



#### CHEX PARTY MIX IS A HOLIDAY CLASSIC THAT JUST

KEEPS GETTING BETTER. For generations, Chex Party Mix has been a holiday favorite because it's fun to make, fun to eat, and fun to share. Whip up a fresh batch of the original recipe for your next party—or try out a tasty new flavor combo. Whatever you choose, homemade Chex Party Mix is the perfect go-to snack to have on hand during the holidays—ideal for game days, movie nights, and festive holiday gifting.





#### Original Homemade Chex Party Mix

Time: 10 minutes Serves: 24

#### INGREDIENTS

- 3 cups Corn Chex cereal
- 3 cups Rice Chex cereal
- 3 cups Wheat Chex cereal
- 1 cup mixed nuts
- 1 cup bite-size pretzels
- 1 cup garlic-flavor bite-size bagel chips or regular-size bagel chips, broken into 1-inch pieces
- 6 tbsp butter or margarine
- 2 tbsp Worcestershire sauce
- 11/2 tsp seasoned salt
- 3/4 tsp garlic powder
- 1/2 tsp onion powder

#### PREPARATION

1 In large microwaveable bowl, mix cereals, nuts, pretzels, and bagel chips; set aside. In small microwaveable bowl, microwave butter uncovered on high about 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated.

2 Microwave uncovered on high 5–6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

## Sweet & Salty Nutcracker Chex Party Mix

Time: 35 minutes Serves: 29

#### INGREDIENTS

- 6 cups Corn or Rice Chex cereal
- 1/4 cup butter
- 3 tbsp sugar
- 2 cups mini pretzel twists
- 1 cup white vanilla baking chips
- 4 tbsp holiday nonpareils
- 2 cups salted mixed nuts

- 1 cup honey-roasted peanuts
- 1 cup candy-coated chocolate candies (red and green)

#### DIRECTIONS

- 1 Line two large-rimmed baking pans with wax paper. In large microwaveable bowl, add cereal.
- 2 In small microwaveable bowl, microwave butter on high 20–30 seconds, or until melted. Stir in sugar and microwave on high 30–60 seconds, or until sugar is starting to dissolve. Pour over cereal, stirring until evenly coated.
- 3 Microwave on high 2–3 minutes, stirring after every minute, until thoroughly glazed. Spread cereal onto one of the baking pans. Spread pretzels onto remaining baking pan.
- 4 In small microwaveable bowl, microwave chips on high 40–60 seconds, stirring after 45 seconds, until chips are starting to melt. If necessary, continue heating in 15-second increments, stirring after each until chips are melted and smooth. Transfer melted chips to small resealable food storage bag and cut small corner off one end of bag.
- 5 Drizzle on top of cereal and pretzels and top with sprinkles. Cool 20–30 minutes, or until drizzle is set. Carefully break apart cereal and pretzels; transfer to large serving bowl. Stir in nuts and candies.

#### Homemade Reindeer Feed Chex Party Mix

Time: 15 minutes Serves: 18

#### INGREDIENTS

- 3 cups Honey Nut Chex cereal
- 3 cups Chocolate Chex cereal
- 11/2 cups peanut butter-filled pretzels
  - 1 cup salted roasted peanuts

#### PREPARATION

In large serving bowl, mix all ingredients.

#### Gluten-Free Cranberry-Orange Chex Party Mix

Time: 20 minutes Serves: 18

#### INGREDIENTS

- 3 cups Honey Nut Chex cereal
- 3 cups Rice Chex or Corn Chex cereal
- 1 cup sliced almonds
- 1/4 cup butter
- 2 tbsp sugar
- 1 tsp grated orange peel
- 1/2 tsp ground ginger
- 11/4 cups dried cranberries

#### **DIRECTIONS**

1 Line large-rimmed cookie sheet with waxed paper. In large microwaveable bowl, add cereals and almonds.

- 2 In small microwaveable bowl, microwave butter uncovered on high 20–40 seconds or until melted. Stir in sugar; microwave 30–60 seconds or until sugar is dissolved. Stir in orange peel and ginger. Pour onto cereal and almond mixture, mixing thoroughly to coat.
- 3 Microwave uncovered on high 4–6 minutes, stirring after every minute, until well coated and glazed. Spread on cookie sheet; cool completely, about 15 minutes. Carefully separate cereal pieces; stir in cranberries. Transfer to large serving bowl.





# Mix Up Even More Jeloliday Magic.





## HOW TO GET YOUR TIN

1. BUY

3 participating Chex cereals in one transaction between 9-15-25 and 12-31-25.

2. SNAP

A photo of your entire receipt and upload it at ChexTins.com by 1-7-26.

3. REDEEM

Receive your tin via mail no later than 8-10 weeks after program conclusion and fill it with Chex Party Mix!

Open to legal residents of the 50 U.S. (including D.C.). 18 years or older. Limit 1 redemption per household. Must purchase 3 participating products in one transaction between 12:00 a.m. ET on 9-15-25 and 11:59 p.m. on 12-31-25. Participating products: Giant, Family, and Regular sizes of Rice, Corn, Wheat, Chocolate, and Cinnamon Chex cereals. Upload receipt to website by 11:59 p.m. on 1-7-26. Each offer will be fulfilled no later than 8–10 weeks after program conclusion. For complete terms and conditions and all details, visit ChexTins.com.





- 4 Eggland's Best eggs
- 1½ cups milk
- 1 tsp garlic powder
- 6 cups French bread cubes (½ inch)
- 1 cup grape tomatoes
- 1/2 cup finely chopped onions
- 8 slices cooked Oscar Mayer bacon, crumbled
- 1½ cups Kraft Shredded Sharp Cheddar Cheese, divided
- 1 Heat oven to 350°F.
- 2 Whisk first three ingredients in large bowl until blended. Add next four ingredients and ¾ cup cheese; mix well.
- **3** Spoon into 9-inch square baking dish or similarly sized oval dish sprayed with cooking spray; top with remaining cheese.
- **4** Bake 40 minutes or until center is set and top is golden brown.

# **Amazing Muffin Cups DIRECTIONS** 1 Heat oven to 400°F. Spray a 12-cup muffin Prep Time: 15-30 minutes tray with cooking spray. Cook Time: 45 minutes 2 Combine potatoes, butter, and black Servings: 12 pepper; press onto bottoms and up sides of muffin pan cups. Bake 12 minutes or until **INGREDIENTS** lightly browned. 3 cups ORE-IDA Shredded 3 Meanwhile, cook bacon as directed on Hash Brown Potatoes package; drain on paper towels. Crumble 3 tbsp butter, melted into half-inch pieces. 1/8 tsp black pepper 4 Divide bacon among potato cups. 1 pkg (12 oz) Oscar Mayer bacon Whisk eggs in medium bowl until blended. 6 Eggland's Best eggs Stir in cheese and red peppers; spoon over 1 pkg (8 oz) Mexican-style finely shredded bacon. Sprinkle with chives. four-cheese blend 5 Bake 13-15 minutes or until centers are set. 1/4 cup chopped red peppers 1 tbsp chopped fresh chives 16 CUB . WINTER



#### Bacon, Egg, & Cheese Sliders

Prep Time: 15 minutes Cook Time: 30 minutes

Servings: 12

#### **INGREDIENTS**

- 1 pkg 12-count pull-apart dinner rolls
- 8 Eggland's Best eggs
- 1/2 cup red bell pepper, chopped
- 14 cup onions, chopped
- 1/4 cup milk
- 1/2 tsp salt
- 14 tsp pepper
- 4 tbsp unsalted butter
- 4 cups Kraft shredded cheese, such as cheddar or pepper jack
- 2 cups fresh spinach leaves, coarsely chopped
- 10 slices Oscar Mayer bacon, cooked and chopped Optional: Chopped fresh herbs, such as chives or parsley

#### **DIRECTIONS**

- 1 Preheat oven to 350°F. Without separating the rolls, slice them in half horizontally, so the tops and bottoms stay connected. Place the bottom layer of rolls in a 9-by-13-inch baking dish.
- 2 In a large bowl, combine eggs, red bell pepper, onions, milk, salt, and pepper. Mix until well combined.
- **3** In a large skillet, heat 1 tablespoon of butter and add egg mixture, cooking and scrambling to your preferred consistency.
- **4** Layer 2 cups of cheese onto bottom half of rolls. Top with spinach, eggs, and bacon. Top with remaining cheese, cover with the roll tops, and set aside.
- **5** In a small bowl, melt remaining 3 tablespoons butter and brush onto top of sliders. Sprinkle with chopped fresh herbs if desired and place in the oven.
- **6** Bake until cheese is melted and rolls are golden brown (approximately 10–15 minutes).





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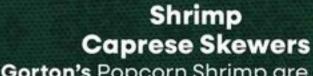
Diamond of California walnuts are more than delicious—they deliver 5g of protein for every ¼ cup serving. Together, McCormick ground cinnamon, cayenne red pepper, and all-natural pure vanilla create the perfect holiday spice combo—and will make your kitchen smell amazing!

ADDS Inashaba

THESE NO-STRESS NIBBLES WILL GET YOUR PARTY OFF TO A TASTY START. What makes a great holiday appetizer? It should be delish, of course, but also easy to make, simple to serve, fun to eat, and festive on the buffet. These apps check all the boxes—and they're satisfying without being heavy, so your guests won't fill up before the main event.

#### Cranberry Blue Cheese Bites

Pillsbury Pie Crusts are the smart choice for scratch-made flavor made easy—especially during the busy holiday season.



Gorton's Popcorn Shrimp are a go-to fave for both fun appetizers and fast dinners. Pop them in your air-fryer for the perfect golden crisp!









#### **Shrimp Caprese Skewers**

Prep Time: 15 minutes Cook Time: 20 minutes Approximately 50 skewers

#### INGREDIENTS

- 1 box (14 oz) Gorton's Popcorn Shrimp
- 1 pint cherry tomatoes, halved
- 8 oz fresh pearl-sized mozzarella balls (if larger, cut in half) Fresh basil leaves Skewers for serving

#### **DIRECTIONS**

1 Cook popcorn shrimp according to package directions. Let shrimp cool. 2 On each skewer, place a shrimp, folded basil leaf, tomato, and piece of mozzarella.



#### **Charcuterie Wreath**

No recipe needed for this beauty! Just plenty of Dietz & Watson deli meats and cheeses and other decorative nibbles, like cherry tomatoes, herbs, and whatever else you're craving-maybe olives, pickles, or pepperoncini? And of course a variety of your favorite Essential Everyday crackers.

Here are the Dietz & Watson products we used to create our festive wreath:

- Roasted Turkey Breast
- · Off-the-Bone Ham
- · Beef & Garlic Summer Sausage
- · Traditional Pepperoni
- · Sliced Provolone Cheese
- · Sliced Cheddar Cheese
- · Sliced Pepper Jack Cheese



#### Cinnamon-Vanilla **Glazed Walnuts**

Prep Time: 5 minutes Cook Time: 1 hour Servings: Approximately 10

#### INGREDIENTS

- 1/4 cup sugar
- 11/2 teaspoons McCormick® **Ground Cinnamon**
- 1/2 tsp McCormick® Ground Cayenne Red Pepper
- 1/4 tsp salt
- 1 egg white
- 1 tbsp McCormick® All-Natural Pure Vanilla Extract
- 2 cups Diamond of California shelled walnuts

#### DIRECTIONS

- 1 Preheat oven to 250°F. Mix sugar, cinnamon, red pepper, and salt in a small bowl. Set aside.
- 2 Beat egg white and vanilla in a medium bowl until foamy. Add walnuts and toss to coat. Add spice mixture and toss to coat the nuts evenly. Spread the nuts in a single layer on a greased baking sheet.
- 3 Bake for 1 hour, stirring the nuts after 30 minutes. Cool slightly and break apart. Cool completely and store in an airtight container for up to 2 weeks.



#### **Asian Wonton Cups**

Prep Time: 20 minutes Cook Time: 10 minutes, plus cooling time Servings: 8

#### INGREDIENTS

24 wonton wraps Cooking spray Sesame, Orange or Sweet & Sour Chicken entrée from the Cub Deli Sliced green onions and sesame seeds for garnish

#### DIRECTIONS

1 Preheat oven to 350°F. Spray two 12-cup mini-muffin tins with cooking spray.

- 2 Cut all four corners off each wonton wrapper.
- 3 Arrange wrappers in muffin tin. Ease each one in, being careful to avoid splitting the bottom of the wrapper. Coat the wonton cups with a fine mist of cooking spray.
- 4 Bake wrappers until they are golden brown, about 8 minutes. When done, let them cool for a minute in their pans, then turn them out onto a wire cooking rack to cool completely. 5 Heat chicken in the
- microwave, then spoon into cooled wanton cups, garnish, and serve.



#### Cranberry **Blue Cheese Bites**

Prep Time: 20 minutes Cook Time: 20 minutes Servings: 16

#### INGREDIENTS

- 1 crust from 1 box (14.1 oz) refrigerated Pillsbury™ Pie Crusts (2 count)
- 1 container (8 oz) chive and onion cream cheese spread
- 1 egg Salt and freshly ground black pepper
- ½ cup crumbled blue cheese (2 oz)
- 1/3 cup whole berry cranberry sauce
- 1/4 cup Diamond of California chopped walnuts

#### DIRECTIONS

1 Heat oven to 425°F. Spray 16 mini-muffin cups with cooking spray. Unroll pie crust onto work surface. Using a two-and-a-half-inch round cutter, cut 16 rounds from crust. Place one crust round in each muffin cup, pressing down gently to form a cup.

2 In medium bowl, beat cream cheese spread, salt, pepper, and egg with electric mixer on medium speed until smooth. Divide mixture evenly among muffin cups, about 1 teaspoon

each. Top each evenly with blue cheese crumbles.

3 Bake 11-13 minutes or until edges are light golden brown. Cool 5 minutes, remove cups from pan. Garnish each mini-cheesecake with a half teaspoon cranberry sauce and walnut pieces.



#### **Cottage Cheese-Stuffed Mini Peppers**

Prep Time: 15 minutes Cook Time: 2-4 minutes, plus cooling time Servings: 6

#### INGREDIENTS

- 12 assorted mini sweet peppers (orange, red, yellow), halved lengthwise and seeded
- 3/4 cup Kemps 4% Small **Curd Cottage Cheese**
- 1/4 cup tightly packed fresh basil leaves, finely chopped
- 2 tsp Kraft Balsamic Vinaigrette dressings
- 14 tsp garlic powder
- 1/4 cup Kraft Finely Shredded Italian Five-Cheese Blend

#### DIRECTIONS

1 Heat broiler.

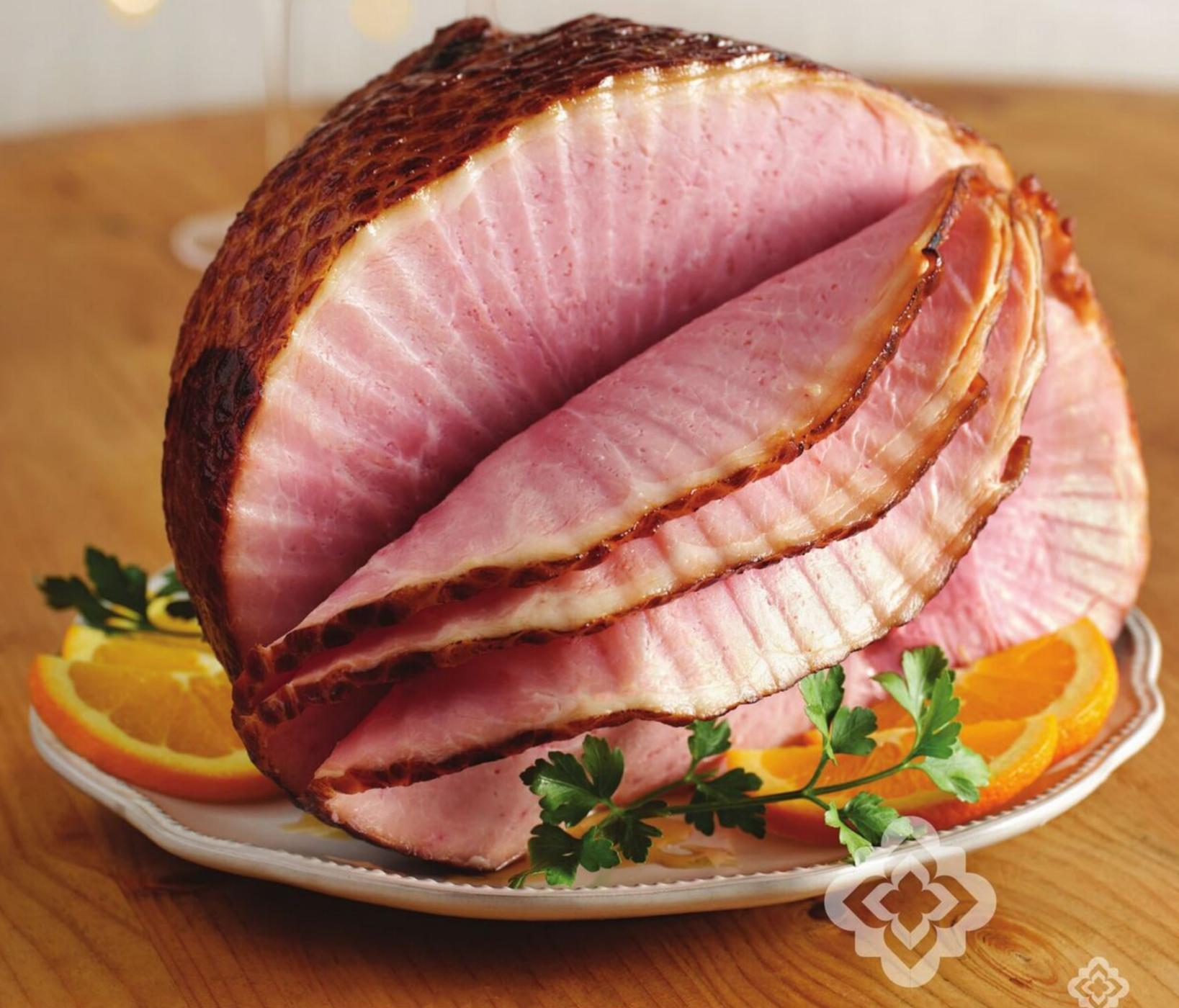
- 2 Place peppers with the cut sides up on baking sheet.
- 3 Mix all remaining ingredients except shredded cheese until blended; spoon into pepper shells.
- 4 Top with shredded cheese.
- 5 Broil, 4 inches from heat,
- 2-4 minutes. or until cheese is hot, bubbly, and golden brown.











## Honey Dijon Roast Ham

What could be more classic than a beautiful holiday ham? All you have to do is add a glaze, heat through, and add your favorite festive garnishes, like orange slices or fresh herbs.



# Stuffed Shells A vegetarian recipe can be festive too, like these Stuffed Shells in the shape of a blooming poinsettia. Loaded with green spinach, red sauce, and white cottage cheese, this dish looks beautiful on any holiday table. CLASSICO Spice It Up Love a peppery pasta dish? Turn up the heat by substituting one of Classico's spicier pasta sauce varieties, like Spicy Red Pepper or Spicy Tomato & Basil. 26 CUB . WINTER

## Roasted Turkey with Brown Sugar and Cider Glaze

Prep Time: 35 minutes

Cook Time: 3 hours (including gravy)

Servings: 8-10

#### **INGREDIENTS**

TURKEY

- 1 (12 to 14 lb) whole turkey, fresh or completely thawed
- 8 tbsp Crystal Farms butter
- 2 tsp salt
- 1 tsp freshly ground black pepper
- 1 tsp McCormick pumpkin pie spice
- 1 cup water

GLAZE

11/2 cups packed brown sugar

1 cup apple cider

**GRAVY** 

- 12 tbsp Crystal Farms butter (¾ cups)
- 3/4 cup all-purpose flour
- 2 cartons (32 oz each) reduced-sodium chicken broth

#### DIRECTIONS

1 Heat oven to 375°F. Remove giblets from turkey and discard or save for another use. Thoroughly dry turkey inside and out. Tuck 8 tablespoons of butter under the skin of the turkey breasts and legs, then season the outside with salt, pepper, and pumpkin pie spice, pressing to adhere. Place the turkey on a greased rack in a roasting pan with water in the bottom, cover with foil, and roast for 2 hours.

2 Meanwhile, in 3-quart saucepan, stir brown sugar and apple cider until well blended. Heat to boiling over medium heat. Reduce heat to medium-low; simmer 5–8 minutes, stirring occasionally, until thickened and reduced by half. Transfer half of glaze to small serving bowl, cover, and refrigerate until ready to use. Cover remaining glaze and keep warm.

3 Remove foil from roasting pan and discard. Brush turkey with warm glaze. Continue to roast, uncovered, 15–45 minutes, or until an instant-read thermometer (inserted deep into the thigh but away from the bone) reads 165°F and juices in the thigh run clear when pierced with a fork. After 15 minutes, tent turkey with foil to prevent skin from getting too dark. Remove turkey from the pan and let rest for 15 minutes before carving. Strain and reserve pan juices.

4 While turkey is resting, make the gravy.
Set roasting pan over two burners over medium heat and cook remaining butter and flour for 2–3 minutes, until mixture is thick and smells nutty. Add pan juices and chicken broth; heat to boiling over high heat. Reduce the heat and let simmer, stirring often, 8–10 minutes, until thickened.

**5** Carve the turkey and serve with the reserved glaze and gravy.

#### **Honey Dijon Roast Ham**

Prep Time: 15 minutes

Cook Time: 2 hours 15 minutes

Servings: 10

#### INGREDIENTS

- 1 fully cooked smoked bone-in ham (6 to 8 lb)
- 2 cups water
- 1 cup honey
- 3 tbsp Dijon mustard
- 2 tbsp cider vinegar
  Orange slices and fresh parsley, optional

#### DIRECTIONS

1 Heat oven to 325°F. Place rack in shallow roasting pan. Spray rack and pan with cooking spray. Place ham on rack and add water around ham. Cover whole pan with foil. Bake 2 hours.

2 Meanwhile, in medium bowl, whisk together honey, mustard, and vinegar. Transfer half of honey mixture to a small bowl, cover, and set aside at room temperature.

3 Increase oven temperature to 425°F. Carefully remove foil and discard. Brush ham with half of the glaze and bake uncovered 15–30 minutes longer, or until thermometer reads at least 140°F. After 15 minutes, tent ham with foil to prevent top from getting too dark.

4 Remove ham from oven. Cover loosely with foil; let stand 10–15 minutes before carving. Carve and serve with reserved honey glaze.

#### **Stuffed Shells**

Prep Time: 30 minutes Cook Time: 55 minutes

Servings: 5

#### INGREDIENTS

- 1 jar (24 oz) Classico Tomato & Basil Pasta Sauce
- 1 large tomato, chopped
- 1 container (16 oz) Kemps 2% Low–Fat Cottage Cheese
- 1 pkg (10 oz) frozen chopped spinach, thawed, well-drained
- 1/4 cup grated Parmesan cheese
- 1 tsp dried Italian seasoning
- 1 cup 2% milk shredded mozzarella cheese, divided
- 20 jumbo pasta shells, cooked

#### DIRECTIONS

1 Heat oven to 400°F.

2 Mix pasta sauce and chopped tomatoes until blended; spread half onto bottom of 12-inch round oven-safe skillet sprayed with cooking spray.

3 Combine cottage cheese, spinach, Parmesan, seasoning, and ½ cup mozzarella. Spoon into pasta shells and place in prepared baking dish, arranging into a round star shape. Top with remaining pasta sauce mixture. Cover with foil.

4 Bake 25 minutes or until heated through. Remove foil and top with remaining mozzarella, then bake uncovered (about 2 minutes) until cheese is melted.





## Holiday Herb Mashed Potatoes

No holiday menu would be complete without a bowl of mashed potatoes, rich with sour cream and butter.

# Savony Sides

MAINS MAY GET THE GLORY. BUT SIDES PLAY A STARRING ROLE, TOO. If you've been asked to bring a side, take it as a compliment your host trusts you to bring something everyone will love. We've got some ideas with a Minnesota spin, all featuring Kemps dairy products—made with milk from family farms right here in the Midwest.



#### Glad You're Here

And let's not forget, January is just around the corner, when wellness becomes a top priority for many of us. To support you in your wellness goals, we've included tips for eating well if you're on a GLP-1 medication and popular NA beer options to look for at Cub if you're celebrating Dry or Damp January.

Finally, as the hometown grocery store, Cub is committed to giving back to our local communities throughout Minnesota. We're proud to support a variety of programs focused on hunger relief, youth activities, nutrition education, and more. And we're happy to offer ways for you to join in too, including adding \$1, \$3, or \$5 in Holiday Bucks at checkout, to help send holiday meals to families in need.

This season and every season, we're thankful to be your hometown grocer. We love to see you walk through the door, and we look forward to helping you enjoy a lighter and brighter holiday season.

Shop Happy!

# Your friends at Cub

# rappy axx the way!

CUE THE JINGLE BELLS—the holiday season is here! That means there's a lot to look forward to—and a lot to get done, too. At Cub, we're prepped and ready to be your holiday helper, doing everything we can to make the holiday season more fun and less frazzled.

It starts with being your one-stop shop—the place where you can get everything you need, from pizza and prescriptions to fruit, fried chicken, and fresh-baked pies. And it means friendly faces to help you throughout the store, like bakers making delicious donuts, butchers prepping holiday roasts, florists arranging blooming bouquets, and produce staff who can point you to just the right herbs for your Thanksgiving turkey.

Here in this magazine, we're happy to help out too, with ideas and recipes for delicious dishes to share with friends and family. Whether you're hosting the big dinner or bringing a dish to pass, we've got tasty recipes for everything from main-dish entrées and savory sides to cookies, cakes, festive drinks, and doable dinners for busy weeknights.











#### **Prep-Ahead Marinated** Kale & Chickpea Salad

**Prep Time: 15 minutes** 

Servings: 4-5

#### INGREDIENTS

DRESSING INGREDIENTS:

- 1/4 cup Kemps Cottage Cheese
- 11/2 cups packed mixed herbs, like parsley, cilantro, dill, tarragon, basil
- 1/4 cup olive oil
- 1 garlic clove
- 1 tsp paprika
- 1/2 tsp kosher salt
- 1 tbsp white or red wine vinegar Zest & juice of one lemon

#### SALAD INGREDIENTS:

- 2 bunches kale, tough inner stems discarded and chopped into bite-size pieces
- 1 can chickpeas, drained and rinsed
- 1 small red onion, thinly sliced
- 2 cups raw or cooked sturdy vegetables like cauliflower, broccoli, Brussels sprouts, carrots, or diced beets
- 1/2 cup crumbled feta

#### DIRECTIONS

1 Blend all dressing ingredients in food processor or blender until smooth. Taste and adjust seasoning if needed.

2 In large bowl, toss salad ingredients together. Drizzle half of the dressing over salad and toss to mix, adding more dressing if necessary. Salad flavors will continue to meld in fridge. Serve within a day or two.

#### **Holiday Herbed Mashed Potatoes**

Prep Time: 15 minutes Cook Time: 15 minutes Servings: 4-5

#### INGREDIENTS

- 5 medium russet potatoes, peeled and cut into one-inch cubes
- 3/4 cup Kemps milk
- 4 tbsp butter
- 2 cups Kemps sour cream
- 2 tsp roasted garlic
- 1 tsp dried basil
- 1 tbsp fresh Italian parsley Salt to taste

#### DIRECTIONS

1 Put potato cubes in a large pot and cover with cold water. Bring to a boil, then lower heat and simmer uncovered for 10-12 minutes.

2 While potatoes simmer, heat milk and butter in small saucepan. Set aside until potatoes are done.

3 Drain potatoes in colander, return to dry pot, and mash. Whisk hot milk and butter slowly into potatoes.

4 Stir in sour cream, basil, parsley, and salt to taste.

#### Rosemary, Sage, & Thyme **Sweet Potatoes**

Prep Time: 20 minutes Cook Time: 1 hour 10 minutes Servings: 8

#### INGREDIENTS

- 3 pounds (about 4 large) sweet potatoes, washed and patted dry
- 1/4 cup butter
- 3 tbsp each chopped fresh rosemary, sage, and thyme
- 2 tbsp butter
- 1 small onion, chopped
- 11/2 cups Kemps milk or half & half
- 2 eggs
- 1 tsp salt
- 1/4 tsp black pepper

#### DIRECTIONS

1 Heat oven to 425°F. Poke holes in potatoes with fork. Place potatoes on baking sheet; bake for 40-45 minutes or until fork tender. Let cool slightly on baking sheet. Decrease oven to 400°F.

- 2 Meanwhile, in 1-quart saucepan, melt ¼ cup butter; stir in rosemary, sage, and thyme. Cook over medium heat, stirring occasionally until butter foams and browns, and herbs are golden (5-6 minutes); set aside.
- 3 In same saucepan, melt 2 tablespoons butter; add onion. Cook over medium heat until onion is softened (about 5 minutes); set aside.

4 Grease 2-quart baking dish; set aside. Scoop hot flesh from potato skins and place in large mixer bowl. Discard skins. Add herb mixture and onion mixture. Beat on low speed, scraping bowl often, until well mixed. Continue beating, slowly adding

salt, and pepper, until combined. Continue beating on medium-low speed, scraping bowl occasionally, until mashed and creamy (some lumps may remain). Pour into prepared baking dish. 5 Bake for 20–25 minutes, covering with aluminum foil if browning too quickly, or until sweet potato mixture is heated through.

#### **Thanksgiving Mac & Cheese**

Prep Time: 20 minutes Cook Time: 30 minutes

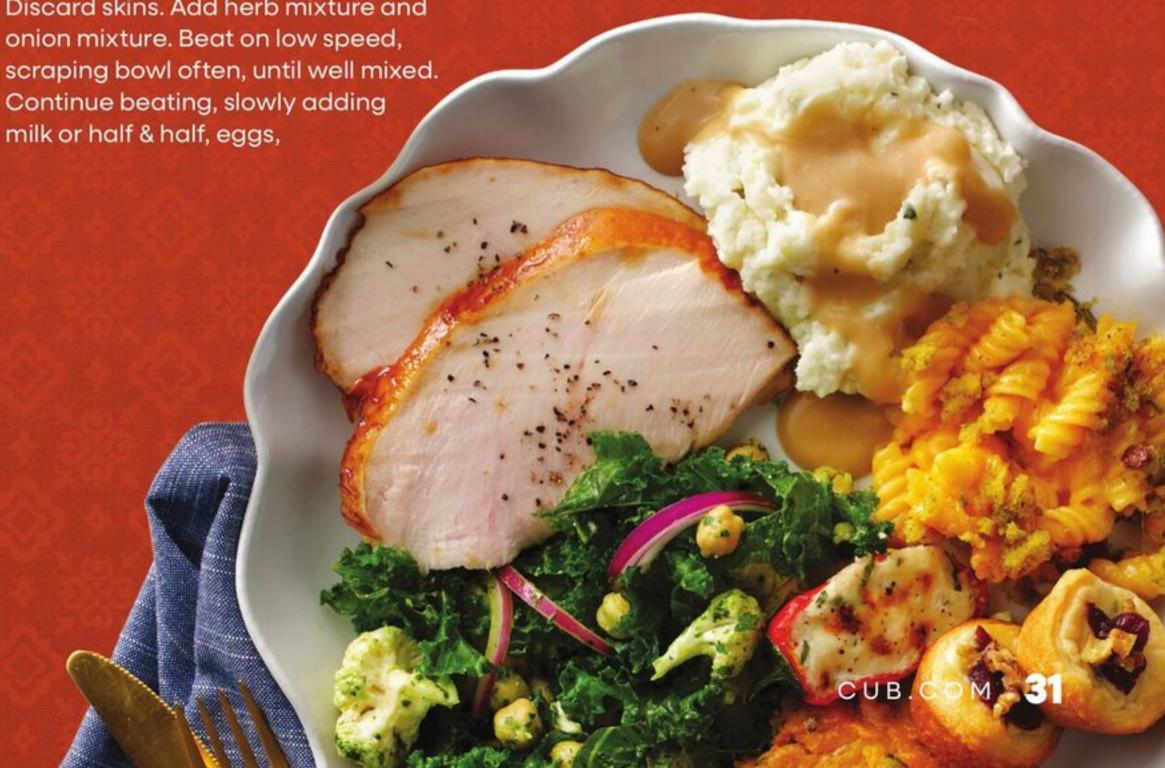
Servings: 6

#### INGREDIENTS

- 1 16 oz box spiral pasta noodles
- 1 lb smoked cheddar cheese, shredded
- 8 oz mild cheddar cheese. shredded
- 1/2 cup Kemps milk
- 6 tbsp butter, plus more for dish
- 1 box cornbread stuffing mix

#### DIRECTIONS

- 1 Heat oven to 375°F.
- 2 Cook pasta to just one minute shy of box instructions so the noodle still has a slight bite to it.
- 3 Drain pasta, pour back into pot, and return it to the stove over medium-low heat. Add in shredded cheeses, milk, and 2 tablespoons butter. Stir until fully combined and cheese is melted. Remove from heat.
- 4 Liberally butter a casserole dish. Pour noodles and cheese into the dish and set aside.
- 5 In a medium-sized, microwave-safe bowl, melt remaining 4 tablespoons of butter, about 30 seconds. Stir in cornbread stuffing mix and toss to coat.
- 6 Sprinkle mixture atop noodles and cheese, then bake for 30 minutes or until golden brown. Serve immediately.







# These holiday cakes made with Bob's Red Mill flours are almost too pretty to eat—but who could resist?

#### **Cranberry Orange Bundt Cake**

Prep Time: 30 minutes Cook Time: 1 hour, 5 minutes Passive Time: 2 hours

12 servings

#### INGREDIENTS

#### CAKE

- 11/4 cups granulated sugar
- 11/4 cups brown sugar
- 2 tbsp orange zest
- 3 eggs, room temperature
- 10 tbsp unsalted butter, melted but cooled slightly
- 14 cup neutral oil (60 ml)
- 1 cup buttermilk, room temperature (240 g)
- 14 cup freshly squeezed orange juice (60 ml)
- 11/2 tbsp vanilla extract
- 1 tsp almond extract, optional
- 3 cups Bob's Red Mill Unbleached White All-Purpose Flour (408 g)
- 2 tsp kosher salt
- 1 tsp baking powder
- 1/2 tsp baking soda
- 11/2 cups fresh cranberries + 1/2 tbsp Bob's Red Mill Unbleached White All-Purpose Flour (optional, to mix into the cake)

#### CRANBERRY ORANGE GLAZE

- 1 cup fresh cranberries + 1/4 cup water (to make cranberry water)
- 21/2 cups powdered sugar
  - 1 tbsp orange zest
- 2 tbsp heavy cream
- 3 tbsp cranberry water

#### SUGARED CRANBERRIES

- 1/2 cup fresh cranberries
- 1/2 cup water
- 1 cup granulated sugar, divided

#### DIRECTIONS

#### CAKE:

- 1 Preheat oven to 350°F. Butter or spray a 12-cup Bundt pan, flour well, and tap out excess.
- 2 In a large mixing bowl, add sugars, orange zest, and eggs. Mix with a hand mixer or in a stand mixer with a whisk attachment on medium speed until the eggs are pale and fluffy, about 3-4 minutes. Make sure to scrape the bowl a few times so that everything is well incorporated.
- 3 In a separate bowl, combine buttermilk, oil, melted butters, orange juice, vanilla extract, and almond extract (if using) and whisk until well combined.
- 4 In a separate small bowl, whisk together flour, salt, baking powder, and baking soda to remove any clumps.
- 5 If using cranberries, toss them in the flour and set aside.
- 6 Mixing on low speed, add ⅓ of the dry ingredients and ⅓ of the liquid mixture at a time, being careful not to overmix. Switch to a rubber spatula when mixing in the last of the dry ingredients and when they are about halfway incorporated, add in the floured cranberries (if using). Fold them in carefully, ensuring they are mixed throughout the batter. It's okay if a few streaks of flour remain.
- 7 Pour or scoop batter into the prepared Bundt pan, making sure the batter is distributed evenly.
- 8 Bake for 55-65 minutes, or until a long wooden skewer inserted into the cake comes out with a few moist crumbs attached and the cake is golden brown and beginning to pull away at the edges of the pan.
- 9 Let cool in the pan for 10 minutes, then carefully invert the cake onto a wire rack to cool completely.

#### CRANBERRY ORANGE GLAZE:

- 1 Make the glaze right before you'd like to glaze the cake. If you make it before that, it may become too thick to work with.
- 2 Combine cranberries and water in a small saucepan. Bring to a boil, then reduce to a simmer for 5-6 minutes, until the berries begin to pop. You can also use the microwave to soften the berries. Strain the berries through a metal sieve, using a rubber spatula to press the excess juice out of the berries. Discard berries and measure out 3 tablespoons of the cranberry water.



- 3 In a separate bowl, combine powdered sugar and orange zest. Add heavy cream and cranberry water and whisk until the mixture is smooth.
- 4 If mixture is too thick, add more cranberry juice or cream. If mixture is too thin, add more powdered sugar until your desired consistency is achieved. The mixture should be thick but still pourable, so it drips down the sides of the cake but leaves nice drip lines.
- 5 Wait until the cake is cooled completely before glazing. This is important, or else the glaze will slide right off. Simply pour the glaze over the top and let it drip down the sides. Top with sugared cranberries. Serve and enjoy!

#### SUGARED CRANBERRIES:

- 1 Create a simple syrup by bringing sugar and water to a simmer over medium-high heat. Stir to dissolve sugar, then remove from heat to cool.
- 2 Toss the cranberries in the simple syrup to coat, then quickly remove them from the syrup using a slotted spoon. Place cranberries on a wire cooling rack on top of a baking tray to dry for 45–60 minutes, or until cranberries are tacky. Save excess syrup for cocktails or drinks if desired.
- 3 Toss cranberries in granulated sugar, rolling them around until they're covered and sparkly. Now they're ready for use!

#### **Cherries & Cream Almond Cake**

Prep Time: 1 hour Cook time: 50 minutes

Serves: 8-12

#### INGREDIENTS

**CHERRY TOPPING** 

1 32 oz bag frozen dark sweet cherries

½ cup water ½ cup sugar

#### CAKE

2 cups Bob's Red Mill Super-Fine Almond Flour

1/2 cup Bob's Red Mill Gluten-Free 1:1 Baking Flour, plus additional flour for dusting pans

1 tbsp baking powder

1/2 tsp salt

12 tbsp (11/2 sticks) butter, softened

1 cup sugar

4 eggs

1 tsp vanilla extract

#### WHIPPED CREAM

2 cups heavy cream

1/2 cup powdered sugar

#### DIRECTIONS

1 In a 4-quart saucepan, mix cherries, water, and sugar.
Bring to a boil over medium-high heat, then reduce to medium and cook, stirring often, 30–35 minutes, until thickened.
Transfer to a medium bowl, cover, and refrigerate until cooled.

2 Meanwhile, preheat oven to 350°F. Line two 9-inch round cake pans with parchment paper. Generously spray with cooking spray. Dust bottom and sides

3 In a medium bowl, whisk together the almond flour, baking flour, baking powder, and salt. In the bowl of a stand mixer fitted with a paddle attachment, cream butter and sugar on medium-high until light and fluffy, 6–9 minutes. Add in eggs, one at a time, and beat on medium-low until fully blended. Add extract and mix well. Add the almond flour mixture to the butter mixture and beat just until combined.

4 Divide batter evenly between prepared pans and smooth tops.

Bake until set and a tester inserted in the center comes out clean,

20–25 minutes. Set on a wire rack and let cool completely.

**5** Clean and chill the stand mixer bowl and whisk attachment. Once chilled, beat whipping cream and powdered sugar on medium-high speed, 4–6 minutes, or until stiff peaks form. Cover and refrigerate until ready to use.

6 Run a knife or metal spatula around the edges of each cake. Invert the cakes onto the rack and remove parchment paper. Place 1 cake layer on a serving plate. Starting at the edges, spread half (about 2½ cups) of the whipped cream on top. Using a slotted spoon, top with about a third of the cherries. Carefully place second cake layer on top. Top with remaining whipped cream and cherries. Drizzle cherry sauce over cake or serve it with individual slices. Serve immediately.

#### NOTES:

- You can make the cakes up to one day ahead of time.
   Simply wrap each completely cool cake individually in plastic and refrigerate until ready to assemble.
- Cake can be stored in the refrigerator for up to a day, but it will get softer over time. For best results, keep the components chilled and assemble cake just before serving.
- If baking gluten-free, be sure to check all ingredient labels to make sure each item is gluten-free.





# Vanilla Cupcakes with Peppermint Frosting

Prep Time: 15 minutes Cook Time: 20 minutes

Serves 12

#### INGREDIENTS CUPCAKES

- 1¼ cup Bob's Red Mill Organic
  Unbleached White All-Purpose Flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2 large eggs
- 3/4 cup sugar
- 1/2 cup butter softened, equal to 1 stick
- 11/2 tsp vanilla extract
- 1/2 cup Greek vanilla yogurt

#### PEPPERMINT FROSTING

- 1 cup butter, softened (2 sticks)
- 4 cups powdered sugar
- 2 tbsp milk or heavy cream
- 2 tbsp peppermint extract
- 10 peppermint candies, crushed, or 4 whole candy canes, crushed

#### DIRECTIONS

#### FOR THE CUPCAKES:

- **1** Preheat oven to 350°F. Line a 12-count muffin tin with paper liners. Set aside.
- 2 In a medium bowl, whisk together flour, baking powder, baking soda, and salt. Set aside.
- 3 In a large bowl, beat eggs and sugar with a hand mixer or a stand mixer fitted with a paddle attachment until pale yellow and fluffy, about 2–3 minutes.
- **4** Add softened butter and vanilla extract to egg mixture and beat until incorporated. Mix in yogurt.
- **5** Pour flour mixture into wet ingredients and stir until just combined.
- **6** Spoon batter into prepared muffin tin, filling about ¾ full.

**7** Bake for 18–20 minutes, or until toothpick inserted in the middle comes out clean. Let cool for 10 minutes in pan, then remove cupcakes and move them to a wire rack to cool completely.

#### FOR THE FROSTING:

- 1 Cream softened butter in a large bowl until light and fluffy, about 3 minutes.
- 2 Add powdered sugar, ½ cup at a time, mixing to incorporate.
- **3** Add milk and peppermint extract, beating to combine.
- **4** Pipe or spread frosting over cooled cupcakes. Top with crushed peppermint.

### Is baking your love language?

If so, start your oven! These festive cakes from our friends at Bob's Red Mill are the perfect way to show your love during this festive holiday season.







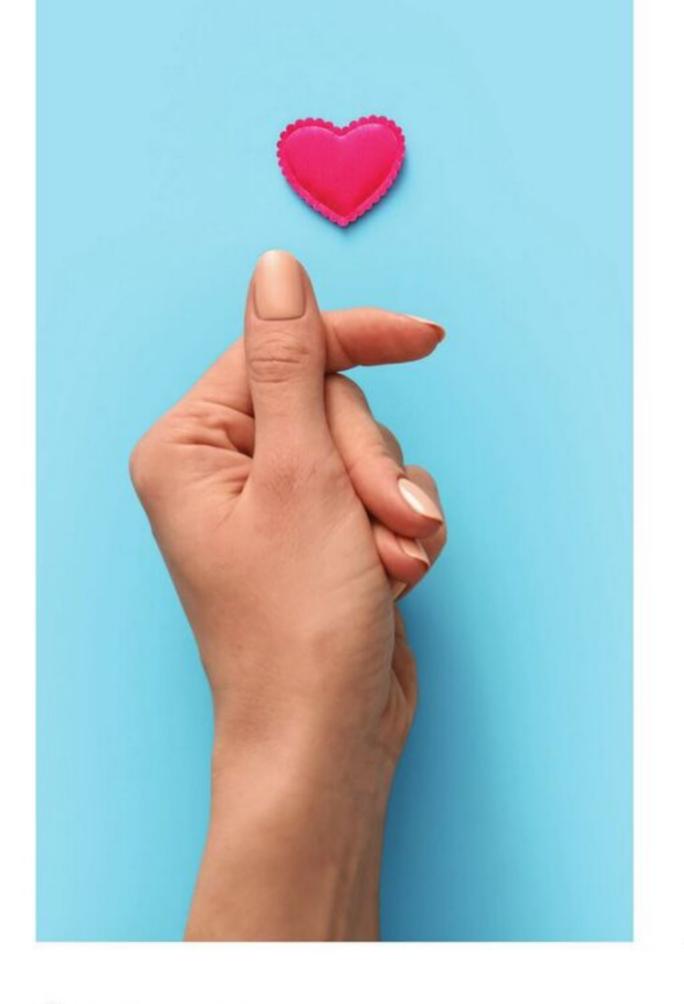


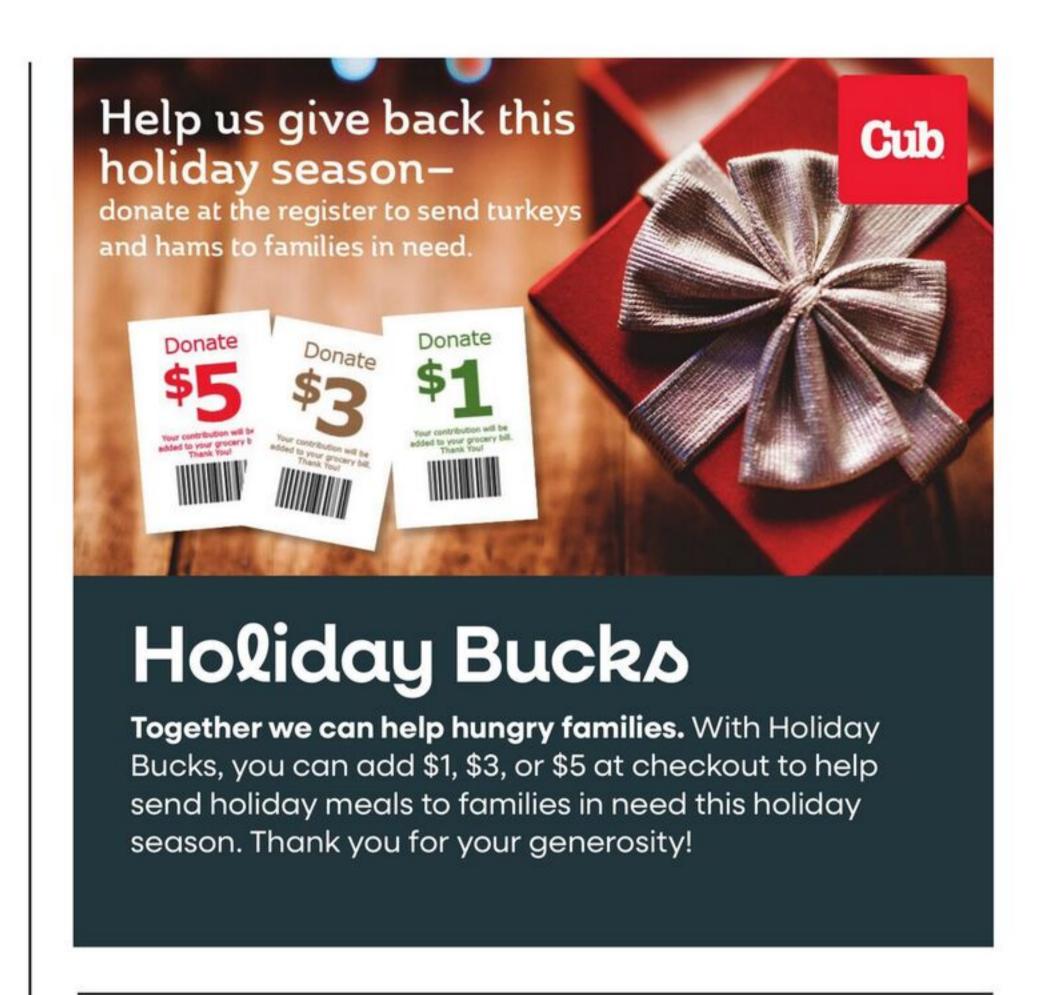


# Giving Year-round

The holidays are a great time to give back, but our **Cub Foundation** is dedicated to supporting our hometown communities all year long. The foundation has raised more than \$3M to support hunger relief, provide nutrition education, improve access to fresh, healthy food, and contribute to children's health and medical needs.

To find out more about how our foundation makes a difference in local lives and how you can get involved, visit cub.com/charitable-giving.









#### **Fantasy Fudge**

Time: 25 minutes, plus cooling time Servings: 40

#### **INGREDIENTS**

- 3 cups sugar
- 3/4 cup butter or margarine
- 1 small can (5 oz) evaporated milk (about 3/3 cup) (Note: Do not use sweetened condensed milk)
- 3 pkg (4 oz each) Baker's Semi-Sweet Chocolate, chopped
- 1 jar (7 oz) Jet-Puffed Marshmallow Creme
- 1 cup chopped walnuts
- 1 tsp vanilla

#### DIRECTIONS

1 Line 9-inch square pan with Reynolds Wrap® Aluminum Foil, with ends of foil extending over sides. Bring sugar, butter, and evaporated milk to full rolling boil in 3-quart saucepan on medium heat, stirring constantly. Cook 4 minutes or until candy thermometer reaches 234°F, stirring constantly. Remove from heat.

- 2 Add chocolate and marshmallow creme; stir until melted. Add nuts and vanilla; mix well.
- 3 Pour into prepared pan; spread to cover bottom of pan. Cool completely. Use foil handles to lift fudge from pan before cutting into 1-inch squares.

#### Christmas Tree Crispy Rice Treats

Time: 30 minutes Servings: 14

#### INGREDIENTS

- 3 tbsp butter
- 1 pkg (10 oz) Jet-Puffed Marshmallows
- 1/4 tsp green food color
- 6 cups Essential Everyday Crispy Rice Toasted Rice Cereal
- 2 tbsp multi-colored sprinkles
- 14 candy confetti stars
- 14 pretzel sticks
- 1 (4 oz) Baker's White Chocolate Baking Bar, melted

#### **DIRECTIONS**

1 Microwave butter in large microwaveable bowl on high 45 seconds or until melted.

Add marshmallows; toss to evenly coat. Microwave 1½ minutes or until marshmallows are completely melted and mixture is well blended, stirring after 45 seconds. Stir in food coloring.

2 Add cereal; mix well. Press onto bottom of 13x9-inch pan sprayed with

- bottom of 13x9-inch pan sprayed with cooking spray. Top with sprinkles; press gently into cereal mixture to secure.

  Refrigerate 15 minutes.
- 3 Remove cereal mixture from pan.
  Cut lengthwise in half to form two long rectangles, then cut each rectangle diagonally into six triangles to resemble Christmas trees. Press two scrap pieces from ends of each rectangle together to make additional tree (you will have 14 trees).
- 4 Press confetti star into top of each tree. Insert pretzels into bottoms of trees for the trunks.
- 5 Place white chocolate in microwaveable bowl and microwave on high for 2 minutes or until chocolate is almost melted, stirring after 1 minute. Stir until smooth, then spoon into small resealable plastic bag. Cut small hole in corner of bag and squeeze gently to drizzle onto each tree.

#### **Chocolate Cookie Truffles**

Prep Time: 15–30 minutes Total Time: 1 hour, 30 minutes Servings: Approximately 48

#### **INGREDIENTS**

- 36 vanilla cream-filled chocolate sandwich cookies, finely crushed, divided
- 1 pkg (8 oz) Philadelphia Cream Cheese, softened
- 4 pkg (4 oz each) Baker's Semi-Sweet Chocolate, broken into pieces, melted

#### DIRECTIONS

1 Reserve ¼ cup cookie crumbs. Mix cream cheese and remaining cookie crumbs until blended; shape into 48 (1-inch) balls. Freeze 10 minutes.

2 Cover rimmed baking sheet with waxed paper. Dip cream cheese balls in melted chocolate; place on prepared baking sheet. Sprinkle with reserved cookie crumbs.

3 Refrigerate 1 hour or until firm.

#### **Peppermint Popcorn Balls**

Time: 30 minutes, plus cooling time Servings: 10–12, depending on size

#### INGREDIENTS

- 12 cups popped popcorn
- 1/4 cup butter
- 10 oz Jet-Puffed Miniature Marshmallows
- 2 (4 oz) Baker's White Chocolate Baking Bars, broken into pieces
- 1/2 tsp peppermint extract
- 1/4 cup crushed peppermint candies Butter for greasing hands

#### DIRECTIONS

1 Place popped popcorn in a large bowl. Line a large baking sheet with parchment paper.

- 2 Melt butter in a saucepan over low heat. When melted, add marshmallows and white chocolate pieces to the butter, stirring constantly over low heat. If needed, add water a tablespoon at a time to thin out the marshmallow mixture, up to 3 or 4 tablespoons total.
- **3** When marshmallows and white chocolate are melted, remove from heat and stir in peppermint extract.
- 4 Pour approximately one third of the marshmallow mixture over the popcorn and fold it together quickly with a spatula. Repeat two more times with the same amount of marshmallow mixture, each time working quickly to combine with the popcorn. Sprinkle the crushed peppermint over the popcorn, stirring to evenly distribute it.
- 5 When coated popcorn is still warm but cool enough to touch, grease your hands with a small amount of butter and shape the popcorn into small balls, approximately 3 inches. Press the popcorn enough to make sure it holds its shape, but not too firmly. You may need to wash and re-butter your hands if they get too sticky. Place popcorn balls on lined baking sheet to cool and sprinkle with additional crushed peppermint.









# Easy Peanut Butter Blossoms

Time: 55 minutes Serves: 36

#### INGREDIENTS

- 1 pouch (17.5 oz) Betty Crocker Peanut Butter Cookie Mix
- 3 tbsp vegetable oil
- 1 tbsp water
- 1 egg
- 2 tbsp sugar
- **36** Hershey's Kisses brand chocolates (any variety)

#### DIRECTIONS

1 Heat oven to 375°F. In medium bowl, stir cookie mix, oil, water, and egg until dough forms. 2 Shape dough into 36 (1-inch) balls; roll in sugar. Place 2 inches apart on ungreased cookie sheets. 3 Bake 8-10 minutes or until light golden brown. Immediately press one chocolate Kiss in center of each cookie. Remove from cookie sheets. Cool completely, about 20 minutes. Store cookies in tightly covered container.

# Chocolate-Toffee Thumbprint Cookies

**Prep Time: 30 minutes** 

Total Time: 3 hours, 40 minutes

Serves: 48

#### INGREDIENTS

#### COOKIES

- 1 pouch (17.5 oz) Betty Crocker Sugar Cookie Mix
- √s cup Hershey's natural cocoa
- 1/2 cup butter, softened
- 2 tbsp water
- 1 egg
- 1 cup Heath Milk Chocolate Toffee Bits (from 8 oz bag)

#### **FILLING**

- 1/2 cup Hershey's Milk Chocolate Chips (from 11.5 oz bag)
- 2 tbsp heavy whipping cream
- 1 tbsp butter

#### **DECORATION**

2 tsp Betty Crocker Decorating Decors Jingle Mix nonpareils

#### DIRECTIONS

- 1 Heat oven to 375°F. In medium bowl, mix cookie mix, cocoa, softened butter, water, and egg with spoon until soft dough forms. Stir in toffee bits.
- 2 Shape dough into 48 (11/4-inch) balls. Place balls 1 inch apart on ungreased cookie sheets.
- 3 Bake 7-9 minutes or until edges are set. Cool 2 minutes on cookie sheets. Using back of round metal measuring ½ teaspoon, make 1-inch circle indentation in center of each cookie, wiping spoon occasionally to reduce sticking. Remove from cookie sheets to cooling rack. Cool completely, about 30 minutes.
- 4 In small microwaveable bowl, microwave filling ingredients uncovered on high 30 seconds; stir. Continue to microwave in 10-second increments until chips are melted and mixture can be stirred smooth. Spoon ½ teaspoonful of the filling into indentation in each cookie. Top with nonpareils. Let stand about 2 hours or until filling is set. Store covered in refrigerator.



Serves: 66

#### INGREDIENTS

- 1 pouch (17.5 oz) Betty Crocker Sugar Cookie Mix
- 1/2 cup butter or margarine, softened
- 1 egg
- 3 tbsp Gold Medal All-Purpose Flour
- 1/3 cup seedless raspberry jam
- 1 cup Hershey's Premier White Baking Chips

#### DIRECTIONS

- 1 Heat oven to 375°F. In large bowl, stir cookie mix, butter, egg, and flour until dough forms.
- 2 Roll dough into 3/4-inch balls; place 2 inches apart on ungreased cookie sheet. Using thumb or handle of wooden spoon, make indentation in center of each cookie. Spoon about 1/4 teaspoon jam into each indentation.
- 3 Bake 8–10 minutes or until edges are light golden brown. Let cookies cool on pan for 5 minutes, then move to wire rack.
- 4 In small microwaveable bowl, microwave baking chips on high 1-2 minutes or until chips are melted; stir until smooth. Spoon melted chips into small resealable plastic bag; cut small hole in corner of bag. Squeeze bag gently to drizzle melted chips over cookies.

# Holiday Blossom Cookies

Time: 55 minutes Serves: 36

#### INGREDIENTS

- 1 pouch (17.5 oz) Betty Crocker Sugar Cookie Mix
- 1/2 cup butter or margarine, softened
- 1 egg
- 4 tbsp colored sugar
- 36 Hershey's Kisses brand chocolates (any variety)

#### **DIRECTIONS**

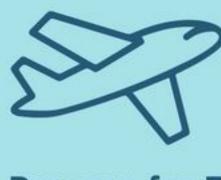
- 1 Heat oven to 375°F. In medium bowl, make dough as directed on package for drop cookies.
- 2 Shape dough into 36 (1-inch) balls and roll in colored sugar. Place 2 inches apart on ungreased cookie sheets.
- 3 Bake 8-10 minutes or until light golden brown. Immediately press one chocolate Kiss in center of each cookie. Remove from cookie sheets. Cool completely, about 20 minutes. Store cookies in tightly covered container.



## More than prescriptions. Support for your whole well-being!

At Cub, wellness starts in the grocery aisle and continues at the pharmacy. When you shop, you'll find products throughout the store designed to support your overall health and wellness. And Cub Pharmacy offers a variety of health services screenings to help you manage your health, including blood pressure checks, blood glucose screenings, cholesterol screenings, and much more!

Whatever your health needs, we're here to support you and your family with services that fit your schedule. No long waits. No hassle. Just helpful support, when and how you need it.



#### **Prepare for Takeoff**

We offer travel vaccines, medications, and travel health services to keep you and your family protected. Schedule a consultation at **cub.com/pharmacy** 4-6 weeks prior to your trip so you can travel with peace of mind.



#### Flu Shots

We offer both a standard dose vaccine and a high-dose vaccine for ages 65+. All the flu vaccines we offer provide protection against the three most common strains of influenza.



#### Save on Pet Meds o

Get up to 50% off in three easy steps. Just call Cub Pharmacy and provide your pet and vet info, and a Cub Pharmacist will call your vet to transfer your pet's prescriptions.



## Shots, Shots, ∘ Shots!

In addition to flu and COVID-19, we offer 20+ immunizations—from Shingrix (shingles prevention) and RSV to tetanus and hepatitis B.



## Pharmacy

your trusted place to keep your family safe



#### Medicine Cabinet Must-Haves

- → Throat lozenges
- → Ibuprofen
- → Acetaminophen
- → Cough syrup
- → Nasal saline
- → Neti pot
- → Tissues
- → Alcohol/ disinfectant wipes



#### Same-Day Delivery ∘

Cub pharmacies offer delivery services for prescription and over-the-counter medications. You can have your prescriptions delivered weekdays between 1–5 p.m.





## and Flu Testing Patients ages 5+ can

**Strep Throat** 

Patients ages 5+ can take advantage of our onsite testing at select Cub Pharmacies. Walk-ins are welcome and if the test is positive, a Cub pharmacist will fill a prescription.

#### Stay Ahead and Get the COVID Vaccine

COVID-19 peaks during the winter, driven by new variants and decreasing immunity from previous infections and vaccinations. Protect yourself from serious illness by staying up to date with vaccinations. Schedule an appointment at **cub.com/pharmacy.** 





with GLP-1s

If you've used a GLP-1 for weight loss, you've got a lot of company. According to a recent survey by the RAND research organization, nearly 12% of Americans have used GLP-1 drugs for weight loss, including about one-fifth of women ages 50 to 64.1

Healthy Choice Cafe Steamers Sweet Sesame Chicken





GLP-1 stands for Glucagon-like Peptide-1, which is a naturally occurring hormone in your body that helps regulate blood sugar and appetite. GLP-1 receptor medications mimic these effects, making them useful for treating type 2 diabetes and obesity, as well as providing cardiovascular protection.

Doctors caution, however, that taking a GLP-1 by itself isn't enough. Because GLP-1s reduce your appetite, it's important to make sure you're still getting the nutrients you need to stay healthy and strong—even while you're eating less. Two of the most important nutrients to consume are protein and fiber:<sup>2</sup>

- Protein can help reduce the loss of lean tissue during rapid weight loss.
- Fiber can help support regularity in the face of increased risk for constipation on GLP-1s.
- Together, protein and fiber can help you feel full and stabilize your blood sugar.

The good news is that food companies are working to provide GLP-1 users with convenient ways to eat well. For example, many varieties of Healthy Choice® frozen entrées now feature an "On Track" badge, which means the items are GLP-1 Friendly: high in protein, low in calories, and a good source of fiber.

Cub is proud to carry a delicious variety of Healthy Choice selections with the "On Track" badge, making it easier for shoppers to find GLP-1 Friendly choices in store.



Sources: <sup>1</sup> Rand Institute, https://www.rand.org/news/press/2025/8/nearly-12-percent-of-americans-have-used-glp-1-weight.html. Accessed 18 September 2025. <sup>2</sup> Cleveland Clinic, GLP-1 Diet Guidance, https://my.clevelandclinic.org/watch/glp-1-diet. Accessed 13 August 2025.



# Take In, Not Out

LOVE TAKE-OUT? WE DO, TOO. BUT TAKE-IN IS EVEN BETTER. When you don't have time or energy to cook, take-out really hits the spot—but it can hit your wallet hard, too. Here's the good news: you can find oodles of takeout favorites ready to heat and eat in the Cub Deli. Treat yourself to sesame orange chicken, General Tso's chicken, fried rice, egg rolls, empanadas, and more. It's the take-out goodness you love—without the delivery fees you don't.

## Your Dairy Routine

## LOVE DAIRY, BUT NOT LACTOSE? WE'VE GOT YOU. Here in the Midwest,

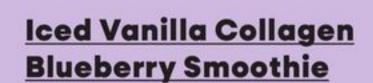
we love the taste of real dairy from local family farms. But if lactose isn't your thing, you can still get the taste and nutritional benefits of real, locally produced milk with Milk50 from DairyPure.

Available in Original, Vanilla, and Chocolate flavors, lactose-free Milk50 is just 50 calories per serving, offers 9 grams of protein, and has 75% less sugar than skim milk. And with Milk50, you can enjoy the real taste of real dairy in your smoothies, shakes, coffee, and more. Curious? Give these tasty recipes a spin and find out for yourself.





More ways to power up with Bob's Red Mill. It's easy to maximize your smoothie nutrition. Try adding a scoop of products like Almond Protein, Whey Protein, Chia Seeds, Hempseed Hearts, and Flaxseed Meal.



Prep Time: 5 minutes

#### INGREDIENTS

- 1 cup DairyPure® Milk50™ Vanilla
- 2 tbsp collagen peptides (10 g of protein)
- 1 tbsp tahini (or another nut seed or butter)
- 1 cup frozen blueberries
- 14 tsp cinnamon
- 5 ice cubes

Add all ingredients to a high-powered blender and blend until thick and creamy.



Make your morning coffee more delicious with a splash of Vanilla Milk50.



#### **Strawberry Matcha Latte**

Prep Time: 5 minutes Cook time: 10 minutes

#### INGREDIENTS

- 1/2 cup DairyPure® Milk50™ Original
- 1 cup diced strawberries
- 3 tbsp sugar
- 1/2 tsp vanilla
- 1/2 tsp matcha powder
- 1/2 cup water

#### DIRECTIONS

- 1 Heat strawberries and sugar in a small pot over medium heat. Bring to a low boil. Cook for 4-5 minutes, stirring occasionally. Remove from heat, stir in vanilla, and let cool while you prepare the matcha tea.
- 2 Heat ½ cup water until steaming, then whisk in matcha powder until dissolved.
- 3 Add 2-3 spoonfuls of the strawberry mixture to a glass, then fill glass with ice. Pour milk over ice, then slowly pour matcha tea over milk to create layers. Serve with a wide straw.



Also tastes great in your morning cereal.

#### **Mocha Protein Shake**

Prep Time: 5 minutes

#### INGREDIENTS

- 1 cup DairyPure® Milk50™ Chocolate
- 2 tbsp Bob's Red Mill Whey Protein Powder
- 1 tsp instant coffee
- 5 ice cubes

Add all ingredients to a high-powered blender and blend until smooth and no ice chunks remain.



Power up with Chocolate Milk50 after your morning run.



## **NOT JUST FOR EATING**

Add a fresh twist to your holiday by using citrus for decorating, gifting, and cleaning.



#### All-purpose cleaner

Lemons can freshen up your kitchen in all sorts of ways. With a half lemon, you can wipe down a cutting board, scrub stains on plastic containers, and simply set in your fridge to add a fresh smell and reduce odors.



#### Fresh & festive

Brighten up your home with a large glass bowl of lemons and limes.

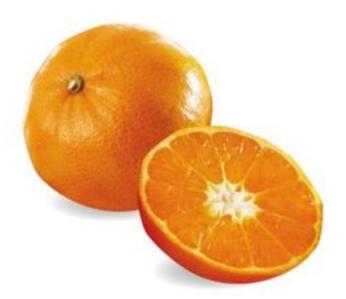


Dried citrus slices add a beautiful touch to holiday décor. To dry your own, follow these simple steps:

- 1 Slice your citrus fruit very thinly, using a mandoline if you have one.
- 2 Place the slices at least a half inch apart from each other on a parchment-lined baking pan.
- 3 Bake at 200°F for 2-3 hours for lemons or limes, and 3-4 hours for oranges. Use the oven's convection setting, if available, and approximately halfway through, flip the slices and rotate the pan.
- 4 Once the slices are thoroughly dried, remove and let cool. The dried citrus can last for a year or more and is a beautiful addition to garlands, desserts, and cocktails. If saving for later use, store in the fridge in a closed container or bag.

## YOUR GUIDE TO CITRUS

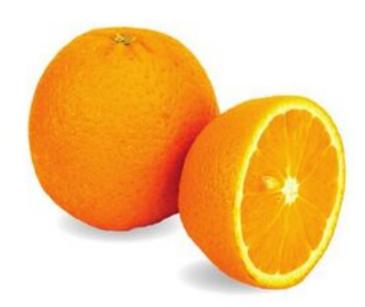




#### CLEMENTINES

This mandarin-orange hybrid is sweet, small, seedless, and easy to peel.

**Great for** salads, smoothies, and snacking.



#### **VALENCIA ORANGES**

The official orange of juicing, with a balanced sweet-tart flavor.

**Ideal for** fresh-squeezed orange juice, and zesting.



#### **NAVEL ORANGES**

Bright, juicy, sweet, and seedless.

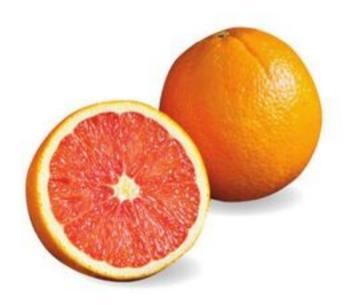
A classic choice for salads, dressings, and baked goods.



#### **MANDARIN ORANGES**

Smaller than other oranges, with a sweeter, stronger taste.

**Delicious for** snacking, salads, and desserts.



#### CARA CARA ORANGES

Sweeter and less acidic than other oranges, with a rich pink flesh.

A colorful addition to salads and fruit tarts.



#### STAR RUBY GRAPEFRUIT

The darkest red grapefruit, with a sweet, seedless flesh.

**Excellent for** salads, snacking, and juicing.



#### RED GRAPEFRUIT

Sweeter than white grapefruit, with a red hue that comes from lycopene, a cancer-fighting antioxidant.

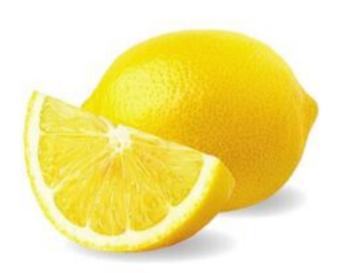
A lovely choice for breakfast, salads, and cocktails.



#### **PUMMELO**

The largest citrus fruit, with a sweet-sour flavor similar to grapefruit.

Adds delicious flavor to salads, marinades, and cocktails.



#### LEMON

An all-purpose citrus choice full of flavor and freshness.

A go-to choice for roasted veggies, beverages, dressings, and marinades.



#### **MEYER LEMONS**

Sweeter and less acidic than standard lemons, with lovely floral undertones.

A popular option for desserts, sauces, and lemonade.



#### LIMES

Tangy, refreshing and full of zippy flavor.

Margaritas anyone? Also delicious in tacos, desserts, and South Asian dishes.



#### **KEY LIMES**

Tart and extra-aromatic, with a thinner skin than regular limes.

A must-have for key lime pie, of course, as well as other baked goods.

# Doable Dinnero

During the holiday season, your to-do list is long—so dinner prep has to be short. We're here to help with meal ideas that take 30 minutes or less, serve four, use just a handful of key ingredients, and cost less than \$25.



## **Quick Salmon Rice Bowl**

Total Time: 20 minutes | Serves: 4



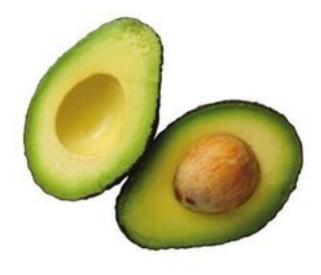
1 (16 oz) package Arctic Shores Wild Caught Pink Salmon Fillets, thawed



1½ cups Essential Everyday Instant Brown Rice



1 bag Birds Eye® Steamfresh Broccoli, Carrots, Sugar Snap Peas and Water Chestnuts



1 avocado, pitted, peeled, sliced



Sriracha mayo

#### DIRECTIONS

- 1 Prepare rice according to package directions.
- 2 Place fish fillets on baking sheet lined with aluminum foil and season with salt and pepper to taste. Bake in a preheated 425°F oven until fish flakes easily with a fork (about 10 minutes per inch of thickness).\*
- 3 Microwave Broccoli, Carrots, Sugar Snap Peas and Water Chestnuts according to package directions.
- 4 Divide rice into serving bowls. Top with salmon, veggies, avocado, and any optional toppings.
  Drizzle with sriracha mayo and serve.





Sesame seeds
Chile crisp
Chopped scallions

\*Be sure to fully cook fish to an internal temperature of 145°F or higher before serving.

## **Greek Chicken Bowls**

Total Time: 15 minutes | Serves: 4



2 (6 oz) packages of Oscar Mayer Flame Grilled Chicken Breast Strips



1½ cups Essential Everyday Instant White Rice



1 medium cucumber, sliced



1 pint cherry tomatoes, halved



½ cup Kraft Greek Vinaigrette



### **Sheet Pan Chicken Parmesan**

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 4

#### PANTRY STAPLES

3 tablespoons oil, divided Salt & pepper



1 lb chicken breasts, thinly sliced (see tip)



1 pkg McCormick Chicken Parmesan One Sheet Pan Seasoning Mix



1 bag (12 oz) Essential Everyday Broccoli Florets



½ cup Essential Everyday Traditional Pasta Sauce



½ cup Essential Everyday Whole Milk Shredded Mozzarella



IS MAKING A
BIG SPLASH.

Dry January has become a global phenomenon, with 70% of survey respondents saying they planned to take part in January 2025.\*

Beverage makers are responding by creating more alcohol-free options with adult taste appeal. At Cub Wine & Spirits in Minnesota, you'll find a wide variety of popular NA options. In addition to NA beers, you'll find NA wines and spirits, as well as THC beverages from local producers like Trail Magic, Indeed, Surly, Fulton, Wild State, and Bent Paddle.

To get started, let's take a walk down the NA beer aisle to discover some of the tasty options you'll find at Cub Wine & Spirits.



CHAN TRAIL THE PASSE

NON-ALCOHOLIC -

## ATHLETIC BREWING CO. UPSIDE DAWN GOLDEN

Founded in Connecticut in 2017, Athletic Brewing Company has quickly grown to become one of the country's top-selling NA beer brands. Its award-winning Upside Dawn Golden offers a bright, crisp taste that's clean, refreshing, and light bodied.

#### ATHLETIC BREWING CO. RUN WILD IPA

Run Wild IPA is another award-winner from Athletic, brewed with a blend of five Northwest hops to create a hop-forward sessionable IPA that balances an approachable bitterness with a specialty malt body.



#### **SUMMIT NIALAS IPA**

Founded in 1986, Summit has a long and proud history as one of the original craft brewers in Minnesota. In 2022, Summit entered the NA market with their Nialas brand. If you enjoy a locally brewed beer with a classic hopforward taste and a clean, bitter finish, Nialas IPA is the beer for you.

## SURLY OUTLOOK GOOD HOPPY PALE

The outlook is indeed good for you if you're looking for a tasty NA beer from local powerhouse Surly Brewing Co. Their Outlook Good Hoppy Pale is a crisp, golden, easy-drinking pale ale with aromatic hops that pairs well with whatever you're noshing.

## ATHLETIC BREWING CO. FREE WAVE HAZY IPA

Hazy fans, look no further. Free Wave is another award-winning best-seller from Athletic—a hoppy, juicy brew made with a trio of Amarillo, Citra, and Mosaic hops that blend beautifully to create luscious tangerine and grapefruit aromatics accented with notes of pine and florals.

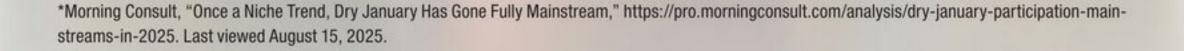
#### CORONA NON-ALCOHOLIC

Corona fans have warmly welcomed the arrival of Corona Non-Alcoholic, also known as Corona Cero. It has the same crisp, refreshing taste as the much-loved original—and like the OG, it should always be enjoyed with a fresh squeeze of juicy lime.









#### **Quick Bites**



#### Holiday Baking Essentials

Whether it's bars, cookies or entire decorated houses, you can't get enough gingerbread at the holidays, so you'll want to be sure to have these **McCormick** spices on hand:



#### **GINGER**

Adds the perfect warm, spicy goodness to holiday desserts. Also delicious in stir-fries, soups and curries.



#### **CLOVES**

Full of rich, intense taste, ground cloves add festive flavor and enticing aroma. A pinch of cloves also works well in BBQ sauces, dry rubs and pot roast.



#### **ALLSPICE**

A holiday baking favorite that adds just the right touch of peppery sweetness. That peppery goodness is also delicious in Swedish meatballs, chicken soup and Cincinnati chili.

#### **FUN WITH FOOD**

## Ready, Set, Bake!

The holiday season is officially here—time to stock up your spice cabinet. **McCormick** has everything you need, from traditional favorites like cinnamon and nutmeg to a range of enticing extracts, including pure vanilla, almond, rum, peppermint, and pumpkin pie spice. And how do you know if your spices are still fresh? McCormick spices retain their flavors for several years, but if you've got spices in your cupboard from the 20th century, it's probably time to replace them.



# Shop easy. Shop happy.

Shop from your phone and max your My Cub Rewards savings.

- Earn fuel rewards
- Same prices online and in-store
- My Cub Rewards deals automatically applied









#### **Espresso Martini**

Prep Time: 5 minutes Serves: 1

#### **INGREDIENTS**

- 1 box of Walker's Shortbread Fingers
- 11/2 oz espresso, hot
- 11/2 oz Kahlúa or another coffee liqueur
- 11/2 oz vodka
  - 1 tsp simple syrup
    Coffee beans for garnish

#### **DIRECTIONS**

- 1 Brew espresso shot.
- 2 Crush a few shortbread fingers into fine crumbs and put on plate.
- **3** Brush rim of chilled martini glass with simple syrup and dip into crumbs.
- 4 In a cocktail shaker, combine espresso, Kahlúa, vodka, and simple syrup. Fill with ice cubes, shake for 15–20 seconds until well chilled.
- **5** Strain into martini glass. Let frothy layer settle on top, then garnish with a few coffee beans.

## Spiked Crockpot Caramel Apple Cider

Prep Time: 5 minutes Cook Time: 2-4 hours Serves: 6-8

#### INGREDIENTS

- 6-8 cups apple cider
  - 2 cinnamon sticks
- 1/2 cup caramel syrup
- 2 apples, sliced
  Vanilla or caramel vodka
  Whipped cream
  Walker's Mini
  Shortbread Rounds

#### **DIRECTIONS**

- 1 Place apple cider, cinnamon sticks, and caramel syrup in a 5–7 quart crockpot. Stir to combine. Heat on high for 2–4 hours or until hot.
- 2 To make an adult cocktail, add 1 ounce vodka to a mug and top with cider.
- **3** Top cider with whipped cream, caramel syrup, and a cookie.





# Making spirits bright... and hosting easier!

#### Relax and let Cub do the cooking.

Hosting the family this year? No worries! You set the table, we'll supply the meal. With our Cub-Crafted Meal Packs, you'll get everything you need for a delicious holiday feast, including your choice of pie. All you need to do is heat, serve, and take credit for being an amazing host.

#### Choose from these delicious options:



#### **Full Feast Turkey Meal**

Serves 10

- · Butterball Turkey, 10-12 lbs
- · Homestyle Stuffing, 4 lbs
- · Mashed Potatoes, 5 lbs
- · Savory Gravy, 4 lbs
- · Sweet Potatoes, 3 lbs
- Green Bean Casserole, 2 lbs
- Buttered Corn, 2 lbs
- · Cranberry Relish, 1lb
- Sweet Hawaiian Rolls, 24
- Pumpkin or Apple Pie, 10 inch



#### **Turkey Breast Meal**

Serves 6

- · Butterball Turkey Breast, 5 lbs
- · Homestyle Stuffing, 2 lbs
- Mashed Potatoes, 2 lbs
- · Savory Gravy, 2 lbs
- Sweet Potatoes, 2 lbs
- Green Bean Casserole, 2 lbs
- · Cranberry Relish, 1 lb
- · Sweet Hawaiian Rolls, 12
- · Pumpkin or Apple Pie, 8 inch



#### Spiral Ham Meal

Serves 10

- · Spiral Ham
- · Mac and Cheese, 2 lbs
- · Scalloped Potato Tray, 5 lbs
- · Green Bean Casserole, 2 lbs
- · Buttered Corn, 2 lbs
- · Sweet Hawaiian Rolls, 24
- · Pumpkin or Apple Pie, 10 inch

## Charcuterie and hors d'oeuvres.

Get the party started with small bites. Packed with fresh ingredients, gourmet cheeses, and artisan meats, our striking trays easily serve all your guests.

## Perfect party trays for every occasion.

Need something for the office brunch? Or the church potluck? Save time and stress with our beautifully assembled party trays. From deli faves to apps, bars, and cookies, we'll create a sumptuous assortment you'll be proud to share.



#### Get the party started. Scan to order!

Allow 48 hours for us to complete your order. Many items are available in 24 hours, but ordering ahead will ensure we can have everything ready for you.



