

# At Home with KOWALSKI'S

TASTE OF THE SEASON



## Classic Pastas Reinvented

Peak Season:

**PINEAPPLE**

*(Penne Primavera, page 5)*

**CHOICE CHICKEN**

# THOUGHTS FROM THE KOWALSKIS

One of the best things about Minnesota has to be the change of seasons. There's a beauty to the wave of colors, textures and temperatures that wash over our landscape throughout the year. From brisk, wintry-white mornings to the warming flush of spring's green, each season brings something new in which to find joy.

Food is a key experience in enjoying seasonality. We're lucky to have such contrasts in weather, as they offer us opportunities to experience related contrasts in our meals. Sure, you can enjoy a roasted chicken, chili and pasta year-round, but don't they suit our tastes so much better when the air has a bit of a chill in it? As we transition from winter to spring this month, we find ourselves looking to make a transition in the kitchen, too. Pasta with a fresh, forward-thinking spring feel to it speaks to the joy of the greener days we see ahead of us. Among the transitional recipes she's rounded up this season, Culinary Director Rachael Perron also offers up a taste of the tropics with a feature on pineapple, one of spring's very best fruits, starting on page 6.

We are happy to introduce a few of our newer partners in this issue as well: 3 Lonetti Sisters (page 8) and Miller Organic Chicken (page 10). Their products were introduced to our markets by our Meat & Seafood Director, Troy Schmeling, who we're profiling on the next page. Like so many of those on our team, Troy is a food lover and particularly passionate about offering only the best selections in his department. We're lucky to have him at Kowalski's, as are you!

We're similarly lucky to have Registered Dietitian Sue Moores on our team, who, as always, shares with us some of her sage advice on navigating food labels for a season of good health. Find her valuable guidance on page 9.

*As always, we love sharing the Joy of Good Food!  
Many thanks,*

*Mary Anne Kowalski and Kris Kowalski Christiansen*



There is a sea of information to digest when you shop. Food labels sporting big health-related claims are the ones most deserving of review. We're here to help. Look for our Live Well icon on shelf tags. These products have been thoroughly reviewed and are recommended for their healthful nature.

## Kowalski's Easter Meals

Oven-ready Spiral-Cut Ham Dinners and Quiche Brunches mean a delicious Easter at your house. Spend less time in the kitchen and more time enjoying the day with family and friends. Each meal comes with all the sides and trimmings – even dessert! **Call your local market to reserve or order online at [www.kowalskis.com](http://www.kowalskis.com).**

*Please note that all stores will be closed Sunday, April 12, for Easter.*



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# IN TROY We Trust

This April, Troy Schmeling celebrates five years as Kowalski's Meat & Seafood Director after 12 years working in the Meat & Seafood Departments at our Uptown, Woodbury, Stillwater and White Bear Lake markets. Shortly after assuming his current leadership role, he became heavily invested in going beyond Kowalski's Naturally Raised standards to find the best of the best organic meat and poultry providers for his department. Chicken was his first project. When he introduced Miller Organic Chicken to Kowalski's last year, he was impressed not only by their high quality standards but also the way they ran their business (see page 10). He's now working on a new organic grass-fed beef option.

*"We were the first retailer in the Twin Cities to sell grass-fed beef in our stores," says Troy. "It used to be something you could only get at the farmers markets. Organic grass-fed is the next evolution in this particular program. The quality can't be beat."*

Though he doesn't pursue "firsts" for firsts' sake, Troy happens to have been the man at the helm when Kowalski's became the first multi-location retailer in the country to earn the Certified Humane Raised and Handled label from Humane Farm Animal Care. Kowalski's Naturally Raised USDA Choice and Prime Signature Beef programs are unique in the industry for the way our product is processed and managed from supplier to point of sale. A month later, Kowalski's was named the first-ever retailer to achieve Leader Status – the highest honor available – in the James Beard Foundation's Smart Catch seafood sustainability program. Before Kowalski's received this designation, the program honored only restaurant chefs and seafood suppliers.

Providing the best quality products possible at the best possible price is the top priority of our Meat & Seafood Department, but finding that combination in small producers is hard.



*"They have to be hyper-focused on quality to stand out and compete with commodity providers, and it's an expensive industry to compete in," says Troy.*

Beyond that, small farms align with the Kowalski's brand.

*"[They] typically have values that align with ours," says Troy. "They want to do something different, something better, and they tend to care more about the quality of their feed and how their animals are treated. That provides me real peace of mind."*

Troy also cares deeply about doing business with family farms.

*"I feel a sense of purpose in supporting them," he says. "It's not easy. It's expensive. It takes years of grinding it out and perfecting their craft. I've spent time in these people's homes, with their families. I want to do what I can to help them and grow their businesses."*

Troy is himself a family man. He and his wife, Shannon, live in North Branch with their four kids ages 5-18. Mya graduates high school this year, and Lukas starts kindergarten in the fall. Lukas and brothers Tanner and Kevan get lots of quality time with Dad, as he coaches all three of their hockey teams! The family enjoys traveling, particularly to state parks, and spending time at their cabin near Hayward, Wisconsin. In addition to hunting and fishing, Troy lives to golf, playing 40-50 times every summer. He's also a food lover and an accomplished home cook. His kids are fans of his gourmet hamburgers, smoked ribs and cedar-planked salmon, but it's not all meat and seafood at the Schmeling home. He loves to experiment in the kitchen with everything from stir fries to homemade eggrolls.

You can send Troy a note at [tschmeling@kowalskis.com](mailto:tschmeling@kowalskis.com).



**DID YOU KNOW?** Kowalski's is one of the few grocers who still cuts 90% of the meat sold in the service case. This gives us the ability to create custom and specialty cuts at any time for our customers.

# COOKING AT HOME: IT'S CALLED DINNER

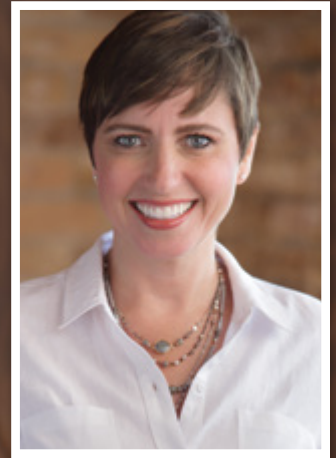
While I have a rotating cast of recurring players on the bill-slash-menu at my house, I do a fair amount of experimenting with new ideas and recipes. On such nights, my family always has the same question: "What is this called?"

My typical response is, "It's called *dinner*." As much as I do enjoy naming recipes, it's usually the last step in publishing one, not the first, and certainly not done for everyday family meals.

This recipe became a favorite of mine last year, joining my regular meal lineup. Chicken is always popular at my place, but this dish really caught on. The first few times I made it, I hauled a bunch of herbs and spices out of my cabinet to make the marinade. One night, reaching past my shaker of Kowalski's Signature Prime Rib Rub for the salt, I stopped, realizing everything I needed was there in one bottle. This versatile mixture is great for so much more than beef. It's a classic garlic and herb blend that also complements fish, chicken, pork and lamb, so much so that in the coming months we'll even be transitioning its name to Kowalski's Classic Garlic & Herb Rub!

Having made this dish my own, I decided it had earned a name. You can feel free to just call it *dinner*.

Warmly,  
*Rachael*



## Rachael's CHICKEN

- ½ cup Kowalski's Extra Virgin Olive Oil
- ¼ cup brown sugar
- freshly grated zest of 1 lemon
- 2 tbsp. Kowalski's Signature Prime Rib Rub
- 1 ½ lbs. (approx.) boneless skinless chicken thighs
- 1 lemon, sliced
- *Lemon Butter Sauce*, warm
- warm prepared pasta or rice, for serving

In a large mixing bowl, whisk together oil, sugar, zest and rub. Add chicken to bowl; toss to coat with marinade. Refrigerate, covered, for 30 min. to 2 hrs. On a grill or grill pan preheated to high, grill chicken over direct heat, lid down, until cooked through (about 8 min.), turning once. Remove from grill and tent with foil; let stand for 5 min. Grill lemon slices until grill marks form (1-2 min. per side). Plate chicken with grilled lemon slices; drizzle with warm sauce. Serve with warm pasta or rice.

Serves 4.

**LEMON BUTTER SAUCE;** In a medium saucepan over medium-high heat, combine ¾ cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department), ½ cup dry white wine, and 2 tbsp. rice or Champagne wine vinegar; bring to a boil. Cook until reduced to about ¼ cup (about 15 min.). Whisk in 2 tbsp. heavy cream. Reduce heat to low; whisk in 4 tbsp. cold Kowalski's Unsalted Butter a little at a time until melted. Season sauce to taste with freshly ground Kowalski's Sea Salt and Black Peppercorns.

# Positively PASTA



Sunday, March 8, marks the beginning of Daylight Saving Time, which means it's time to "spring ahead." We're up for anything that involves spring. This dish is a perfect segue into a sunnier season, combining the wintry comfort of pasta with tender young veggies. Literally translated to "first green," *primavera* is the Italian word for "spring." Primavera's classic namesake dish foreshadows the arrival of spring's best green vegetables.

## PENNE PRIMAVERA

- 5 tbsp. Kowalski's Unsalted Butter, divided
- 1 shallot, finely chopped
- 4 cloves garlic, minced
- 12 spears asparagus, trimmed and cut into 1" pieces
- 1 small zucchini, cut into ½" dice
- 3 oz. broccolini, trimmed and cut into 1" pieces
- 2 oz. stringless sugar snap peas, halved diagonally
- 1 lb. Kowalski's Penne Rigate Dry Pasta
- 1 cup freshly grated Kowalski's Signature Parmigiano-Reggiano Cheese, plus more for garnish
- 1 tbsp. freshly grated lemon zest
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- thinly sliced green onion and fresh basil, for garnish

In an extra-large sauté pan over medium heat, heat 1 tbsp. butter. Add shallots and garlic; cook, stirring frequently, until shallots are softened and garlic is fragrant (2-3 min.). Add asparagus, zucchini, broccolini and peas; cook and stir for 2 min. Meanwhile, in a large pot of heavily salted water, cook noodles according to pkg. directions until just al dente (do not overcook). About 3 min. before the end of cooking time, scoop 2 cups pasta cooking water from the pot and pour 1 cup into the sauté pan with the vegetables; cook until vegetables are crisp-tender (about 2 min.); add remaining butter a bit at a time, stirring until melted. Sprinkle in cheese a bit at a time; stir and simmer until smooth and creamy (1-2 min.). Add hot, drained pasta to the sauté pan; stir and simmer until thickened (1-2 min.). Add more hot pasta water a bit at a time, if needed, until dish reaches desired consistency. Stir in zest. Season with salt, if needed. Garnish with cheese, pepper, green onion and basil to taste. Serve immediately.

Serves 4.

## STEAKHOUSE BLUE CHEESE DRESSING

Kowalski's Signature Fresh Salad Dressings are the work of Culinary Director Rachael Perron. Her Herbed Coleslaw Dressing has been known to turn coleslaw haters into lovers and veggie-adverse children into big-time fans. As a private chef her clients begged her for her recipes for Buttermilk Ranch and Mexi-Ranch Dressings, but none of her creamy creations have had quite the same impact as Steakhouse Blue Cheese.



*"I have ALWAYS loved blue cheese dressing, ever since I was a kid," says Rachael. "Growing up, everyone in my family selected it as their number-one salad choice, and these days my kids are no different. I think it's genetic."*

Since her recipe was added to Kowalski's lineup last year, it's been the number-one selling dressing in the Produce Department, bar none. "More than one person has told me they'd eat it off a spoon," laughs Rachael. "Not my favorite way to enjoy it, but I appreciate the sentiment."

Find Steakhouse Blue Cheese and other fresh salad dressings in the Produce Department. All of Kowalski's Signature Fresh Salad Dressings are also available on the Salad Bar.



# Peak Season. PINEAPPLE

One of the most popular and iconic tropical fruits is the sweet and tangy pineapple, and peak season begins soon. Though they are available from across the globe year-round, the best fruit arrives in late winter to early spring – and just in time. Pineapple brightens both sweet and savory dishes and makes it possible to take a culinary trip to the tropics without a plane ticket.

## TASTY TIP

Fresh pineapple can affect the texture of recipes containing protein. Fresh pineapple is a more powerful tenderizer than canned and may make meat mushy. In desserts such as gelatins, mousses or cakes (all of which contain proteins), fresh pineapple will impact the ability of the recipe to firm up or “set,” as is the case with the classic ‘50s dessert on the facing page, *Pineapple Upside Down-Cake*. In this recipe, canned pineapple will yield better results.

## Pineapple CHICKEN STIR FRY GF

- 2 tbsp. Kowalski’s Extra Virgin Olive Oil
- 4 boneless skinless chicken breasts, cut into 1" pieces
- 1 clove garlic, minced
- 1 medium onion, chopped in ½" pieces
- 1 green bell pepper, chopped in ½" pieces
- 1 cup stringless sugar snap peas
- 16 oz. Kowalski’s Fresh Pineapple Chunks
- 10 oz. gluten-free stir fry sauce, such as San-J Sweet & Tangy Polynesian Glazing and Dipping Sauce
- freshly ground Kowalski’s Black Peppercorns, to taste
- sliced green onion, for garnish
- warm prepared rice or rice noodles, for serving

In an extra-large skillet, heat oil over medium-high heat until shimmering but not smoking. Add chicken; cook and stir until chicken is browned and nearly cooked through (3-4 min.). Add garlic and vegetables; cook and stir until vegetables are crisp-tender (4-5 min.). Add pineapple and sauce; cook 1-2 min. more until hot. Season with pepper; garnish with green onion. Serve immediately over warm rice or noodles. Serves 4.

## Pineapple and AVOCADO SALAD LW GF

- 1 lime
- 3 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 tsp. Kowalski's Pure Honey
- 1 ½ tsp. finely chopped fresh mint, plus more for garnish
- ¼ tsp. freshly ground Kowalski's Sea Salt
- freshly ground Kowalski's Black Peppercorns, to taste
- 16 oz. Kowalski's Fresh Pineapple Chunks
- 1 jumbo avocado, peeled, seeded and sliced
- ¼ red onion, cut into thin half-moon-shaped slices
- crumbled fresh goat cheese, such as Capra with Honey, to taste (optional)

Use a microplane to remove 1 ½ tsp. zest from the lime; place zest in a medium mixing or salad bowl. Cut lime in half; squeeze 2 tbsp. juice into the bowl with the zest. Whisk in oil, honey and mint until blended; season with salt and pepper. Add pineapple, avocado and onion; toss to coat. Divide salad among serving dishes; top with cheese. Serves 3.

**FIND IT!** Fresh pineapple chunks are available in the Prepared Produce Case.



## Pineapple BRUSCHETTA

- 1 French baguette, cut into about 30 slices
- Kowalski's Unsalted Butter, melted
- ¼ cup superfine sugar
- ¼ tsp. cinnamon
- 8 oz. mascarpone cheese
- 1 large pineapple, peeled, cored and finely chopped
- Kowalski's Pure Honey, for finishing

Lightly brush both sides of each bread slice with melted butter. In a small bowl, completely combine sugar and cinnamon; sprinkle over both sides of each bread slice, reserving some cinnamon sugar for finishing the dish. Arrange bread on a baking sheet. In a preheated 375° oven, bake until crisp on the edges (8-10 min.), turning halfway through; let cool. Spread slices evenly with mascarpone on one side; top with chopped pineapple. Drizzle lightly with honey and sprinkle with reserved cinnamon sugar before serving.

Makes 30.



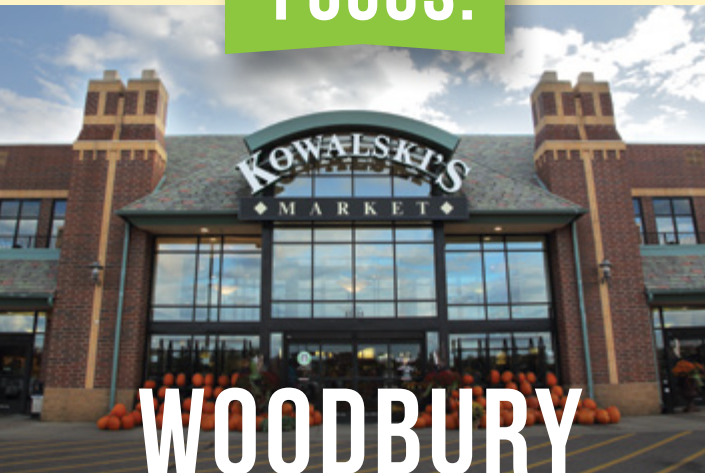
## Pineapple UPSIDE-DOWN CAKE

- 14 tbsp. Kowalski's Unsalted Butter, at room temperature, divided
- 1 cup brown sugar
- ¾ tsp. kosher salt, divided
- 9 canned sliced pineapple rings, patted dry with paper towels
- 25 maraschino cherries, stemmed and patted dry with paper towels
- ¼ cup cake flour
- ½ cup flour
- ½ cup sugar
- ½ tsp. baking powder
- ½ tsp. baking soda
- 1 egg
- ½ cup sour cream
- ¼ cup whole milk
- 2 tsp. Kowalski's Organic Pure Vanilla Extract

Melt 1 stick (8 tbsp.) of butter in a saucepan over medium-low heat. Add brown sugar and ¼ tsp. salt; cook, swirling often, until bubbly and sugar is melted (about 5 min.). Pour butter mixture into a 9" square cake pan sprayed lightly with cooking spray; swirl to evenly coat bottom. Arrange pineapple rings in butter on the bottom of the pan. Place cherries in the holes and between slices; set pan aside. In the bowl of an electric mixer, mix together flours, sugar, baking powder, soda and remaining salt; beat in remaining butter until mixture resembles wet sand (about 2 min.). Add egg; beat until incorporated. Scrape sides of the mixer bowl. Add sour cream, milk and vanilla; beat until smooth (1-2 min.; do not overbeat or mixture will start to separate and become greasy-looking). Pour batter into the prepared pan; smooth top. Bake in a preheated 350° oven until dark golden-brown and a tester inserted in the center of the cake comes out clean (38-44 min.). Transfer to a wire rack; let cool for 20 min. Run a knife around edges of the pan; invert cake onto a serving plate. Cool for 2 hrs. before serving. Best within 2 days; loosely wrap with plastic and store at room temperature for up to 3 days. Serves 9.



## STORE FOCUS:



# WOODBURY

This year Kowalski's Woodbury Market celebrates 20 years in the neighborhood! Our largest market at approximately 48,000 square feet, it opened at the intersection of Valley Creek Road and Radio Drive in fall of 2000. It was also Kowalski's first freestanding store, built entirely from the ground up.

Most of our corporate staff and company executives have offices in Woodbury. This proximity to department directors makes it an ideal testing ground for new programs and products. It's also where our test kitchen works on recipes for our print, broadcast and new media programs as well as ideas for new Signature products.

Woodbury is also home to Pizzeria Pezzo. Pezzo (pronounced *PAYT-zoh*, which is the Italian word for "piece") has enjoyed enormous success in White Bear Lake over the last six years. Recently named one of the 25 Best Pizzas in Minnesota by Big 7 Travel, Pezzo now offers their award-winning Chicago-style deep dish in the east metro. In addition to their famous deep dish, Pezzo's menu includes coal-fired artisanal pizzas, hand-turned in natural coal-fired ovens to produce picture-perfect pizzas with just the right amount of char. The menu includes shareable small plates, salads, sandwiches, pastas and a full bar. Pezzo is open for dinner and takeout every day but Monday. Patio seating will also be available as soon as weather permits!

### DID YOU KNOW?

Woodbury is the only Kowalski's with a JUUT retail shop inside, offering Aveda salon essentials. These high-performing shampoos, conditioners, styling and skincare products, and more are made with naturally derived ingredients and feature the unmistakable Pure-fume™ aroma that is Aveda. Find the store directly behind the Produce Department.

# LOCAL FOCUS

Local products are the heart and soul of our business. As the community around our first store supported us, we are honored to continue a tradition of working with the best of the best local producers. In this issue we take a look at a relative newbie to Kowalski's, 3 Lonetti Sisters.

### 3 LONETTI SISTERS



Ann Lonetti Lavorato, Stephanie Lonetti and Katie Lonetti Gunderman are the Lonetti sisters, the great-granddaughters of immigrants from Calabria, Italy, to the East Side of St. Paul. *Grandpa's Meatball Mix* is their authentic, time-tested, family-favorite blend. It's gluten free, made with organic spices and makes phenomenal meatballs. Just add Grandpa Lonetti's mix, 1 egg and a bit of ketchup and mustard to 1 lb. of beef, pork, poultry or any plant-based protein. It can also be used to season other Italian recipes, such as Chicken Parmesan and cheesy bread. Look for it in the Meat Department.

### DID YOU KNOW?

Italian meatballs didn't originate in Italy. They were created by Southern Italian immigrants when they came to America. That means that in order to be truly authentic, your Italian meatballs should come from this side of the pond – or in this case, the East Side of St. Paul!

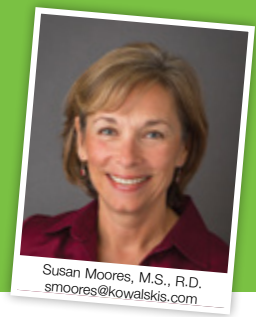




# Upon

## FURTHER REVIEW:

### GET WHAT YOU WANT FROM THE FOODS YOU CHOOSE



30,000+. That's the estimated number of decisions we make every day. With a barrage of information coming at us, we tend to catch the highlights, make a decision, then move on to the next set of choices.

Many of those moments happen while grocery shopping. If you wish to choose healthfully, it's important to pause, look beyond a product's highlights and dig in for the meaningful details. Further review is suggested when you see these buzzwords on a label:

### “NO SUGAR ADDED”

The sweet nature of a product has to come from somewhere, and that somewhere tends to be fruit juice concentrates or purées, sugar alcohols or low- to no-calorie artificial sweeteners, such as sucralose, acesulfame potassium or aspartame. Some sugar alcohols can negatively affect gut health, depending on how much you consume. No artificial sweeteners are good for health.



### LABEL REVIEW TIPS:

Check the ingredient list for words ending in “-ol.” These tend to be sugar alcohols. Also, look at the “Added Sugar” value on the Nutrition Facts panel. Four grams is the equivalent of 1 teaspoon of sugar. Experts recommend no more than 6 teaspoons of added sugar per day for women and children over age 2, and 9 teaspoons or less per day for men. Seek out products that use either real, whole fruit to sweeten foods (rather than fruit concentrates) or measured amounts of less-processed sugar in the form of honey, maple syrup, etc.

### “HIGH FIBER”

Fiber promotes gut health, which is a big deal these days. Manufacturers are tuned in and adding fiber in plenty of places, but often it's in the form of inulin, chicory root or maltodextrin. These ingredients offer bulk and fiber, but they may make you feel bloated, gassy and uncomfortable.

### LABEL REVIEW TIPS:

Choose ingredient lists that feature whole grains, beans, whole fruits and vegetables, nuts and seeds as sources of fiber.

### “MADE WITH...”

Insert whatever ideal ingredient might catch your eye. Whether the claim is “real fruit,” “vegetables” or “omega-3 fats,” the phrase “Made With” is often just a manufacturer's attempt to gain health favor. It's nearly impossible to determine what percentage of the desired ingredient is actually in the product (it's potentially very small).

### LABEL REVIEW TIPS:

Determine the source and form of the enticing ingredient. For example:

- If a product shows berries, mangoes or other cool fruits on the package and proclaims it's “Made with Real Fruit,” you should question which fruit is being referred to. Often the “real fruit” is a secondary ingredient like apples or pears, which don't offer much nutritionally.
- Is it a fruit concentrate or purée? That's just another word for sugar. Is it a powder? That's über-processed with negligible nutrition. Fruits and vegetables should be real and whole.
- “Contains Omega-3 Fats” usually refers to plant forms of omega-3s. The fish form is much more potent and best for helping heart health, brain health and inflammation.

### “NATURAL”

The FDA is working on updating its definition of “natural.” To date, they define it as a food to which “nothing artificial or synthetic (including all color additives, regardless of source) has been included in, or has been added to a food that would not normally be expected in that food.” However, there is little policing of the term. Food production methods, such as the use of pesticides, and food processing or manufacturing methods do not factor into their explanation of “natural.”

### LABEL REVIEW TIPS:

Read the ingredient list to see if what's on it makes sense to you. Be sure to take note of “natural flavors.” According to the FDA, natural flavors must come from a spice, fruit, vegetable, herb, bark, bud, root, leaf, meat, seafood, poultry, eggs, dairy products or anything fermented from those foods. Often these flavors are created from a high level of processing, sometimes with the use of chemicals. The science of them is fascinating. For example, molecules in the leaves of an African violet plant mimic the taste of watermelon. There isn't necessarily anything unsafe about “natural flavors,” but they may not be what you expect.

### DID YOU KNOW?

The term “plant-based” is on a growing number of food labels, but it doesn't ensure the healthfulness of a product. Many plant-based meat or dairy substitutes are highly processed. They may have an extensive number of ingredients and/or be nutritionally weak. Less processing is almost always better for your health.

# Choice CHICKEN

Kowalski's is excited to present a new choice in organic chicken that meets our strict humane animal treatment policies. Miller Poultry is a small family-owned company located in northern Indiana that has been raising chickens the same way for over 45 years. Miller chickens are raised in small flocks by peace-loving Amish families on their family farms. Raised in a stress-free environment where they have access to fresh water, natural light, ventilation and freedom to roam, the chickens are cared for and fed an organic vegetarian diet produced by Miller. It's also Non-GMO Project verified.

When it comes to dinner, chicken is always a great choice. From soups to sautés, it's a delicious option that everyone can agree on.



## White CHICKEN CHILI GF

- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 cup chopped onions
- 2 tsp. minced garlic
- 1 lb. Miller Organic Boneless Skinless Chicken Breasts, cut into 1" pieces
- 5 ½ cups chicken broth
- 30 oz. canned cannellini beans, rinsed and drained
- 9 oz. canned diced green chiles, drained
- 1 tsp. dried oregano
- ½ tsp. cumin
- 1 ½ cups shredded Monterey Jack or Pepper Jack cheese, plus more for garnish
- your choice of garnishes, to taste: chopped fresh cilantro, tortilla strips, fresh jalapeño slices, sour cream and sliced avocado

In a large Dutch oven or stockpot, heat oil over medium-high heat until hot. Add onions, garlic and chicken; cook until chicken is no longer pink (5-6 min.). Stir in broth, beans, chiles, oregano and cumin; bring to a boil. Reduce heat to low; simmer for 15 min., stirring occasionally. Stir in cheese until melted. Serve with desired garnishes. Serves 8.

*A note about gluten: When a gluten-free chicken broth is used, this recipe is gluten free.*

### BEER PICK

Brown Ale, Cream Ale  
or Pale Ale

## Roasted CHICKEN AND VEGETABLES **Gf**

- 1 lb. baby carrots
- 8 baby red potatoes, quartered
- ½ sweet onion, sliced
- 3 medium celery stalks, trimmed, cut into 1" pieces
- 2 tbsp. plus 1 tsp. Kowalski's Extra Virgin Olive Oil, divided
- 2 tsp. kosher salt, divided
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 2 tsp. chopped fresh thyme
- 2 tsp. minced garlic
- 4 lb. (approx.) Miller Organic Whole Roasting Chicken

Line bottom of a broiler pan with foil; set aside. In a large bowl, toss carrots, potatoes, onion and celery with 2 tbsp. olive oil; season with ½ tsp. salt and ¼ tsp. pepper. Spread evenly in bottom of foil-lined broiler pan. In a small bowl, combine thyme, garlic and ½ tsp. salt. Carefully loosen skin over breast of chicken; spread herb mixture under the skin. Arrange chicken, breast side up, on top rack of broiler pan. Rub skin with remaining salt; brush with 1 tsp. olive oil. Roast in a preheated 400° oven until an instant-read meat thermometer registers 160° (55-65 min.). Let stand, covered, for 10 min. (temperature should increase to 165° before serving). Move vegetables to a serving platter. Carve chicken; arrange on platter with vegetables.

Serves 6.



FIND IT!

Find Miller Organic Poultry in the Meat Department.



## Maple-Mustard CHICKEN

- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- 4 Miller Organic Boneless Skinless Chicken Breasts
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 2 cloves garlic, thinly sliced
- ¼ cup chicken broth
- ¼ cup Kowalski's Pure Maple Syrup
- 2 tbsp. Kowalski's Garlic Dill Mustard
- 1 tbsp. Kowalski's Balsamic Vinegar

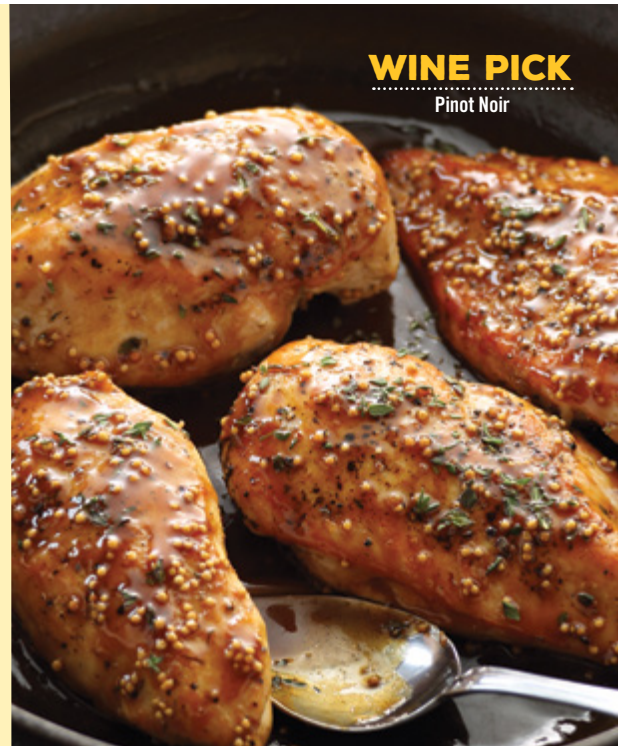
- 2 tsp. mustard seeds
- 2 tbsp. Kowalski's Unsalted Butter, cold
- chopped fresh thyme
- warm roasted sweet potatoes, for serving (optional)

Heat oil in a large ovenproof skillet over medium-high heat. Season chicken liberally with salt and pepper. Add chicken to the pan; sauté until well-browned on both sides (about 2 min. per side). Remove chicken from pan; set aside. Reduce heat to medium and add garlic; cook, stirring frequently, until garlic is fragrant (2-3 min.). Add broth and syrup to the pan; bring to a boil, whisking pan to loosen browned bits. Cook for 2 min., stirring frequently. Add mustard, vinegar and mustard seeds; cook and stir for 1 min. Return chicken to pan; spoon mustard mixture over chicken. Move pan to a preheated 400° oven; bake until chicken is done (about 10 min.). Remove chicken from pan; tent with foil and let stand for 5 min. Place pan with remaining sauce over medium heat; cook and stir until slightly thickened. Remove sauce from heat; whisk in butter. Adjust salt and pepper, if needed; stir in thyme. Drizzle chicken with warm sauce; serve with sweet potatoes, if desired.

Serves 4.

## WINE PICK

Pinot Noir



## Quick INDIAN CURRY

- 2 tbsp. clarified butter (ghee) or canola oil
- 1 ½ lbs. Miller Organic Boneless Skinless Chicken (breasts, thighs or a combination), cut into 1" pieces
- 12 oz. Indian simmer sauce, such as Kowalski's Tikka Masala, Korma or Tandoori Grill Sauces or Vindaloo Marinade
- freshly chopped cilantro leaves, to taste
- prepared brown basmati rice or couscous, warm, for serving
- warm Kowalski's Naan (from the Bakery Department), for serving

In a large skillet over medium heat, heat butter or oil. Add chicken; cook and stir until browned on all sides (about 3 min.). Add sauce; cover pan and reduce heat to a low simmer. Cook until chicken is cooked through (about 8 min.). Garnish with cilantro and serve with rice and naan.

Serves 4.



# SEASONAL SUPPER

Unlike French cuisine, for example, Italian cuisine is known for being unpretentious. Made with the very best imported Italian pasta and Italian-style tomatoes, this dish is the definition of great Italian food: fewer ingredients, each of the very best quality, prepared simply and with care.

Ragù is an Italian classic that is simply a meat sauce served with pasta. Ragù alla Bolognese (sometimes just called Bolognese) is one of the best-known ragù dishes. Typically a cook-all-day venture, this quick spin on beef ragù makes use of fully cooked meat to shortcut the process without sacrificing taste.



## TASTY TIP

The cold pulled beef may appear dry before you reheat it – it's not! Once warm, it becomes incredibly tender and juicy.

## Weeknight RIGATONI RAGÙ

2 tbsp. Kowalski's Extra Virgin Olive Oil  
1 shallot, finely chopped  
2 cloves garlic, minced  
½ cup dry red wine  
1 lb. (approx.) Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Beef  
½ lb. (approx.) Kowalski's Beef Demi-Glace (from the Meat Department)  
½ cup water

28 oz. canned San Marzano whole plum tomatoes, roughly chopped, with their juice  
1 tsp. minced fresh thyme  
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste  
1 lb. Kowalski's Rigatoni Dry Pasta  
- freshly grated Kowalski's Signature Parmigiano-Reggiano Cheese, for garnish

In an extra-large sauté pan, heat oil over medium heat. Add shallots and garlic; cook, stirring frequently, until shallots are softened and garlic is fragrant (2-3 min.). Add wine; cook for 2 min. Add beef; cook and stir until meat is hot and falling apart (2-3 min.). Add demi-glace, water, tomatoes and thyme; increase heat to medium-high and bring to a boil. Reduce heat to medium-low; simmer until thickened (about 30 min.). Add salt and pepper to taste. While sauce simmers, cook pasta in a large pot of salted water according to pkg. directions (do not overcook). Use a slotted spoon to transfer cooked pasta to the sauté pan; stir and simmer until thickened (about 2 min.). Garnish with cheese; serve immediately. Serves 4.