

Compliments of Kowalski's

January – February 2023  
THE JOY OF GOOD FOOD

# KOWALSKI'S AT HOME

# trendsetters



*FAN  
FARE!*

WHAT IS  
**REGENERATIVE  
AGRICULTURE?**

FOR THE *love* OF CHICKEN

Bagel Board  
(page 6)

The Family Grocery Store with the Family Still in It

# Thoughts from the KOWALSKIS

As we welcome a new year, we're taking a look back at the food trends we think have staying power into 2023 and beyond. *At Home's* Art & Content Director Rachael Perron and her team have scoured every corner of the internet – Pinterest, Instagram, TikTok and more – in search of the ideas captivating our attentions both on social media and IRL (“in real life”)! Not surprisingly, these ideas make for some very pretty pictures.

There are always plenty of things to get excited about this time of year, including sports and Valentine's Day. Within this issue, amongst the cutesy current crazes to be found online, are some fantastic recipe ideas for watching a playoff game or snuggling with a sweetheart. From super-sized subs and small-scale sliders to a chicken dish that could prompt a proposal, you'll find ideas that are as appetizing as they are attractive.

One thing we're also excited about around here lately is the concept of regenerative agriculture. On page 11, we're exploring the example set by one of our Meat Department's partner

farmers, Cooks Venture. Beyond “reduce, reuse, recycle,” regenerative agriculture is the way forward for our planet, at least according to an increasing number of farmers and ranchers. It's about old ways becoming new again and relying on Mother Nature to do what comes, well, naturally. Throughout 2023, we'll be exploring these oldie-but-goodie farming techniques in coming issues of *At Home*.

We round out the issue with a look at one of our newest local partners, The Naughty Greek, and, of course, a check-in with our friend Sue Moores, M.S., R.D., who gives us a dietitian's perspective on all things milk!



***Food Matters! Truth Matters!***  
Mary Anne Kowalski and Kris Kowalski Christiansen

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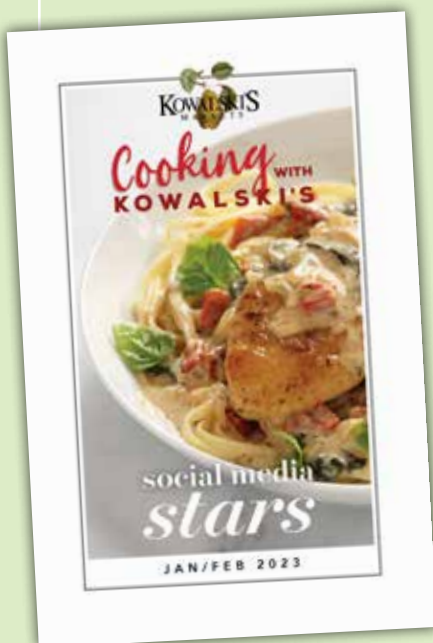
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## pretty and delicious

Social media is an increasingly popular tool for finding new recipes. In fact, according to a recent survey of 2,000 social media users conducted by OnePoll, when it comes to recipe research, social media now outranks traditional cookbooks in popularity by a whopping 10 points.

But one of the challenges of bite-sized content is presenting enough information to produce a good result. Recipes produced for social media are oftentimes created with a visual in mind, not so much a tasty dish. Not to mention these recipes often lack critical precision. A suggestion to “measure with your heart,” for example, isn't always useful, particularly for less-experienced cooks.

In this issue and its partner publication, our *Cooking with Kowalski's* recipe booklet, “Social Media Stars,” we've taken the guesswork out of some of the more interesting recipes on the net, applying some good old-fashioned R&D. We've added details the web may have overlooked, including accurate measurements, timing and techniques, to produce food that's not just pretty but pretty delicious, too.



# HOW TO PICK A PLANT-BASED MILK



Susan Moores, M.S., R.D.  
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When it comes to plant-based milks, you have options and plenty of them. Which one should you choose? It depends.

If you're using plant-based milk as a recipe ingredient or an add-in to your morning coffee, then any choice is great – with one footnote: The flavor and characteristics of the milk may influence how your recipe turns out. This consideration is especially important when the food's flavor comes predominately from the flavor of the milk.

However, if you consistently drink plant-based milks or use them in

larger quantities than the occasional recipe ingredient or “creamer,” you will want to dig in a little deeper to learn more about their nutritional content. That can help you decide which drink to pick.

Cow's milk is filled with good nutrition. It contains protein, calcium, vitamin A, B vitamins (including B12), potassium, magnesium and vitamin D. Those are big shoes to fill for milks made from nuts, seeds, grains or beans, which are the base ingredients used in plant-based milks.

## CONSIDER THESE ATTRIBUTES WHEN PICKING A CONTENDER:

**1 TASTE** Each type of milk has a distinctive taste, and many have different textures. Do some taste-testing to find your favorite(s). **Tip:** Coffee shops may be willing to give you a sample of certain varieties.

## 2 ADDED SUGAR

Cow's milk has 12 grams of sugar per cup, but as a natural sugar (lactose), it is metabolized more slowly than added (refined) sugars and has less impact on your blood sugar levels. Choose plant-based milks with less than 10 grams *added* sugar per 1-cup serving. Many flavored milks contain extra sugar, but so too can plain varieties. Check the Nutrition Facts panel for the details.

**3 FAT** Hold the line at 2 grams of *saturated* fat or less per serving. Coconut milk is the only plant-based milk where saturated fat can be an issue. If you choose coconut milk, find other places in your diet to reduce the amount of saturated fat you consume. Too much saturated fat is contrary to heart and brain health.

**4 PROTEIN** Most of us get plenty of protein without relying on milk to support our needs. However, if you're vegan or vegetarian, review your food choices to see if you are getting around 50-60 grams of protein a day (on average). If not, a pea- or soy-based milk is your best bet for filling a protein gap. Almond, oat, rice and coconut milks have little protein.

## 5 VITAMINS & MINERALS\*

- **Calcium and vitamin D.** Many plant-based milks are fortified with these nutrients. They are key nutrients you may not get when you limit certain dairy foods. They are essential for building and retaining bone density and strength. Seek out a plant-based milk supplying 20% of both calcium and vitamin D.
- **Vitamin B12.** If you're vegan, select a milk containing 50% or more of this vitamin, as it can be difficult to get if you don't eat meat, fish, eggs or dairy.
- **Vitamin A and potassium.** These nutrients are easily found in fruits and vegetables, particularly orange and dark green produce. Enjoy them to meet your needs.
- **Riboflavin.** Vitamin B2 (riboflavin) is also plentiful in green vegetables as well as grains and fortified cereals.
- **Magnesium.** It too is found in greens, grains and cereals, as well as beans, nuts and seeds.

NOTE

If younger children drink plant-based milks in place of cow's milk, more nutrition planning is needed to ensure they are getting enough of the key nutrients mentioned here.

Find references online at [kowalskis.com](http://kowalskis.com).

**FIND IT!**

You can now find frozen dough balls of our Hand-Rolled Artisan French Loaf in our Bake at Home freezers. Each ball can also be used to make two 9-10" pizza crusts!



**COOKING AT HOME:**

**myHERO**

**CLASSIC ITALIAN GRINDER SANDWICHES**



**M**y college-aged son was the first in our house to discover the famous TikTok grinder sandwich last summer. It's a sandwich a kid like him dreams of. It's fast becoming one of his most requested recipes when he's home from school. My husband, Jerry, and I love it on Vikings game days, too.

Everyone on the net insisted it was the "salad" topping that was the key to the grinder's appeal. In my mind, however, a sandwich is defined by one thing above all else: the bread it's made on.

Crusty on the outside and pillowy-soft on the inside, Kowalski's Hand-Rolled Artisan French Loaf isn't your average French bread. Ours is a special recipe crafted in cooperation with one of my favorite local bakers, Kathie "The

Church Lady" Armstrong. Mixed, formed and baked by hand in-store every day, this heavenly loaf is the stuff of bread lovers' dreams. It's easy to spot on the Artisan Bread Table with its signature parchment wrap that's tied (by hand, of course) with baker's twine.

So as not to squish the bread's moist crumb, I recommend pulling out a little of the soft insides of the loaf to make room for the abundance of fillings in this hefty sandwich. (I also highly recommend saving the innards to make the homemade croutons on the *Broccoli Caesar Salad* featured on page 8.)

Warmly, *Rachael*

Rachael Perron, Culinary & Branding Director  
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# feels good to be *Bad*

The Naughty Greek brings the tradition of authentic Athenian street food to Minneapolis and St. Paul.

After coming from Greece to live in the United States, the folks behind The Naughty Greek were very much disappointed with the quality of Greek food offerings here. They decided to create a space where they could share their passion for authentic Greek ingredients and traditional recipes. Embracing the name “Naughty,” chef and owner Angelo Giovanis puts his 27 years of experience to work in his Twin Cities’ restaurants, where he and his staff do things differently without compromising on quality or cutting corners.

Kowalski’s is proud to be the first major retail partner of The Naughty Greek in the Twin Cities! Stop by the Deli Grab & Go Case to pick up one of The Naughty Greek’s freshly made Greek dips:

- **SIMPLY TZATZIKI**, made with real Greek yogurt, English cucumbers and fresh garlic
- **SALACIOUS EGGPLANT SPREAD**, made with roasted local eggplants and bell peppers, fresh parsley, garlic and olive oil from Greece
- **SPICY SASSY CHEESE SPREAD**, made with imported Greek feta cheese and Greek yogurt

Look for their customer-favorite handmade pita chips, too! All products from The Naughty Greek are made with zero artificial preservatives.

Experience the full breadth of The Naughty Greek flavors with a trip to one of their three restaurant locations – two in St. Paul and one in Minneapolis. There you can taste authentic pork gyros, avgolemono (egg and lemon) soup, spanakopita, favalafel (falafel made with fava beans), tabbouleh and much more.

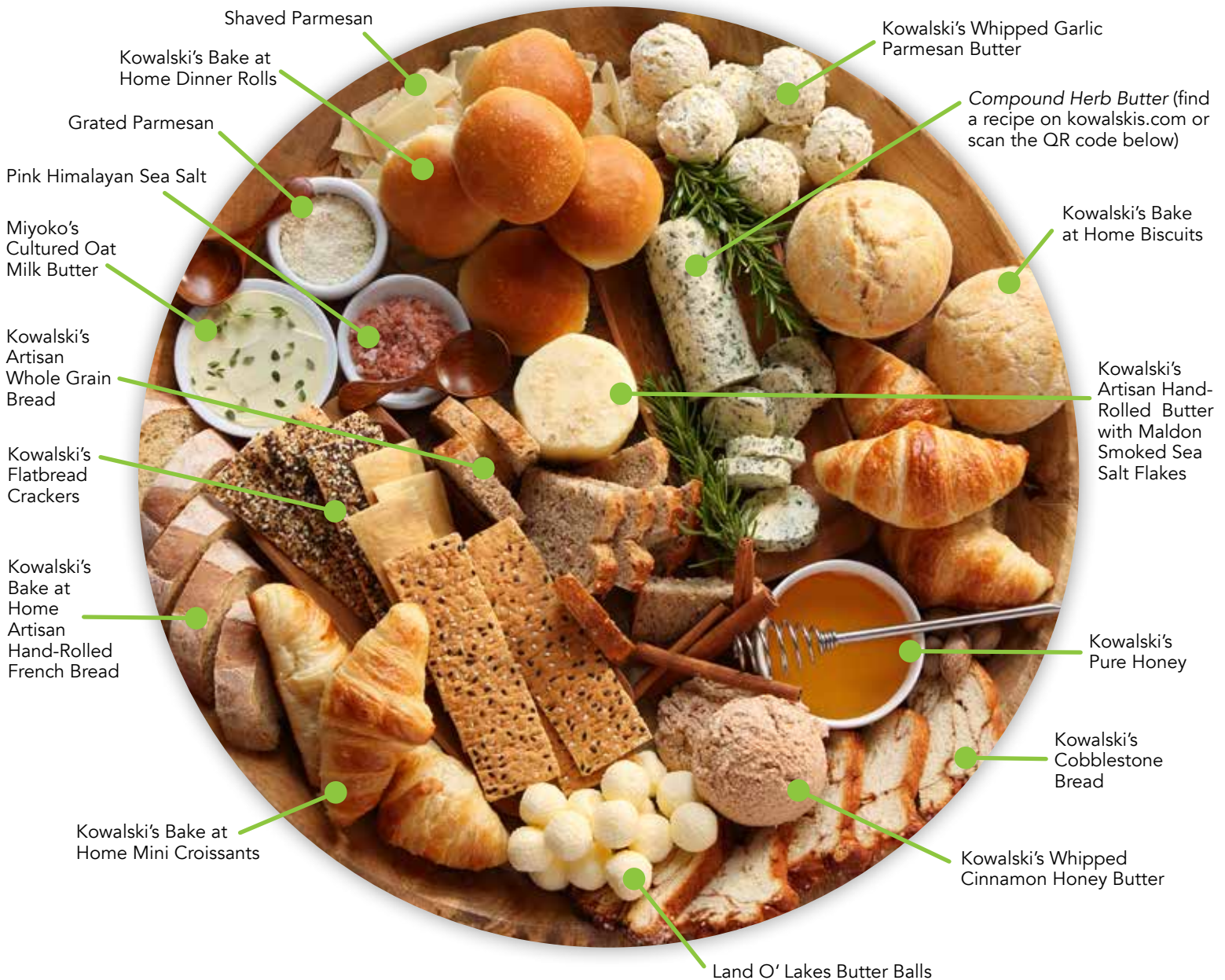


# BUILD a *better* BOARD

## WORKSHOP

You can certainly serve a board laid with cheese and crackers or a platter of chips with dip. In the same way, you can make a bougie, photogenic display of bread with butter. At least that's what the world collectively decided last year when the "butter board" trend swept through TikTok and Instagram.

Our *Butter Board* takes things further, adding all manner of buttery toppings and plentiful options on which to slather them. Soft whipped honey butter, sliced compound butter, butter with cheese, flaky salt, herbs – you name it, we spread it. On our cover, the butter board's cousin, the *Bagel Board*, makes every brunch menu better.



**TASTY TIP**

The bagel board from our cover features Kowalski's Bagels with our Whipped Cream Cheese Spreads, Cocoa Almond & Hazelnut Butter, and Mixed Berry Jam.



**COMPOUND HERB BUTTER**

# SIGNATURE PRODUCT FOCUS

SIGNATURE

## *marry me* CHICKEN



# Love IS IN THE AIR

Whether you call it by its popular name, *Marry Me Chicken*, or not, you're sure to fall in love with this darling of the internet. We prefer Cooks Venture chicken (read more about Cooks on page 11) and a bed of imported Italian linguine for soaking up all the delicious, creamy sauce.

## SIGNATURE PRODUCT FOCUS

Authentic Italian pasta is more than just a culinary tradition passed down through generations – it's an art form. Kowalski's new **Organic Boxed Pastas** are made in Italy using a traditional recipe and 100% organic durum wheat semolina. This coarsely ground variety of wheat is especially hard and has a high protein content, which helps the pasta retain its shape and firmness while cooking. Cook it just until tender in plenty of boiling, salted water to taste the difference that real Italian pasta makes in all your favorite recipes.

*Find Penne, Linguine, Spaghetti and Rotini in the Global Foods Aisle.*

Melt your loved one's heart this Valentine's Day with rich chocolate, custom-blended peanut butter and freshly roasted whole almonds in our new **Peanut Butter Cups**. We offer both **Dark Chocolate** and **Milk Chocolate** varieties in a size that's perfect for sharing.

*Find them by the registers at the front of the store.*



# salads THAT AREN'T *really* salads

The trend of “salads that aren’t really salads” isn’t a trend in our book. We have hundreds of recipes for salads made with a base of something other than greens. From lentils and potatoes to beans and grains, our deli salads offer something for everyone without a single leaf of lettuce to get in your way. For this issue of *At Home*, we scoured the web for some of its highest-rated “non-salads.” Herein we present to you a couple of standout selections.



## BROCCOLI CAESAR SALAD

SERVES 2

**All the Caesar flavors you love without the lettuce!**

- 3 slices (approx.) artisan bread, torn roughly into ½" pieces
- Kowalski's Extra Virgin Olive Oil, as needed
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 4 cups broccoli florets, cut into evenly sized 1" pieces
- ⅓ cup Kowalski's Canned Garbanzo Beans, rinsed and drained
- Kowalski's Signature Fresh Parmesan Caesar Salad Dressing (from the Produce Department), to taste
- Kowalski's Signature Parmigiano-Reggiano Cheese (from the Specialty Cheese Case), shaved, to taste
- pine nuts, toasted, to taste
- fresh lemon zest, to taste

### DIRECTIONS:

1. Preheat oven to 325°.
2. Spread bread pieces on a rimmed baking sheet; drizzle with oil and toss to lightly coat.
3. Sprinkle bread with salt and pepper; bake in preheated oven just until golden but still slightly chewy and soft on the inside, stirring occasionally (10-15 min.).
4. Set croutons aside to cool; increase oven temperature to 450°.
5. In a large mixing bowl, completely but lightly coat broccoli with oil; season to taste with salt and pepper.
6. Roast broccoli on a parchment-lined baking sheet until browned and tender when pierced with a fork (10-15 min.).
7. In a large mixing or serving bowl, toss roasted broccoli and beans with dressing.
8. Sprinkle with cheese, pine nuts and croutons; fold together gently.
9. Sprinkle with lemon zest and more pepper; serve immediately.



Here are some of our favorite not-exactly-a-salad salads available in the Deli right now:

CHERRY PISTACHIO  
QUINOA SALAD

LEMONY COUSCOUS

MIXED PROTEINS SALAD

CHICKEN PESTO  
MOZZARELLA PASTA  
SALAD

## CUCUMBER CHICKEN SALAD GF

SERVES 4

*This crunchy, cool chicken salad doesn't need lettuce or bread.*

- |                                                                            |                                                                                  |
|----------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| 1 tbsp. Kowalski's Extra Virgin Olive Oil                                  | 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)    |
| 3-4 Cooks Venture Boneless Skinless Chicken Breasts (about 1 ½ lbs. total) | 2 tsp. garlic paste                                                              |
| 1 tsp. Kowalski's Garlic Powder                                            | 3 English cucumbers, peeled and seeded, cut into half-moon shapes about ¼" thick |
| 1 tsp. Kowalski's Cumin                                                    | ¼ cup thinly sliced red onion                                                    |
| ½ tsp. kosher salt, plus more to taste                                     | ¾ oz. fresh mint leaves, chopped                                                 |
| ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more to taste     | ¾ oz. fresh dill fronds, chopped                                                 |
| 1 ½ cups full-fat plain Greek yogurt                                       |                                                                                  |

### DIRECTIONS:

1. Preheat oven to 400°.
2. Meanwhile, in a large ovenproof skillet, heat oil over medium-high heat.
3. Season chicken with garlic powder, cumin, ½ tsp. salt and ¼ tsp. pepper.
4. Add chicken to the pan; sauté until well browned on both sides (about 2 min. per side).
5. Move pan to preheated oven; bake until chicken is done (about 10 min.).
6. Cool chicken to room temperature.
7. Cut cooled chicken into ½" dice; set aside.
8. In a large mixing bowl, combine yogurt, lemon juice and garlic paste; season mixture to taste with salt and pepper.
9. Add cucumbers, onion and chicken to the bowl; mix well.
10. Add most of the herbs, reserving some for garnish; fold in.
11. Garnish salad with reserved herbs; season with more salt and pepper to taste.



# super *sammies*

(small sammies)



LITTLE MAC  
SLIDERS



It started simply enough. But once we learned we could bake a pan of party-perfect sliders with deli ham, Swiss and a little mustard, it was only a matter of time before the web created versions made with chicken, beef, pulled pork and even cauliflower. In fact, there wasn't a sandwich that someone, somewhere, didn't try to make on a base of soft, sweet dinner rolls brushed with butter. From Chicken Parmesan to lobster rolls, the web has a slider for everyone and every occasion. Our picks – Buffalo chicken and a play on a famous fast-food burger – are great choices for game day entertaining.

## BUFFALO CHICKEN SLIDERS

SERVES 4

**Serve with extra Buffalo dipping sauce if you like things hot and spicy!**

- 2 tbsp. Kowalski's Salted Butter, melted
- ½ tsp. Kowalski's Pizza Seasoning
- ¾ lb. shredded Kowalski's Signature Rotisserie Chicken
- ⅓ cup Buffalo wing sauce
- ⅓ cup Kowalski's Signature Fresh Buttermilk Ranch Salad Dressing (from the Produce Department), plus more for dipping, if desired
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 12 ct. pkg. soft rolls (such as King's Hawaiian brand)
- 6 oz. shredded Monterey Jack cheese, divided

### DIRECTIONS:

1. Preheat oven to 350°.
2. In a small mixing bowl, stir together butter and pizza seasoning; set aside.
3. In a large mixing bowl, mix chicken thoroughly with Buffalo sauce, ranch dressing, salt and pepper; set aside.
4. Do not pull the rolls apart. Using a long serrated knife, cut rolls in half to create a top and bottom "slab"; set top slab aside.
5. Place bottom slab in a 9x13" glass baking dish; sprinkle ½ of the cheese evenly over bottom buns.
6. Top evenly with chicken mixture.
7. Top evenly with remaining cheese; place top buns over second cheese layer.
8. Cover dish with foil; bake in preheated oven for 10 min.
9. Remove foil; brush tops of buns evenly with melted butter mixture.
10. Bake, uncovered, until buns are slightly toasty and cheese is completely melted (about 5 min. more).
11. Serve warm with ranch dressing for dipping, if desired.





# FARM FIELD TRIP!

**M**ore and more farmers are entering into a serious discussion on how to affect positive change on our agricultural lands – how to leave them better than we found them and, in some cases, even repair some of the damage we've done. Their answer is regenerative farming.

Regenerative farming is not new; in fact, it's pretty old. Indigenous Americans practiced it long before early American settlers established homesteads in the Midwest. Back then, bison foraged these plains, aerating the soil and dispersing native grass seeds with their hooves while naturally fertilizing the soil. The land lived in perfect balance with the animals, taking what it needed from them and giving back lush, grassy, green pastures for the next grazing season. Regenerative farmers aim to reinvigorate and rebuild these ecosystems by protecting the soil from erosion, integrating livestock, maintaining living root systems year-round, minimizing tilling and maximizing crop diversity.

The forward-thinking farmers at Cooks Venture are involved in this growing movement and are paving the way to a reimagined poultry industry. While developing their own chicken farm, hatchery and processing plant, Cooks Venture engaged with regional crop farmers to grow feed using regenerative farming practices. They have also helped other livestock farmers develop systems to build soil fertility, sequester carbon and create biodiversity to regenerate the earth.

Kowalski's Meat & Seafood Director Troy Schmeling paid a visit to the Cooks facility in Decatur, Arkansas, late last year. In the broad scope of poultry production, Cooks Venture is a tiny player, but, according to Troy, "what they're doing there is really big – and truly unique. Their chickens are allowed to go outside every day to forage for insects and plants, in turn fertilizing the ground that they graze."

During his visit, Troy noticed that the animals seemed to favor one side of the pasture behind their barn over another. Here the newly planted peach trees were already 2-3 feet taller than those planted on the other side. "Why?" he wondered. Simply put, the

chickens' natural behaviors were returning more nutrients to the soil, just like the aforementioned bison of yesteryear.

"There isn't going to be an overnight change that improves the health of our soil, water, and animal and plant life," Troy notes. "The answer on how to affect change is complex. It starts with educating ourselves about and being aware of what's going on in farming. A good second step is to support agricultural products that have regenerative and sustainable initiatives behind them."

## COOKS VENTURE IS A GREAT CHOICE FOR CUSTOMERS THAT WANT TO SUPPORT REGENERATIVE AGRICULTURE:

- Decades of poultry breeding and husbandry produced Cooks' special slow-growing heirloom breed, the Pioneer.
- Poult are pasture-raised with unlimited outdoor access on an 800-acre farm.
- Animals receive only Non-GMO Project Verified feed and no antibiotics – ever!
- Chicken is air-chilled to produce crispier skin when cooked and a noticeably better texture.
- Recyclable plastic packaging also has the benefit of extending shelf life at home.



# seasonal *supper*

This edition of “Seasonal Supper” combines all the elements of this issue into a single delicious dinner. It’s a salad that’s not exactly a salad made with Cooks Venture chicken and The Naughty Greek Simply Tzatziki. Styled in Instagram fashion, this meal features warm chicken and flatbread nestled among crunchy, cool veggies and creamy cheese. It’s a midwinter feast that feels fresh. Warm spices and flavors evoke a trip to the Greek islands, a proper culinary getaway for the season. It’s the next best thing to actually being there!



**CHICKEN  
TZATZIKI  
BOWLS**