

# SIMPLY AFFORDABLE

**schnucks**

## AFFORDABLE

One-pan dinners for fast prep & easy cleanup p14

Buffalo Chicken  
SMASH

## FRESH

Salads with a  
cozy twist p10

Top internet recipes,  
tested & tweaked to make  
entertaining stress-free &

## FLAVORFUL

p8

Free

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Cheeseburger  
SMASH

Mediterranean  
SMASH



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### fresh flavors. simple recipes. smarter habits.

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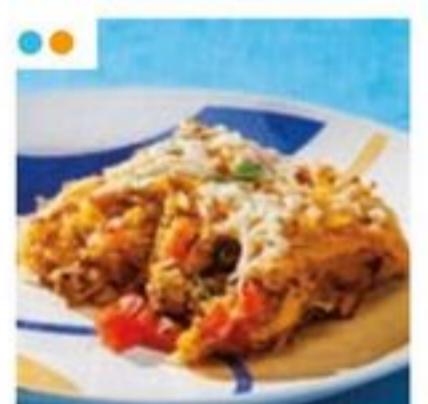
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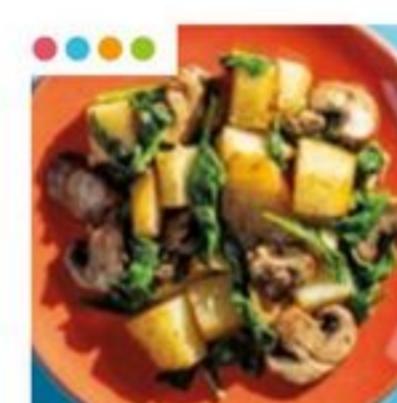
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# reset your routine

Refresh your habits with products that nourish your whole body. From protein-packed snacks and energy bars to a revitalizing shampoo, small changes can make a big impact inside and out.

**1** Smooth, plant-based and irresistibly vanilla, **Silk Almond Milk** is your dairy-free essential for coffee, cereal or sipping straight.

**2** **Full Circle Chocolate Chip Energy Bar** delivers 10 grams of protein and the perfect mix of rich dark chocolate, rolled oats and a hint of cinnamon.

**3** **Full Circle Organic Quick Oats** offer a warm, wholesome breakfast that's a good source of fiber to support digestion and keep you energized.

**4** **1st Phorm Jalapeño Cheddar Protein Sticks** are packed with protein and bold flavor to fuel your day with a little spice.

**5** **Rootberry Caribbean Lentil Bowl** is made with bold Caribbean spices, hearty lentils and nourishing veggies for a ready-to-enjoy, plant-powered lunch.

**6** Start the new year with **Native Coconut and Vanilla Shampoo**, bringing a clean, revitalizing boost to your daily hair-care routine.

**7** Your favorite breakfast gets an upgrade! **Kodiak Cakes Buttermilk Flapjack & Waffle Mix** is loaded with protein and whole grains to power your morning.

**8** **Chobani Cherry Berry Yogurt** packs 20 grams of protein and helps support digestion, making it an easy, feel-good snack.

**9** **GoGo Squeez Apple Apple** is a convenient, naturally sweetened snack that's perfect for kids (and adults!) on-the-go.

**10** Enjoy the rich, tangy taste of **Izzio Sliced Sourdough** that's baked to perfection and ready to elevate any meal.



# comfort food, reimagined

Mindful eating doesn't mean saying goodbye to your favorite comfort foods. These reimagined classics pack all the flavor you love with a little extra nourishment in every bite.

## PRO TIP

To get that risotto-like texture, pulse cauliflower florets in batches until finely chopped but not puréed. Then cook uncovered so steam can escape and the "rice" stays tender, not mushy.

### VEGAN CAULIFLOWER-SPINACH RISOTTO

SERVES: 4 ACTIVE: 35 MIN

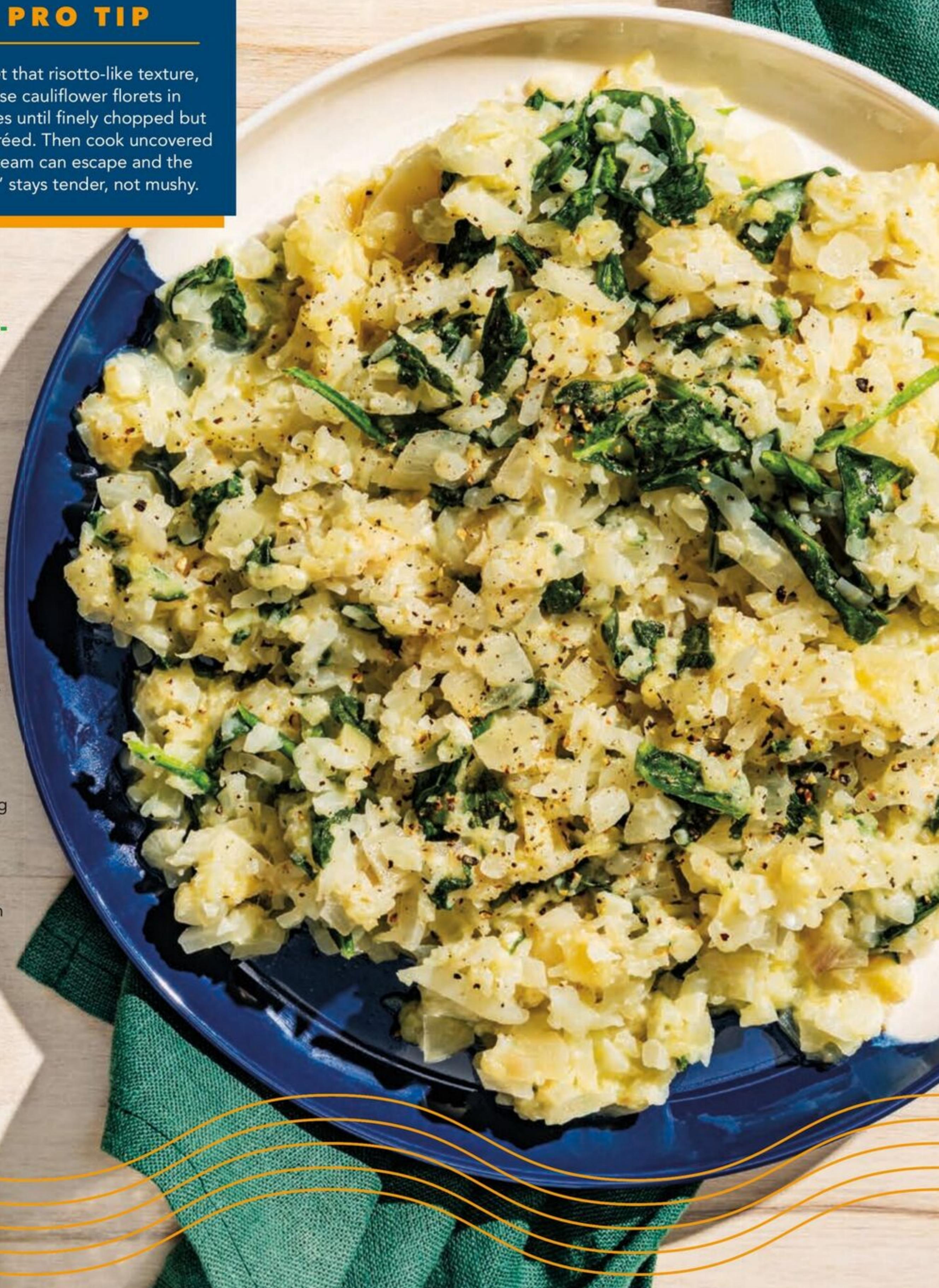
TOTAL: 35 MIN

- 2 tbsp. Schnucks olive oil
- 1 shallot, minced
- 2 cloves garlic, minced
- 1 12-oz. bag Schnucks riced cauliflower
- ½ cup grated vegan Parmesan cheese
- ½ cup dairy-free plain yogurt
- 1 cup Schnucks frozen chopped spinach

1. In a large skillet, heat oil over medium. Add shallot; cook, stirring occasionally, 5 minutes. Add garlic; cook until fragrant, 30 seconds more.

2. Add cauliflower; cook, stirring frequently, 10 minutes. Stir in cheese, yogurt and, if desired, salt and pepper. Cook, stirring occasionally, until cauliflower is tender, about 10 minutes. Stir in spinach and, if desired, season with pepper before serving.

PER SERVING: 176 CAL, 13G FAT (2G SAT FAT), 0MG CHOL, 308MG SODIUM, 15G CARBS (3G FIBER, 3G SUGARS), 3G PRO





### RICH-AND-HEARTY MUSHROOM BOLOGNESE

SERVES: 4 ACTIVE: 25 MIN TOTAL: 50 MIN

- 1 8-oz. pkg. chickpea spaghetti
- 2 tbsp. Schnucks olive oil
- 1 medium white onion, chopped (about 1 cup)
- 1 large carrot, peeled and diced (about 3/4 cup)
- 1 celery stalk, diced
- 3 cloves garlic, minced
- 1 8-oz. pkg. Schnucks sliced baby bella mushrooms
- 1 8-oz. pkg. Schnucks sliced white mushrooms
- 2 tbsp. Schnucks tomato paste
- 1 14.5-oz. can Schnucks diced tomatoes with garlic, oregano & basil
- 2 tbsp. Schnucks Italian seasoning

1. Cook spaghetti according to package directions. Drain.
2. Meanwhile, in a large pan, heat oil over medium. Stir in onion, carrot, celery and garlic. Cook, stirring, until softened, 5–7 minutes.
3. Add mushrooms; cook until browned, about 15 minutes. Stir in tomato paste; cook 5 minutes. Stir in diced tomatoes, Italian seasoning and, if desired, salt and pepper. Simmer, stirring occasionally, until thickened, 30 minutes. Add spaghetti and toss to coat.

PER SERVING: 316 CAL, 11G FAT (0G SAT FAT), 0MG CHOL, 264MG SODIUM, 45G CARBS (9G FIBER, 9G SUGARS), 17G PRO

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# viral victory bites

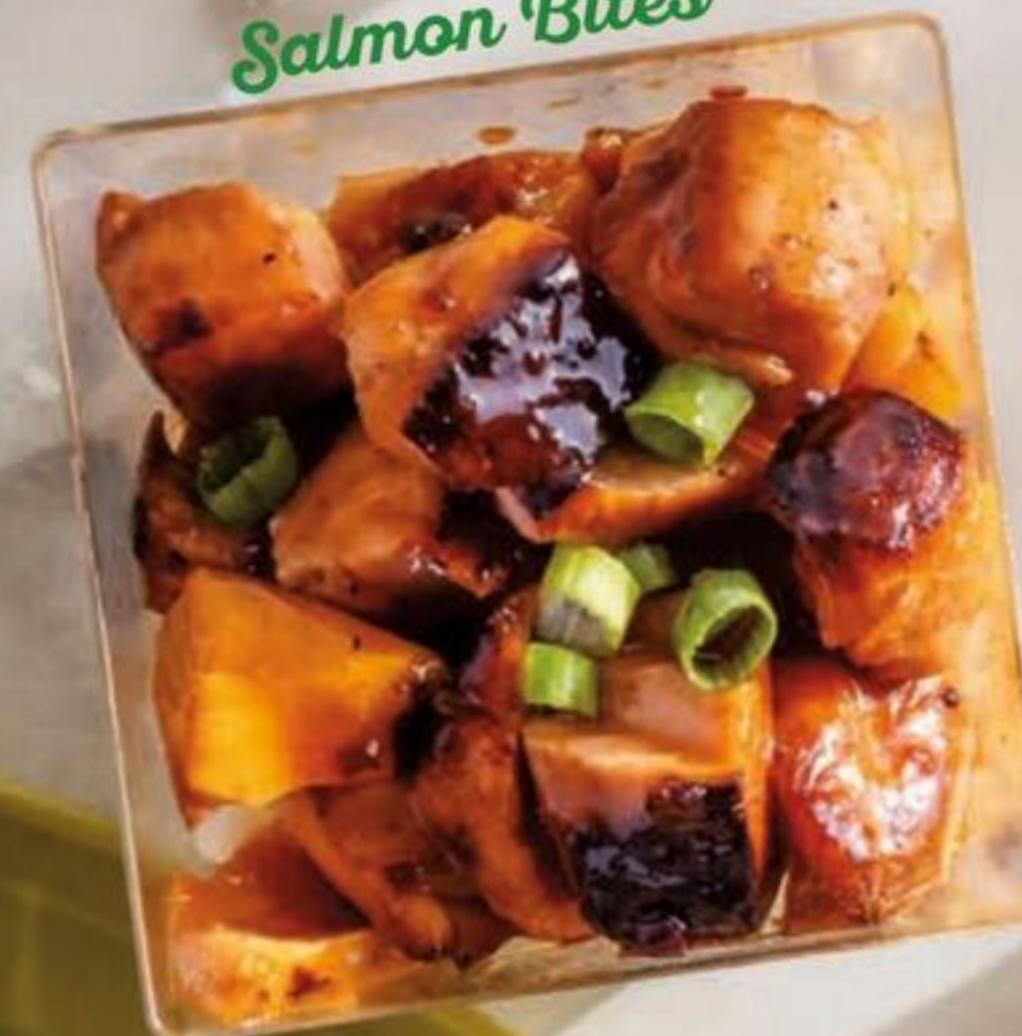
We tested the internet's hottest new recipes to bring you the best of the bunch, along with our creative twists. We turn trending into tried-and-true, perfect for scoring big on the big game day, starting at just \$1.05 per serving.



## Pork Bites

Swap salmon for pork-loin cubes and bake until their internal temperature reaches 145 degrees, 12–15 minutes. For a meatless option, use cauliflower florets or tofu. Enjoy on its own or serve with rice.

## Salmon Bites



## IRRESISTIBLE HOT-HONEY SALMON BITES

SERVES: 4 ACTIVE: 10 MIN TOTAL: 30 MIN

1/2 cup Schnucks long-grain white rice, rinsed  
 1/4 cup Culinaria spicy raw honey  
 2 tbsp. lemon juice  
 2 tbsp. Schnucks olive oil  
 2 tsp. Schnucks salt-free original seasoning blend  
 8 oz. skinless salmon fillets, cut into 1-inch cubes  
 1 tbsp. sliced green onion, for garnish

1. Cook rice according to package directions.
2. Meanwhile, preheat oven to 425 degrees and line a sheet pan with parchment paper.
3. In a medium bowl, whisk together honey, lemon juice, oil and seasoning blend. Reserving 2 tbsp. for drizzling, stir in salmon until evenly coated, then spread on prepared sheet pan. Bake until easily flaked with a fork, 10–12 minutes.
4. Drizzle with reserved marinade and serve over rice, garnished with green onion.

PER SERVING: 328 CAL, 15G FAT (2G SAT FAT), 30MG CHOL, 34MG SODIUM, 38G CARBS (0G FIBER, 14G SUGARS), 13G PRO

**\$3.23**  
per serving\*



**Pork Bites**

**\$1.22**  
per serving\*

\*Price per serving based on item cost at press time.



**\$1.05**  
per serving\*

SUBSTITUTE *Zucchini*  
**TORTILLAS** FOR FLOUR  
TORTILLAS (*recipe on page 21*)

## Cheeseburger Smash

## Vegetarian Smash

For a vegetarian twist, swap out the ground meat for mashed black beans seasoned with Schnucks taco seasoning and your favorite taco toppings. We chose avocado, pico de gallo and radish slices.



**\$3.35**  
per serving\*



**\$1.78**  
per serving\*

## **Mediterranean Smash**

For a Mediterranean twist, use ground turkey or lamb in place of beef.

We topped our smash with tzatziki sauce, sliced cucumber, red onion, cherry tomato and feta cheese.



**\$3.85**  
per serving\*

## **Buffalo Chicken Smash**

For a Buffalo chicken twist on this smash burger, use ground chicken in place of beef. We topped ours with shredded lettuce, celery, carrot, blue cheese and Schnucks Buffalo wing sauce.

## CHEESEBURGER SMASH TACOS

SERVES: 4 ACTIVE: 20 MIN TOTAL: 25 MIN

- 1/4 cup Schnucks light mayonnaise
- 2 tbsp. Schnucks no-sugar-added tomato ketchup
- 1 tbsp. Schnucks no-sugar-added sweet relish
- 1 tsp. Schnucks white distilled vinegar
- 1/2 lb. Verde Farms Organic 93%-lean ground beef
- 4 Schnucks street taco flour tortillas
- 1 tbsp. Schnucks yellow mustard
- 1 tsp. Schnucks salt-free original seasoning blend
- 4 slices Schnucks American cheese
- 1/2 small red onion, sliced
- 1 Roma tomato, sliced
- 6 slices Schnucks hamburger dill pickle chips
- 4 butter lettuce leaves

1. In a small bowl, whisk together mayonnaise, ketchup, relish and vinegar. (After using, cover and refrigerate up to 12 days.)
2. Divide ground beef among tortillas, spread with mustard and sprinkle with seasoning blend.
3. In a large skillet over high heat, working in batches as needed, add tortillas ground-beef side down. Flatten with a spatula until beef is no more than  $\frac{1}{4}$  inch thick. Cook until edges are crisp and beef is cooked through, 1–2 minutes. Flip and cook until tortilla is warmed, about 30 seconds.
4. Serve with cheese, mayo-ketchup mixture, red onion, tomato, pickles and lettuce, or use your own favorite toppings.

PER SERVING: 226 CAL, 12G FAT (5G SAT FAT),  
45MG CHOL, 757MG SODIUM, 15G CARBS  
(2G FIBER, 4G SUGARS), 16G PRO



# cozy greens

Warm up the new year with cozy winter salads, packed with roasted and sautéed seasonal ingredients. Each bowl brings flavor, comfort and a fresh start, all while sticking to a limited budget.

**\$2.21**  
per serving\*

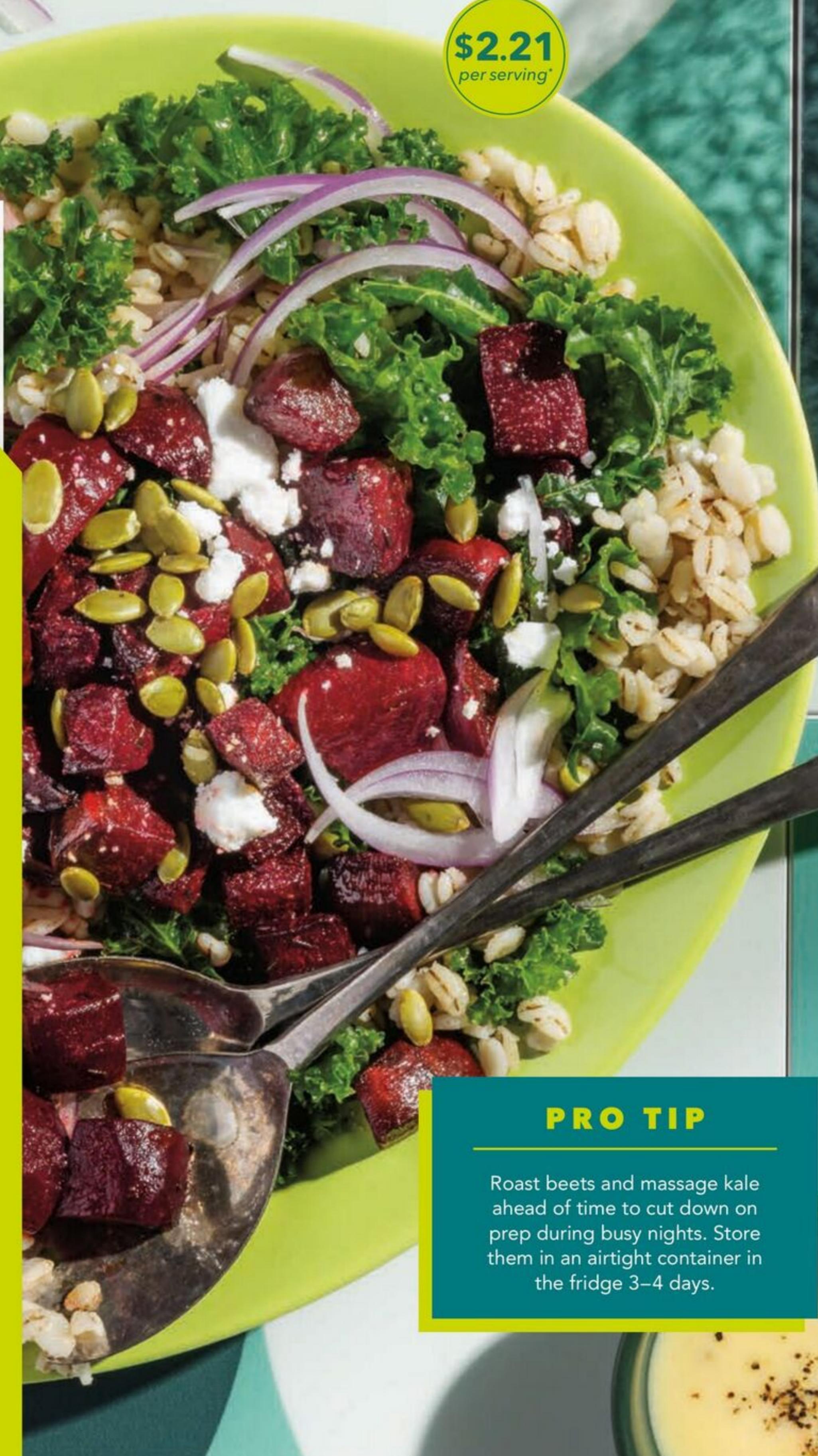
## ROASTED BEETS AND BARLEY SALAD

SERVES: 4 ACTIVE: 25 MIN TOTAL: 50 MIN

3 cups peeled and cubed fresh beets  
 1 tsp. smoked paprika  
 3 tbsp. plus 1 tsp. Schnucks olive oil, divided  
 1½ cups uncooked quick pearl barley  
 3 tbsp. lemon juice  
 1 tbsp. Schnucks Dijon mustard  
 1 tbsp. Full Circle organic apple cider vinegar  
 1 tsp. minced garlic  
 3 cups shredded fresh kale with ribs removed  
 ½ cup sliced red onion  
 ½ cup crumbled feta cheese  
 ½ cup Schnucks roasted pumpkin seeds

1. Preheat oven to 400 degrees. On a parchment paper-lined sheet pan, toss together beets, paprika and 1 tbsp. oil. Season with salt and pepper, if desired. Roast, stirring halfway through, until caramelized, 25–30 minutes.
2. Meanwhile, cook barley according to package directions. Drain and set aside.
3. In a small bowl, whisk together lemon juice, Dijon, cider vinegar, garlic and 2 tbsp. oil.
4. In a large bowl, toss together kale with remaining 1 tsp. oil. Season with salt, if desired. Massage kale until slightly softened, about 30 seconds.
5. Top barley with kale, roasted beets and red onion. Sprinkle with feta and roasted pumpkin seeds. Drizzle with lemon-Dijon mixture and serve warm.

PER SERVING: 388 CAL, 18G FAT (1G SAT FAT), 10MG CHOL, 235MG SODIUM, 48G CARBS (11G FIBER, 4G SUGARS), 13G PRO



## PRO TIP

Roast beets and massage kale ahead of time to cut down on prep during busy nights. Store them in an airtight container in the fridge 3–4 days.



## BAKED SALMON AND SWEET POTATO SALAD

SERVES: 4 ACTIVE: 20 MIN TOTAL: 40 MIN

- 2 medium sweet potatoes (about 1 lb. total), peeled and cut into 1-inch cubes
- ½ small red onion, thinly sliced
- 1 15.5-oz. can Schnucks chickpeas, drained and rinsed
- 4 tbsp. Schnucks olive oil, divided
- 4 4-oz. skinless salmon fillets
- 2 tsp. Schnucks Cajun seasoning

¼ cup chopped fresh cilantro  
 ½ cup halved cherry tomatoes  
 ⅓ cup cilantro-lime vinaigrette

1. Preheat oven to 425 degrees. Line 2 sheet pans with parchment paper.
2. In a large bowl, toss together sweet potato, red onion and chickpeas with 3 tbsp. oil. Season with salt and pepper, if desired. Transfer to prepared sheet pan and roast until potatoes are fork-tender, about 20 minutes.

3. On another parchment-lined sheet pan, add salmon, sprinkle with Cajun seasoning and drizzle with remaining oil. Bake until salmon flakes easily with a fork, 8–10 minutes.

4. In a large bowl, toss together roasted veggies and chickpeas with cilantro, cherry tomato and vinaigrette. Serve with salmon.

PER SERVING: 563 CAL, 34G FAT (4G SAT FAT), 61MG CHOL, 431MG SODIUM, 34G CARBS (6G FIBER, 5G SUGARS), 30G PRO

\*Price per serving based on item cost at press time.

## CITRUS, COUSCOUS AND ROASTED FENNEL WITH HALLOUMI

SERVES: 4 ACTIVE: 20 MIN TOTAL: 30 MIN

- 1 small fennel bulb (about 6 oz.), cut into  $\frac{1}{2}$ -inch wedges
- 4 tbsp. Schnucks olive oil, divided
- 1 cup Schnucks vegetable stock
- 1 cup store-bought, uncooked roasted garlic-olive oil couscous mix
- $\frac{1}{2}$  lemon, juiced
- 3 4-oz. cups Schnucks mandarin oranges in fruit juice, juice drained and reserved
- $\frac{1}{2}$  tsp. ground coriander
- 1 8.8-oz. pkg. Halloumi cheese, sliced
- $\frac{1}{4}$  cup fresh parsley, chopped
- 2 tbsp. Schnucks sliced almonds

1. Preheat oven to 400 degrees. Line a sheet pan with foil, add fennel and drizzle with 1 tbsp. oil. Roast until tender, 20–25 minutes.
2. Meanwhile, in a small saucepan over high heat, bring stock to a boil. Stir in couscous, cover and let rest 5 minutes. Fluff with a fork.
3. In a small bowl, whisk together lemon juice, 2 tbsp. reserved mandarin juice, 2 tbsp. oil and the coriander. Season with salt and pepper, if desired.

4. In a skillet over medium heat, add remaining oil. Cook halloumi slices until golden, 1–2 minutes per side.
5. In a large bowl, toss together fennel, couscous, oranges, parsley and almonds. Add dressing and gently toss to coat. Serve topped with warm halloumi.

PER SERVING: 586 CAL, 35G FAT (11G SAT FAT), 40MG CHOL, 1163MG SODIUM, 51G CARBS (5G FIBER, 16G SUGARS), 20G PRO

### PRO TIP

Swap the halloumi for another protein like chickpeas, white beans or even grilled chicken. This keeps the dish satisfying and protein-packed while lowering cost and still complementing the citrusy couscous and roasted fennel.

**\$6.45**  
per serving\*



## ROTISSERIE CHICKEN AND ROASTED SQUASH SALAD

SERVES: 4 ACTIVE: 20 MIN

TOTAL: 30 MIN

- 1 small butternut squash (about 1½ lbs.), peeled and cut into ½-inch cubes
- 1 small red onion, sliced
- 2 tsp. Schnucks olive oil
- ½ tbsp. Culinaria pure maple syrup
- 1½ cups Schnucks 33%-less-sodium chicken broth
- ¾ cup uncooked Full Circle organic quinoa, rinsed
- 2 cups shredded cooked Schnucks rotisserie chicken
- 4 cups baby spinach
- ¼ cup reduced-sugar dried cranberries
- ¼ cup Schnucks chopped hazelnuts
- ½ cup Schnucks poppyseed salad dressing

1. Preheat oven to 400 degrees. Line a sheet pan with parchment paper and add squash and red onion. Drizzle with oil and maple syrup and, if desired, season with salt and pepper. Roast until fork-tender, 20–25 minutes.

2. Meanwhile, in a medium saucepan over high heat, bring broth to a boil. Stir in quinoa and reduce heat to low. Simmer, covered, until liquid is fully absorbed, about 15 minutes. Fluff with a fork.

3. In a large bowl, toss together squash, onion, quinoa, chicken, spinach, cranberries and hazelnuts. Drizzle with dressing and serve immediately.

PER SERVING: 421 CAL, 14G FAT (1G SAT FAT), 45MG CHOL, 673MG SODIUM, 58G CARBS (10G FIBER, 16G SUGARS), 24G PRO

### PRO TIP

For extra flavor, roast squash until the edges caramelize. It adds a sweet, nutty depth that pairs perfectly with the tangy dressing. Warm the quinoa before tossing to soften the spinach.



# ONE and DONE

Busy nights call for simple solutions. These one-pot and one-pan recipes make it easy to eat healthier and cook smarter, so you can spend more time enjoying the meal and less time in the kitchen.



## MEDITERRANEAN COD

SERVES: 4 ACTIVE: 10 MIN TOTAL: 35 MIN

- 1 medium red onion, thinly sliced (about 1 1/3 cups)
- 1/2 cup Culinaria pitted Kalamata olives
- 3 cloves garlic, minced
- 2 tbsp. Schnucks olive oil
- 2 tbsp. Schnucks Italian seasoning, divided
- 1 lemon, cut into wedges
- 2 12-oz. pkgs. frozen Full Circle cod fillets, thawed
- 1/4 cup crumbled fat-free feta cheese
- 1 bunch fresh dill, chopped (about 1/4 cup)

1. Preheat oven to 400 degrees. On a sheet pan, toss together red onion, olives, garlic, oil and 1 tsp. Italian seasoning. If desired, season with salt and pepper. Squeeze 1 lemon wedge over vegetables and scatter with remaining wedges. Bake 15 minutes.

2. Pat cod dry and sprinkle with remaining Italian seasoning. Season with salt and pepper, if desired, then arrange on top of vegetables. Bake until cod's internal temperature reaches 135 degrees, 10–12 minutes. Serve topped with feta and dill.

PER SERVING: 266 CAL, 12G FAT (1G SAT FAT), 100MG CHOL, 471MG SODIUM, 11G CARBS (4G FIBER, 2G SUGARS), 30G PRO



## SAVVY SAVINGS

Canned tomatoes, dried basil and shredded mozzarella are great substitutes for fresh when you're on a budget or just wanting to cut costs.

### SHEET-PAN CAPRESE GNOCCHI

SERVES: 6 ACTIVE: 10 MIN TOTAL: 25 MIN

- 1 17.6-oz. pkg. gnocchi
- 10 oz. multicolor cherry tomatoes, halved
- 2 tbsp. Schnucks olive oil
- 1 tbsp. Schnucks Italian seasoning
- 1 tsp. Schnucks garlic powder
- 1/4 cup Schnucks tomato, basil and garlic pasta sauce
- 1 8-oz. pkg. mozzarella pearls
- 1/2 cup fresh basil, for garnish

1. Preheat oven to 425 degrees. Line a large sheet pan with foil and coat with cooking spray.
2. In a large bowl, toss together gnocchi, tomato, oil, Italian seasoning and garlic powder. If desired, season with salt and pepper. Spread mixture onto prepared sheet pan; bake until gnocchi is golden brown, about 15 minutes.
3. Evenly dollop with pasta sauce and mozzarella. Bake until mozzarella is melted, about 3 minutes more. Serve garnished with basil.

PER SERVING: 423 CAL, 18G FAT (6G SAT FAT), 30MG CHOL, 1039MG SODIUM, 51G CARBS (3G FIBER, 3G SUGARS), 16G PRO



## CRISPY PANKO CHICKEN WITH ROASTED GREEN BEANS

SERVES: 4 ACTIVE: 20 MIN TOTAL: 1 HR

**2** cups thinly sliced yellow onion  
**1½** lbs. green beans  
**8** cloves garlic, peeled  
**2** tbsp. Schnucks Dijon mustard  
**3** tbsp. Schnucks olive oil, divided  
**2** tbsp. Schnucks dried thyme leaves, divided  
**1½** lbs. Schnucks boneless, skinless chicken breasts  
**4** tbsp. Schnucks Italian-style panko bread crumbs

1. Preheat oven to 425 degrees. Line a sheet pan with foil and coat with cooking spray.
2. In a large bowl, toss together onion, green beans, garlic, mustard, 1 tsp. oil and 1 tsp. thyme. Spread evenly on prepared sheet pan.
3. In same bowl, toss together chicken and panko with remaining oil and thyme. Transfer to sheet pan with vegetables and, if desired, season with salt and pepper.
4. Bake until chicken's internal temperature reaches 165 degrees, 35–40 minutes. Serve immediately.

PER SERVING: 330 CAL, 12G FAT (0G SAT FAT), 105MG CHOL, 306MG SODIUM, 16G CARBS (5G FIBER, 5G SUGARS), 39G PRO



## SPAGHETTI SQUASH CASSEROLE

SERVES: 6 ACTIVE: 15 MIN TOTAL: 2 HR

**2** lbs. spaghetti squash  
**2** tbsp. Schnucks olive oil  
**1** lb. 93%-lean ground turkey, broken into chunks  
**1** medium yellow onion, diced (about 1 cup)  
**1** red bell pepper, diced  
**1** 14.5-oz. can Schnucks Italian-style diced tomatoes with basil, garlic and oregano, drained  
**3** cloves garlic, minced  
**1** tsp. Schnucks Italian seasoning  
**½** tsp. Schnucks crushed red pepper  
**1** cup Schnucks low-moisture part-skim shredded mozzarella cheese, divided  
**1** tbsp. sliced parsley, for garnish

1. Preheat oven to 400 degrees. Line an 8-inch square casserole dish with foil and coat with cooking spray.
2. Trim ends off squash, then halve lengthwise and scoop out seeds and pulp. Coat squash all over with 1 tbsp. oil and, if desired, season with salt and black pepper. Transfer cut sides down to prepared casserole dish. Roast until fork-tender, 35–40 minutes. Scoop flesh into a bowl and discard skins.
3. In same casserole dish, stir in ground turkey, onion, bell pepper and remaining oil. Season with salt and black pepper, if desired. Cover and roast 10 minutes, stir, then continue roasting until lightly browned, 10 minutes more.
4. Stir in tomato, garlic, Italian seasoning and red pepper. Bake until liquid has mostly evaporated, about 15 minutes.
5. Stir in squash and ½ cup mozzarella. Bake, uncovered, 25 minutes. Sprinkle with remaining cheese; continue baking until mozzarella is melted and bubbly, 10–15 minutes more. Garnish with parsley and serve immediately.

PER SERVING: 265 CAL, 14G FAT (2G SAT FAT), 280MG CHOL, 370MG SODIUM, 17G CARBS (4G FIBER, 5G SUGARS), 20G PRO

## SHEET-PAN HONEY-GARLIC SALMON AND CAULIFLOWER

SERVES: 4 ACTIVE: 10 MIN TOTAL: 40 MIN

- 2 16-oz. bags Schnucks frozen cauliflower florets
- 1 lb. skinless salmon, cut into 4 pieces
- 2 tbsp. Schnucks olive oil
- 6 tbsp. Schnucks salt-free original seasoning blend
- 3 tbsp. Schnucks honey

1. Preheat oven to 425 degrees. Line a sheet pan with foil and coat with cooking spray.
2. Arrange cauliflower on half of prepared sheet pan and bake 15 minutes. Remove from oven and drizzle cauliflower with honey.
3. Pat salmon dry and arrange on the other half of the sheet pan. Drizzle salmon and cauliflower with oil, sprinkle with seasoning blend and, if desired, season with salt and pepper.
4. Bake until salmon's internal temperature reaches 145 degrees and cauliflower is lightly caramelized, 10–14 minutes. Serve immediately.

PER SERVING: 395 CAL, 22G FAT (4G SAT FAT), 60MG CHOL, 116MG SODIUM, 29G CARBS (5G FIBER, 18G SUGARS), 28G PRO

## PORK FAJITA SKILLET

SERVES: 4 ACTIVE: 10 MIN TOTAL: 45 MIN

- 1 lb. netted boneless sirloin roast, cut into 1-inch strips
- 1 1.25-oz. pkg. Schnucks 30%-less-sodium taco seasoning mix
- 2 tbsp. Schnucks olive oil, divided
- 1 medium yellow onion, sliced
- 1 medium red bell pepper, sliced
- 1 cup Schnucks white rice, rinsed
- 2 cups Schnucks 33%-less-sodium chicken broth
- 1 14.5-oz. can Schnucks no-salt-added diced tomatoes, drained
- 1 lime, cut into wedges, for garnish

1. Sprinkle pork with taco seasoning. In a skillet, heat 1 tbsp. oil over medium-high. Add pork and cook 3–4 minutes per side.
2. Transfer pork to a plate. Add onion, bell pepper and remaining oil to skillet; cook until slightly softened and charred, 4–5 minutes. Add rice; toast, stirring occasionally, 2–3 minutes. Stir in broth and tomato; bring to a simmer. Reduce heat to low; cook, stirring occasionally, until rice is fluffy and has absorbed most of the liquid, about 15 minutes.
3. Stir in pork until well coated. Cook until heated through, 2–3 minutes more. Serve garnished with lime wedges.

PER SERVING: 566 CAL, 23G FAT (7G SAT FAT), 104MG CHOL, 770MG SODIUM, 50G CARBS (4G FIBER, 6G SUGARS), 38G PRO



**Netted boneless sirloin roast** cooks evenly, stays tender and slices cleanly, making it perfect for family meals or special occasions. It's also a lean, protein-rich cut packed with essential B vitamins.



#### SWAP & SAVE

For lower-cost proteins, try mild white fish like whiting or tilapia, or sub in chicken breasts for an even more affordable option.

## UNDERCOVER INGREDIENTS

# power up your plate

**Eat nutritious meals with more veggies and protein without overhauling your diet or blowing through your grocery budget. With a few clever tricks, you can hide powerhouse veggies and plant-based proteins in the meals you already make.**

**We promise, even your picky eater will be pleased!**

### BROCCOLI

Blending broccoli into pesto is a good way to sneak in extra greens without losing that classic, delicious flavor. Start by steaming the broccoli florets, saving the stems for stir-fries or soups. Then, mix the broccoli with your usual pesto ingredients and blend thoroughly. Toss with pasta or spread it on sandwiches for a veggie boost.

### CAULIFLOWER

Blend steamed cauliflower into Alfredo sauce or mac and cheese sauce for extra creaminess and nutrition—without the dairy overload. Cauliflower is also a great mashed potato replacement. Mixing half mashed cauliflower and half mashed potatoes still gives a great nutrition boost without changing the texture too much.

### PRO TIP

For the ideal mashed cauliflower texture, steam the florets instead of boiling them. Then blend in a small amount of cooked mashed potato. This creates a creamier, more authentic “mashed potato” texture without relying solely on potatoes.

## Sneaky Protein Boosts

Next time you’re whipping up your favorite pasta sauce or creamy soup, give these protein-boosting ingredients a try.

• **RED LENTILS** are a secret weapon when it comes to hiding protein in soups and sauces. They basically vanish into whatever you’re cooking while quietly boosting nutrition. And they’re a great plant-based option for those trying to avoid dairy.

**18G PROTEIN** per cooked cup

• **WHITE BEANS**—like chickpeas, cannellini or navy beans—add a protein boost to soups and sauces while naturally thickening broth-based recipes when puréed. **Bonus:** Blend them into your favorite pesto for a sneaky source of protein no one will notice.

**14-15G PROTEIN** per cooked cup

• **COTTAGE CHEESE AND GREEK YOGURT** have long been go-to ingredients for a protein boost—and for good reason. Try blending plain Greek yogurt or puréed cottage cheese into creamy soups and sauces, especially rich, cheese-based ones like Alfredo.

**25-28G PROTEIN** per cup cottage cheese  
**20G PROTEIN** per cup plain Greek yogurt

• **SILKEN TOFU** is flavorless and blends silky-smooth, making it great for mixing into soups and sauces. **Bonus:** It’s vegan and budget-friendly.

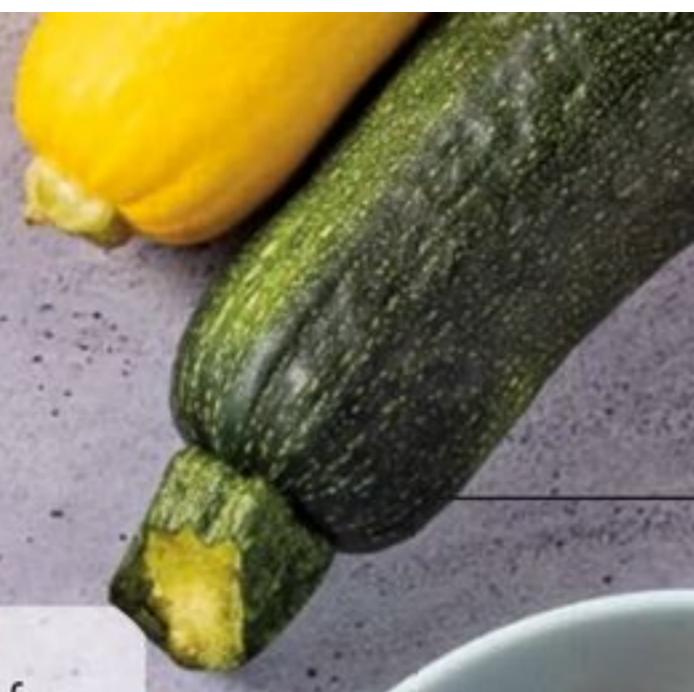
**8-10G PROTEIN** per cooked cup



### LEAFY GREENS

Finely chop or blend leafy greens and mix into ground meat patties or meatballs.

The greens wilt during cooking and add moisture and nutrients without affecting the flavor. The finer and more blended the greens, the easier they are to sneak by your picky eater.



### ZUCCHINI

It has long been a fan favorite as a noodle replacement, but these simple zucchini tortillas just might become your new fave!



### PRO TIP

Blend red lentils well before adding them to soups to prevent any clumping.



### PUMPKIN OR BUTTERNUT SQUASH PURÉE

Add roasted squash into batter for muffins or pancakes. It lends moisture, sweetness and a ton of nutrients without changing the flavor much.

GROCERY STRETCH

# all taste, no waste

Why toss when you can save? By using every part of your rotisserie chicken and potatoes in these recipes, you can create multiple meals that are delicious, satisfying and make the most of your grocery cart.



## GREEN CHILE CHICKEN ENCHILADAS SERVES: 4 ACTIVE: 20 MIN TOTAL: 40 MIN

- 2 cups shredded Schnucks rotisserie chicken
- 1 4-oz. can Schnucks diced green chiles
- ½ cup Schnucks nonfat plain Greek yogurt
- 1 cup Schnucks shredded Monterey Jack cheese, divided
- 8 Schnucks 6-inch taco-style corn tortillas
- 1 10-oz. can Schnucks green enchilada sauce

- 2 tbsp. sliced green onion, for garnish

1. Preheat oven to 375 degrees. Lightly coat a 9x13-inch baking dish with cooking spray.
2. In a medium bowl, stir together chicken, green chiles, yogurt and ½ cup cheese. Spoon 1/3 cup filling into each tortilla. Roll up and transfer seam side down to prepared dish.

3. Pour enchilada sauce evenly over tortillas and sprinkle with remaining cheese. Cover with foil and bake 20 minutes. Remove foil and bake until cheese is melted and bubbly, 5–7 minutes more.
4. Serve garnished with green onion.

PER SERVING: 335 CAL, 12G FAT (5G SAT FAT), 71MG CHOL, 894MG SODIUM, 26G CARBS (2G FIBER, 4G SUGARS), 29G PRO

## CHICKEN WRAPS WITH HUMMUS, GOAT CHEESE AND CHIMICHURRI

SERVES: 4 ACTIVE: 10 MIN TOTAL: 10 MIN

- $\frac{1}{2}$  cup Schnucks classic hummus
- 4 Schnucks 70-calorie flour tortillas
- 2 cups shredded Schnucks rotisserie chicken
- $\frac{1}{3}$  cup crumbled goat cheese
- 1 cup baby spinach
- $\frac{1}{2}$  small red onion, sliced
- 1 cucumber, diced
- $\frac{1}{4}$  cup chimichurri (recipe below)

1. Spread 2 tbsp. hummus on each tortilla. Top with chicken, goat cheese, spinach, red onion and cucumber. Drizzle with chimichurri. Fold in sides, roll tightly and cut in half to serve.

PER SERVING: 299 CAL, 17G FAT (4G SAT FAT), 53MG CHOL, 974MG SODIUM, 28G CARBS (17G FIBER, 2G SUGARS), 25G PRO



## HOMEMADE CHIMICHURRI

Blend together 1 cup fresh parsley, 2 tbsp. fresh oregano (or 2 tsp. dried), 4 garlic cloves,  $\frac{1}{2}$  tsp. crushed red pepper and  $\frac{1}{4}$  cup red wine vinegar until smooth. Then slowly add  $\frac{1}{2}$  cup olive oil. Season with salt, if desired. Refrigerate in an airtight container at least 10 minutes or up to 1 week.



## LEFTOVER ROTISSERIE CHICKEN BROTH

SERVES: 6 ACTIVE: 15 MIN TOTAL: 2 HR

- 1 leftover carcass from a Schnucks rotisserie chicken
- 1 large yellow onion, quartered
- 2 medium carrots, roughly chopped
- 2 stalks celery, roughly chopped
- 2 cloves garlic, smashed
- 2 bay leaves
- 1 tsp. Schnucks whole black peppercorns
- 10 cups water

1. In a large pot over high heat, bring all ingredients to a boil. Reduce heat to low; simmer, partially covered, until any remaining meat is falling off the bone, 1½–2 hours. Strain through a fine-mesh sieve into a large bowl and discard solids. Refrigerated in an airtight container, this keeps up to 5 days, or up to 3 months frozen.

PER SERVING: 22 CAL, 0G FAT (0G SAT FAT), 0MG CHOL, 12MG SODIUM, 5G CARBS (1G FIBER, 2G SUGARS), 1G PRO

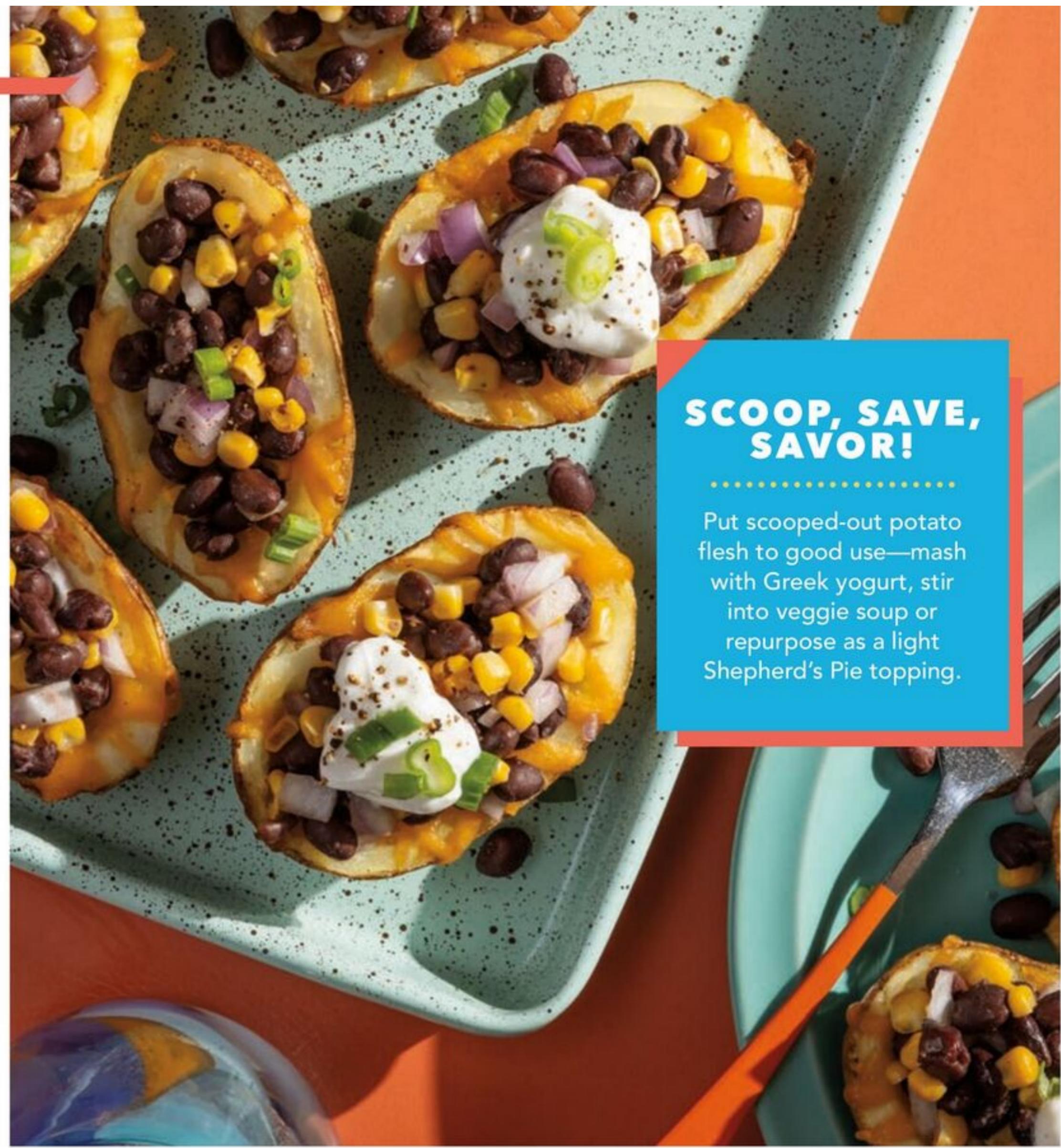
## VEGETARIAN LOADED POTATO SKINS

SERVES: 4 ACTIVE: 15 MIN TOTAL: 1 HR 10 MIN

- 4 medium russet potatoes, scrubbed (about 1½ lbs.)
- 1½ tbsp. Schnucks olive oil
- ¾ cup Schnucks shredded sharp cheddar cheese
- 1 15-oz. can Schnucks no-salt-added black beans, drained and rinsed
- ¾ cup Schnucks frozen corn kernels
- ¼ cup diced red onion
- ½ cup Schnucks nonfat plain Greek yogurt
- 3 tbsp. sliced green onion

1. Preheat oven to 400 degrees. Line a sheet pan with parchment paper.
2. Prick potatoes with a fork and transfer to prepared sheet pan. Bake until tender, 40–45 minutes. Let cool 5 minutes, then halve lengthwise and scoop out some of the flesh, leaving about ¼-inch potato flesh attached to the skin.
3. Brush skins with oil and arrange cut side down on same sheet pan. Bake 10 minutes, turn them over and fill with cheese. Bake until cheese is melted, about 5 minutes more.
4. In a medium bowl, stir together beans, corn and onion. Season with salt and pepper, if desired. Scoop into potato skins and serve topped with yogurt and green onion.

PER SERVING: 443 CAL, 13G FAT (4G SAT FAT), 20MG CHOL, 165MG SODIUM, 65G CARBS (10G FIBER, 7G SUGARS), 18G PRO



### SCOOP, SAVE, SAVOR!

Put scooped-out potato flesh to good use—mash with Greek yogurt, stir into veggie soup or repurpose as a light Shepherd's Pie topping.

## POTATOES WITH SPINACH AND MUSHROOMS

SERVES: 4 ACTIVE: 20 MIN TOTAL: 25 MIN

- 2 tbsp. Schnucks olive oil, divided
- 1½ lbs. Schnucks russet potatoes, peeled and cut into 1-inch cubes (about 3 medium)
- 1 8-oz. pkg. sliced baby bella mushrooms
- 2 tsp. minced garlic
- 1 tsp. chopped fresh rosemary
- 3 cups Schnucks baby spinach

1. In a large skillet, heat 1 tbsp. oil over medium. Add potatoes and, if desired, season with salt and pepper. Cook, stirring occasionally, until fork-tender, 8–10 minutes.
2. Push potatoes to 1 side of skillet and add remaining oil, the mushrooms, garlic and rosemary to the other side. Cook until mushrooms have browned, 5–6 minutes. Stir in spinach and cook until wilted, 2–3 minutes. Serve immediately.

PER SERVING: 204 CAL, 8G FAT (0G SAT FAT), 0MG CHOL, 15MG SODIUM, 31G CARBS (4G FIBER, 3G SUGARS), 6G PRO





### DIP INTO DELICIOUS

Give your potato-skin chips a protein boost by pairing them with your favorite Schnucks hummus. Less waste, more snacking!

### ROSEMARY POTATO-PEEL CHIPS

SERVES: 4 ACTIVE: 10 MIN TOTAL: 15 MIN

- 3 cups russet potato peels (from about 10 oz. potatoes)
- 2 tbsp. Schnucks olive oil
- 1 tsp. chopped fresh rosemary
- ½ tsp. Schnucks garlic powder
- ½ tsp. sea salt

1. Preheat oven to 400 degrees. Line a sheet pan with parchment paper.
2. In a large bowl, toss together all ingredients. Spread in a single layer on prepared sheet pan. Bake, stirring halfway through, until crisp, 12–15 minutes. Serve immediately.

PER SERVING: 100 CAL, 7G FAT (0G SAT FAT), 0MG CHOL, 338MG SODIUM, 9G CARBS (1G FIBER, 1G SUGARS), 1G PRO



## USE IT UP

### Eggshells

Grind up or crush rinsed egg shells and use as plant fertilizer. They can also be mixed into compost. The shells slowly release calcium into the soil.

### Stale Bread

Cube bread and bake into croutons. You can also pulse into breadcrumbs to use in recipes or as a crunchy topping for salads and soups.

### Broccoli Stems

Peel the tough skin, then slice thinly for stir-fries or grate into slaw. You can also roast or blend into creamy soups.

### Bacon Grease

Strain and save in a jar. Use to roast potatoes, sauté greens or fry eggs. It can also add a smoky flavor to biscuits or cornbread.

### Citrus Peels

Zest before juicing for bright flavor in dressings or desserts. Or dry and simmer with spices for a natural air freshener.

### Herb Stems

Chop tender stems into sauces, soups or grains, such as rice and quinoa. Toss woody ones like rosemary or thyme on the grill for extra aroma.

### Coffee Grounds

Mix into soil for a garden boost or use to deodorize the fridge. Combine with coconut oil for a quick body scrub.

### Banana Peels

Add to smoothies (yes, they're edible—just blend them well first) or chop and cook into chutney. You can also steep them in water to make a potassium-rich plant fertilizer.

SWEET TOOTH

# crush-worthy cravings

Satisfy your Valentine's cravings with crush-worthy treats made lighter, fresher and just as sweet. Think dark chocolate, juicy berries and better-for-you bites that love you back.

Berry Good Gummies



**Cupid's Cool Trick**  
Freeze the Berry Good Gummies and toss them into strawberry mimosas or the Cupid's Spritzer (recipe on page 29) for a flirty, flavor-packed surprise.

## MORE BANG FOR YOUR BUCK

Use frozen raspberries instead of fresh to make this recipe even more affordable. You'll still get all the berry goodness with even more savings.

Silky, Protein-Packed Mousse with Tart Raspberry Coulis

\*Price per serving based on item cost at time of print.

### SILKY, PROTEIN-PACKED MOUSSE WITH TART RASPBERRY COULIS

SERVES: 6 ACTIVE: 20 MIN TOTAL: 40 MIN

- 12 oz. fresh raspberries (about 2½ cups), plus more for garnish
- 3 tbsp. water
- 4 tsp. lemon juice
- ¼ cup Schnucks sugar
- 2 tsp. unflavored powdered gelatin
- 2 cups Schnucks nonfat plain Greek yogurt, plus more for garnish
- 1 cup Schnucks dark-chocolate hummus
- 1 tsp. Schnucks cocoa powder, for garnish

1. In a blender, add raspberries, water and lemon juice. Blend until smooth, then strain into a small saucepan to remove seeds.
2. Transfer saucepan to a stove over medium-low heat. Stir in sugar and heat until lukewarm, about 5 minutes. Stir in gelatin until fully dissolved, then divide among 4 small jars. Refrigerate 30 minutes.
3. In a medium bowl, whisk together yogurt and chocolate hummus until smooth and creamy. Dollop onto chilled raspberry coulis and refrigerate at least 1 hour or up to 4 days. Serve garnished with yogurt, additional raspberries and a sprinkle of cocoa powder.

PER SERVING: 193 CAL, 6G FAT (1G SAT FAT), 3MG CHOL, 77MG SODIUM, 30G CARBS (4G FIBER, 22G SUGARS), 8G PRO

### SWEET STORAGE SECRETS

Store gummies in an airtight container in the freezer up to 10 days. Don't leave them out more than a couple hours.

### BERRY GOOD GUMMIES

SERVES: 12 ACTIVE: 10 MIN TOTAL: 4 HR 10 MIN

- 1 16-oz. pkg. Schnucks frozen strawberries
- 2 tbsp. Schnucks honey
- 2 tbsp. unflavored powdered gelatin

1. In a blender or food processor, blend strawberries until smooth. Strain into a small saucepan and stir in honey and gelatin until fully combined. Let stand until thickened, about 3 minutes.
2. Transfer saucepan to a stove over medium heat. Stirring constantly, bring mixture back to a liquid, about 4 minutes. Divide into heart-shaped molds or silicone ice cube trays. Refrigerate until fully set, at least 4 hours. Covered and frozen, these keep up to 10 days.

PER SERVING: 20 CAL, 0G FAT (0G SAT FAT), 0MG CHOL, 2MG SODIUM, 5G CARBS (1G FIBER, 4G SUGARS), 1G PRO

SIMPLY **Schnucks** | JAN / FEB 2026 27

### Cupid's Spritzer

\$1.31  
per serving\*

### Sweet & Salty Dark Chocolate Hearts



### LOVE IN ALL SHAPES

If you don't have heart-shaped molds, silicone ice cube trays work just as well. You can also pipe the chocolate freehand onto a sheet pan for slightly thinner hearts.



82¢  
per serving\*



### SWEET & SALTY DARK-CHOCOLATE HEARTS

SERVES: 6 ACTIVE: 5 MIN TOTAL: 20 MIN

- 1 3.5-oz. bar Culinaria premium Belgian 85% extra-dark chocolate
- 1/4 cup chopped fresh strawberries
- 1/4 cup lightly salted pistachio nuts
- 1/2 tsp. Schnucks coarse sea salt (optional)

1. Break chocolate into small pieces and transfer to a medium microwave-safe bowl. Microwave in 30-second intervals, stirring after each interval, until melted and smooth, 1½ to 2 minutes total.

2. Pour chocolate into heart-shaped silicone molds and top with strawberries and pistachios. Sprinkle with sea salt (if using). Freeze until chocolate is fully hardened, about 15 minutes. Refrigerate in an airtight container up to 3 days.

PER SERVING: 129 CAL, 10G FAT (5G SAT FAT), 0MG CHOL, 171MG SODIUM, 8G CARBS (3G FIBER, 3G SUGARS), 3G PRO



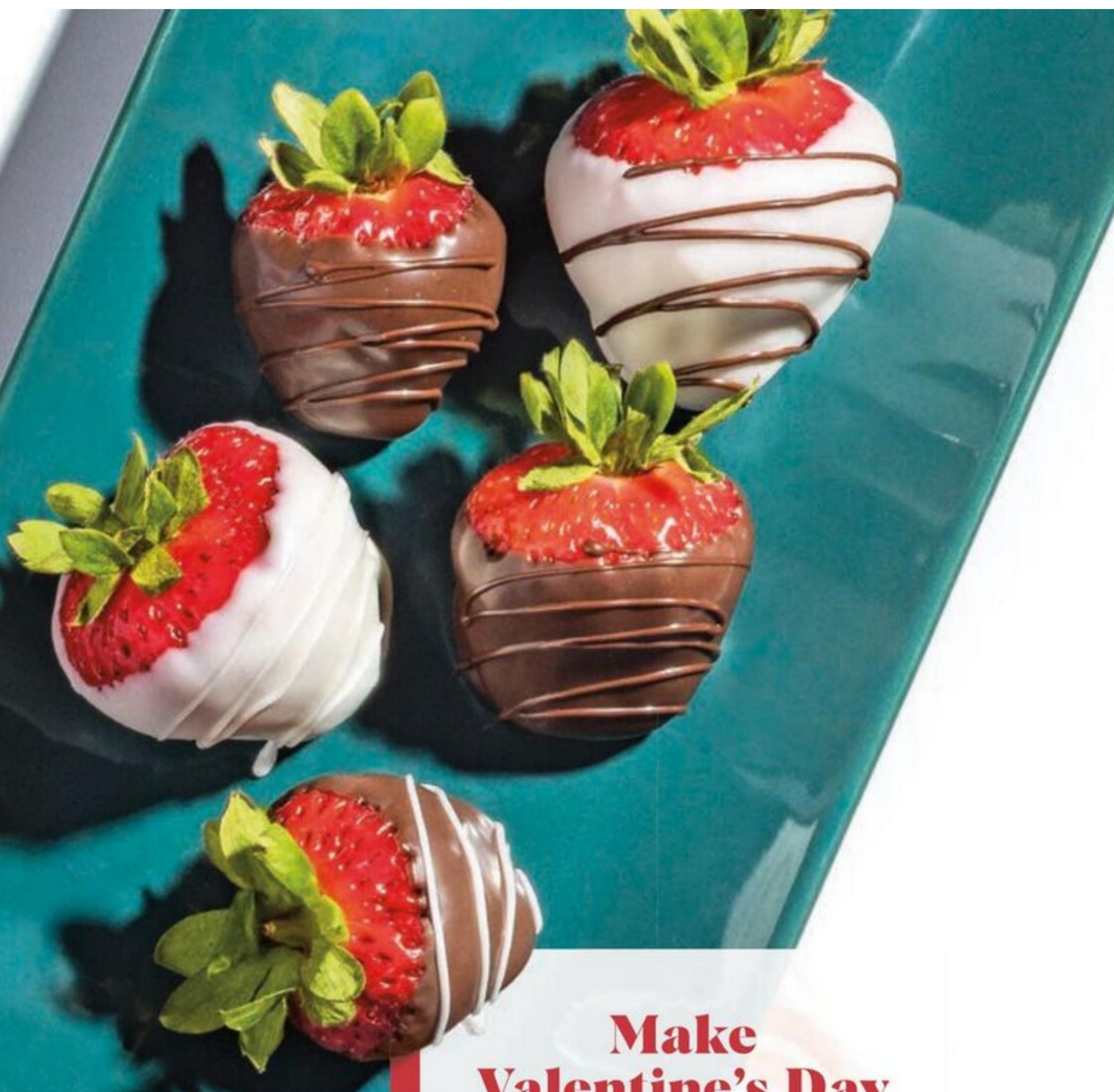
## CUPID'S SPRITZER

SERVES: 4 ACTIVE: 5 MIN TOTAL: 5 MIN

- ½ cup Schnucks frozen raspberries, thawed
- 3 cups Full Circle organic cranberry juice
- 1 cup sparkling rosé grape-juice cocktail

1. In a bowl, muddle raspberries and divide among 4 glasses. Add ice, then cranberry juice and grape-juice cocktail. Serve immediately.

PER SERVING: 109 CAL, 0G FAT (0G SAT FAT), 0MG CHOL, 25MG SODIUM, 28G CARBS (1G FIBER, 27G SUGARS), 0G PRO



## Make Valentine's Day a little sweeter

Schnucks' rich, chocolate-dipped strawberries are ready to enjoy, no prep required.

Perfect for treating yourself or sharing with someone special.

Hurry—they're only available for a limited time!

**Available**  
**February 12–15, 2026**

### Mix It Up!

Swap the strawberries and pistachios for ¼ cup pomegranate arils and ¼ cup Schnucks sliced almonds. Or go bright and zesty with ¼ cup mandarin-orange sections and ¼ cup Schnucks chopped cashews.



# ONE FAMILY OF BRANDS

**EVERYDAY VALUE  
IN EVERY AISLE**

