

# SIMPLY

NOV / DEC 2024

*Schnucks*

## Holiday Cheer

**FESTIVE RECIPES FOR UNDER \$3 PER SERVING**



MINI  
PINEAPPLE  
CHEESECAKES  
pg 27

*affordable*

**Side Dishes  
You Can Dress Up  
in No Time**

Pg 14

**Showstopping  
Main Dishes**

*on a budget*

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**FREE**

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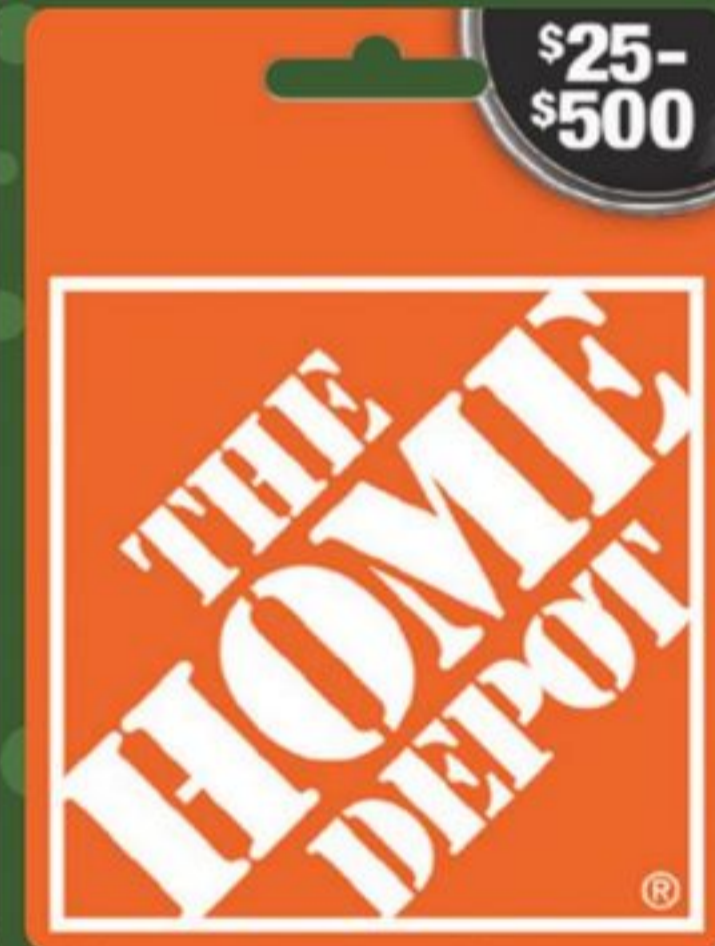
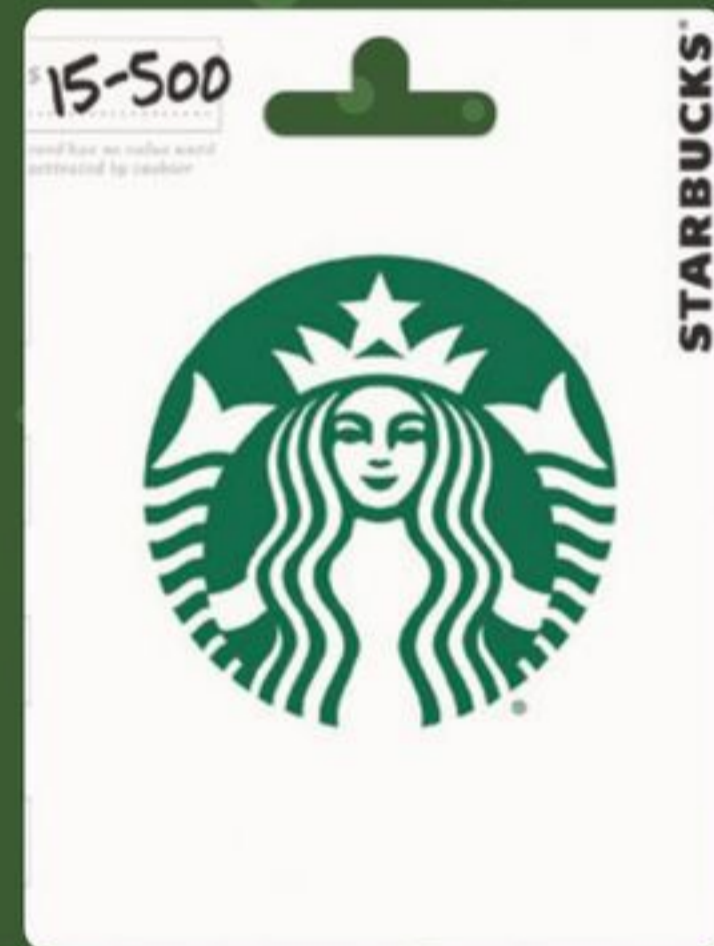


*Schnucks*  
**MAKES YOUR  
HOLIDAYS**



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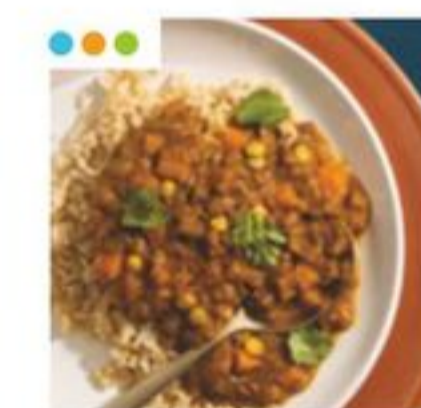


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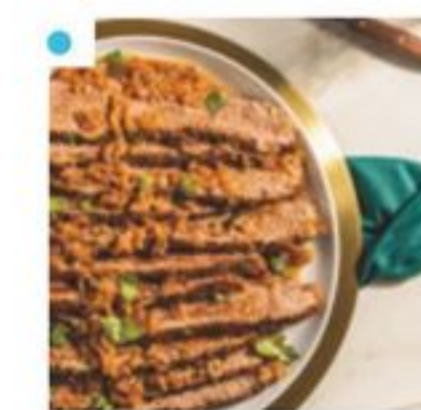
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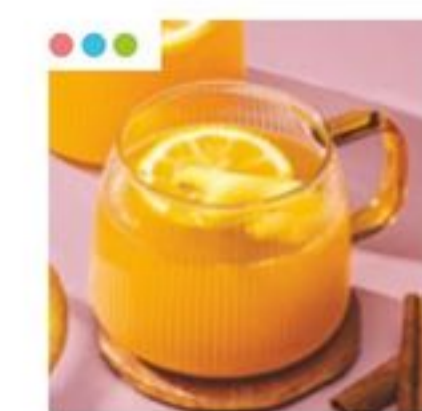
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\*Budget references in this issue are based on the cost of items at publication.

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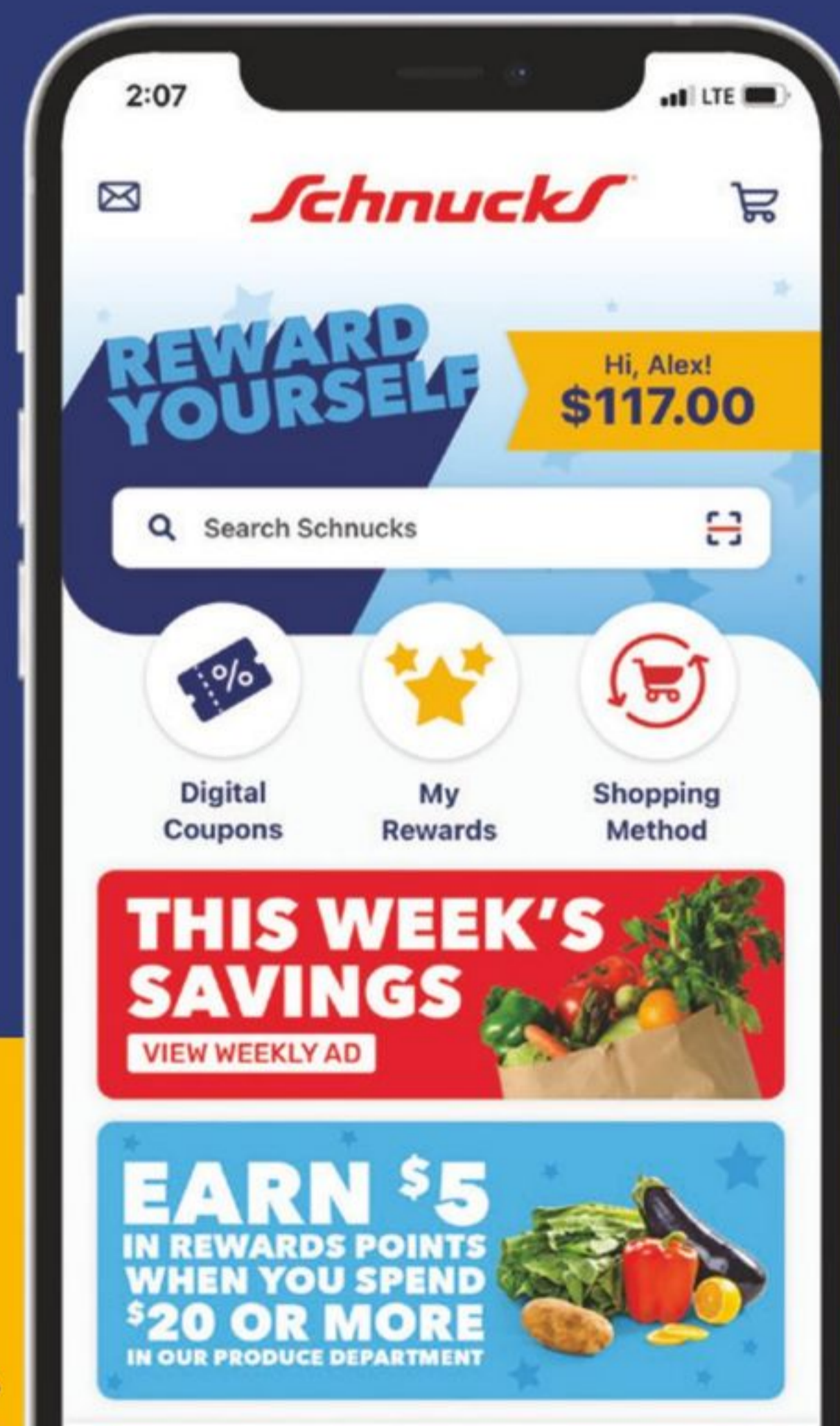


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New savings on holiday must-haves added throughout December!

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\*Restrictions apply.

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HEALTHIER HABITS

## mindful meals

Set yourself up for success this holiday by being intentional with your eating habits all season long. These recipes, featuring traditional holiday ingredients, let you enjoy seasonal flavors—while keeping nutrition in mind.



**Allison Primo**  
SCHNUCKS REGISTERED DIETITIAN

**\$1.50**  
per serving\*

### SWEET POTATO AND LEFTOVER-TURKEY HASH

SERVES: 4  
ACTIVE: 15 MIN TOTAL: 20 MIN

- 2 tbsp. Schnucks olive oil
- ½ cup diced yellow onion
- 1 large sweet potato, peeled and cut into ½-inch cubes
- 1 clove garlic, minced
- 1 tsp. Schnucks salt-free garlic-and-herb seasoning
- 1 cup cooked and diced turkey
- 4 Schnucks eggs, lightly beaten
- 2 tbsp. chopped parsley or cilantro

1. In a large skillet, heat oil over medium. Add onion; cook, stirring, until beginning to sweat but not brown, 3–4 minutes. Stir in sweet potato, garlic and seasoning; cook, stirring often, until fork-tender, about 15 minutes.

2. Stir in turkey; cook until heated through, about 5 minutes. Season with salt and pepper, if desired.

3. Push sweet potato mixture to edges of skillet and pour eggs into the center. Cook, without stirring, until eggs reach desired doneness. Stir together eggs and sweet potato mixture until combined.

4. Remove from heat and sprinkle with fresh herbs, such as parsley or cilantro.

PER SERVING: 267 CAL, 17G FAT (4G SAT FAT), 233MG CHOL, 198MG SODIUM, 13G CARBS (2G FIBER, 4G SUGARS), 17G PRO

### no turkey?

Have leftover ham instead? You can use it—or any other meat you have handy—in place of the turkey. Or make it vegetarian by substituting a mix of cooked vegetables.



**\$1.50**  
per serving\*

**ONE-POT PUMPKIN-LENTIL CURRY**

SERVES: 8 ACTIVE: 10 MIN TOTAL: 1 HR 10 MIN

- 2 tbsp. Schnucks canola oil, divided
- ½ medium yellow onion, diced
- 2 large carrots, peeled and diced
- 1½ tsp. Schnucks garlic powder
- 3 tbsp. Schnucks yellow curry powder
- 1 15-oz. can Schnucks 100% pure pumpkin
- 1 tsp. chili powder
- 1½ tbsp. Schnucks tomato paste
- 3 cups Schnucks vegetable stock
- 1 cup uncooked lentils
- 1 13.5-oz. can Schnucks lite coconut milk
- 4 cups hot cooked brown rice
- ¼ cup fresh cilantro leaves, for garnish

1. In a large pot over medium heat, stir together 1 tablespoon oil, the onion, carrots and garlic powder. Cook, stirring occasionally, until onion is fragrant and translucent, 2–3 minutes. Stir in curry powder and remaining oil. Increase heat to medium-high; cook, stirring continuously, until very fragrant and vegetables are starting to caramelize, 4–5 minutes.
2. Reduce heat to medium. Stir in pumpkin, chili powder, tomato paste, vegetable stock and lentils until combined. Simmer, covered and stirring every 10 minutes, until lentils absorb most of the liquid, 35–40 minutes. Add coconut milk. Reduce heat to medium-low and simmer, uncovered, until thickened, 10–15 minutes. Season with salt and pepper, if desired.
3. Serve over hot brown rice, garnished with cilantro.

PER SERVING: 306 CAL, 8G FAT (3G SAT FAT), 0MG CHOL, 332MG SODIUM, 57G CARBS (9G FIBER, 5G SUGARS), 9G PRO

**finishing touch**

Sprinkle a few leftover pomegranate arils from the Sparkling Pomegranate Punch (pg 28) to add color and crunch to this Pumpkin-Lentil Curry.

**SMASHED ROASTED VEGETABLES**

SERVES: 4 ACTIVE: 10 MIN TOTAL: 35 MIN

**\$1.47**  
per serving\*

- 1 tbsp. salt
- ½ lb. baby gold potatoes, halved
- ½ lb. carrots, peeled and cut in ¼-inch thick diagonal angle
- ½ lb. broccoli florets
- 2 tbsp. Schnucks olive oil
- 2 tbsp. Schnucks finely shredded Parmesan cheese
- 2 tsp. Dash everything but the salt seasoning
- 1 tbsp. lemon zest, divided

1. Preheat oven to 425 degrees. In a large pot of water add 1 tablespoon salt and bring to a boil. Add potatoes; cook until tender when pierced with a fork, 8–10 minutes. Drain.
2. Spread potatoes, carrots and broccoli on a parchment paper-lined baking sheet. Drizzle with oil and roast 15 minutes.
3. With a heavy-bottomed jar, gently smash vegetables. Sprinkle with Parmesan, Dash seasoning and half the lemon zest. Continue baking until vegetables begin to crisp on the edges, 5–10 minutes more. Sprinkle with remaining lemon zest and serve immediately.

PER SERVING: 186 CAL, 10G FAT (2G SAT FAT), 2MG CHOL, 260MG SODIUM, 21G CARBS (5G FIBER, 4G SUGARS), 4G PRO

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fruits and veggies



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< 5g

less than 5g saturated fat

< 8g

8g or less added sugars



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# simple holiday hosting

Whether you're a seasoned chef or new to the kitchen, these easy-to-make appetizers are sure to impress. Prepped in advance or made on the spot, we'll help keep your hors d'oeuvres stress-free and your guests happy.

## CREAMY YOGURT FRUIT DIP

YIELDS: 2 CUPS

In a bowl, beat **8 oz. softened Schnucks cream cheese** with an electric mixer until creamy. Add **6 oz. Schnucks nonfat plain Greek yogurt**, **¼ cup Schnucks light brown sugar**, **1 tbsp. Schnucks lemon juice** and **1 tsp. Schnucks vanilla extract**. Beat until well combined and smooth. Transfer to a small serving dish and refrigerate 1–2 hours. Serve with fresh fruit.

**\$0.65**  
per serving\*



CULINARIA  
CHOSEN BY Schnucks®



## satisfying crunch

Add a sophisticated look and flavor to your appetizer spread with Culinarium Limited-Edition Gourmet Popcorn. It comes in four delightful flavors: **white and dark chocolate drizzle**, **cinnamon pecan**, **English toffee almond cashew** and **butter toffee**.



## other fruit pairings

Strawberries, pears, grapes, blueberries and pineapple also pair well with this creamy fruit dip.

## GREEK-STYLE LOADED HUMMUS

YIELDS: 4 CUPS

**\$1.85**  
per serving\*

In a medium bowl, stir together **½ tsp. Schnucks oregano** and **2 tbsp. Schnucks olive oil**; add salt and black pepper, if desired. Add **1½ cups halved cherry tomatoes**, **½ cup sliced cucumber**, **¼ cup sliced pepperoncini peppers**, **¼ cup sliced kalamata olives**, **1 thinly sliced shallot** and **1 minced garlic clove**. Add **3 tbsp. total finely chopped fresh parsley**, **mint and/or chives** and toss until well coated. On a serving platter, spread **two 10-oz. pkgs. Schnucks classic hummus** and top with cherry-tomato mixture. Garnish with **Schnucks paprika**.



### switch it up!

This appetizer can easily be adjusted to fit any flavor profile. Brush with butter instead of beaten egg and add Parmesan cheese in place of pepper jack for an Italian-style straw. Or swap in cinnamon and sugar to make it a sweet treat.

### CHEESE PASTRY STRAWS

SERVES: 8 ACTIVE: 10 MIN TOTAL: 30 MIN

- 1 13.2-oz. pkg. refrigerated puff pastry dough
- $\frac{2}{3}$  cups Schnucks shredded pepper jack cheese
- $1\frac{1}{4}$  tsp. Schnucks salt-free garlic-and-herb seasoning
- 1 Schnucks egg, lightly beaten

1. Preheat oven to 375 degrees and line a sheet pan with parchment paper.
2. On a lightly floured surface, unroll pastry dough (13x11-inch) and sprinkle one long side (6 $\frac{1}{2}$ x11-inch) with cheese and seasoning. Fold pastry over filling and gently flatten with your hands. Cut into eight 1 $\frac{1}{2}$ -inch-wide strips and pinch together edges to seal. Twist ends in opposite directions 3–4 times, then transfer to prepared sheet pan.
3. Brush each piece with beaten egg. Bake until golden brown, about 25 minutes. Serve immediately.

PER PASTRY: 264 CAL, 19G FAT (11G SAT FAT), 40MG CHOL, 403MG SODIUM, 16G CARBS (1G FIBER, 0G SUGARS), 8G PRO

**\$0.87**  
per serving\*



### say cheese!

These simple goat-cheese recipes can round out your appetizer spread. For a low-cost option, use cream cheese instead of goat cheese.

### BAKED PEPPER JELLY DIP

**\$1.05**  
per serving\*

In a large bowl, beat together **8 oz. softened Schnucks cream cheese, 4 oz. goat cheese,  $\frac{1}{2}$  tsp. Schnucks honey** and  **$\frac{1}{4}$  tsp. salt** with a hand mixer until combined and fluffy. Spread into an 8-inch round oven-safe dish and top with **5 tbsp. Culinaria red pepper jelly**. Bake in a 375-degree oven until warmed through and lightly toasted, about 7 minutes. Serve sprinkled with **chopped chives**.

### BLUEBERRY GOAT CHEESE

**\$1.67**  
per serving\*

In a saucepan over medium heat, add **1 cup fresh or frozen blueberries, 2 tbsp. Schnucks honey, 1 tsp. lemon zest, 1 tbsp. lemon juice, and  $\frac{1}{4}$  tsp. salt**. Cook, stirring constantly, until blueberries burst and thick syrup coats the back of a spoon, about 15 minutes. Remove from heat and stir in **1 tsp. chopped fresh thyme**. Once cooled, spoon blueberry jam onto a large sheet of doubled plastic wrap and top with an **8-oz. goat cheese log**. Roll up tightly, spreading blueberries evenly to fully cover log. Refrigerate at least 1 hour or until ready to serve.

### GARLIC-PARSLEY GOAT CHEESE

**\$1.13**  
per serving\*

Score on top of an **8-oz. goat cheese log** 6 times lengthwise, 1 inch apart, then crosswise 6 times. In a small bowl, whisk together **4 tbsp. Schnucks olive oil, 3 tbsp. chopped fresh parsley, 2 minced garlic cloves,  $\frac{1}{2}$  tsp. Schnucks crushed red pepper** and  **$\frac{1}{4}$  tsp. coarse salt**. Pour over goat cheese and refrigerate about 30 minutes to let it absorb the flavors before serving.



### MONTE CRISTO-STYLE CHEESY PINWHEELS

SERVES: 8 ACTIVE: 10 MIN TOTAL: 35 MIN

- 1 8-oz. pkg. Schnucks original crescent-roll dough
- ¼ cup Schnucks whole-cranberry sauce
- ½ lb. Schnucks fresh-cut honey ham
- 1 8-oz. pkg. sliced smoked Gouda cheese
- 4 tbsp. Schnucks unsalted butter, melted
- 2 tbsp. chopped fresh parsley
- ¼ tsp. Schnucks garlic powder
- ¼ tsp. Schnucks paprika

1. Preheat oven to 375 degrees and coat an 8-inch square baking pan with cooking spray.
2. On a lightly floured surface, unroll dough, separate into rectangles and pinch together diagonal perforations. Spread each rectangle with cranberry sauce and top with ham and cheese.
3. Starting with short sides, roll rectangles into small logs and pinch edges to seal. Cut each log into 4 slices and transfer cut side up to prepared pan.
4. In a small bowl, whisk together butter, parsley and garlic powder; brush over pinwheels. Bake until golden, 15–18 minutes.
5. Remove from oven and let cool 5 minutes. Gently transfer pinwheels to a serving platter and sprinkle with paprika. Serve immediately.

PER SERVING: 368 CAL, 23G FAT (14G SAT FAT), 63MG CHOL, 1280MG SODIUM, 25G CARB (0G FIBER, 7G SUGARS), 16G PRO

**\$2.08**  
per serving\*

### BACON BOW-TIE CRACKERS

SERVES: 8 ACTIVE: 10 MIN TOTAL: 1 HR 45 MIN

- 8 strips Schnucks maple-flavored bacon
- 24 multigrain club crackers
- 1 tbsp. Schnucks packed light brown sugar
- 1 tsp. Old Bay seasoning

1. Preheat oven to 250 degrees. Set a wire rack on a rimmed sheet pan lined with foil; coat with cooking spray.
2. Cut bacon slices into thirds. Wrap each piece around center of each cracker with the ends touching but not overlapping. Arrange crackers, bacon ends facing down, in a single layer on prepared rack.
3. In a small bowl, stir together brown sugar and Old Bay, then sprinkle over crackers.
4. Bake until bacon is crisp and edges have shrunk to resemble a bow tie, about 90 minutes. Remove from oven and let cool on rack 5 minutes. Transfer to a platter and serve immediately.

PER 3 CRACKERS: 97 CAL, 5G FAT (1G SAT FAT), 8MG CHOL, 310MG SODIUM, 9G CARB (0G FIBER, 3G SUGARS), 3G PRO

**\$0.49**  
per serving\*

### make your own Old Bay seasoning

Stir together ½ teaspoon each celery salt and paprika, and use them in place of each teaspoon of Old Bay.

**\$1.41**  
per serving\*

### TOASTED CHEESE TORTELLINI BITES

SERVES: 8 ACTIVE: 10 MIN TOTAL: 45 MIN

- 1 16-oz. pkg. frozen Schnucks cheese tortellini
- 1¼ cups Schnucks flour
- ½ tsp. Schnucks black pepper
- ¼ tsp. Schnucks garlic powder
- 5 Schnucks eggs
- ¼ cup Schnucks 2% milk
- 2½ cups Schnucks Italian-style panko breadcrumbs
- ½ cup Schnucks shredded Parmesan cheese
- 1 tsp. Schnucks crushed red pepper
- 1½ cups warmed Schnucks marinara sauce, for dipping

1. Preheat oven to 375 degrees and line a sheet pan with parchment paper. Cook tortellini according to package directions until al dente. Drain.
2. Meanwhile, in a shallow bowl, stir together flour, black pepper and garlic powder. In another shallow bowl, whisk together eggs and milk until frothy. In a medium bowl, stir together panko, Parmesan and red pepper.
3. Working in batches, dredge tortellini in flour mixture until well coated, dip in egg mixture until no flour is visible, then generously coat with panko mixture. Arrange 1 inch apart on prepared sheet pan.
4. Bake until crisp and golden brown, 20–25 minutes. Remove from oven and let cool 5 minutes. Serve with warm marinara.

PER SERVING: 454 CAL, 10G FAT (4G SAT FAT), 154MG CHOL, 572MG SODIUM, 73G CARB (4G FIBER, 5G SUGARS), 17G PRO

Bacon Bow-Tie Crackers  
pg 12



# Best DRESSED

Give your holiday side dishes a little extra flair this season with these simple tips.

## CLASSIC CORNBREAD

SERVES: 24 ACTIVE: 10 MIN TOTAL: 55 MIN

**\$0.35**  
per serving\*

- 2½ cups yellow cornmeal
- 2 cups Schnucks flour
- 1½ cups Schnucks sugar
- 2 tbsp. Schnucks baking powder
- 2 tsp. salt
- 2 15-oz. cans Schnucks cream-style sweet corn
- 4 Schnucks eggs, lightly beaten
- 1 cup Schnucks butter, melted

1. Preheat oven to 375 degrees. Coat an 11x13-inch baking dish with cooking spray.
2. In a large bowl, stir together cornmeal, flour, sugar, baking powder and salt. In another bowl, stir together corn, eggs and butter. Stir wet ingredients into dry ingredients until well combined, then pour into prepared baking dish.
3. Bake until golden and a toothpick inserted into center comes out clean, 25–30 minutes. Remove from oven and let cool at least 30 minutes.

PER SERVING: 221 CAL, 9G FAT (5G SAT FAT), 50MG CHOL, 444MG SODIUM, 32G CARBS (2G FIBER, 14G SUGARS), 3G PRO

### 3 WAYS TO DRESS IT UP

Use brown sugar instead of white and add 2 cups cooked mashed sweet potato to wet ingredients (shown below).

or

Add 2 sliced jalapeños and ¾ cup shredded sharp cheddar cheese to wet ingredients.

or

Drizzle with hot honey just before serving.



**\$0.79**  
per serving\*

## BEST-EVER GREEN BEAN CASSEROLE

SERVES: 10 ACTIVE: 15 MIN TOTAL: 45 MIN

- 1 tbsp. Schnucks unsalted butter, divided
- ½ medium red onion, thinly sliced
- ½ cup Schnucks plain panko breadcrumbs
- 2 10.5-oz. cans Schnucks healthy cream of mushroom soup
- 4 14.5-oz. cans Schnucks green beans, drained
- ¼ cup Schnucks whole milk

1. Preheat oven to 375 degrees and coat a 10-inch round 3-inch deep baking dish with cooking spray.
2. In a large skillet over medium heat, melt ½ tablespoon butter. Add onion; cook, stirring, until softened, 2–3 minutes. Transfer to a bowl.
3. Stir panko and remaining butter into skillet until combined. Cook until lightly browned, about 2 minutes, then stir into bowl with onion mixture. Rinse and dry skillet, then return it to medium heat.
4. Stir in soup and green beans; cook, stirring, until heated through, about 5 minutes. Stir in milk.
5. Pour mixture into prepared baking dish and top with onion-panko mixture. Bake, uncovered, until hot and bubbly, about 30 minutes. Serve immediately.

PER SERVING: 89 CAL, 3G FAT (1G SAT FAT), 5MG CHOL, 767MG SODIUM, 14G CARB (3G FIBER, 5G SUGARS), 1G PRO

### 3 WAYS TO DRESS IT UP

Add 1 cup sliced mushrooms to skillet with the thinly sliced onions in step 2. Then top each serving with a sprinkle of Parmesan cheese (shown at right).

or

Top with 4 to 6 slices of cooked and crumbled bacon.

or

Make your own crispy onions in place of red onions. Thinly slice 1 large onion. Mix 1 cup flour, 1 tsp. salt and ½ tsp. black pepper. Coat onions in flour mixture. Heat 1 tbsp. oil in a large pan over medium-high. Fry onions in batches for 2–3 minutes until golden and crispy. Drain on paper towels and let cool. Top baked casserole with onions immediately or store in an airtight container for up to 3 days.



## ROASTED GARLIC-HERB BUTTERNUT SQUASH

SERVES: 8 ACTIVE: 10 MIN TOTAL: 40 MIN

**\$0.94**  
per serving\*

- 2 small butternut squash (about 2½ lbs each) with long necks
- 2 tbsp. Schnucks canola oil
- 2 tbsp. Schnucks unsalted butter, melted
- 4 cloves garlic, minced
- 2 tsp. Schnucks Italian seasoning
- ½ tsp. coarse salt
- ¼ tsp. Schnucks black pepper
- 2 lemons, 1 zested and juiced (about 3 tbsp. juice) and 1 cut in wedges, for garnish

1. Preheat oven to 425 degrees. Line a large rimmed sheet pan with foil and coat with cooking spray.
2. Cut top and bottom off squash and store bottoms for a different recipe. Peel squash and cut crosswise into 8 half-inch-thick rounds. Transfer to prepared sheet pan.
3. In a medium bowl, whisk together oil, butter, garlic, Italian seasoning, salt and pepper. Drizzle evenly over squash.
4. Roast until tender and golden on edges, 25–30 minutes. Remove from oven and drizzle with lemon juice and sprinkle with zest. Transfer to a platter and serve with lemon wedges.

PER SERVING: 104 CAL, 6G FAT (2G SAT FAT), 8MG CHOL, 112MG SODIUM, 12G CARBS (1G FIBER, 5G SUGARS), 2G PRO



**sweetless maximized**

Use leftover butternut squash in Winter Salad (page 17).

### 3 WAYS TO DRESS IT UP

Replace herbs with 2 tsp. cinnamon and drizzle with maple syrup (shown at right).

or

Add ½ tsp. chili powder for spice and drizzle with honey.

or

Serve topped with Parmesan, goat cheese or even Gorgonzola to add depth to the sweet flavor of squash.



## WINTER SALAD WITH WHITE BALSAMIC DRESSING

SERVES: 6 ACTIVE: 15 MIN TOTAL: 40 MIN

**\$2.84**  
per serving\*

- ½ small butternut squash (about 1½ lbs, peeled and diced in ¼-inch cubes)
- 1 14-oz. can Schnucks garbanzo beans (chickpeas), rinsed and drained
- 5 tbsp. Schnucks olive oil, divided
- 2 tbsp. finely chopped shallot
- 3 tbsp. white balsamic vinegar
- 1 tbsp. Schnucks honey
- 1 tsp. Schnucks Dijon mustard
- 6 cups chopped romaine lettuce
- 1 small head red cabbage, trimmed and shredded (about 2 cups)
- 6 oz. Brussels sprouts, shaved
- 1 Pink Lady apple, cored and thinly sliced
- ⅓ cup Schnucks shaved Parmesan cheese
- ⅓ cup pecan halves

1. Preheat oven to 425 degrees. Line a sheet pan with foil and coat with cooking spray.
2. In a medium bowl, toss squash and garbanzo beans with 1 tbsp. oil. Spread evenly on prepared sheet pan; bake, turning over halfway through, until browned, about 35 minutes. Remove from oven.
3. In a small bowl, whisk together shallot, balsamic vinegar, honey and Dijon. Gradually pour in remaining oil, whisking continuously, until combined. Season with salt and pepper, if desired.
4. In a medium bowl, toss together squash, garbanzo beans, romaine, cabbage, Brussels sprouts and apple. Sprinkle with Parmesan and pecans. Serve immediately with shallot-balsamic dressing.

PER SERVING: 347 CAL, 20G FAT (3G SAT FAT), 5MG CHOL, 371MG SODIUM, 36G CARBS (8G FIBER, 14G SUGARS), 10G PRO

### 3 WAYS TO DRESS IT UP

Replace honey in balsamic dressing with ¼ cup pomegranate juice (shown at left).

or

Toss apples and butternut squash in vinaigrette and roast on 425 degrees oven 8–10 minutes before adding to salad.

or

Add cooked chilled quinoa, barley or farro.



## ROASTED BEETS AND CARROTS

SERVES: 8 ACTIVE: 5 MIN TOTAL: 25 MIN

**\$0.55**  
per serving\*

- 4 medium beets, peeled and chopped
- 4 large carrots, peeled and thinly sliced
- 1 tbsp. Schnucks olive oil
- ½ tsp. sea salt
- 1 tbsp. chopped fresh rosemary

1. Preheat oven to 425 degrees. On a sheet pan lined with foil, toss together beets and carrots with oil and salt. Spread out vegetables and roast until fork-tender, 25–30 minutes. Serve warm with chopped fresh rosemary.

PER SERVING: 47 CAL, 2G FAT (0G SAT FAT), 0MG CHOL, 201MG SODIUM, 7G CARB (2G FIBER, 4G SUGARS), 1G PRO

### 3 WAYS TO DRESS IT UP

Serve with candied pecans (shown at right).

or

Top with goat cheese (shown at top right).

or

Drizzle with balsamic glaze.



## SLOW COOKER MAC & CHEESE

**\$1.26**  
per serving\*

SERVES: 8 ACTIVE: 20 MIN TOTAL: 2 HR 20 MIN

- ½ 32-oz. pkg. Schnucks cavatappi pasta, cooked to al dente
- 1 15-oz. jar Culinaria Alfredo sauce
- 1½ cups Schnucks 33%-less-sodium chicken broth
- 1 16-oz. pkg. Schnucks finely shredded sharp cheddar cheese, divided

1. Coat a 4- to 6-qt. slow cooker with cooking spray. Stir in cooked pasta, Alfredo sauce, broth and 3 cups shredded cheese until combined. Cook on Low, covered, at least 2 hours.

2. Fifteen minutes before done, sprinkle with remaining cheese. Return cover and cook remaining 15 minutes. Serve immediately, garnished with black pepper, if desired.

PER SERVING: 370 CAL, 13G FAT (7G SAT FAT), 34MG CHOL, 590MG SODIUM, 46G CARBS (2G FIBER, 2G SUGARS), 15G PRO

### quicker stove-top way

In a large saucepan over medium-low heat bring Alfredo sauce and broth to a simmer. Reduce to low heat and add cheese, stirring constantly, until melted, about 2 minutes. Remove from heat and add pasta. Season with salt and pepper if desired.

### 3 WAYS TO DRESS IT UP

Top with 2 sliced jalapeños and 3 cooked and chopped bacon slices (shown at left).

or

Swap out half of cheddar cheese for other varieties like Gruyère, Parmesan and smoked Gouda for a rich, complex taste.

or

Transfer cooked mac & cheese to a 9x9-inch casserole dish, top with ½ cup panko and bake in a 350-degree oven until brown and bubbling, 15–20 minutes.



# Money-Saving MAINS

Celebrate the season with delicious, flavor-packed holiday entrées made with budget-friendly ingredients—proving you don't need to splurge for a feast-worthy meal.



## keep it fresh

You can leave beef brisket out at room temperature for up to 2 hours. After that, refrigerate it in an airtight container up to 4 days, or freeze it up to 3 months.

**\$2.87**  
per serving\*

## EASY BRISKET WITH CARAMELIZED ONIONS

SERVES: 10 ACTIVE: 15 MIN TOTAL: 3 HR 30 MIN

- 4 lbs. beef flat cut brisket
- ¼ cup Schnucks unsalted butter
- 4 Vidalia onions, thinly sliced
- ½ tsp. kosher salt
- 2 tbsp. Schnucks olive oil
- 1 tsp. Schnucks classic steakhouse dry rub
- 2 cloves garlic, minced
- 2 cups Schnucks beef broth
- Chopped fresh parsley, for garnish

1. Preheat oven to 300 degrees. Place brisket on clean, dry surface and pat with dry rub until fully coated.
2. In a 6-qt. Dutch oven or oven-safe skillet over medium heat, melt butter, then stir in onion and salt. Cook, stirring occasionally, until beginning

to caramelize, 15–20 minutes. Transfer onion to a bowl.

3. Add 2 tablespoons oil to pot and sear brisket about 3 minutes per side. Remove brisket and stir in onion, garlic and broth. Return brisket, fat side up, to pot. Tightly cover with a lid or foil.
4. Bake until meat is fork-tender and its internal temperature reaches 145 degrees, about 3 hours. Cut into slices and arrange on a platter. Garnish with parsley and serve with pan juices and caramelized onions.

PER SERVING: 587 CAL, 15G FAT (3G SAT FAT), 172MG CHOL, 404MG SODIUM, 7G CARB (1G FIBER, 0G SUGARS), 33G PRO

## MEATLESS MUSHROOM WELLINGTON

SERVES: 8 ACTIVE: 40 MIN TOTAL: 1 HR 30 MIN

- ¼ cup Schnucks vegetable oil, divided
- 1 16-oz. pkg. sliced baby bella mushrooms, chopped
- 2 small yellow onions, thinly sliced
- 1 bunch green onions, chopped
- ¼ cup Schnucks apple juice
- 3 tbsp. balsamic vinegar
- 8 cloves garlic, minced
- 2 tbsp. Schnucks less-sodium soy sauce
- 1 tsp. Schnucks fresh thyme, plus more for garnish
- 1 cup Schnucks chopped walnuts, toasted
- 1 10-oz. pkg. Schnucks frozen chopped spinach, thawed
- 1 8-oz. pkg. whole portabella mushrooms, stalk edges trimmed and caps cleaned
- 1 13.2-oz. pkg. frozen puff pastry dough, thawed
- 1 Schnucks egg, beaten

1. In a large skillet, heat 2 tablespoons oil over medium-low. Stir in baby bella mushrooms and yellow and green onions. Reduce heat to low; cook, stirring occasionally, until yellow onions are golden brown, about 25 minutes.
2. Increase heat to medium-high. Add apple juice, balsamic vinegar, garlic, soy sauce and thyme; cook, stirring occasionally, until liquid evaporates, 3–5 minutes. Stir in walnuts and spinach until spinach wilts, 1–2 minutes. Season with salt and pepper, if desired. Transfer to a bowl and refrigerate, uncovered.
3. In a large skillet, heat remaining oil over medium-high. Add portabellas top sides down; cook until lightly golden brown, about 5 minutes. Turn over; cook until golden brown, about 4 minutes more. Transfer stem sides down to a paper towel-lined plate and refrigerate, uncovered.
4. Preheat oven to 400 degrees. Lay a sheet of parchment paper on a work surface and dust with flour. Unfold puff pastry and, using a rolling pin, roll out into a 13x16-inch rectangle. Transfer parchment with pastry to a large sheet pan.
5. Spread half the vegetable-walnut mixture over pastry's middle third, leaving a ¾-inch border at top and bottom. Arrange portabellas, stem sides down, in a single line on top of vegetable-walnut mixture. Add remaining vegetable-walnut mixture on top and gently shape it and the portabellas into a loaf.
6. Carefully lift 1 side of pastry, fold it over filling and brush with beaten egg. Then fold right side of pastry to overlap the left side and press to seal, gently stretching as needed. Brush all over with remaining egg.
7. Bake until golden brown, 45–50 minutes. Remove from oven and let rest 10 minutes. Serve sliced on a platter.

PER SERVING: 259 CAL, 19G FAT (3G SAT FAT), 26MG CHOL, 208MG SODIUM, 17G CARB (4G FIBER, 6G SUGARS), 7G PRO



**\$2.78**  
per serving\*



### prep ahead

You can prepare the mushroom filling 1 day in advance, then wrap it in pastry the next day and bake.

## CRANBERRY-ORANGE GLAZED TURKEY

SERVES: 8 ACTIVE: 1 HR TOTAL: 3 HR 30 MIN

- 1 12-lb. turkey, thawed, rinsed and giblets removed
- 2 sticks + 1 tbsp. Schnucks salted butter, at room temperature, divided
- ¾ tsp. Schnucks black pepper
- ¼ tsp. Schnucks dried thyme
- 2 cups Schnucks 33%-less-sodium chicken broth
- ½ cup Schnucks whole-berry cranberry sauce
- ¼ cup Schnucks orange juice
- ¼ cup orange marmalade
- ½ tsp. fresh rosemary sprigs, for garnish
- 1 large navel orange, sliced, for garnish

1. Preheat oven to 400 degrees with a rack in lower third position. Set a large roasting rack in a high-sided roasting pan and coat with cooking spray. Set turkey, breast side up, on prepared rack and pat dry with paper towels. Tuck wings under turkey and, using your fingers, loosen skin over breasts.
2. In a small bowl, mash together 2 sticks butter, the pepper and thyme with a fork. Spread half the mixture evenly under loosened skin. Microwave remaining half 30 seconds and brush all over turkey.
3. Pour 1 cup broth into turkey cavity and 1 cup into pan. Roast 20 minutes, then reduce temperature to 325 degrees. Roast 2 hours more, basting turkey with pan juices every 30 minutes.

4. Meanwhile, in a small saucepan, stir together cranberry sauce, orange juice and marmalade; bring to a boil over medium-high heat. Cook, whisking often, until thickened enough to coat a spoon, about 10 minutes. Remove from heat and whisk in remaining 1 tablespoon butter until melted and combined.
5. Remove turkey from oven and brush all over with half the cranberry glaze. Tent with foil and continue roasting until internal temperature, measured at thigh joint, reaches 165 degrees, about 30 minutes more.
6. Remove from oven and let rest, still tented with foil, 30 minutes. Carve into slices, transfer to a serving platter and brush with remaining cranberry glaze. Serve immediately, garnished with orange slices and rosemary sprigs.

PER SERVING: 636 CAL, 24G FAT (14G SAT FAT), 270MG CHOL, 377MG SODIUM, 17G CARB (1G FIBER, 14G SUGARS), 86G PRO



### speed up roasting

To shorten your cook time and ensure more even cooking, you can ask your Schnucks butcher to cut the turkey into pieces: two wings, two legs and two breast halves. Cut this way, your turkey will cook in 1½ to 2 hours.



**\$2.60**  
per serving\*

**\$2.99**  
per serving\*

## CITRUS-HABANERO PORK TENDERLOIN WITH PEACH GLAZE

SERVES: 8 ACTIVE: 30 MIN TOTAL: 1 HR

- 1 cup peach preserves
- ¼ cup Schnucks Dijon mustard
- 1¼ cups Schnucks orange juice, divided
- 3 tbsp. Schnucks olive oil, divided
- 1 red onion, finely chopped
- 2 cloves garlic, minced
- ½ cup Schnucks lime juice
- 2 tbsp. Spice World Aloha Habanero-Pineapple-Mango seasoning blend
- 3 tbsp. chopped fresh cilantro
- 3 16-oz. pork tenderloins

1. Whisk together preserves, mustard and 1 cup orange juice. Cover and refrigerate.
2. In a large skillet, heat 2 tablespoons oil over medium. Add red onion; cook, stirring occasionally, until translucent, about 5 minutes. Stir in garlic; cook 2 minutes more. Stir in remaining orange juice, the lime juice and habanero blend; bring to a boil. Reduce heat to a simmer; cook, stirring occasionally, until reduced by half, 5–7 minutes. Remove from heat and stir in cilantro.
3. Preheat a stovetop or outdoor grill to high. Brush pork with remaining oil; grill, turning over halfway through, about 7 minutes. Reduce heat to medium-low; continue grilling, basting with peach glaze every 5 minutes, until internal temperature reaches 145 degrees, about 20 minutes.
4. Transfer pork to a cutting board, brush with remaining glaze and let stand 10 minutes. Slice and serve drizzled with habanero sauce.

PER SERVING: 402 CAL, 7G FAT (2G SAT FAT), 124MG CHOL, 322MG SODIUM, 36G CARB (1G FIBER, 25G SUGARS), 45G PRO

# Timeless TREATS

Nostalgia meets innovation in these reinvented classics. From Mini Pineapple Cheesecakes to a show stopping Mandarin-Raspberry Sherbet Gelatin, these old-school sweets get a flavorful refresh.

**\$0.64**  
per serving\*



Mandarin-Raspberry Sherbet Gelatin  
pg 27

Pull-Apart Rugelach Cake  
pg 26

**\$0.76**  
per serving\*



On the cover!

◆◆◆  
**simple  
elegance**

Gently spoon a dollop of whipped cream on your mini cheesecake and top with a fresh bing cherry for a classic, elegant finish.

**\$0.75**  
per serving\*



Mini Pineapple Cheesecakes  
pg 27

◆◆◆  
**pie for any  
occasion**

To prepare this Lemon-Cranberry Chess Pie in advance, bake and then wrap in plastic wrap. It will stay fresh in the fridge for up to 4 days. Before freezing, wrap pie in double layer of plastic and 1 layer of foil. It will keep frozen up to 3 months. Served chilled or at room temperature.

**\$0.85**  
per serving\*



Lemon-Cranberry Chess Pie  
pg 27

**PULL-APART RUGELACH CAKE** SERVES: 8 ACTIVE: 15 MIN TOTAL: 3 HR 35 MIN

- 1 cup Schnucks flour
- 2 tbsp. Schnucks white sugar
- ¼ tsp. salt
- ½ 8-oz. pkg. Schnucks cream cheese, cut into chunks
- ⅔ cup Schnucks unsalted butter, cut into chunks, divided
- 1 3.5-oz. Culinaria 70% extra-dark chocolate bar, finely chopped
- ¼ cup Schnucks sliced almonds, divided
- 1½ tbsp. Schnucks packed light brown sugar
- 1 tbsp. Schnucks cocoa powder
- ½ tsp. Schnucks cinnamon
- 1 Schnucks egg
- 1 tbsp. Schnucks whole milk
- 3 tbsp. turbinado sugar

1. Line a sheet pan with parchment paper. In a food processor, blend flour, white sugar and salt until combined, about 10 seconds. Add cream cheese and ½ cup butter; pulse until dough resembles small pebbles, 25–35 pulses.

2. Transfer dough to a floured work surface and press into a 6x8-inch rectangle (it will still be crumbly, with a marbled appearance). Fold 1 side of the rectangle over center, covering about one-third of dough. Fold opposite side over the first fold, covering the remaining third. Turn long side towards you. Roll into a 6x8-inch rectangle. Repeat folding 3 more times, flouring surface as needed to keep dough from sticking. Wrap dough in plastic wrap and chill at least 1 hour or up to 24 hours.

3. In a medium bowl, stir together chopped chocolate, 2 tablespoons almonds, the brown sugar, cocoa powder and cinnamon. On a large piece of floured parchment paper, roll out dough to an 8x12-inch rectangle about ¼ inch thick.

4. In a small bowl, microwave remaining butter until melted, about 30 seconds. Spread melted butter to within ¼ inch of edges, then evenly sprinkle with chocolate mixture. Starting with long sides, tightly roll up dough jelly roll-style to form a tube.

Dust with flour to avoid sticking. Transfer seam side down to prepared sheet pan. Refrigerate, covered, 30 minutes.

5. Cut roll crosswise three-quarters of the way through and about ¾ inch apart (16 cuts total). Bend roll into a wreath shape, cut sides facing out, and pinch ends together. Refrigerate, covered with plastic wrap, 30 minutes.

6. Preheat oven to 350 degrees with a rack in middle position. In a small bowl, whisk together egg and milk; brush over dough, then sprinkle with turbinado sugar and remaining almonds.

7. Bake 20 minutes. Rotate pan and continue baking until golden brown and flaky, 8–10 minutes more. Remove from oven and let cool completely on sheet pan, about 1 hour. Transfer to a platter and serve immediately.

PER SERVING: 359 CAL, 24G FAT (14G SAT FAT), 73MG CHOL, 115MG SODIUM, 34G CARB (2G FIBER, 20G SUGARS), 4G PRO



**sweet wreath**

Use a glass in the center while shaping your rugelach into a wreath (see step 5) to help maintain the round shape.

**MANDARIN-RASPBERRY SHERBET GELATIN**

SERVES: 16 ACTIVE: 15 MIN TOTAL: 3 HR 15 MIN

- 3 6-oz. pkgs. raspberry gelatin, divided
- 3 cups boiling water, divided
- 8 4-oz. cups Schnucks mandarin oranges in juice, drained, reserving ½ cup juice
- 4 cups Schnucks orange sherbet, softened

1. In a medium bowl, stir together 1 package gelatin and ½ cup boiling water until dissolved. Stir in reserved mandarin juice.

2. In a lightly greased Bundt pan, pour in gelatin mixture, then carefully arrange mandarin oranges in a layer. Refrigerate, covered, until firm, at least 1 hour.

3. In a medium bowl, whisk together remaining packages gelatin and 1 cup boiling water until dissolved. In a blender, add mixture and orange sherbet; blend until combined, 1–2 minutes. Carefully pour into Bundt pan and refrigerate, covered, until set, 2–4 hours.

4. Carefully invert Bundt pan onto a serving plate to release mold (this can take 3–5 minutes). Cut into slices and serve.

PER SERVING: 242 CAL, 1G FAT (1G SAT FAT), 3MG CHOL, 135MG SODIUM, 52G CARB (0G FIBER, 47G SUGARS), 4G PRO

**LEMON-CRANBERRY CHESS PIE**

SERVES: 8 ACTIVE: 10 MIN TOTAL: 2 HR 55 MIN

- ½ 15-oz. pkg. Schnucks refrigerated ready-to-bake pie dough (1 crust)
- 1½ cups Schnucks white sugar
- 1½ cups Schnucks unsalted butter, melted
- ⅛ tsp. salt
- 3 Schnucks eggs
- ¼ cup Schnucks flour
- ⅓ cup Schnucks 2% milk
- 1 tbsp. Schnucks lemon juice
- 2 tsp. grated lemon zest
- 2 cups frozen cranberries, defrosted and coarsely chopped

1. Preheat oven to 375 degrees with a rack in lower third position. Roll out 1 dough sheet and transfer to a 9-inch pie dish. Crimp edges and prick bottom with a fork about 8 times. Refrigerate until firm, about 30 minutes (or freeze 5 minutes). Bake 10 minutes, then transfer to a wire rack to cool.

2. In a large bowl, whisk together sugar, melted butter and salt. Whisk in eggs, 1 at a time, until smooth. Stir in flour, milk, lemon juice and zest until well combined. Stir in cranberries, then spread mixture into partially baked piecrust.

3. Bake until filling is firm and crust is lightly golden brown, 50–60 minutes. Transfer to a wire rack and let cool completely, about 1 hour. Serve at room temperature.

PER SERVING: 500 CAL, 36G FAT (22G SAT FAT), 168MG CHOL, 76MG SODIUM, 41G CARB (2G FIBER, 35G SUGARS), 3G PRO

**MINI PINEAPPLE CHEESECAKES**

SERVES: 12 ACTIVE: 20 MIN TOTAL: 3 HR 45 MIN

- 1 cup graham cracker crumbs
- 3 tbsp. Schnucks unsalted butter, melted
- 2 8-oz. pkgs. Schnucks cream cheese, softened
- ½ cup Schnucks white sugar
- 2 Schnucks eggs
- 1 tsp. Schnucks vanilla extract
- 1 20-oz. can Schnucks pineapple chunks, drained
- ¼ cup Schnucks packed dark brown sugar

1. Preheat oven to 350 degrees and line a 12-cup muffin tin with paper liners.

2. In a medium bowl, stir together crumbs and butter until well combined. Firmly press about 2 tablespoons into each cup to form a crust. Bake until crust is slightly puffed, about 10 minutes. Remove from oven.

3. In a large bowl, beat together cream cheese and white sugar until smooth, about 5 minutes. Beat in eggs, 1 at a time, and vanilla until just combined. Fill each muffin cup three-quarters full and top with 6–8 pineapple chunks to form a ring. Sprinkle with brown sugar.

4. Bake until set, with barely a jiggle, about 25 minutes. Remove from oven and let cool completely in pan, at least 30 minutes. Refrigerate at least 2 hours.

PER SERVING: 279 CAL, 18G FAT (10G SAT FAT), 82MG CHOL, 190MG SODIUM, 25G CARB (1G FIBER, 22G SUGARS), 4G PRO

# no-fuss fizz

Sip your way through the season with these festive, alcohol-free mocktails that bring holiday spirit to every gathering.

## CRANBERRY-ORANGE FIZZ

SERVES: 2

Divide  $\frac{1}{4}$  cup Schnucks cranberry cocktail juice,  $\frac{1}{4}$  cup fresh-squeezed orange juice and 2 tsp. Schnucks honey among two 8-oz. glasses. Stir to combine. Divide one 12-oz. can chilled Schnucks sparkling water between glasses and garnish with Schnucks frozen cranberries.

## SPARKLING POMEGRANATE PUNCH

SERVES: 6

In a large punch bowl, add  $\frac{1}{2}$  cup Schnucks caramel syrup for coffee,  $\frac{1}{4}$  tsp. Schnucks pumpkin pie spice, 2 cups Schnucks apple cider, 2 cups Full Circle pomegranate juice and three 12-oz. cans Schnucks ginger sparkling water. Gently stir in 2 thinly sliced apples,  $\frac{1}{2}$  cup pomegranate arils and 4 cinnamon sticks. Wet rims of 6 glasses and dip into cinnamon sugar. Add ice cubes and carefully fill with punch. Serve immediately.

### orange sugar rim

To add a sweet touch when sipping, cut 1 orange into wedges and wipe them around the rims of each glass, then dip rims into 2 tbsp. sugar.

## GINGERED HOT CIDER

SERVES: 6

Juice 1 lemon and cut another lemon into slices. In a medium pot over medium-high heat, bring 4 cups Schnucks apple cider, 2 cups Schnucks soda shoppe ginger beer, 2 cinnamon sticks and lemon juice to a simmer. Cook, stirring occasionally, 5–10 minutes. Discarding cinnamon sticks, divide among 6 mugs and serve garnished with lemon slices and thinly shaved fresh ginger.



### raise a glass

To transform a mocktail into a cocktail, add 1–2 ounces of alcohol per serving. This works well with spirits like vodka or gin, where you maintain the mocktail's original flavors.

## WARM ORANGE-CARDAMOM COFFEE MOCKTAIL

SERVES: 4 ACTIVE: 5 MIN TOTAL: 30 MIN

1. In a small saucepan over medium-high heat, bring  $\frac{1}{2}$  cup Schnucks sugar and  $\frac{1}{2}$  cup water to a light boil. Stir in 1 tbsp. crushed whole cardamom, remove from heat and let stand, covered and at room temperature, at least 30 minutes or up to 24 hours.
2. Strain mixture through a fine-mesh sieve into an airtight container (refrigerated, it keeps up to 2 weeks). Divide cardamom mixture, 2 cups brewed coffee and 2 tbsp. Schnucks orange juice among 4 highball glasses. Top with whipped cream. Serve warm, garnished with curls of Culinaria 70% extra-dark chocolate and orange-peel curls.

PER SERVING: 305 CAL, 14G FAT (7G SAT FAT), 28MG CHOL, 3MG SODIUM, 40G CARBS (1G FIBER, 32G SUGARS), 1G PRO

## FIZZY SANGRIA MOCKTAIL

SERVES: 8 ACTIVE: 15 MIN TOTAL: 2 HR 45 MIN

1. On a sheet pan, bake 2 sliced oranges, 2 sliced grapefruits and 1 cup fresh whole cranberries in a 400-degree oven until cranberries burst and caramelize, 30–40 minutes.
2. In a medium saucepan, bring 2 cups Full Circle pomegranate juice, 1 cup Schnucks orange juice,  $\frac{1}{2}$  tsp. whole cloves and 1 cinnamon stick to a boil. Remove from heat and stir in fruit slices. Chill, covered, at least 2 hours or up to 24 hours.
3. Discarding cinnamon stick and cloves, fill eight 8-oz. glasses halfway with pomegranate-juice mixture. Top with two 12-oz. cans Schnucks grapefruit sparkling water and ice cubes. Serve garnished with additional cranberries, if desired.

PER SERVING: 94 CAL, 0G FAT (0G SAT FAT), 0MG CHOL, 2MG SODIUM, 23G CARBS (2G FIBER, 8G SUGARS), 1G PRO



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**BEST FLAVOR. BEST QUALITY. BEST VALUE.**

*Schnucks*

# **SPIRAL SLICED HAM**

Sliced to the bone - trimmed  
just right, just for you!

**NATURAL  
JUICES!**

