas that transform everyday ingredients into delicious meals with 15 minutes or less of active prep time.

## CRISPY TACO CUPS

SERVES: 6 ACTIVE: 15 MIN TOTAL: 30 MIN

- 12 Schnucks street-taco flour tortillas
- 1½ cups Baked Beef Chimichanga filling (recipe on page 18)
- ¼ cup Schnucks shredded cheddar cheese
- ¼ cup chopped fresh cilantro, for garnish
- ¼ cup Schnucks nonfat plain Greek yogurt

1. Preheat oven to 400 degrees. Coat a 12-cup muffin pan with cooking spray, press a tortilla into each cup and bake 10 minutes. Spoon 2 tablespoons beef filling into each tortilla and sprinkle with cheese. Bake until cheese has melted, about 10 minutes more. Garnish with cilantro and serve with yogurt.

PER 2-TACO-CUP SERVING: 197 CAL, 8G FAT (3G SAT FAT), 23MG CHOL, 343MG SODIUM, 21G CARB (2G FIBER, 1G SUGARS), 10G PRO



For a hot snack, air-fry or broil stuffed peppers on high until cheese is melted, 1–2 minutes.

## Cottage Cheese-Stuffed Mini Peppers

On a cutting board, halve 12 mini peppers lengthwise and scoop out seeds. In small bowl, stir together ½ cup cottage cheese with 1 tbsp. chopped fresh dill.

Fill mini peppers with cottage cheese mixture and sprinkle with everything-bagel seasoning.

Refrigerate, covered, until ready to serve.



## MEXICAN-STYLE QUINOA

SERVES: 2 ACTIVE: 10 MIN TOTAL: 10 MIN

- 1 tbsp. Schnucks olive oil
- 1 cup Schnucks no-salt-added black beans, drained and rinsed
- ½ cup Schnucks freshly frozen whole-kernel corn
- 1 tsp. Schnucks chili powder
- ½ tsp. Schnucks cumin
- 1 cup cooked Full Circle quinoa
- 1 10-oz. can Schnucks Mexican-style diced tomatoes, undrained
- 1 avocado, peeled, pitted and diced
- 1 lime, cut into wedges, for garnish

1. In a large skillet, heat oil over medium. Stir in beans, corn, chili powder and cumin; cook, stirring frequently, until warmed through, 2–3 minutes.

2. Stir in cooked quinoa and diced tomatoes. Reduce heat to low; simmer 3–5 minutes until quinoa is heated through and liquid has evaporated.

3. Top with avocado. Serve immediately, garnished with lime wedges.

PER SERVING: 366 CAL, 11G FAT (2G SAT FAT), 0MG CHOL, 436MG SODIUM, 54G CARB (12G FIBER, 3G SUGARS), 13G PRO

## AVOCADO BAKED SWEET POTATOES

SERVES: 2 ACTIVE: 5 MIN TOTAL: 55 MIN

- 2 small sweet potatoes
- 1 avocado, peeled and pitted
- 1 lime, juiced (about 2 tbsp. juice)
- ½ tsp. Schnucks garlic salt
- ¼ tsp. Schnucks black pepper
- 3 tbsp. feta cheese crumbles, for garnish

1. Preheat oven to 400 degrees with a rack in middle position. Using a fork, prick sweet potatoes all over 3–4 times.

Transfer to a sheet pan; bake until fully softened, 40–45 minutes. Remove from oven and let cool 10 minutes.

2. In a small bowl, mash avocado with lime juice, garlic salt and pepper until desired consistency. Halve sweet potatoes lengthwise and top with avocado mixture. Garnish with feta and serve immediately.

PER 2-HALVES SERVING: 284 CAL, 17G FAT (3G SAT FAT), 13MG CHOL, 617MG SODIUM, 25G CARB (8G FIBER, 5G SUGARS), 6G PRO



## Peanut-Chicken Wraps

In a medium bowl, stir together 2 chopped cooked chicken breasts, 2 cups leftover Parmesan Kale Salad (recipe on page 8) and ½ cup peanut sauce. Spread onto four 8-inch tortillas. Roll up, cut in half and serve with additional peanut sauce for dipping.

## MARGHERITA MINI LOAF PIZZA

SERVES: 4 ACTIVE: 15 MIN TOTAL: 30 MIN

- 1 8-oz. Schnucks mini bread loaf, sliced lengthwise
- 2 tbsp. Schnucks olive oil
- 1 tsp. pizza seasoning
- 1 14.5-oz. can Schnucks diced tomatoes, drained
- 1 cup shredded Schnucks mozzarella cheese
- ½ cup fresh basil leaves, plus more for garnish
- ⅓ cup shredded Schnucks Parmesan cheese

1. Preheat oven to 425 degrees. On a foil-lined sheet pan, arrange bread cut side up. Drizzle with oil and sprinkle with pizza seasoning. Bake 5 minutes.

2. Top bread with tomato, mozzarella and basil. Bake until cheese is melted, 8–10 minutes more.

3. Remove from oven and sprinkle with Parmesan. Garnish with basil and, if desired, black pepper. Cut each half into 6 slices and serve immediately.

PER 3-SLICE SERVING: 321 CAL, 19G FAT (6G SAT FAT), 25MG CHOL, 678MG SODIUM, 36G CARB (3G FIBER, 6G SUGARS), 16G PRO

French bread, tortillas, naan bread, pita bread or even bagels can be used as the crust in this recipe.



HALLOWEEN POTLUCK

# frightful feast

Transform Halloween into a spooktacular event and your family and friends will scream with delight. These potluck ideas will feed many without haunting your wallet.



HALLOWEEN  
SNACK MIX

Recipe on page 29

## GHOSTLY GRINS

Cut a green apple into slices and spread peanut butter on one side of each. Top half with mini marshmallows, then sandwich with remaining slices. Spear with a toothpick if needed to hold them together. Substitute slivered almonds for extra-scary teeth!

## CREEPY CRISPIES

Make your own crispy treats or use store-bought to save time. Dip bars into your favorite candy coating or colored frosting. Add spooky eyes to finish them off. (If you're using a melted candy coating, let bars cool on parchment paper before serving.)



CRESCENT-SHEET  
PUMPKINS

Recipe on page 28





Recipe on page 29

**CHICKEN-MOZZARELLA**

**MONSTER SLIDERS**

Recipe on page 29

**SCARY SPIRAL**

**PASTA SALAD**

Recipe on page 29

**DEVILED-EGG**

**EYES**

**SPOOKY MUSHROOM**

**FLATBREAD**

Recipe on page 29

Find the price per serving in the bat icon next to each recipe.

### CRESCENT-SHEET PUMPKINS

SERVES: 16 ACTIVE: 15 MIN TOTAL: 50 MIN

- 1½ cups Schnucks canned 100% pure pumpkin **\$1**
- ½ cup Schnucks cream cheese, softened
- ½ cup Schnucks packed light brown sugar
- 1 Schnucks egg
- 3 tsp. Schnucks cinnamon
- ½ tsp. Schnucks ground ginger
- ½ tsp. Schnucks nutmeg
- ¼ tsp. Schnucks ground allspice
- 2 tsp. Schnucks vanilla extract
- 2 8-oz. pkgs. Schnucks refrigerated original crescent-roll dough
- 1 roll kitchen string (about 1 foot per pumpkin)
- 4 tbsp. Schnucks unsalted butter, melted
- 16 pretzel sticks

1. Preheat oven to 375 degrees and line a sheet pan with parchment paper.

2. In a medium bowl, beat together pumpkin, cream cheese and brown sugar until combined, 1–2 minutes. Beat in egg, cinnamon, ginger, nutmeg, allspice and vanilla until just combined.

3. Unroll crescent-roll dough and separate into 8 rectangles. Pinch together perforations between triangles, then halve each rectangle to make 16 squares total.

4. Put a square in your palm, gently stretch dough on all sides, then drop 2 tablespoons pumpkin mixture into center. Pinch together corners to seal, then roll gently between your palms to form a ball. Transfer sealed side down to prepared sheet pan. Repeat with remaining dough.

5. Wind a long piece of kitchen string around each ball to create 8 pumpkin "ribs." Brush with melted butter. Bake until golden brown, 20–25 minutes. Remove from oven and let cool on sheet pan 10–15 minutes.

6. Gently remove string, then insert a pretzel into each pumpkin's top. Serve immediately.

PER SERVING: CAL 172, 7G FAT (4G SAT FAT), 23MG CHOL, 286MG SODIUM, 25G CARB (1G FIBER, 10G SUGARS), 3G PRO



1



2



3



4



5



6

### HALLOWEEN SNACK MIX

SERVES: 16 ACTIVE: 10 MIN TOTAL: 40 MIN

- 3 cups chocolate rice cereal **\$1.60**
- 3 cups salted mini pretzels
- 2 cups Schnucks white chocolate chips
- 1½ cups Schnucks 100% whole-grain salted popcorn
- 1 cup Halloween candy-coated chocolate
- ½ cup Schnucks candy corn
- 2 tbsp. Halloween sprinkle mix
- ½ cup Schnucks yogurt-covered raisins

1. Line a large sheet pan with parchment paper. In a large bowl, stir together cereal and mini pretzels.

2. In another bowl, microwave white chocolate chips, stirring every 30 seconds, until smooth, about 2 minutes. Pour over cereal-pretzel mixture and quickly stir to coat. Immediately spread in an even layer on prepared sheet pan. Scatter with popcorn, candy-coated chocolate, candy corn, sprinkles and raisins.

3. Let cool completely at room temperature, 30–60 minutes. Break into pieces to serve, or store in an airtight container up to 7 days.

PER ¼ CUP SERVING: CAL 284, 11G FAT (7G SAT FAT), 6MG CHOL, 142MG SODIUM, 43G CARB (1G FIBER, 26G SUGARS), 3G PRO

### CHICKEN-MOZZARELLA MONSTER SLIDERS

SERVES: 12 ACTIVE: 15 MIN TOTAL: 30 MIN

- 12 Schnucks frozen breaded chicken-breast strips **\$1.83**
- 12 slices Schnucks mozzarella cheese
- 1 cup Schnucks marinara sauce
- 12 slider buns
- 24 Schnucks Spanish Manzanilla olives, pimiento-stuffed
- 24 small toothpicks

1. Bake chicken strips according to package directions.

2. Meanwhile, on a cutting board, cut cheese edges in a jagged pattern to resemble teeth. In a small saucepan over medium heat, add marinara. Cook, stirring often, until simmering, 5–8 minutes.

3. Arrange bun bottoms on a serving platter and layer each with 1 tablespoon marinara, 1 chicken strip, an additional 1 tablespoon marinara and 1 slice mozzarella. Add bun tops.

4. Skewer an olive onto each toothpick; insert 2 toothpicks into each slider to make "monster eyes." Serve immediately.

PER SERVING: CAL 279, 13G FAT (4G SAT FAT), 32MG CHOL, 715MG SODIUM, 25G CARB (1G FIBER, 3G SUGARS), 13G PRO

Make your own black food coloring by combining red, green and blue dyes in equal amounts. You will likely need to add extra drops of red and green to reach a true black.

**\$1.60**

### SCARY SPIRAL PASTA SALAD

SERVES: 16 ACTIVE: 20 MIN TOTAL: 40 MIN

- 2 16-oz. pkgs. Schnucks rotini pasta
- 1 tsp. black gel food coloring
- 1 6-oz. can Schnucks large pitted black olives
- 1 8-oz. pkg. fresh mozzarella pearls
- 1 tsp. red gel food coloring or beet juice
- 1 cup cauliflower florets
- 1 cup thinly sliced pepperoni
- 1 cup Schnucks Italian salad dressing

1. In a pot, add rotini and black food coloring; cook according to package directions until al dente. Drain, rinse with cold water and transfer to a large bowl.

2. Meanwhile, stuff each olive with a mozzarella pearl to make "eyeballs."

3. With a paring knife, shape cauliflower florets into "brains" with rounded edges and a stem. In a medium bowl, stir together red food coloring and 2 cups water. Add florets; let stand until color is absorbed, about 2 minutes. Drain.

4. Gently stir stuffed olives, cauliflower, pepperoni and Italian dressing into pasta until well combined. Serve immediately.

PER SERVING: CAL 230, 13G FAT (4G SAT FAT), 8MG CHOL, 450MG SODIUM, 19G CARB (5G FIBER, 5G SUGARS), 11G PRO

Add other veggies for more variety, or swap in your favorite salad dressing. For extra kick, add a sprinkle of crushed red pepper before stirring.

### DEVILED-EGG EYES

SERVES: 24 ACTIVE: 10 MIN TOTAL: 10 MIN

- 12 hard-boiled eggs, peeled and halved **\$0.30**
- 1 avocado, peeled, pitted and diced
- ½ cup Schnucks mayonnaise
- 1 tbsp. Schnucks mustard
- 1 tsp. Schnucks apple cider vinegar
- 12 Schnucks black olives, halved
- 1 tsp. Schnucks paprika
- 1 toothpick or small paintbrush

1. In a bowl, mash cooked egg yolks well with a fork. Stir in avocado, mayonnaise, mustard and vinegar until well combined. Transfer to a zip-top plastic bag and snip a small hole in one corner. Pipe filling into each egg half, then top each with an olive half to resemble an "eye."

2. In a small bowl, stir together paprika and 1 tbsp. water. Dip in the tip of toothpick and paint "veins" onto egg whites. Sprinkle with black or crushed red pepper, if desired. Serve immediately.

PER EGG HALF: CAL 114, 11G FAT (2G SAT FAT), 97MG CHOL, 74MG SODIUM, 1G CARB (0G FIBER, 0G SUGARS), 3G PRO

### SPOOKY MUSHROOM FLATBREAD

SERVES: 12 ACTIVE: 10 MIN TOTAL: 25 MIN

- 2 8.8-oz. pkgs. naan flatbreads **\$1.60**
- 1 tbsp. Schnucks olive oil
- ¾ cup Full Circle pesto
- 1½ cups Schnucks shredded mozzarella cheese
- 1 8-oz. pkg. Schnucks fresh Baby Bella mushrooms, washed and dried
- ½ medium green bell pepper, sliced
- ½ small red onion, sliced

1. Preheat oven to 425 degrees and line a sheet pan with foil.

2. Spread oil and pesto onto flatbreads, leaving a ½-inch edge uncovered, then sprinkle with mozzarella.

3. On a cutting board, halve mushrooms vertically. Using a straw or knife, create "eyes" by cutting 2 circles in tops of each mushroom half. Make thin slits in stems for "teeth." Transfer "skulls" to flatbreads and scatter with bell pepper and red onion.

4. Bake 10–15 minutes, until golden and bubbly. Remove from oven, cut each flatbread into 6 slices and serve immediately.

PER SLICE: CAL 169, 10G FAT (3G SAT FAT), 13MG CHOL, 378MG SODIUM, 13G CARB (1G FIBER, 2G SUGARS), 6G PRO





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