

Compliments of Kowalski's

July - August 2023  
THE JOY OF GOOD FOOD

# KOWALSKI'S AT HOME

CELEBRATING OUR 40TH YEAR

## summer *refreshment*

MOZZARELLA  
*madness*

*zero-proof*  
SUMMER  
DRINKS

Raspberry-Passionfruit  
Agua Fresca (page 9)

OUR CHEFS DISH UP  
THEIR SUMMER FAVES

*Celebrating 80 issues!*

The Family Grocery Store with the Family Still in It

# Thoughts from the **KOWALSKIS**

Chances are when you think Kowalski’s, you think salads. Between our massively popular salad bars and an endless variety of freshly made deli salads, it’s clearly a defining food category for our brand. Nothing says fresh or summer quite like a salad. This issue of *At Home* is in on the fun with recipes for green, pasta and chunky veggie salads from some of our salad-loving stakeholders. Culinary Director Rachael Perron shares the party-perfect stunner on the facing page, and fellow culinary team members Maja-Lina Lundell and Taylor McCloud add to the menu on page 11.

Store chefs are another key contingent of our culinary crew. In this issue of *At Home*, we are getting to know these talented stakeholders, who prepare so much of what is offered in our delis every day. From everything you see in our famous Hot Foods Case to the fixings for burrito bowls, wings, soups, ramen, pastas and so much more, they put out quite a spread! Get to know our chefs on pages 4 and 5 and find out what they like to make when they cook for themselves *at home*.

Another member of our food-loving team is our dietitian Sue Moores, M.S., R.D. Sue is helping us understand the trend in zero-proof and alcohol-free drinking with her column on page 7. Not only is she sharing new industry guidance pertaining to alcohol, but she’s also breaking down the formula for refreshing mocktails with her mixologist and pal, Peder Schweigert.

If you’re looking for a buzz-free way to cool down and relax this summer – by the pool, on the patio or on the porch – we’ve got a few ideas. Turn to page 8 for a look at some new recipes for Mexican-inspired libations that will beat the heat – without a drop of alcohol!

Finally, we love-a mozzarella! Our Signature Hand-Pulled Fresh Mozzarella from our Specialty Cheese Department is a summer staple, and this season we are giving it some long-overdue attention. While other stores may move further away from the practice, we’re proud to continue our tradition of making our own cheese. Freshly made mozz is simply unmatched whether you’re using it in a classic Caprese or any of the recipes featured in this season’s *Cooking with Kowalski’s* recipe booklet. Find this inspirational resource in the Specialty Cheese Department or your store’s information kiosk. Learn more about our fresh cheese program and mozzarella’s sister cheeses, mozzarella di bufala and burrata, starting on page 10.

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



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**FIND YOUR LOCAL MARKET AT KOWALSKIS.COM**

**Thank You**  
 FOR 40 YEARS!

**We are celebrating our 40th anniversary all year long! You’ll want to mark your calendar for our big anniversary celebration on Saturday, September 30, in all stores.**

This issue of *At Home* also marks another big milestone: the big 8-0! Our first issue, from Winter 2003, was just eight pages long and featured a single photo containing all six recipes from the issue on a massive tablescape set with linens, flowers and candles. We’ve never attempted such an ambitious photo since! Two things haven’t changed in 20 years of *At Home*: we’ve never once sold a single ad, and we’ve always created all the content in-house. Thank you to everyone who’s called, texted and emailed us your kind words of appreciation and enjoyment over the years. *At Home* is a real undertaking, but creating it for you is also a real joy!



COOKING  HOME:

# TASTE the RAINBOW

I don't think anyone needs to be taught how to make a salad. It's one of those things like toast or tea that no one needs a recipe for. Salad bars don't come with instructions – a salad is just one of those dishes that we understand how to make at a visceral, intuitive level.

I think the formula for a great salad comes down to just two things: texture and flavor, specifically the proper balancing of each. “Crunchy, creamy and crispy,” I always say, is the formula for superior salad. Same for taste. At a minimum, you need sweet, salty and sour to balance your bowl. (Bonus points for spicy and savory!) In my summer favorite – I call it *Rainbow Salad* – crispy greens meet creamy avocado and crunchy peppers, cabbage and carrots. Blue cheese brings sour, salty notes to balance the sweetness of tomatoes and my own recipe for Honey French Dressing. I like to add the spicy bite of radishes and peppers, but when it comes to your salad, who am I to tell you how to make it?

Warmly,  
*Rachael*

Rachael Perron,  
Culinary & Branding Director  
rperron@kowalskis.com



## RAINBOW SALAD

SERVES 4

- 4 oz. salad greens (such as Romaine lettuce, baby kale, baby spinach, baby gem, butter lettuce or a combination)
- ¼ cup (more or less to taste) Kowalski's Signature Fresh Honey French Salad Dressing (from the Produce Department), plus more for serving, if desired
- ½ pt. red cherry or grape tomatoes, halved
- ½ cup matchstick-cut carrots
- ½ yellow bell pepper, cut in ½" dice
- 1 small avocado, sliced
- ½ cup crumbled blue cheese
- 1 cup sliced purple cabbage
- 2 very thinly sliced radishes
- freshly ground Kowalski's Black Peppercorns, to taste

### DIRECTIONS:

1. Chop greens, then wash in ice-cold water; drain thoroughly in a salad spinner until very dry.
2. In a large salad or mixing bowl, toss greens with dressing to taste.
3. Arrange dressed greens on a serving platter or transfer to a shallow rimmed serving bowl.
4. Arrange tomatoes, carrots, bell pepper, avocado, cheese, cabbage and radishes (in that order) in curved strips or wedges over the greens.
5. Drizzle with additional dressing to taste, if desired.
6. Season with black pepper to taste; serve with additional dressing on the side, if desired.

STAKEHOLDER SPOTLIGHT

the *dish* on our chefs

On any given day, each of our stores puts out more hot food than most restaurants. At the heart of it all is a talented chef or experienced cook orchestrating multiple programs – soups, wings, burritos, noodles and pastas, sandwiches, beef, chicken, pork, fish and all the sides, not to mention rotisserie chicken! In this edition of “Stakeholder Spotlight,” we’re getting to know a few members of this amazing team and learning about what they love to cook – for you and themselves, too!



WHITE BEAR LAKE

*“I’m a black belt in jujitsu and a brown belt in judo!”*

Chef Jason Reitzel

**Expertise:** Nearly 7 years at Kowalski’s, 30 years in the food and restaurant business.

**Home:** Forest Lake.

**Favorite things I make at work:** Skuna Bay Salmon and our Crispy Chicken Sandwiches.

**What I love to cook at home:** I love to grill chicken and *steak kabobs*; I marinate the meat and veggies in Italian dressing. Grilled black and blue tuna is another fave.

**Favorite product from Kowalski’s:** Stonewall Kitchen Roasted Apple Grille Sauce.



Chef Nick Brown with fiancée Therese Kulas

*“I’m a professional musician! I’m the principal French horn player for the Mankato Orchestra and I teach and perform across the Twin Cities.”*

EAGAN

**Expertise:** Kowalski’s was my very first job! I’m happy to have been here for nine years already!

**Home:** Lowertown, St. Paul.

**Favorite things I make at work:** Skuna Bay Salmon and Smoked Brisket.

**What I love to cook at home:** During the summer, my fiancée and I like to cook out on the grill as often as we can. A couple of our staples include peach and Brie quesadillas and roasted gochujang Brussels sprouts.

**Favorite product from Kowalski’s:** Steaks from the Meat Department and triple-crème Brie from the Specialty Cheese Case.

WOODBURY

**Expertise:** Nearly 10 years at Kowalski’s!

**Home:** Eagan.

**Favorite thing I make at work:** I’ve been heading up R&D for a new burger program that we are excited to debut at Woodbury very soon. There’ll even be fries! Stay tuned!

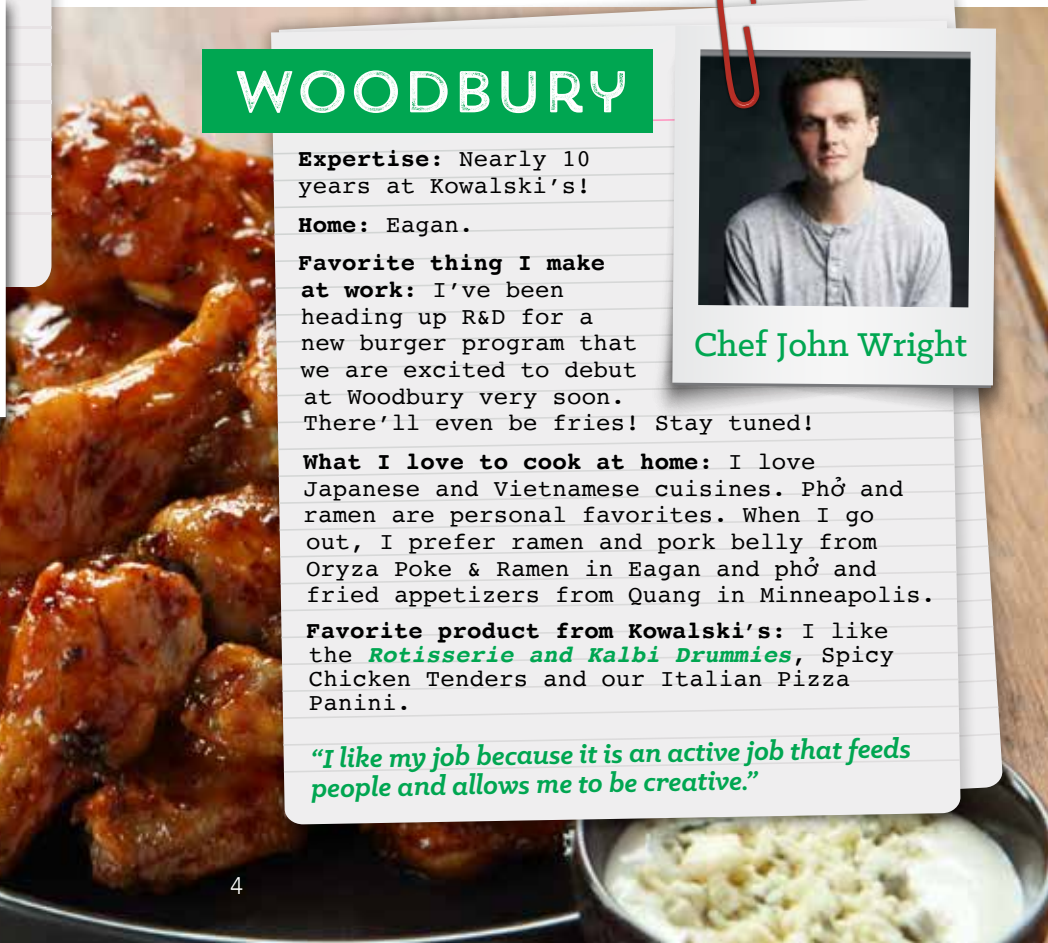
**What I love to cook at home:** I love Japanese and Vietnamese cuisines. Phở and ramen are personal favorites. When I go out, I prefer ramen and pork belly from Oryza Poke & Ramen in Eagan and phở and fried appetizers from Quang in Minneapolis.

**Favorite product from Kowalski’s:** I like the *Rotisserie and Kalbi Drumsticks*, Spicy Chicken Tenders and our Italian Pizza Panini.

*“I like my job because it is an active job that feeds people and allows me to be creative.”*



Chef John Wright



## GRAND AVE.

**Expertise:** I've been with Kowalski's for 20 years! I started in the restaurant biz when I was just 13 at the Rainbow Café in Uptown. I've loved food ever since!

**Home:** The Upper Landing neighborhood in downtown St. Paul.

**Favorite thing I make at work:** Grilled Beef Medallions.

**What I love to cook at home:** I use Cashew Chicken, Curried Chicken and Blackened Chicken Salads to make a **chicken salad grazing board**. Served with lettuce leaves, crackers and vegetables, it's a great light lunch or happy hour snack.

**Favorite product from Kowalski's:** I love using the meat from the Burrito Bar to make quesadillas, salads and, of course, burrito bowls!

*"I love the sense of community in our store. Many of our customers have been coming in for years. We know them by name and have built great relationships. A feeling of camaraderie and family runs throughout our store and the whole company."*



**Chef Paul Keith**



**Chef Michael Stoltz** with his wife Merenda Turbak, who is a baker at Kowalski's Oak Park Heights Market.

## OAK PARK HEIGHTS

*"In the summer, I love to smoke ribs, pork butt and brisket."*

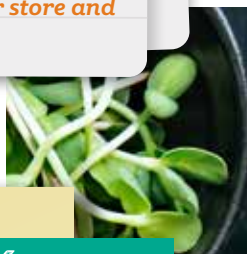
**Expertise:** 11 years at Kowalski's and 25 years in total at restaurants, hotels and resorts.

**Home:** St. Paul.

**Favorite thing I make at work:** Kalbi Salmon.

**What I love to cook at home:** I love to make Nashville hot chicken sandwiches and pad thai with boneless skinless chicken thighs.

**Favorite product from Kowalski's:** I like our Rotisserie Chicken. It's awesome, versatile and easy to use in so many ways.



## LYNDALE



**Chef Drew Doering**

**Expertise:** Going on five years at Kowalski's!

**Home:** Lowry Hill East, Minneapolis.

**Favorite thing I make at work:** Chicken Parmesan.

**What I love to cook at home:** I like to make **Hawaiian rice bowls**.

**Favorite product from Kowalski's:** I really like our new Focaccia Sandwiches!

*"I have learned a lot about cooking and food in general since joining Kowalski's and am excited to continue my journey!"*

# pick a pepper

[ANY PEPPER!]

Hot peppers are used to add a fiery dimension to recipes and cuisines around the world. Their defining characteristic – heat, or spiciness – is measured in their concentration of the chemical *capsaicin*. The spiciness of a pepper is measured according to the Scoville Heat Unit Scale (listed as SHU). Sweet bell peppers are rated a zero on the scale, while the hottest varieties can score 1,500,000 SHU or more.

## CAPSICUM ANNUM

### ANAHEIMS

**MILD 500-2,500 SHU** This large, pale yellow-green pepper is named for the California city of Anaheim, even though they originated in New Mexico. The most famous of the Anaheim chiles is the Hatch chile, which are usually on the spicier end of the scale. The fresh green taste of Anaheims is great in tomatillo salsa. These peppers are also commonly roasted and stuffed.



### POBLANOS

**MILD TO MEDIUM 1,000-5,000 SHU** When dried, these dark green beauties are known as *anchos*. Used commonly in moles, their large size and mild spiciness also make poblanos popular for stuffing, as in recipes for chiles rellenos.



### JALAPEÑOS

**MILD TO MEDIUM 2,000-8,000 SHU** When dried and smoked, these are known as *chipotles*. Smaller and brighter green than a poblano, jalapeños are enjoyed both fresh and cooked in salsas or as jalapeño poppers. (Note: Homegrown peppers tend to be spicier than those you find in stores.)

### FRESNOS

**MILD TO HOT 2,500-10,000 SHU** Fresno peppers resemble red jalapeños. Though they can be hotter than jalapeños, they are often sweeter and have a pronounced smokiness. They're very good pickled and in fresh or cooked sauces and salsas.

### SERRANOS

**HOT 15,000-30,000 SHU** Often slightly smaller than Fresnos, the heat of serranos tends to increase as the size decreases. Their fleshiness makes them a nice substitute for jalapeños in spicy salsa. Their most famous use is in giardiniera, a pickled vegetable condiment popular in Italy.



Every pepper, fiery or mild, is a great pepper to put on your plate. They're all rich in nutrients that protect the cells in your body from damage. Their vitamins and phytonutrients are great for preserving good eyesight and reducing the risk of several types of cancer. They can reduce inflammation and congestion, protect against ulcers, boost your metabolism and increase endorphins, too!

## CAPSICUM FRUTESCENS

### BIRD'S EYES

**VERY HOT 50,000-100,000 SHU** These are sometimes called *Thai chiles* and are commonly used in Southeastern Asian cuisines and recipes for hot sauces.



## CAPSICUM CHINENSE

### HABANEROS

**VERY HOT 100,000-575,000 SHU** Orange habaneros are less spicy than red ones. In the least-spicy peppers, it's easier to taste the fruitiness that underscores the habanero's flavor profile. These peppers may be used in place of similar-looking *Scotch bonnet chiles* in recipes for jerk chicken.



## FIREFIGHTING TIPS

- Gloves are useful when preparing hot peppers, as capsaicin can cause a severe reaction when it comes in contact with bare skin. Avoid touching your face and eyes, and wash your hands after handling peppers.
- The white membrane that holds the seeds in place contains all the capsaicin in a hot pepper. Remove the membrane to tame the heat.
- To tame the heat in your mouth after eating a spicy pepper, drink milk, not water. Milk works to dissolve spicy capsaicin; water simply spreads it around your mouth, intensifying the burn.


**FIND IT!**

Our Wine & Spirits shops have zero-proof gin, rum, tequila and other spirits along with no-alcohol wines. Find drink mixers in our Wine & Spirits shops and in the Grocery Department. Many offer tips on their labels for creating alcohol-free beverages.

## YOUR BUILD OUT beverage repertoire

I'd like to propose a toast to creativity, curiosity and mindfulness. Over the past several years, those three elements have been brewing big-time in the drink space as more and more people explore nonalcoholic beverage options.

They're plentiful these days because the industry is expanding, and the products and flavors available can be quite delicious. There are beer, wine and zero-proof spirit choices as well as simple, interesting ingredients that allow your favorite bartender (or you) to create all sorts of possibilities.

Women who are pregnant, people with certain medical conditions or those taking medications that interact poorly with alcohol are interested in alcohol-free options. But Peder Schweigert, once a cocktail magician and general manager at the now-closed Marvel Bar in Minneapolis, says nearly 90% of people choosing nonalcoholic drinks also drink alcohol-containing beverages. "You can walk in both spaces," he says, "and I find more and more people appreciate the chance to diversify what they're drinking and better pace out their evenings."

Schweigert, along with Megan Dayton, co-founded DryWit, a local wine alternative company. Schweigert became interested both personally and professionally in spirit-free drinks in 2016. He wanted to focus on his health and expand the welcoming nature of Marvel for customers who wanted to be part of a fun night out yet worried they'd feel left out because they couldn't or didn't care to drink alcohol.

Many of us recognize what "going out for drinks" or sharing a bottle of wine at a meal brings to an evening, says Schweigert. "It's a connection with people, the vibe of being together, socializing, relaxing, having fun and feeling unburdened. In my role at Marvel, and now through DryWit, I want people to experience those feelings without the pressure or belief that alcohol is what delivers that."

The alcohol-free trend is gaining momentum with new health recommendations that encourage both women and men to keep their consumption to no more than one drink per day. Recent research suggests alcohol won't offer much of a protective effect toward better health and, depending on other lifestyle habits and genetics, can challenge it. "[Nonalcoholic beverages] are dynamic and cool, and they help you enhance your hospitality so that everyone's included in a good time together," notes Schweigert. Here are his tips for throwing out the welcome mat at your next get-together:

- Set your bar or table with glasses, ice, mixes, spirits and spirit-free options, and wine and wine alternatives. Let your guests choose their own beverage path.
- Use syrups as mixers. The flavor profiles are endless. Buy them or make them yourself.
- Try *shrubs* (a mix of fruit and/or herbs, vinegar, sugar and water) to add complexity, dimension and acidity to any drink.
- Check out zero-proof gin, vodka, rum or tequila alternatives. They don't taste the same as their alcohol-containing counterparts, but they make for delicious drinks.



Susan Moores, M.S., R.D.  
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*Cheers to exploring more of your creative, curious and mindful nature.*

# seasonal sippers

These refreshing, nonalcoholic drinks will be the star of the summer and any occasion at which you choose to serve them! Our new recipes are inspired by traditional beverages popular in Mexico and beyond.

**Hibiscus Tea** Also known as *agua de Jamaica*, this ruby red tea is quite tart and thus wonderful when paired with sweeter tropical fruits, strawberries or raspberries.

**Agua Fresca** Made with fresh fruit, lime juice, water and sweetener, the flavor combinations are nearly endless. It's very commonly made with tropical fruits but also tastes great when made with fruits grown in Minnesota, like watermelon, cantaloupe and berries.

**Horchata** This sweetened rice milk with vanilla and cinnamon can serve as a simple stand-in for dessert. Variations made with berries, melons and stone fruits are also very refreshing.

## MANGO HIBISCUS ICED TEA

SERVES 8



- 8 bags hibiscus tea (such as Celestial Seasonings Red Zinger Herbal Tea)
- 1 cup water, very hot but not boiling
- 10 oz. frozen mango cubes
- ¼ cup Kowalski's Signature Freshly Squeezed Orange Juice
- ¼ cup Kowalski's Signature Freshly Squeezed Lime Juice (from the Produce Department)
- 2 tbsp. Kowalski's Simple Syrup or Pure Maple Syrup (or more as desired)
- 16 oz. sparkling or mineral water
- ice
- fresh mango wedges and mint sprigs, for garnish

### DIRECTIONS:

1. In a 2 qt. jar or pitcher, steep tea bags in 1 cup hot water for 15 min.
2. Discard tea bags; set tea aside to cool.
3. Add mango and juices to a blender; blend on high until completely smooth. Use a fine-mesh strainer to strain mixture, if desired.
4. Add puréed mango mixture to the pitcher with the tea; stir to combine.
5. Add sweetener to taste; top with water.
6. This mixture will keep in the refrigerator for up to 4 days. When ready to serve, pour into individual glasses filled with ice; garnish with fresh mango and mint.



## TASTY TIP

Roughly 4-5 cups of mango juice can be substituted for the mango cubes.



**CLASSIC HORCHATA**  

SERVES 8

- |  |   |
|--|---|
| 1 cup white rice                         | ½ cup sugar, plus more to taste, if desired           |
| ½ cup sliced or slivered almonds         | 1 ½ cups plant-based milk                             |
| 2 cinnamon sticks, plus more for garnish | 1 tbsp. Kowalski's Organic Madagascar Vanilla Extract |
| 7 cups water, divided                    | 1 tbsp. ground cinnamon                               |
| 12 oz. evaporated milk                   | - ice   |

**DIRECTIONS:**

1. In a large mixing bowl, combine rice, almonds and cinnamon sticks; cover with 3 cups water and set aside to soak for 5-12 hrs.
2. Remove cinnamon sticks (reserve for garnish); pour rice and almond mixture into a fine-mesh strainer, discarding the water completely.
3. Pour strained rice and almond mixture into a blender with evaporated milk and sugar; blend on high until completely smooth (about 1 min.).
4. Strain blended mixture into a jar or pitcher, pressing to extract as much liquid from the mixture as possible. Discard any solids.
5. Stir in remaining water, plant-based milk, vanilla, ground cinnamon and additional sugar, if desired.
6. This mixture will keep in the refrigerator for up to 4 days. When ready to serve, pour into individual glasses filled with ice; garnish with cinnamon sticks.

**RASPBERRY-PASSIONFRUIT AGUA FRESCA**

SERVES 8



- |  |
|--|
| 12 oz. frozen passionfruit cubes (such as Pitaya Foods brand)              |
| 6 oz. fresh raspberries, plus more for garnish                             |
| ¼ cup Kowalski's Freshly Squeezed Lime Juice (from the Produce Department) |
| ¼ cup agave syrup (or more if desired)                                     |
| 12-24 oz. cold water, as desired   |
| - ice  |
| - lime slices and mint sprigs, for garnish                                 |

**DIRECTIONS:**

1. In a blender, combine passionfruit, berries and lime juice; blend on high until completely smooth.
2. Add agave syrup to taste; blend to incorporate.
3. To remove seeds and excess pulp, pour fruit mixture through a fine-mesh strainer 1-2 times until smooth.
4. Pour strained mixture into a 2 qt. jar or pitcher.
5. Add water; stir to combine.
6. This mixture will keep in the refrigerator for up to 4 days. When ready to serve, add ice to the pitcher and stir to combine; pour into individual glasses garnished with raspberries, lime slices and mint.



# MOZZARELLA *madness*

## KOWALSKI'S FRESH HAND-PULLED MOZZARELLA

This semi-soft cow's milk cheese is a summer staple and a customer favorite! We hand-pull it in-house using 100% natural fresh Wisconsin curd, making it the freshest mozzarella around. The curd contains no additives, trans fats or gluten, and the milk used to make the curd is produced without growth hormones (rBST or rBGH). Each mozzarella ball is hand-shaped and sold by weight, so they're available in a variety of size options. We never sell our mozzarella more than five days after making it (although supplies never last that long anyway!), so you always know you're getting the freshest product we can offer.

### DID YOU KNOW?

Many conventional mozzarella producers whiten their milk using a small amount of the whitening agent titanium dioxide, a chemical also used in white paint. Kowalski's curd is free of any artificial colors or coloring agents.



## MOZZARELLA DI BUFALA

Mozzarella di bufala is made with the milk of water buffalos. Buffalo milk has a much more pungent flavor and a higher fat content than cow's milk, giving it a much more luxurious taste and mouthfeel. True mozzarella di bufala isn't made in the United States, so ours is shipped by air from Italy for maximum freshness. Look for bŭf brand in the Specialty Cheese Department.

## BURRATA

Burrata is a "pouch" of fresh mozzarella filled with cream and curd that oozes beautifully when you cut open its delicate "shell." Liuzzi Cheese brand from the Specialty Cheese Department is probably the silkiest one you'll ever try.

### SIGNATURE PRODUCT FOCUS



**KOWALSKI'S BALSAMIC VINEGAR AND FIG BALSAMIC VINEGAR** are our favorite sweet-tart condiments, especially paired with fresh mozzarella! Imported from the Modena region of Italy, where the best balsamics in the world are made, our balsamic vinegars have a wonderfully thick consistency and sweeter flavor than others you may find. Drizzle them on salads, blend them into sauces or use them for glazing everything from meats and veggies to sandwiches and appetizers.



## TASTY TIPS

Think outside the tomato-basil box and pair the mild saltiness of mozzarella with sweet melons, stone fruits and mint. This season, the Specialty Cheese Department is also offering a new prosciutto from Carpegna, Italy. Prosciutto di Carpegna isn't as intensely salty as Prosciutto di Parma and has a noticeable brightness that makes it wonderful with all types of fresh mozzarella.

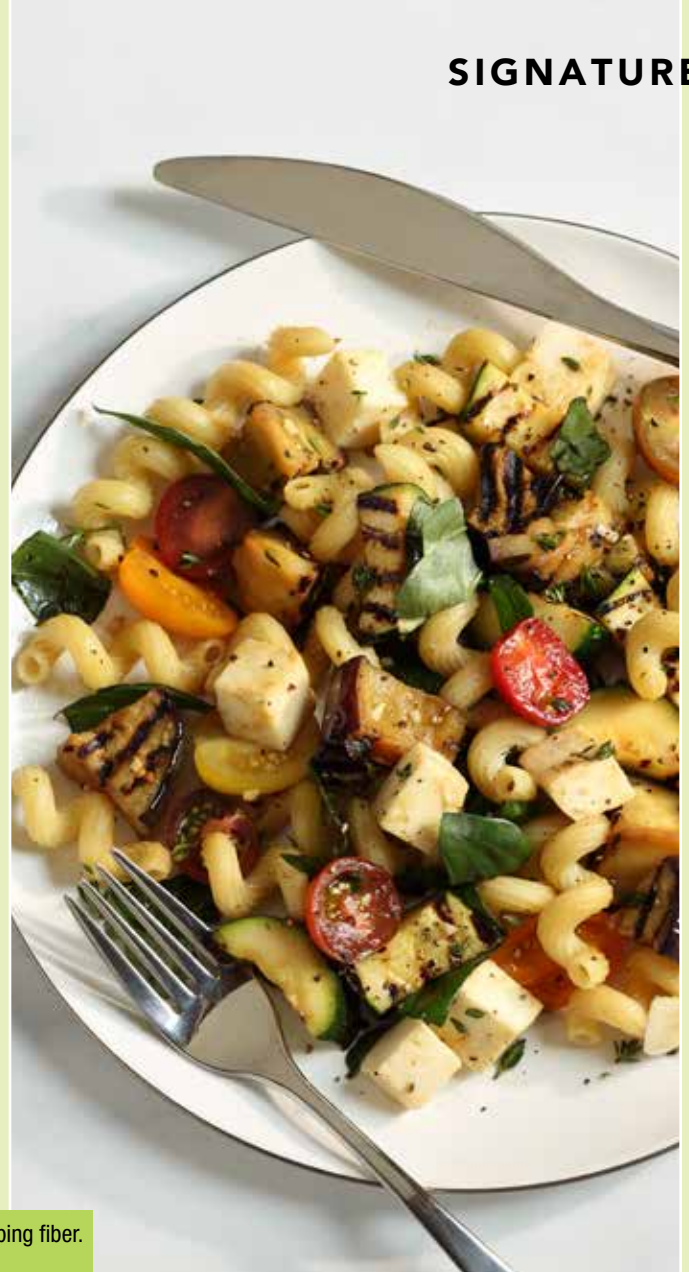
**RATATOUILLE-STYLE PASTA SALAD** 

SERVES 8

- 16 oz. short-cut dried pasta (such as Sfoglini Organic Trumpet-Shaped Pasta)
- 3 medium zucchinis, halved lengthwise
- 1 medium eggplant, sliced into rounds about 1" thick
- $\frac{3}{4}$  cup Kowalski's Extra Virgin Olive Oil, plus more for grilling vegetables
- 8 oz. Kowalski's Signature Fresh Mozzarella Cheese (from the Specialty Cheese Department), cut into  $\frac{1}{2}$ " cubes
- 6 oz. heirloom grape tomatoes, halved
- $\frac{1}{4}$  cup Kowalski's Balsamic Vinegar
- 3 tbsp. fresh thyme leaves
- 2 tbsp. chopped garlic
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 2 cups fresh basil leaves, roughly torn

**DIRECTIONS:**

1. In a pot of salted boiling water, prepare pasta according to pkg. directions; drain.
2. Rinse pasta with cold water until completely cool; drain thoroughly and set aside.
3. Preheat a grill to medium-high heat.
4. Brush zucchini and eggplant with oil as needed; grill on preheated grill until tender and slightly charred (8-10 min.).
5. Set zucchini and eggplant aside to cool slightly.
6. Slice cooled zucchini and eggplant into large bite-size pieces.
7. In an extra-large mixing bowl, combine zucchini, eggplant, pasta,  $\frac{3}{4}$  cup oil, mozzarella, tomatoes, vinegar, thyme and garlic; toss to combine.
8. Season salad to taste with salt and pepper; fold in basil.
9. Let salad stand at room temperature for at least 1 hr. before serving to allow flavors to marry.
10. Store leftovers in the refrigerator, covered, for up to 3 days.



**SWITCH/UP** Select a whole-grain or bean type of pasta. Both offer more health-helping fiber. Fiber is key to creating a strong immune system.

**ZESTY ANTIPASTI SALAD**

SERVES 6

- |  |   |
|--|---|
| $\frac{3}{4}$ cup Kowalski's Signature Fresh Creamy Italian Salad Dressing (from the Produce Department) | $\frac{1}{2}$ cup red onion, thinly sliced into half-moon shapes                        |
| $\frac{1}{4}$ cup sliced pepperoncini, drained, plus $\frac{1}{2}$ tbsp. of juice from the jar, divided  | 1 ball Kowalski's Signature Fresh Mozzarella Cheese, torn roughly into 12 pieces        |
| 15 oz. canned quartered artichokes, drained  | 4 oz. ( $\frac{1}{2}$ pkg.) Busseto Spicy Salami Nuggets (from the Deli Grab & Go Case) |
| $\frac{3}{4}$ cup red bell pepper, sliced into $\frac{1}{4}$ " strips                                    | $\frac{1}{4}$ cup fresh basil leaves, torn  |
|  | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste                 |

**DIRECTIONS:**

1. In a large mixing bowl, whisk together dressing and pepperoncini juice.
2. Add sliced pepperoncini and next 6 ingredients (through basil); season with salt and pepper.
3. Toss salad thoroughly; serve immediately or cover and store in the refrigerator overnight.



# seasonal *supper*

When you can't decide between a steak or a burger, this sandwich is an *elite* choice! It's made with our best-in-town beef and topped with our Signature Fresh Mozzarella, a fresh, clean, creamy cheese with a subtle saltiness that plays beautifully with peppery greens, sweet tomatoes and nutty pesto. This Caprese-inspired handheld could only be served on our exclusive Bella Bread. Crispy on the outside, tender and airy on the inside, this rustic Italian loaf is available on the Artisan Bread Table and as a Take & Bake loaf, making it convenient to buy today and make tomorrow (or even the next day!).



## SUMMERY STEAK SANDWICHES

SERVES 6

- 1 ½ lbs. teres major or flank steak
- 1 loaf Kowalski's Take & Bake Bella Bread
- Kowalski's Extra Virgin Olive Oil, as needed
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 2 handfuls (approx.) Earthbound Farm Organic Spinach & Arugula
- 12 (approx.) grape or cherry tomatoes, finely diced
- Kowalski's Balsamic Vinegar, to taste
- ½ cup basil pesto
- 1 lb. (approx.) Kowalski's Signature Fresh Mozzarella Cheese (from the Specialty Cheese Department), thinly sliced

### DIRECTIONS:

1. Let steaks stand at room temperature for 20-30 min.
2. On a stovetop or grill, preheat a cast iron skillet over medium-high heat.
3. Meanwhile, cut bread in half lengthwise, then into thirds crosswise to create 6 evenly sized pieces.
4. Slice each piece of bread in half to create 6 sandwich rolls; lightly drizzle cut sides of rolls with olive oil.
5. Toast rolls in the skillet a few pieces at a time, cut side down, until golden and lightly crisped (about 2 min. per batch). Remove from skillet; set aside.
6. Season steaks with salt and pepper on both sides; grill in the skillet or directly on the grill grates to desired doneness.
7. Remove steaks from heat; tent with foil for 10 min. (internal temperature will increase up to 10° as steak rests).
8. While steak rests, combine greens and tomatoes in a large mixing bowl. Drizzle with oil and vinegar to taste; season with salt and pepper. Set salad aside.
9. Slice steak thinly on the diagonal.
10. Spread pesto evenly on bottom half of grilled rolls; top evenly with steak.
11. Divide sliced mozzarella evenly between sandwiches; top evenly with salad.
12. Cover salad with top halves of rolls; serve immediately.