

Brookshire's

celebrate

COOKING

MARCH | APRIL 2026



FREE



MAKE EVERY DAY ZATURDAY



2/\$4
 Zatarain's
 Fish Or
 Shrimp Fri
 Breeding Mix
 10 oz



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 THESE OTHER
 IN-STORE
 SAVINGS:**



3⁵⁹
 McCormick Assorted
 Food Colors & Egg Dye
 1.5 oz



5²⁹
 McCormick
 Vanilla Extract
 1 oz



1⁹⁹
 McCormick
 Seasonings
 2.5-4.41 oz



2²⁹
 McCormick
 Paprika
 2.12 oz



2⁹⁹
 McCormick
 Poultry Seasoning
 .65 oz



2⁹⁹
 McCormick
 Grinders
 1-2.5 oz



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IN THIS ISSUE

Celebrate Cooking welcomes spring with fresh flavors, festive inspiration and easy seasonal recipes. From vibrant produce and sensational seafood to Easter breakfast ideas and playful crawfish creations, this issue is all about cooking light, bright and joyful.

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Fresh, colorful spring produce shines in simple, flavorful recipes that celebrate the season's best fruits and vegetables.

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Prep ahead, wake up early, and enjoy a special breakfast together without the rush.

ON THE COVER:

Blueberry French Toast Casserole

A rich, baked blueberry French toast casserole with vibrant, decadent flavors. Well worth the time for a special morning.

16 TOTALLY CRAY-WORTHY

It is finally crawfish season. These bold recipes deliver big flavor in crave-worthy ways.

These bite-size spring berry tarts feature a silky, lemon-kissed filling nestled in crisp pastry crusts and finished with a generous topping of juicy spring berries.

recipe on
pg. 05

THE BEST OF Spring

FRESH, COLORFUL
AND FULL OF
FLAVOR, SPRING
PRODUCE TAKES
CENTER STAGE IN
RECIPES MADE FOR
THE SEASON.

Roasted Pasta Primavera With Lemon Wine Sauce

Total Time: 1 hour
Serves: 4

1 cup mushrooms, sliced
2 shallots, peeled and sliced
8 asparagus spears, sliced
1/2 red bell pepper, seeded
and diced
1/2 cup grape tomatoes, halved
4 cloves garlic, minced
2 lemons, zested and sliced
1/4 cup dry white wine
1/4 cup extra virgin olive oil
2 tsp Italian seasoning
1/2 tsp salt, to taste
1/2 tsp cracked black pepper
6 Tbs unsalted butter (3/4 stick)
1 lb jumbo shrimp, peeled
and deveined
8 oz pasta, cooked
1/2 cup parmesan cheese,
grated (plus more for garnish)

Preheat the oven to 425° F. Spread all of the vegetables on a large rimmed baking sheet in an even layer. Add the lemon slices, wine, olive oil, Italian seasoning, salt and pepper. Toss to combine. Cut the stick butter into one-tablespoon pieces. Place on top of the vegetables. Roast for 30 minutes, stirring halfway through the cooking time. Add the shrimp. Roast for 15 more minutes.

Place the cooked pasta in a large bowl. Add the vegetables, shrimp and all of the drippings from the pan. Add the parmesan cheese. Toss to fully combine. Transfer to a large serving bowl. Garnish with lemon zest and additional parmesan.

Per Serving:
Calories: 510, Fat: 33 g (14 g Saturated Fat),
Cholesterol: 225 mg, Sodium: 720 mg,
Carbohydrates: 24 g, Fiber: 3 g, Protein: 29 g.

Aspara-yes!

ASPARAGUS IS ONE OF THE FASTEST GROWING VEGETABLES. SOME SPEARS CAN GROW SEVERAL INCHES IN A SINGLE DAY DURING PEAK SEASON.

High in vitamins A, C and K to support immunity, skin health and strong bones.

A good source of folate to help support overall cell health and natural energy.

Naturally low in calories and rich in fiber to help support healthy digestion.

Berry-licious!

WHEN SPRING BERRIES APPEAR, THEY STEAL THE SPOTLIGHT: BRIGHT, JUICY AND SWEET ENOUGH TO TRANSFORM EVEN THE SIMPLEST RECIPES BEAUTIFULLY.

BLUEBERRIES are rich in antioxidants to help support brain health and protect cells from everyday stress.

STRAWBERRIES are high in vitamin C to help support immunity and deliver a fresh seasonal boost.

RASPBERRIES are one of the highest-fiber fruits to help support digestion while still tasting naturally sweet.

BLACKBERRIES support heart health with a mix of fiber, vitamins and antioxidants that help promote healthy cholesterol levels.



Mini Spring Berry Tarts

Total Time: 45 minutes | Makes: 24

1 pkg Brookshire's Rolled Pie Crusts (2 sheets)

1 (8 oz) pkg Brookshire's Strawberry Cream Cheese

1/2 cup granulated sugar

1 small lemon, juice and zest

1/3 cup heavy whipping cream

2 cups mixed berries (sliced if large)

powdered sugar, for garnish

fresh mint leaves, for garnish

Per Serving (1):

Calories: 100, Fat: 6 g (3 g Saturated Fat),
Cholesterol: 10 mg, Sodium: 55 mg,
Carbohydrates: 11 g, Fiber: 1 g, Protein: 1 g.

Preheat the oven to 400° F. Spray the bottom of a mini muffin pan with nonstick cooking spray. On a lightly floured work surface, unroll the pie crusts. Gently roll out any cracks or tears. Using a 2 1/2-inch to 3-inch biscuit or cookie cutter, cut the dough into circles. Turn the mini muffin pan upside down. Gently drape the dough circles over the bottoms of the muffin cups, pressing lightly to shape. Prick the dough several times with a fork.

Bake for 8 to 10 minutes or until golden-brown. Let the tart shells cool for a few minutes. Then, carefully lift them from the muffin pan. Transfer to a wire rack to cool completely.

To prepare the filling, beat the cream cheese, granulated sugar, lemon juice and lemon zest with an electric mixer until smooth. In a clean bowl, beat the heavy cream until stiff peaks form. Then, gently fold the whipped cream into the cream cheese mixture.

Spoon the filling into the cooled tart shells. Top with berries. Dust with powdered sugar, and garnish with fresh mint leaves before serving.



Baked Ricotta Bowl with Spring Vegetables and Pistachio-Herb Crumble

Total Time: 1 hour | Serves: 6

BAKED RICOTTA:

- 3 asparagus spears, sliced
- 1/2 cup green peas
- 1/2 cup sugar snap peas
- 1/2 cup red grape tomatoes, sliced
- 1 Tbs olive oil, for greasing
- 2 cups whole-milk ricotta cheese
- 1 large egg, beaten
- 1/2 cup parmesan cheese, grated
- 3 Tbs mozzarella cheese, shredded
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 Tbs basil pesto
- parmesan cheese, shaved (for garnish)
- toasted baguette slices, for serving

CRUMBLE:

- 1 Tbs extra virgin olive oil, plus more for drizzling
- 1/4 cup fresh breadcrumbs
- 1/3 cup shelled pistachios, roughly chopped
- 1 tsp fresh oregano, chopped
- 1 tsp fresh thyme, chopped
- 1 tsp fresh mint leaves, sliced
- 1 green onion, thinly sliced
- 1/4 tsp salt

Preheat the oven to 425° F. Bring a saucepan of water to a boil. Add the asparagus, green peas and snap peas. Blanch for two minutes. Transfer to ice water, and let cool. Drain, and pat dry. Place in a bowl. Stir in the tomatoes, and set aside.

Grease a small, shallow (8-inch) baking dish with a tablespoon of olive oil. Set aside. In a medium bowl, combine the ricotta, egg, parmesan, mozzarella, Italian seasoning, garlic powder, salt and pepper. Spread evenly into the baking dish. Swirl the pesto through the top of the cheese mixture. Bake for 25 minutes until the cheese is bubbly. Set aside. Don't turn off the oven.

In a skillet over medium heat, add the extra virgin olive oil, breadcrumbs and pistachios. Stir until lightly toasted. Turn off the heat. Stir in the herbs, onions and salt.

Scatter the asparagus mixture over the top of the baked ricotta. Place in the oven. Bake for 5 additional minutes to warm the vegetables. Sprinkle the crumble over the top. Garnish with parmesan shavings, and drizzle with olive oil. Serve with toasted baguette slices.

Per Serving:
Calories: 280, Fat: 19 g (8 g Saturated Fat), Cholesterol: 80 mg, Sodium: 890 mg, Carbohydrates: 15 g, Fiber: 2 g, Protein: 13 g.

FUN FACT:
THE FRESHER
THE PEA, THE
SWEETER IT
TASTES.

Peas Please!

SPRING PEAS ARRIVE CRISP, SWEET AND READY TO PROVE THAT SOMETIMES THE SIMPLEST INGREDIENTS STEAL THE WHOLE SEASON.



GARDEN PEAS (English peas) are sweet, tender peas tucked inside a pod and shelled before eating. They are a true spring classic.



SNOW PEAS feature slender, flat edible pods with tiny peas inside. They offer a crisp texture and mild flavor that is perfect raw or lightly cooked.



SUGAR SNAP PEAS combine plump, crunchy pods with sweet peas inside. They deliver fresh spring flavor in every bite, start to finish.



DIGITAL

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FRESH 15

15k • 5k • 1k

A COMMUNITY TRADITION CONTINUES

There Is Still Time To Join The Fun!

What began as a way to support local communities while promoting health and wellness has grown into one of the most anticipated running events in East Texas and beyond. For 13 years, FRESH 15 has brought together runners, volunteers and community supporters for a day that is as meaningful as it is memorable.

At its heart, FRESH 15 is about giving back. One hundred percent of race revenue is donated to local organizations through the Brookshire Communities Foundation. It supports nonprofits focused on hunger relief, education, health, family well-being, first responders, and military and veteran services. It's one more way that Brookshire Grocery Company (BGC) proudly invests in the more than 170 communities it serves.

Of course, the impact is only part of what makes FRESH 15 special. The race is known for its high-energy atmosphere, enthusiastic spectators, well-supported course and some of the **best swag** that runners will find anywhere. From start to finish, it is an experience designed to motivate, celebrate and inspire people.

The excitement doesn't stop at the finish line. Race day wraps up with the fan-favorite "Party on the Pavement." Participants and spectators join together to enjoy free food, products and vendor activities that turn race day into a full-scale celebration.

Since its founding in 2014, FRESH 15 has helped BGC donate nearly **\$2 million** to local nonprofit organizations. This monumental donation is made possible entirely through runner participation.



The next chapter begins soon. The **2027 FRESH 15** will kick off at **7 a.m. on March 6, 2027. Register at FRESH15k.com to be a part of the tradition.**

THE BRIGHT SIDE OF LENT

FROM SEA & SOIL

FRESH, FLAVORFUL SEAFOOD AND VEGETARIAN DISHES FOR LENT



**MANGO-GLAZED
SALMON WITH
MANGO-AVOCADO
SALSA**

recipe on right

MANGO-GLAZED SALMON WITH MANGO-AVOCADO SALSA

Total Time: 45 minutes
Serves: 4

2 mangos, peeled (divided)
2 Tbs Nature Nate's® 100% Pure Raw & Unfiltered Honey
 2 Tbs fresh lime juice, divided
 2 tsp Sriracha sauce
 2 tsp soy sauce
 1 avocado, diced
 1 Roma tomato, seeded and diced
 1/2 jalapeño, seeded and diced
 1/4 cup red onion, diced
 2 tsp fresh cilantro leaves, chopped
 1 tsp lime zest
 4 salmon fillets
 1/2 tsp salt
 1/2 tsp black pepper
 2 Tbs vegetable oil



Prepare the mangos by slicing the flesh from the seed. Puree one mango, and dice the other one. Set the diced mango aside. In a small saucepan, combine the pureed mango, honey, 1 tablespoon of lime juice, Sriracha sauce and soy sauce. Cook over medium heat (stirring occasionally) for 3 to 5 minutes until slightly thickened. Remove from heat, and let cool.

In a medium bowl, combine the diced mango, avocado, tomatoes, jalapeños, red onions, cilantro, remaining lime juice and lime zest. Stir gently to fully combine. Refrigerate the salsa until ready to serve.

Pat the salmon fillets dry with paper towels. Season with salt and pepper. Heat the oil in a large skillet over medium heat. Add the salmon. Cook for about 4 minutes per side until the salmon is cooked through and lightly caramelized. Brush the mango glaze over the fillets after turning. Transfer the glazed salmon to serving plates. Spoon the mango-avocado salsa over the top, or serve it alongside the fish.

Per Serving:
 Calories: 430, Fat: 23 g (4 g Saturated Fat), Cholesterol: 65 mg,
 Sodium: 880 mg, Carbohydrates: 34 g, Fiber: 7 g, Protein: 27 g.



THAI CRAB CAKES WITH SPICY MAYONNAISE

Total Time: 45 minutes | Serves: 4

CRAB CAKES:

1/3 cup mayonnaise
 2 large eggs
 1 Tbs fresh cilantro leaves, chopped
 1 Tbs fresh ginger, grated
 1 Tbs Sriracha sauce
 1 Tbs sweet chile sauce
 1 Tbs fish sauce
 1 Tbs sesame oil
 8 oz crab meat
 2 cups breadcrumbs
 3 Tbs vegetable oil

SPICY MAYONNAISE:

1/2 cup mayonnaise
 2 Tbs sweet chile sauce
 1 Tbs fresh cilantro, finely chopped
 1 Tbs fish sauce
 1 Tbs Sriracha sauce
 2 tsp soy sauce
 2 tsp fresh ginger, grated

For crab cakes: In a large bowl, whisk together the mayonnaise, eggs, cilantro, ginger, Sriracha sauce, sweet chile sauce, fish sauce and sesame oil. Gently fold in the crab meat. Add the breadcrumbs gradually, using just enough to bind the mixture. Shape into four evenly sized patties.

For spicy mayonnaise: In a small bowl, stir together all of the sauce ingredients until smooth. Set aside.

Preheat the oven to 350° F. Heat the vegetable oil in a nonstick, oven-safe skillet over medium heat. Add the crab cakes. Cook for 3 to 4 minutes per side until golden-brown. Transfer the skillet to the oven. Bake for 10 to 15 minutes or until the crab cakes are heated throughout. Serve warm with the spicy mayonnaise.

Per Serving (1):
 Calories: 600, Fat: 40 g (6 g Saturated Fat), Cholesterol: 145 mg, Sodium: 1,860 mg,
 Carbohydrates: 37 g, Fiber: 2 g, Protein: 23 g.

VEGETARIAN STUFFED PORTOBELLO MUSHROOMS

Total Time: 45 minutes | Serves: 4

8 portobello mushroom caps,
cleaned and stems removed
12 Tbs extra virgin olive oil, divided
1 (10 oz) pkg frozen spinach, thawed
and drained well
2 cups couscous, cooked
1 cup roasted red bell pepper, diced
2/3 cup goat cheese crumbles
1/2 cup pine nuts
1 tsp salt
1/2 tsp black pepper
1/2 cup breadcrumbs

Preheat the oven to 400° F. Rub each mushroom cap with a tablespoon of olive oil. Arrange them on a baking sheet, gill-side up.

In a bowl, combine the spinach, couscous, roasted bell peppers, goat cheese, pine nuts, salt and pepper. Stir in 2 tablespoons of olive oil until well-mixed. Divide the filling evenly among the mushroom caps.

In a small bowl, stir together the breadcrumbs and remaining 2 tablespoons of olive oil. Sprinkle the breadcrumb mixture evenly over the stuffed mushrooms. Bake for 20 minutes, or until the mushrooms are tender and the topping is golden-brown and crisp.

Per Serving (2):
Calories: 680, Fat: 55 g (10 g Saturated Fat), Cholesterol: 10 mg,
Sodium: 870 mg, Carbohydrates: 36 g, Fiber: 6 g, Protein: 13 g.



A TOAST TO
IRISH
LUCK

**END OF THE RAINBOW
LUCKY IRISH MOCKTAIL**

Total Time: 15 minutes
Makes: 4 (about 6 oz each)

1 kiwi, peeled
1 cup ice
2 cups limeade, divided
3 drops green food coloring
1 cup lime sparkling water
sour rainbow candy belts and
small skewers, for garnish



Place the kiwi, ice and 1/2 cup of limeade in a blender. Blend until smooth. Add the remaining limeade and the food coloring, blending just until fully combined. Gently stir in the sparkling water. Divide the mixture between four glasses. Thread a rainbow candy belt onto a skewer. Place one candy skewer across the top of each glass before serving.

Per Serving:
Calories: 80, Fat: 0 g (0 g Saturated Fat), Cholesterol: 0 mg, Sodium: 15 mg,
Carbohydrates: 21 g, Fiber: 1 g, Protein: 0 g.



HOP OUT OF BED



Rise up for a glorious Easter breakfast

Begin Easter with a breakfast worth waking up for.
Simple, make-ahead recipes can help you serve
something special, even on the earliest of mornings.

**RASPBERRY
SMOOTHIE BOWL**
recipe on p. 14



Shortcut Tip: Use day-old bakery bread. It soaks up custard perfectly and saves prep time.

Blueberry French Toast Casserole

Total Time:
2 hours 30 minutes, plus overnight
Serves: 12



1 loaf Brookshire's Bakery French Bread, cubed
1 (8 oz) ctn mascarpone cheese
2 cups fresh blueberries
8 large eggs, beaten
3 cups half-and-half
1/3 cup Imperial® Sugar Extra Fine Granulated Sugar
1/2 tsp ground cinnamon
2 tsp pure vanilla extract
2 tsp lemon zest, divided
2 Tbs raw sugar
2 Tbs lemon juice
1 cup Imperial® Sugar Powdered Sugar

Leave the bread uncovered at room temperature overnight to dry. Freeze the mascarpone for 20 minutes. Grease a 9 x 13 baking dish. Layer half of the bread in the dish. Drop spoonfuls of mascarpone evenly across the top. Sprinkle with half of the blueberries. Repeat with the remaining bread, mascarpone and blueberries. Whisk together the eggs, half-and-half, granulated sugar, cinnamon, vanilla, and one teaspoon of lemon zest. Pour it evenly over the bread, pressing gently so that the custard soaks into the bread. Cover, and refrigerate overnight.

The next day, preheat the oven to 375° F. Let the casserole sit at room temperature for 15 minutes. Sprinkle with the raw sugar and the remaining teaspoon of lemon zest. Cover with foil. Bake for 30 minutes. Remove the foil. Bake for 30 more minutes, or until the custard is set and the bread is golden. Let cool for 15 minutes.

To make the glaze, whisk together the lemon juice and powdered sugar until smooth. Drizzle over the warm casserole just before serving.

Per Serving:
Calories: 360, Fat: 19 g (10 g Saturated Fat), Cholesterol: 165 mg, Sodium: 290 mg,
Carbohydrates: 39 g, Fiber: 1 g, Protein: 11 g.

Softly set. Berry-studded.



Stuffed Breakfast Rolls

Total Time: 1 hour | Makes: 12

2 Tbs all purpose flour, for work surface
2 (8 oz) pkgs Pillsbury Crescent
Dough Sheets

**1/2 cup Brookshire's Chive and Onion
Cream Cheese**

4 eggs, scrambled and cooked

8 oz pork sausage, cooked

4 slices bacon, cooked and crumbled

1 1/2 cups cheddar cheese, shredded

Preheat the oven to 375° F. Grease a 9 x 13 dish with cooking spray. Sprinkle flour over a work surface to prevent sticking. Unroll one sheet of dough with the long side facing you. Gently smooth out the seams. Spread half of the cream cheese evenly over the dough. Layer half of the scrambled eggs, sausage, bacon and cheddar cheese. Roll tightly from top to bottom, pressing the seams lightly to seal. Cut into 6 equal slices. Place the rolls in the prepared dish, spacing 1/2 inch apart. Repeat with the remaining dough and filling ingredients. Bake for 30 to 40 minutes, or until the dough is cooked throughout and the tops are golden-brown.

Per Serving (1):
Calories: 230, Fat: 13 g (5 g Saturated Fat),
Cholesterol: 85 mg, Sodium: 570 mg,
Carbohydrates: 20 g, Fiber: 0 g, Protein: 10 g.

Frozen raspberries and vanilla yogurt blend in minutes for a bright, berry-fresh breakfast that feels just right for your Easter morning.

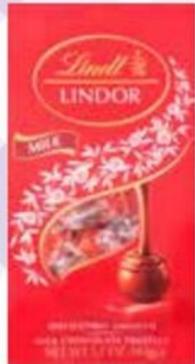
Raspberry Smoothie Bowl

Total Time: 15 minutes | Serves: 2 (shown on p. 12)

1/2 cup vanilla yogurt
1 banana, peeled and sliced
1 cup frozen raspberries,
plus more for garnish
1/4 cup granola
1 Tbs shredded coconut
1 tsp chia seeds
1 tsp ground flaxseeds
fresh mint leaves, for garnish

Add the yogurt, banana and raspberries to a blender. Blend until smooth. Divide the mixture between two bowls. Garnish with granola, coconut, seeds, additional berries and fresh mint.

Per Serving (8 oz):
Calories: 270, Fat: 8 g (3 g Saturated Fat), Cholesterol: 5 mg,
Sodium: 75 mg, Carbohydrates: 43 g, Fiber: 9 g, Protein: 10 g.



The Easter Bunny is hopping into Brookshire's and Reasor's.



From candy, cakes and baskets bright
To florals, décor and kitchen delights.
Sweet and savory, and smiles for miles,
There's Easter fun down every aisle.

*Hop in soon while supplies last.
Products vary by store.*



TOTALLY

CRAY-WORTHY



IT'S CRAWFISH SEASON, Y'ALL. WE ARE NOT HOLDING BACK. THESE RECIPES GO FULLY CRAY IN THE BEST POSSIBLE WAY.

CRAWFISH EGG ROLLS

Total Time: 45 minutes, plus cooling
Makes: 15

- 3 Tbs vegetable oil, plus for more frying
- 3 green onions, sliced
- 1/2 green bell pepper, seeded and diced
- 2 Tbs all purpose flour
- 1/2 cup vegetable broth
- 2 Tbs heavy cream
- 1 Tbs Cajun seasoning
- 1 lb cooked crawfish tails, drained and rinsed
- 1 1/2 cups Monterey Jack cheese, shredded
- 1 cup white rice, cooked
- 15 egg roll wrappers

Heat the oil in a skillet over medium heat. Add the onions and bell peppers. Sauté until soft. Add the flour. Stir to coat. While stirring, add the broth, cream and Cajun seasoning. When the liquid begins to thicken, turn the heat to low. Add the crawfish. Stir to combine. Remove from heat. Transfer to a bowl. Stir in the cheese and cooked rice. Let cool completely before assembling the egg rolls.

Lay an egg roll wrapper on a flat surface in a diamond shape. Lightly brush the edges with water. Add three tablespoons of filling to the middle of the wrapper. Fold up the bottom point around the filling. Fold in both sides, and then roll up tightly. Continue with the remaining egg roll wrappers and filling.

Heat about two inches of oil over medium heat to 350° F. Add the egg rolls in batches. Fry for 2 to 3 minutes per side until golden-brown. Place on a baking sheet lined with paper towels to cool.

Per Serving (1):
Calories: 200, Fat: 8 g (3 g Saturated Fat), Cholesterol: 55 mg, Sodium: 320 mg,
Carbohydrates: 20 g, Fiber: 1 g, Protein: 11 g.

MORE DIP? ABSOLUTELY.

For contrast:
Cajun remoulade +
sweet chile sauce

**For bold
Southern flavor:**
Creole mustard sauce
+ hot honey

**For creamy
balance:**
spicy mayo + lemon aioli

CREAMY CRAWFISH BREAD

Total Time: 45 minutes | Serves: 10

- 1 loaf Brookshire's Bakery French Bread, halved lengthwise
- 2 Tbs unsalted butter
- 4 cloves garlic, minced
- 4 green onions, chopped
- 24 oz cooked crawfish tails, drained and rinsed
- 1 tsp Creole seasoning, to taste
- 1 (8 oz) pkg cream cheese, room temperature
- 1/2 cup mayonnaise
- 3/4 cup white cheddar, grated
- 1/2 cup parmesan cheese, grated
- 1/2 tsp ground paprika
- 1 Tbs fresh parsley, chopped

Preheat the oven to 375° F. Place the bread halves (cut-side up) on a baking sheet. Pull out some of the bread down the middle of each half to create a trench. Set the bread loaf aside.

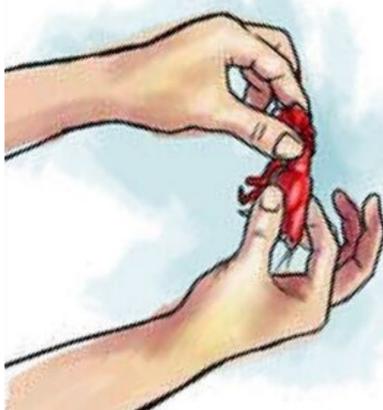
In a large skillet, melt the butter over medium heat. Add the garlic and onions. Cook until softened (about 2 minutes). Add the crawfish. Stir to combine. Cook over low heat for 2 minutes to warm throughout. Add the Creole seasoning and cream cheese. Turn off the heat. Stir until the cream cheese is melted.

Divide the mayonnaise between the bread halves, spreading evenly. Divide the crawfish mixture between the bread halves, spreading evenly to cover. Top each bread half with the grated cheeses and paprika. Bake for 15 minutes. Let cool for 10 minutes before slicing. Garnish with parsley and additional Creole seasoning.

Per Serving:
Calories: 380, Fat: 23 g (10 g Saturated Fat), Cholesterol: 120 mg,
Sodium: 690 mg, Carbohydrates: 23 g, Fiber: 1 g, Protein: 18 g.

Orders for fresh, live crawfish should be placed by Noon on Tuesdays for Thursday or Friday delivery.

GRAB A BIB, AND LEAN IN. IT'S CRAWFISH-EATIN' TIME!



1

SQUEEZE THE TAIL AND HEAD LIGHTLY. **TWIST** AND PULL APART.

2

SUCK THE HEAD FOR A LITTLE EXTRA CAJUN FLAVOR. (OPTIONAL, BUT RECOMMENDED)



3

PEEL OFF THE FIRST FEW RINGS OF TAIL SHELL.



4

PRESS THE BASE OF THE TAIL, AND **PULL** OUT MEAT WITH FINGERS OR TEETH. ENJOY!





hungry?
we've got
options.



meat the real mvp march madness sandwich platter

Total Time: 20 minutes (per recipe) | Makes: 10 sliders (per recipe)

Buffalo Chicken Sliders:

- 10 slices Dietz & Watson Buffalo Chicken Breast, thinly sliced
- 1/4 lb Dietz & Watson Bleu Cheese, crumbled
- 1 pint coleslaw
- 3 Tbs Buffalo sauce
- 10 slider rolls

Turkey Breast Sliders:

- 10 slices Dietz & Watson Santa Fe Turkey Breast, thinly sliced
- 10 slices Dietz & Watson Pepper Jack Cheese
- 1 pint pico de gallo (see preparation below)
- bibb lettuce
- 10 slider rolls

Pico de Gallo Preparation:

- 5 plum tomatoes, quartered, seeds removed and diced
- 1/4 red onion, peeled and finely diced
- 1 jalapeño, seeded and finely diced
- 2 Tbs fresh cilantro, chopped
- 1 lime, juiced
- 2 Tbs Dietz & Watson Hoagie Dressing
- salt and pepper, to taste

Combine all ingredients in a bowl, and mix well.

Roast Beef Sliders:

- 10 slices Dietz & Watson London Broil Roast Beef
- 10 slices Dietz & Watson Baby Swiss Cheese
- sautéed onions, to taste
- 1 Tbs Dietz & Watson Horseradish Sauce
- 10 slider rolls

Slice the slider rolls in half, and arrange the bottoms side by side. Spread the appropriate condiments on each bottom roll. Then, layer 1-2 slices of meat, folding each slice in half twice for a perfect fit. Evenly add your chosen toppings over the meat. Then, top with cheese. Finally, place the slider tops on each sandwich, and secure with a toothpick for easy serving.

Nutrition information is not provided. Values may vary depending on ingredients, portion sizes and preparation methods.

TIME FOR WINE



19⁹⁹
Whitehaven
Sauvignon
Blanc
 750 mL Bottle



22⁹⁹
Hampton
Water Rosé
 750 mL Bottle



19⁹⁹
Josh Cellars
Paso Robles
Cabernet
 750 mL Bottle



24⁹⁹
Chandon
Sparkling
Wine
 Selected
 750 mL Bottles



8⁹⁹
André
Champagne
Or Sparkling
Wine
 Selected
 750 mL Bottles



FLYBIRD
ALLOWS YOU
TO ENJOY A
PREMIUM,
ALL-NATURAL
COCKTAIL
INSTANTLY
ON THE FLY.



9⁹⁹ **Flybird Ready To**
Drink Wine Cocktail
 Selected - 750 mL Bottles

BUILT ON BETTER OATS

QUAKER® OATS SCONES WITH MAPLE GLAZE

Total Time: 1 hour 15 minutes, plus cooling
 Makes: 8

SCONES:

- 1 1/2 cups Quaker® Old-Fashioned Oats, plus more for sprinkling
- 1/2 cup unsalted butter, cold
- 2 cups all purpose flour, spooned and leveled
- 1/4 cup light brown sugar, packed
- 1 Tbs baking powder
- 1/2 tsp ground cinnamon
- 1/2 tsp kosher salt
- 1 cup whole milk
- 1 large egg

GLAZE:

- 3/4 cup powdered sugar
- 1 Tbs maple syrup
- 1 Tbs milk



Preheat the oven to 375° F. Line a large baking sheet with parchment paper. Pulse the oats in a food processor to chop slightly. Shred the cold butter with a cheese grater into a shallow bowl. Freeze for 10 minutes. In a large bowl, combine the oats, flour, brown sugar, baking powder, cinnamon and salt. Rub the cold butter into the flour mixture with your fingers until crumbly.

In a medium bowl, whisk the cup of milk and egg together until smooth. Reserve two tablespoons for brushing the scones. Pour the remaining milk mixture into the flour mixture. Stir with a spatula until a dough forms. Turn out the dough onto a floured surface. Shape into a ball. Flatten into a circle (one-inch thick), dusting with flour if sticky. Cut into 8 wedges. Arrange them two inches apart on the prepared baking sheet. Freeze for 15 minutes.

Remove the scones from the freezer. Brush with the reserved milk mixture. Sprinkle with additional oats. Bake for 20 minutes or until golden and cooked throughout. Let them cool completely on a wire rack. To make the glaze, whisk together the powdered sugar, maple syrup and milk. Adjust the sugar amount to reach desired consistency. Spoon the glaze over the scones before serving.

Per Serving (1):
 Calories: 370, Fat: 15 g (9 g Saturated Fat), Cholesterol: 60 mg,
 Sodium: 170 mg, Carbohydrates: 54 g, Fiber: 2 g, Protein: 7 g.

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