

Compliments of Kowalski's

AUG - OCT 2020
THE JOY OF GOOD FOOD

At Home with **KOWALSKI'S**

IT'S MINNESOTA GROWN SEASON!

The Family
Grocery Store
with the Family
Still in It

Lovely
ROSEMARY

Perfect Pork Chops
THE NEW SACK LUNCH

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THOUGHTS FROM THE KOWALSKIS

As founding members of the Midwest Active Citizenship Initiative, we believe in creating a world that is abundant and just. Whether in the workplace, classroom, community or home, all citizens have the responsibility to work towards the common good. That's why for the last 20 years we have been training our team to organize, educate and set policy in accordance with democratic principles and standards. We teach every single individual we work with that they have the capacity to know what is good, to grow in that knowledge and to act in accordance with it. We ask our employees to see themselves as active citizens, meaning all those impacted by a problem come together to define it and work together to create sustainable policy solutions that serve a common good amongst many diverse self-interests.

Community was perhaps never more important than during these last few months. It takes all of us, working together, to create sustainable change in our communities in the areas that matter to us most. We encourage you to visit activecitizen.org to learn more about civic policy making and discover how you can join us in this important mission.

Boys and Girls Clubs of the Twin Cities is also on a mission, specifically to help young people reach their full potential. These local youth participate in a variety of programs to help them succeed both as individuals and as members of their larger communities. We have proudly partnered with Boys and Girls Clubs of the Twin Cities for many years and recently increased our ongoing support of the organization to help provide family meals during the difficult times of these past few months. You can learn more about their work and how you can help on page 12.

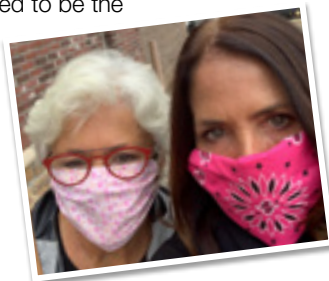
In this issue of *At Home with Kowalski's*, we are also proud to share details about the good work being done at Untiedt's Vegetable Farm, one of our key partners in our mission to support Minnesota Grown products. Jerry and Sue Untiedt share our vision of a Minnesota that celebrates local, sustainable produce and other healthy, delicious foods. Jerry is a hero of Max Maddaus, the Kowalski's Produce Director at the helm of our Minnesota Grown efforts. A steadfast family man, Max prizes people above all else, especially the farmers and growers that constitute the Minnesota Grown community. Max is the subject of our latest stakeholder profile on the facing page.

As we attempt to transition back to our "new" typical routines, we can't help but think of all the kids and teachers who may be headed back to school for the first time in about six months! We certainly wish them all well. Culinary Director Rachael Perron has filled this issue with ideas for bag lunches, the all-important before-school breakfast and family-friendly dinners. She's also included a special send-off to her own daughter, one of many students who work here during high school, college and beyond. We're honored to be the first job for so many local youths. Best wishes for a great school year!

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

Many thanks,

Mary Anne Kowalski and Kris Kowalski Christiansen



Kowalski's + Kids Keeping safety in mind, we made the difficult decision to cancel the Kowalski's 4 Kids Golf Tournament this year. We would like to thank our Platinum Sponsors for their continued support: DS&B, EFH Co., Kemps, Pepsi, Oppidan, Russ Davis, UNFI, US Foodservice and Wells Fargo. While we will not be holding the event, we are happy to contribute to this year's charitable partners: Best Christmas Ever, Washburn Center for Children and Cookie Cart.

KOWALSKI COMPANIES IDENTITY STATEMENT: Kowalski Companies is a civic business. All stakeholders are obligated to organize, educate and set policy according to democratic principles and standards. We do this in partnership with other demonstrations of the Midwest Active Citizenship Initiative to renew and sustain democracy and to create a world that is abundant and just.

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STAKEHOLDER SPOTLIGHT:

MAX Fresh



Customers from any number of Kowalski's Markets may recognize Max Maddaus, the company's current Produce Director. He's also the leader behind Kowalski's Minnesota Grown efforts, a program that's won the statewide Minnesota Grown Retailer of the Year contest four years running! Max is closing in on 20 years with the company, where he began his career as a produce clerk. In between then and now, he's held leadership roles in both the Produce Department and Store Management at the Lyndale, Grand, Eden Prairie, Hennepin and Excelsior markets.

Of his return to his produce roots, Max says:

"What I liked about going back to produce was the ability to really impact the overall structure of a single department in our markets. Put my stamp on it."

Changing things up interests Max, too. "Whether it's a job or anything else in my life, I despise monotony. That's why I've always loved working in produce. It's never the same season year to year. The variability keeps my interest. As soon as you are getting sick of citrus, it's soft fruit season and you are reinvigorated. And there are so many different tasks in the department, from inspecting berries to stacking pears; setting each section requires different finesse."

Max is also deeply interested in people and credits his mentors and leadership at Kowalski's for giving him what he calls "latitude with guidance," which has allowed him the opportunity to learn and grow at every step of his career.

"It's all about the people you work for and the people you work with. The relationships you hold with people are arguably the most important things in your life, whether it's your family or anyone you work with."



For Max, this includes local farmers, particularly Jerry Untiedt. "He's someone I hold in extremely high regard," says Max, "both professionally and personally. His farm isn't just his business. It's his family name and heritage."

As a people person, it's no surprise Max doesn't relish his time behind a desk or conference table.

"My favorite part of my job right now is when I am in the stores with the Produce Managers and their teams, or when I am out in a field with the people that grow our product, seeing it grown. There is no better experience than that."

Max also cares deeply about relationships with his customers, relationships that extend far beyond the sales floor.

"For me, it's always about what the customer experiences at home, especially if they can't buy the same fun, new or different products at another store. But even if they can get it somewhere else and ours is better because of how we handle it...that's the best."

Ensuring that his customers have the best possible at-home experience with our fresh produce starts with what Max buys and from whom.

"We buy the highest grade available for all our products. We don't have the same size specs as other markets. Plus, we have the ability to get up to 22 deliveries a week at each store. We don't hold anything in the back rooms. Everything on the sales floor is inspected or replenished every single day."

In such a highly perishable department, just where the culled product ends up is of great importance. All edible products that fall just below our high quality standards are removed from the sales floor and donated to Second Harvest Heartland "to the tune of several million dollars-worth of fresh food donated every year," says Max. "Even trimmings become feed for local farm animals, so nothing ever goes to waste."

Of course, the most important relationships of all are the ones Max has with his family. Max has been married to his wife, Katie, a photographer, for 10 years this September. They have four young children: Hunter and Hanna, who are starting second and first grade this fall, and 2 ½-year-old twin boys Everett and Lincoln, who took their first family camping trip this summer, tent and all.

You can send Max a note at mmaddaus@kowalskis.com.

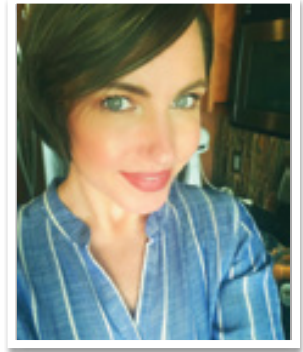
COOKING AT HOME: *Care Package*

My daughter leaves for her first year of college this month. She's headed out of state, so visits may be farther between than at least one of us would like. While she may not want to admit it, I know she'll miss home (or, at the very least, my cooking).

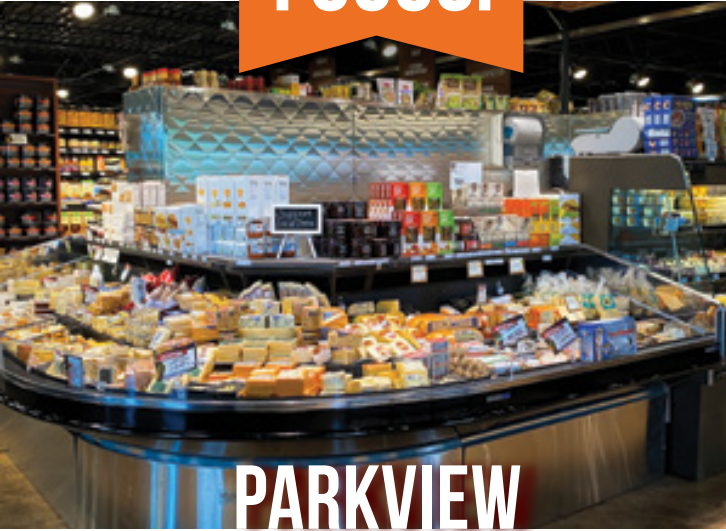
She'll also miss some of her favorite local snacks and Kowalski's products, especially our **Garlic Parmesan Pretzels** and **Maple Bacon White Cheddar Popcorn**. While I may not be able to mail her some of her favorite chicken piccata, I can send a care package containing **Kowalski's Signature Chocolate Chunk Cookies** and **Sea Salt Caramel Brownies** for her to share with her new roommate and neighbors.

How I'll fare without her remains to be seen, but at least I can send her a little love and a little taste of home now and again. Wish us luck!

Warmly,
Rachael



STORE FOCUS:



PARKVIEW

Our Parkview Market is named for the lovely view of the park on Chicago Avenue. At just 12,000 square feet (about one-fourth the size of our Woodbury store), it may be our smallest store, but it has a big, big following! Neighbors are passionate about “their” Kowalski’s and make frequent, oftentimes daily, trips to this very special market at the corner of 56th and Chicago in southwest Minneapolis.

Parkview opened about 18 years ago, but earlier this year it received a big update, particularly in the deli. New equipment and a more open-concept kitchen are hits with the deli team, and customers love their new salad bar with hot chicken wings on one end and fresh soups on the other.

Another exciting addition is the new café space, which allows customers to enjoy their purchases in-store. A beautiful new floor and eight large new windows bring in tons of natural light and give this small neighborhood market a brighter, more open feel.



PUTTING IT TOGETHER



As life becomes increasingly electronic and solitary, many people are turning away from screens. From adult coloring books to board games, more and more adults (and kids) are filling their downtime with more tactile, traditional forms of play. Jigsaw puzzles in particular are making a comeback. Solving jigsaws is shown to build intellectual fortitude, contribute to better problem-solving skills and can help puzzlers learn to effectively work through mental confusion and frustration. While engaged in puzzling, many people experience a state of relaxation akin to meditation as they intently and quietly focus on a task at hand.

While some find puzzles a private respite from daily stresses and too much screen time, others actually use those screens to watch social media channels devoted to jigsaw puzzles. YouTubers and Instagrammers post and share videos of time lapses, reviews and tips for solving puzzles quickly. Gen Z’s favorite social media platform, TikTok, even features the hashtag #jigsawpuzzle, which has more than one million views, making this traditionally solo activity quite social. Modern puzzlers may even prefer to collaborate with fellow puzzle lovers at coffee shops, libraries or home parties.



Kowalski’s original jigsaw puzzles, “The Beauty of Minnesota Grown” and “The Flavor of Minnesota Grown” (both shown here), will be released this season. They follow up on the popularity of “Cheesemonger’s Favorites,” which was offered as a limited-edition gift over the 2019 winter holiday season. You’ll find this season’s exclusive puzzles in the Gift and Floral Department, but only while supplies last.

SIGNATURE PRODUCT FOCUS

KOWALSKI'S *Cheeses*

Made locally in Wisconsin, our cheeses are a quality product we're proud to put our name on. They're crafted from hand-selected ingredients and time-tested recipes by cheesemakers with a talent for knowing what makes great-tasting cheese. You won't find another cheese out there that matches our quality and, more importantly, our taste.

A variety of popular flavors and blends, like *Mexican*, *Italian 4-Cheese* and *Pizza*, are available in bagged shreds, slices and chunks. Also look for cups of crumbled, shredded and grated cheeses like blue, Gorgonzola and Parmesan in the Dairy Department.

THREE-CHEESE BEER CHEESE SOUP

- ¼ cup Kowalski's Unsalted Butter
- ½ cup finely grated carrot
- ½ cup finely chopped onion
- ¼ cup thinly sliced green onion
- 2 cloves garlic, minced
- ½ cup flour
- ½ tsp. dry mustard
- 5 cups chicken broth
- 1 ½ cups beer
- 1 cup heavy cream
- 6 oz. Kowalski's Sharp Cheddar Cheese, shredded (about 1 ½ cups)
- 5 oz. Kowalski's Vermont White Cheddar Cheese, shredded (about 1 ¼ cups)
- ½ lb. Kowalski's Bacon, cooked crisp, drained and crumbled
- ½ cup Kowalski's Shredded Parmesan Cheese
- ½ tsp. hot sauce
- ½ tsp. Worcestershire sauce
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- Kowalski's Maple Bacon White Cheddar Popcorn, for garnish (optional)

Melt butter in a large saucepan over medium heat. Add carrots, onion, green onion and garlic; sauté until vegetables are softened (about 10 min.). Whisk in flour and mustard; cook for 1 min. Pour in broth, beer and cream; bring soup to a boil. Reduce heat to a simmer; gradually add Cheddar cheeses, stirring until melted. Stir in bacon, Parmesan, hot sauce and Worcestershire. Season soup to taste with salt and pepper; serve immediately with popcorn sprinkled on top. Serves 10.



PIMENTO CHEESE DIP GF

- 1 cup Kowalski's Sharp Cheddar Cheese, shredded
- ½ cup mayonnaise
- 4 oz. whipped cream cheese spread
- 3 tbsp. drained, chopped pimentos
- ¼ cup chopped onion, puréed in a food processor
- ½ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns

Combine all ingredients in a food processor; pulse or mix with an electric mixer until well combined. Serve immediately with crackers or fresh veggies, or store in the refrigerator, covered, for up to 2 days. Makes 1 ½ cups.

MAKE-YOUR-OWN BAKED CHEESE DIP GF

- 16 oz. whipped cream cheese spread
- ½ cup mayonnaise
- 2 cups Kowalski's Cheese, shredded or crumbled (such as Sharp Cheddar, Mild Swiss, Blue, Gorgonzola, Monterey Jack or a combination)
- choice of stir-ins (see suggestions below)
- ¼ cup Kowalski's Shredded Mozzarella or Parmesan Cheese

In a large mixing bowl, beat cream cheese until creamy and smooth. Add mayonnaise, 2 cups shredded or crumbled cheese and your choice of stir-ins; stir until well blended. Spread mixture in a 9x9" glass baking dish sprayed lightly with cooking spray; sprinkle with ¼ cup mozzarella or Parmesan cheese. Bake in a preheated 350° oven until bubbly, golden-brown and thoroughly hot (25-35 min.). Let stand for 10 min.; serve with crackers or bread. Serves 16.

A note about gluten: When gluten-free stir-ins are used with gluten-free crackers or bread for dipping, this recipe is gluten free.

Stir-ins:

- 15 oz. canned artichoke hearts, rinsed, well drained and chopped
- 10 oz. frozen chopped spinach, thawed and squeezed dry
- ¼ cup shredded Kowalski's Signature Rotisserie Chicken
- ¼ cup chopped cooked shrimp or crab
- ¼ cup crumbled cooked Kowalski's Bacon
- ¼ cup chopped Genoa salami
- ¼ cup chopped sun-dried tomatoes or roasted red peppers
- ¼ cup caramelized onions
- ¼ cup chopped pitted olives
- ¼ cup chopped pimentos
- 1 tbsp. smoked paprika
- 1 tbsp. Kowalski's Taco Seasoning
- 2 tbsp. sliced green onion
- 2-4 dashes hot sauce or Worcestershire sauce
- 2 tbsp. grated onion
- ½ - 1 tsp. dried herbs
- 1-2 cloves garlic, finely minced
- kosher salt and/or freshly ground Kowalski's Black Peppercorns, to taste



LOCAL FOCUS

UNTIEDT'S VEGETABLE FARM



Minnesota Grown is synonymous with Untiedt's Vegetable Farm. Of the nearly 50 local producers we work with during the key harvest months of August, September and October, Untiedt's provides Kowalski's customers with more varieties of Minnesota Grown produce than any other single local farmer.

Untiedt's motto is "We Grow for You," but it might just as well be "We Pick for You," as every single piece of Untiedt's produce is picked by hand. This includes tomatoes (Beefsteak-style, San Marzano, heirloom and grape), sweet corn, winter squash, green and wax beans, Zestar and Honeycrisp apples, yellow and green zucchini, pumpkins, watermelon, Sugar Cube cantaloupe, muskmelon, chub cucumbers and many more!

In 1971, without any experience in family farming, Sue and Jerry Untiedt settled 40 acres of farmland in rural Wright County near Waverly, Minnesota, along the banks of the Crow River's North Fork. Over the years they added about 1,500 acres, plus four daughters, sons-in-law and grandchildren, to their little farming experiment. Produce variety expanded, too, from sweet corn, pumpkin and squash to more than 40 flower, fruit and vegetable crops. Production continues to prosper with responsible, sustainable land management rooted in creativity, learning and harmony.

Company standards dictate that education be as much a farm product as actual produce. For this reason, Untiedt's conducts regular farm tours, hoping to be a positive, contributing force in the farming industry as they share what they have learned about the land and stewardly land practices. Their efforts help guide those who wish to better understand nature and agriculture yet lack the opportunity to experience farm culture and processes firsthand.

In addition to being a farmer, educator and businessman, Jerry Untiedt is part chemist, zoologist, botanist, politician, engineer and tech enthusiast. While that tech may not fit in the pocket of a pair of coveralls, it's way more useful and way, way more expensive.

High tunnels present the epitome in high-tech specialty crop agriculture. These tall metal structures are tightly covered with lightweight polyethylene to protect crops from the natural elements and produce plant-friendly microclimates. Tunnel management allows for earlier planting and longer harvests, meaning locally grown products are available earlier and longer than similar crops grown in traditional ways.



The use of drip irrigation lines in the tunnels allow conservation of water resources by only watering a narrow area alongside each plant. Traditional irrigation wets the entire area of the tunnel or field. Combined with mulch, drip lines conserve precious water, positively increase soil temperature and substantially prevent weed growth. When weeds do grow, every square foot of high tunnel area is weeded by hand. Untiedt's never uses herbicides in the tunnels – EVER!



Other benefits of high tunnel production include:

- Protection of the soils through decreased nutrient leaching and reduced soil erosion
- Shelter from strong winds, hail and torrential downpours
- Protection from harmful insects, which substantially reduces the need to apply low-toxicity pesticides

You can learn more about Untiedt's environmental efforts at www.untiedtswegrowforyou.com.



BLISTERED SHISHITO PEPPERS GF

- fresh shishito peppers
- Kowalski's Extra Virgin Olive Oil, as needed
- freshly ground Kowalski's Sea Salt, to taste
- Kowalski's Signature Sriracha Dip (or Annie's Organic Asian Sesame Dressing), for serving

Heat a cast iron skillet over medium-high heat. While pan heats, add peppers to a mixing bowl; drizzle with oil and toss to lightly coat. Add peppers to hot skillet; cook, using tongs to turn peppers occasionally, until blistered and blackened on all sides and tender but not limp (about 5 min.). Move peppers to a serving platter; season with salt. Serve immediately with Sriracha Dip for dipping. Serving size varies.



MEXICAN STREET CORN GF

- 8 ears Minnesota Grown corn on the cob
- ¼ cup Kowalski's Butter (your choice of salted or unsalted), at room temperature
- freshly ground Kowalski's Sea Salt and Kowalski's Black Peppercorns, to taste
- 8 lime wedges
- 1 cup crumbled Cotija cheese (from the Specialty Cheese Department)
- Kowalski's Ancho or Chipotle Chile Powder, to taste
- freshly chopped cilantro, to taste (optional)

Prepare corn for boiling, grilling or microwaving as directed below. Spread butter on hot corn; sprinkle with salt and pepper to taste. Squeeze a lime wedge over each ear; sprinkle with cheese, chile powder and cilantro as desired. Serve immediately. Serves 8.

TO BOIL: Remove husks and silk from corn. Bring a large pot of salted water to a boil over high heat; add corn and cook until tender (about 5-7 min.). Remove corn from pot; drain well.

TO GRILL: Remove husks from corn except for the layer touching kernels. Pull back remaining husks to remove silk; pull husks back up over corn. Soak corn in cold water for about 1 hr. before grilling. Grill corn over medium heat, covered, until kernels yield gently to pressure (8-10 min.), turning each ear a quarter turn every 2 min. Carefully remove husks.

TO MICROWAVE: Cook each ear, husk on, for 10 min., adding 2 min. of cooking time for each additional ear (cook up to 4 ears at a time). Remove husks and silk from each ear.

BACK TO PACK

The cold sack lunch has come a long way since the days of PB&J and a McIntosh apple. With so many freshly prepared options and technologically advanced lunch boxes, making a craveable midday meal is easier and more delicious than ever. Whether you whip up a salad or sandwich or grab one from the Deli, don't forget to add a variety of textures and colors to amp up both mouthfeel and eye appeal. A few of our favorite recipes and ready-to-pack choices appear here:

GREEN GODDESS SANDWICHES

- 4 slices Kowalski's Multigrain Sandwich Bread (from the Bakery Department)
- Kowalski's Fresh Sicilian Basil Salad Dressing (from the Produce Department), to taste
- 1 handful watercress
- 5-6 oz. Kowalski's Fresh Mozzarella Cheese (from the Specialty Cheese Department), sliced
- ½ (approx.) peeled and sliced cucumber
- 4 leaves (approx.) butter or Bibb lettuce
- 1 avocado, sliced
- 1 heirloom green tomato, sliced
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

Spread 1 side of each piece of bread with dressing. Top 2 slices of bread with watercress, mozzarella, cucumber, lettuce, avocado and tomato slices; season with salt and pepper. Top sandwiches with remaining bread, dressing-side down. Makes 2.

MEDITERRANEAN QUINOA

- 2 ¼ cups cooked quinoa, cooled
- ¾ cup finely chopped fresh parsley
- ½ cup dried cranberries
- 2 ½ tbsp. finely chopped roasted red pepper
- 2 tbsp. finely minced fresh mint
- 2 tbsp. finely chopped red onion
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- 1 ½ tbsp. finely chopped green pepper
- ¼ tsp. finely minced garlic
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns

Combine all ingredients in a large mixing bowl; toss to blend. Store, covered, in the refrigerator for up to 3 days. Serves 6.



NUT GOODIE BARS

- 16 oz. creamy peanut butter
- 12 oz. milk chocolate chips
- 12 oz. semisweet chocolate chips
- 24 oz. white chocolate chips
- 14 oz. sweetened condensed milk
- 1 cup dark brown sugar
- ¼ cup Kowalski's Salted Butter
- ¼ cup Kowalski's Pure Maple Syrup
- 2 tsp. maple extract
- 16 oz. Spanish peanuts or Kowalski's Classic Peanuts

Add first three ingredients (through semisweet chocolate chips) to a extra-large microwave-safe mixing bowl. Microwave for 2 min. at 50% power; stir. Microwave mixture for 1 min. more at 50% power; stir again. Continue microwaving at 50% power in 30 sec. increments until mixture is completely smooth. Spread ½ of mixture in the bottom of a greased 10x15" rimmed baking sheet lined with parchment paper; refrigerate until firm (about 30 min.). Set remaining peanut butter mixture aside. In another extra-large microwave-safe mixing bowl, melt white chocolate chips, milk, sugar, butter and syrup in the same fashion as the peanut butter mixture. Stir in maple extract. Spread mixture evenly over peanut butter layer in baking sheet; top evenly with nuts, pressing in gently. Refrigerate until maple layer is firmed (about 30 min.). Microwave reserved peanut butter mixture at 50% power in 30 sec. increments until warm and fairly fluid. Spread mixture over maple layer; refrigerate until firm (about 2 hrs.). Cut into 2" squares; store bars in the refrigerator, covered, until ready to serve.

Makes 48 (approx. 2" square) bars.



TURKEY-SPINACH ROLL-UPS GF

8 sandwich slices Boar's Head Ovengold or Smoked Turkey Breast (from the Deli Department)

- onion & chive or garden vegetable cream cheese spread, to taste
- 2 generous handfuls fresh baby spinach leaves
- Kowalski's Extra Virgin Olive Oil, to taste
- Kowalski's Balsamic Vinegar, to taste
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

Lay 4 turkey slices on a cutting board, each overlapping the next by approx. 1" to create a large oblong shape. Spread cream cheese evenly over turkey from edge to edge; top with ½ the spinach. Drizzle spinach lightly with oil and vinegar; season greens with salt and pepper. Tightly roll turkey lengthwise over fillings to create a log shape; cut into pinwheels 1-1 ½" thick. Repeat with remaining ingredients.

Serves 2.

TASTY TIPS

- To add sliced provolone or Swiss cheese to this recipe, place cheese on top of turkey.
- These roll-ups can also be wrapped in sandwich wraps of your choice.



BOYS & GIRLS CLUBS of the Twin Cities



In the Twin Cities, Boys & Girls Clubs members experience quality youth development programs filled with life-changing opportunities, fun and enriching activities, and supportive relationships with peers and caring adults. The combination of these critical elements enables and empowers Club youth to achieve positive outcomes.

The Clubs' "Formula for Impact" outlines specific strategies for helping youth achieve three priority outcomes: **Academic Success, Good Character & Leadership** and **Healthy Lifestyles**. The aim of the Club Experience is to put success within reach of every young person who attends by ensuring all members are on track to graduate from high school with a plan for the future. Youth are equipped with essential interpersonal and community-building skills and the ability to achieve healthful outcomes for themselves.

ACADEMIC SUCCESS

This strategy focuses on aptitude in literacy, STEM, arts, money management, job preparedness and career mentoring with a focus on a post-secondary future. Last year 91% of participants improved their literacy scores and 98% of senior participants graduated from high school.

GOOD CHARACTER & LEADERSHIP

These programs encourage youth to develop planning and decision-making skills by supporting and influencing their Club and community, particularly through service learning. Last year 89% of teens surveyed answered that they believe they can make a difference in their community.

HEALTHY LIFESTYLES

Healthy Lifestyles programming develops young people's capacity to live healthfully by educating youth about fitness, nutrition and smart health choices. Activities focus on instilling positive conflict resolution techniques, engaging in positive behaviors, setting personal goals and building resistance skills that nurture and strengthen their minds and bodies. Last year more than 135,000 nutritious meals and snacks were served to Club members.

An especially impactful program called **Teen Pathways** is designed for teen members of Boys & Girls Clubs who are preparing to graduate high school. The purpose of this program is to lower the number of disconnected youths in our community by introducing members to multiple post-secondary options through field-based learning experiences. This type of programming provides youth with real-life experiences and access to mentors to positively inform their decisions about school and careers.

Boys & Girls Clubs of the Twin Cities serves 9,000 kids and teens per year across 11 locations. Participation is open to youth in grades K-12 for the cost of only \$5 per academic year and \$25 for full-day summer programming, underscoring the Clubs' commitment to equity and inclusion for all young people. If the fee is a barrier, it is waived.

Visit boysandgirls.org to learn more and get involved.



BOYS & GIRLS CLUBS
OF THE TWIN CITIES

Friendly Fish



In general, fish fall into two categories: oil-rich and lean. All fish have oil in them, but the oil in oily fish, like salmon, tuna and swordfish, is more evenly distributed throughout the flesh, giving it a darker color and more flavor. It's also firmer and less flaky than lean fish. Lean fish is typically white and more mild-flavored because the oil is concentrated in the liver of the fish.

Many of those new to fish start out with lean choices and may eventually grow to enjoy stronger flavors of fish, the same way those who prefer milk chocolate, white wine and light-roast coffee may develop a taste for dark chocolate, red wine and dark-roast. Lean fish, like the tilapia and cod in these recipes, are great starter choices, especially for kids and the uninitiated.

FRESH TILAPIA SANDWICHES

1/3 cup flour	1-2 tbsp. Kowalski's Extra Virgin Olive Oil, as needed
1 tsp. kosher salt	4 La Baguetterie Ciabatta Rolls, cut in half horizontally
1/4 tsp. freshly ground Kowalski's Black Peppercorns	- <i>Lemon Dill Aioli</i>
4 tilapia fillets	- <i>Cranberry Coleslaw</i>

In a shallow dish, combine flour, salt and pepper; coat both sides of each fillet in flour mixture. In a large nonstick skillet, heat 1 tbsp. oil over medium heat. Add fillets to pan and sauté until opaque (10 min. per inch of thickness, measured at the thickest part); turn fish halfway through cooking time, adding 1 tbsp. additional oil to the pan if needed. Spread cut sides of rolls with aioli. Place 1 fish fillet on bottom half of each roll; top with slaw. Place top halves of rolls over fillings. Cut in half on the diagonal; serve immediately. Serves 4.

LEMON DILL AIOLI: In small mixing bowl, combine 1 cup mayonnaise, 1 tbsp. minced garlic, 1 tbsp. chopped fresh dill and 1 tsp. Kowalski's Freshly Squeezed Lemon Juice; refrigerate, covered, until ready to use.

CRANBERRY COLESLAW: In a small mixing bowl, combine 2 cups angel hair coleslaw, 1/4 cup chopped onion and 1/4 cup dried cranberries; refrigerate, covered, until ready to use.

SWEET AND SPICY COD

2 tbsp. Kowalski's Pure Honey
1 1/2 tbsp. rice vinegar
1 tbsp. gochujang or chile-garlic paste
1 tbsp. red or white miso paste
1 tsp. low-sodium tamari or soy sauce
2 cloves garlic, finely minced
1 tsp. grated fresh ginger
1 tsp. toasted sesame oil
1 1/2 lbs. cod fillet(s), cut into 4 portions no more than 1" thick
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- garnishes, to taste: Kowalski's Everything Bagel Seasoning and thinly sliced green onions

In a small mixing bowl, whisk together first 8 ingredients (through sesame oil); set aside. Arrange cod fillets on a parchment-lined baking sheet; season with salt and pepper. Brush 2 tbsp. honey mixture over fish; let rest at room temperature for 30-60 min. Bake in a preheated 375° oven for 10 min. Brush remaining glaze over fish. Turn on broiler and position fish 8" from the heat; broil fish until fillets are opaque and flake easily with a fork and glaze is bubbly and charred in places (about 5 min.). Serve garnished with bagel seasoning and green onion. Serves 4.



ALL FOR SCONES

AND

SCONES FOR ALL

You don't have to be royalty to love scones. The traditional teatime snack is a treat to be enjoyed by the masses! Whether you serve them as an alternative to muffins for breakfast, alongside a salad for lunch, or with whipped cream or ice cream for dessert, scones are easy for everyone to appreciate. With the fluffy, flaky texture of a biscuit, scones are made with added fat for a richer flavor and moister texture. A basic recipe can be modified to satisfy whatever you have a taste for. Savory or sweet, with jam, butter or nothing at all, these baked beauties are fit for a queen.

DID YOU KNOW?

The scones in our Bakery Department are made using our own Signature recipes. Look for a variety of fresh-baked flavors, including *Cherry Almond*, *Blueberry Pancake*, *Vanilla Bean* and more, in the Donut Case.



BASIC SCONES

- | | |
|---|--|
| 2 cups flour | 1 egg, lightly beaten |
| 3 tbsp. sugar | ½ cup heavy cream, divided, plus more for brushing the scones |
| 4 tsp. baking powder | 1 tbsp. Kowalski's Organic Madagascar Vanilla Extract (optional) |
| ½ tsp. kosher salt | 1 ½ tbsp. turbinado sugar |
| ½ tsp. cream of tartar | |
| ½ cup Kowalski's Unsalted Butter, very cold, cut into ½" chunks | |
| - your choice of mix-ins (optional) | |

In a medium mixing bowl, sift together first 5 ingredients (through cream of tartar). Using a food processor or pastry cutter, cut butter into dry ingredients until butter is in pea-sized pieces; stir in mix-ins, if desired. In a small dish, whisk egg with 2 tbsp. cream and vanilla (if using); pour egg mixture into dry ingredients. Using a fork, stir remaining cream into dough a little at a time as needed until dough is uniformly moist and soft but not sticky (there will be lumps). Move dough to a large sheet of waxed paper; using a second sheet of waxed paper (not your hands), pat dough into a rough square shape about 9" wide, taking care not to overwork the dough (sprinkle a bit of flour on the waxed paper if dough is very sticky). Brush dough with a little bit of cream to moisten; sprinkle with turbinado sugar.

Using a sharp knife or bench scraper, cut dough into 9 squares. Place 1 ½" apart on a parchment-lined baking sheet; bake in a preheated 450° oven until golden-brown (10-12 min.). Cool on a wire rack. Makes 8-9.

CHOCOLATE CHIP SCONES WITH STRAWBERRY BUTTER

- ingredients from *Basic Scones* recipe
- 1 cup (approx.) dark chocolate chunks, plus extra for topping scones
- *Strawberry Butter*, for serving

Follow our recipe for *Basic Scones* using chocolate chunks as the mix-in. Before baking dough, sprinkle additional chocolate chunks over scones. Serve with *Strawberry Butter*. Makes 8-9.

STRAWBERRY BUTTER: Combine ½ cup room-temperature Kowalski's Unsalted Butter, ¼ cup confectioner's sugar and 1.2 oz. freeze-dried strawberries in the bowl of an electric mixer; whip until strawberries are well-incorporated into the butter and mixture is smooth and homogenous. Makes about ½ cup.

BERRY SCONES WITH BERRY-BALSAMIC SYRUP

- ingredients from *Basic Scones* recipe
- 6 oz. (approx.) fresh berries (raspberries, blueberries, blackberries or a combination), rinsed and dried
- *Berry-Balsamic Syrup* and *Sweetened Whipped Cream*, for serving

Follow our recipe for *Basic Scones*, using fresh berries as the mix-ins. Serve with *Berry-Balsamic Syrup* and *Sweetened Whipped Cream*. Makes 8-9.

BERRY-BALSAMIC SYRUP: In a large mixing bowl, combine 5 cups fresh berries (strawberries, raspberries, blueberries, blackberries or a combination), ¼ cup superfine sugar, 2 tbsp. Kowalski's Balsamic Vinegar and 1 large pinch freshly ground Kowalski's Black Peppercorns; marinate for 30 min., stirring occasionally.

SWEETENED WHIPPED CREAM: In a medium mixing bowl, use an electric mixer or balloon whisk to whip 1 cup heavy cream until soft peaks almost form. Whisk in 3 tbsp. sugar just until dissolved.



CARAMELIZED BANANA SCONES

- ingredients from *Basic Scones* recipe
- *Sautéed Bananas*
- ½ cup (approx.) chopped toasted walnuts, dark chocolate chunks or a combination of both (optional)

Follow our recipe for *Basic Scones*, using sautéed bananas, nuts and chocolate chunks as mix-ins. Serve with Velvet Bees Honey Butter for breakfast or with ice cream and chocolate sauce for dessert. Makes 8-9.

SAUTÉED BANANAS: In a small nonstick skillet, combine 2 peeled, chopped bananas with 1 tbsp. Kowalski's Unsalted Butter and 1 tbsp. dark brown sugar; sauté over medium heat until slightly caramelized and bananas are tender but not mushy (2-4 min.). Cool to room temperature before use.

TASTY TIP

For wedge-shaped scones, pat dough into a 9" circle and cut into 8 wedges. A biscuit cutter of any shape or size can also be used to shape your scones, re-rolling scraps very lightly.



HAM, CHEDDAR AND APPLE SCONES

- ingredients from *Basic Scones* recipe
- *Sautéed Apple*
- ½ lb. thickly sliced Boar's Head Tavern Ham (from the Deli Department), cut into small pieces
- 6 oz. Kowalski's Vermont White Cheddar Cheese, shredded (about 1 ½ cups), divided

Follow our recipe for *Basic Scones*, omitting vanilla and turbinado sugar; use sautéed apple, ham and all but ¼ cup cheese as mix-ins. Before baking dough, sprinkle reserved cheese over scones. Makes 8-9.

SAUTÉED APPLE: In a small nonstick skillet, combine 1 peeled, cored and diced Granny Smith apple with 1 ½ tsp. Kowalski's Unsalted Butter and 1 ½ tsp. sugar; sauté over medium heat until apple is slightly tender but not mushy (about 4 min.). Cool to room temperature before use.



Rosemary RECIPES

Rosemary has a bold, piney taste that pairs beautifully with lemon, nuts, poultry, beef, game, potatoes, vegetables and pasta. It makes for a delicious accent in baked goods both savory and sweet, including bread, crackers and cookies. Faintly bitter and highly aromatic, it also pairs well with sweet fruits and nutty cheeses. Put this wonderful, distinctive herb to good use in these seasonal recipes:

ROSEMARY AND PROSCIUTTO PIZZA

- 3 ½ oz. soft goat cheese
- 1 Manoucher Fokachio Romana Rosemary & Onion Bread (from the Bakery Department)
- ½ cup (approx.) chopped or sliced dried fruit, such as figs, pitted Medjool dates or apricots
- 1 ½ oz. sliced prosciutto, roughly chopped
- 1 ½ tsp. finely minced fresh rosemary
- 2 ½ tsp. Kowalski's Pure Honey, gently warmed in the microwave

Smear chunks of cheese on bread, leaving chunks in a rustic fashion. Scatter dried fruit, prosciutto and rosemary over cheese; press dates into cheese to help them adhere. Bake pizza in a preheated 425° oven (preferably on a baking stone) until cheese is melted and bubbly (7-9 min.). Drizzle with warm honey; cut into wedges for serving. Serves 8.



ROASTED GRAPE CHUTNEY **GF**

4 cups seedless red grapes, washed and thoroughly air-dried
½ cup thinly sliced shallot (from about 1 large shallot)
1 tbsp. chopped fresh rosemary
1 tbsp. Kowalski's Extra Virgin Olive Oil
½ tsp. kosher salt
½ tsp. freshly ground Kowalski's Black Peppercorns

Add all ingredients to a large mixing bowl; toss until well combined. Pour mixture evenly onto a rimmed baking sheet; roast in a preheated 450° oven for 10 min. Watching carefully to make sure juices don't burn, continue roasting grapes, stirring occasionally, until liquid has thickened and grapes have mostly burst (6-8 min.). Remove from oven and cool to room temperature. Serve immediately or store, covered, in the refrigerator for up to 3 days.

Makes about 2 cups.



ROSEMARY GRUYÈRE POTATO GRATIN

5 lbs. Yukon Gold potatoes, scrubbed, peeled and sliced ¼" thick
6 tbsp. Kowalski's Unsalted Butter
2 tbsp. flour
1 tsp. kosher salt, plus extra for boiling potatoes
3 cups heavy cream
3 cups (about 12 oz.) shredded Gruyère cheese
3 tbsp. finely minced fresh rosemary, divided

Place potato slices in a large pot; cover with cold salted water (2 qts. water and 1 tsp. salt). On a stovetop heated to high, boil potatoes until tender (about 10 min.); drain and allow to cool. Arrange potato slices in layers on the bottom of a 2 qt. baking dish; set dish aside. In a medium saucepan, melt butter over medium heat. Stir in flour and salt; cook butter mixture, stirring constantly, until bubbly. Stir in cream; bring to a boil, stirring constantly. Continue boiling and stirring for 1 min. Remove from heat; stir in cheese and 2 tbsp. rosemary. Continue stirring until cheese is melted. Pour cheese sauce over potatoes; bake, uncovered, in a preheated 350° oven until bubbly and golden-brown on top (30-35 min.). Sprinkle remaining rosemary evenly over top; let stand, covered, for 10 min. before serving.

Serves 8.



ROSEMARY RUB **GF**

2 tbsp. finely minced fresh rosemary
1 ½ tbsp. brown sugar
4 tsp. kosher salt
2 tsp. freshly ground Kowalski's Black Peppercorns
2 tsp. crushed red pepper flakes

In a small mixing bowl, combine all ingredients. Use rub immediately on meat, poultry or fish before roasting, grilling or broiling.

Makes about ¼ cup (enough for about 2-3 lbs. protein).



Incredibly versatile, nutritious and delicious, eggs are a staple ingredient in most kitchens. They're ubiquitous in recipes as a binder, emulsifier and thickener but are equally useful and especially tasty as the star of a dish. Here we present some of the more glamorous ways to enjoy scrambled and sunny-side-up eggs, plus a classic method for *shirred* eggs (baked eggs with cream) that's a sophisticated yet easy way to make eggs for a crowd.

Elegant EGGS

BAGELS BENEDICT FLORENTINE

11 tbsp. Kowalski's Unsalted Butter, divided
7 Kowalski's Large Organic Eggs, divided
1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department), plus more to taste
½ tsp. kosher salt, plus more to taste and for serving

- freshly ground Kowalski's Black Peppercorns, to taste, plus more for serving
1 tbsp. Kowalski's Extra Virgin Olive Oil
2 cups fresh baby spinach
2 Kowalski's Bagels (Plain, Whole Wheat or Everything), split horizontally, toasted
8 thin slices Boar's Head Tavern Ham (from the Deli Department)

In a small pot, melt 10 tbsp. butter; cook until hot but not boiling. Set melted butter aside; keep warm. Add yolks of 3 eggs, lemon juice and salt to a blender; blend on medium-high speed until mixture lightens in color (about 30 sec.). Reduce blender speed to low. Slowly drizzle in hot melted butter; continue to blend on low for several seconds after butter is fully incorporated. Cease blending and adjust lemon juice and salt to taste. Add hot water 1 tsp. at a time, pulsing in between to blend, until desired consistency is reached. Transfer sauce to the pot used to melt the butter; keep warm over very low heat until needed. In a large sauté pan, heat olive oil over medium heat. Add spinach; cook until spinach is wilted (about 1 min.). Evenly top bagel halves with spinach. Add ham to sauté pan; cook until hot (about 1 min.). Place 2 slices ham atop spinach on each bagel half. Melt remaining butter in sauté pan until foam subsides. Crack remaining eggs into pan; cover and cook until whites are just set and yolks are still runny (about 3 min.). Add 1 egg to each bagel stack; drizzle with sauce to taste. Serve immediately with salt and pepper at the table for passing. Serves 4.

TASTY TIP

Poached eggs are a delicious alternative to the fried eggs called for in this recipe.



INDIVIDUAL BAKED EGGS **GF**

- Kowalski's Unsalted Butter, for preparing ramekins
- 4 Kowalski's Large Organic Eggs
- 4 tbsp. heavy cream
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- snipped fresh chives, for garnishing (optional)

Butter 4 (4") ramekins; carefully crack 1 egg into each ramekin, being careful not to break the yolks. Drizzle 1 tbsp. cream over each egg; sprinkle with salt and pepper. Bake in a preheated 375° oven on a rimmed baking sheet until egg whites are set and yolks are cooked to desired doneness (10-14 min.). Garnish with chives, if desired; serve immediately with toast for dipping. Serves 4.

DID YOU KNOW?

Kowalski's Certified USDA Organic Eggs come to us from Larry Schultz Organic Farm in Owatonna, Minnesota. Schultz chickens are free to eat and exercise anywhere within an airy, sunlit barn or to roam comfortably outdoors in grassy fence-free fields that are carefully monitored and protected from predators. This stress-free environment allows hens to develop into healthy, happy birds that make delicious, nutritious eggs. They're also high in omega-3 fatty acids, thanks to the flax seed meal that supplements their organic feed.

SOFT SCRAMBLED EGGS WITH SALMON AND CHÈVRE

- 2-4 slices Italian peasant loaf (from the Artisan Bread Table), cut ½" thick
- Kowalski's Extra Virgin Olive Oil
- ½ tsp. freshly ground Kowalski's Sea Salt, plus more to taste
- freshly ground Kowalski's Black Peppercorns, to taste
- 1 clove garlic, peeled
- 2 ½ tbsp. Kowalski's Unsalted Butter
- 4 oz. smoked salmon, flaked
- 5 Kowalski's Large Organic Eggs, beaten
- 2 ½ oz. soft fresh goat cheese, diced into ½" cubes
- fresh chopped chives, for garnishing

Arrange bread on a baking sheet. Brush each slice liberally on both sides with olive oil; season to taste with salt and pepper. Bake bread in a preheated 425° oven until crisp and lightly darkened on the outside but slightly soft on the inside (about 15 min.). Remove bread from oven; rub crisp edges and surface of toast with garlic clove. Set bread aside to slightly cool. In a large skillet, melt butter over medium heat. Add salmon; cook until hot. Add eggs, ½ tsp. salt and pepper to taste; reduce heat to medium-low. Scatter cheese over eggs. Move skillet on and off the heat while stirring gently and infrequently, allowing egg mixture to warm up while distributing heat evenly throughout. Repeat several times until eggs are almost done but still quite glossy and soft. Scoop eggs directly onto prepared toast; garnish with chives. Serve immediately. Serves 2.



Perfecting PORK

If you've ever bought pork chops and hoped "Please, let me not mess them up this time!" this page is for you. If, like us, you don't have time to pursue a degree in pork, we're sharing our "Critical 5" tips that will truly make a difference this time around.

PORK CHOPS: THE TOP FIVE TIPS

1. **Choose bone-in cuts.** They'll cook slower but more evenly and will have more flavor.
2. **Make time to brine.** Perhaps no protein benefits more from brining than pork. Even a quick brine (as brief as 30 min.) can have a big impact on the flavor and moisture of today's leaner pork products.
3. **Let chops rest both before and after cooking.** Resting the pork for 20-30 min. beforehand allows for more even cooking, and 10 min. of rest after cooking gives the meat time to reabsorb all those flavorful juices.
4. **Don't skip searing.** To avoid overcooking, sear pork quickly and finish over gentle, convective heat for the juiciest chops imaginable.
5. **Get out your thermometer.** The internal temp of most chops will rise about 5° after they're removed from the heat (a process called *carryover cooking*), so pull them as soon as they reach 140°. The meat may still be pinkish, but at 145° your chops will be perfectly safe to consume.

BBQ GRILLED PORK CHOPS

- 2 cups very cold water, divided
- 1 tbsp. salt
- 1 tbsp. sugar
- 4 (1" thick) bone-in pork chops (about 2 lbs. total)
- freshly ground Kowalski's Black Peppercorns, to taste
- ½ cup Kowalski's BBQ Sauce

Microwave ½ cup water with salt and sugar until water is very hot but not boiling; stir until water is clear and solids are dissolved. Add hot water to cold water in a large spouted measuring glass; set brine aside. Make 1-2 cuts in the fat around the edge of each pork chop to prevent curling during grilling. Put 2 chops in each of 2 large zipper-closure food storage bags; pour ½ the brine into each bag. Seal bags; refrigerate for 1-6 hrs. Remove chops from brine and bring to room temperature (about 30 min.); discard brine and bags. Dry chops with paper towels; season with pepper. On a clean grill preheated to high, cook chops over direct heat until dark grill marks form and meat releases easily from grill grates; flip chops and move away from direct heat, cooking just until slightly pink in center and meat reaches an internal temperature of 140° (10-14 min. total). Remove chops from heat; tent with foil and let rest for 10 min. (internal temperature should increase to 145° as chops rest). Toss hot chops with sauce to coat; serve immediately with extra sauce on the side for dipping. Serves 4.

[A PUMPKIN SEED PRIMER]

Many people believe that “pepitas” is simply the name for shelled pumpkin seeds, the same kind you dig out of your jack-o-lanterns on Halloween. You might be surprised to learn that these are actually seeds from two entirely different pumpkins!

PUMPKIN SEEDS

The seeds inside your standard carving pumpkin are large, flat and asymmetrically oval with a whitish, edible outer hull. Inside is a flat, green seed that look similar to a pepita, but it’s a tad larger. Shelling these seeds is a fairly laborious task, so they are often enjoyed whole and roasted in the shell.

PEPITAS

Pepitas are pumpkin seeds, too, but they only come from certain varieties of pumpkins that produce hullless seeds – meaning there’s no need for shelling! They are smaller than carving pumpkin seeds with a muted, earthy green color and a shape that’s similar to the ones we know from our holiday carving parties.

Both pumpkin seeds and pepitas are wonderful when roasted as a snack or sprinkled over ice cream, yogurt, salads, soups and more. Roasted pepitas are readily available in the Bulk Foods and Grocery Departments.

SWEET AND SPICY YOGURT SUNDAES **GF**

2 cups full-fat vanilla or honey-flavored Greek yogurt, such as Greek Gods brand
2 tbsp. Kowalski’s Pure Honey, slightly warmed
2 tbsp. Kowalski’s Roasted & Salted Pepitas
- chipotle chile powder, to taste

Divide yogurt between 2 large serving dishes. Drizzle yogurt with honey; sprinkle with pepitas and chile powder. Serve immediately. Serves 2.

ROASTED PUMPKIN SEEDS WITH LIME **GF**

- seeds from 1 large pumpkin or 2 smaller pumpkins
1 tbsp. Kowalski’s Extra Virgin Olive Oil
1 tsp. kosher salt, plus extra for seasoning
1 tsp. garlic powder
- zest of 1 lime, divided

Pull off any strands of flesh from pumpkin seeds; rinse seeds well. Let seeds dry on paper towels for several hrs. In a medium mixing bowl, toss seeds with oil, salt, garlic powder and most of the zest. On a baking sheet lined with parchment paper, spread seeds out in a single layer; roast in a preheated 375° oven, stirring once or twice, until seeds are dry, sizzling and dark golden-brown in places (about 15 min.). Cool completely; season with reserved lime zest and salt to taste.

Serves 8.



DID YOU KNOW?

Pumpkin seed shells are a good source of fiber.

PROMOTING BRAIN Power



Susan Moores, M.S., R.D.
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Power hours are just around the corner, with school and schedules soon kicking into high gear. Your brain uses food for both *energy* and *nourishment*, making healthful food a powerful brain’s best pal. It can affect the growth of new brain cells and the ability to focus, remember and retain information.

SUSTAINABLE ENERGY

Approximately 20 percent of the body’s energy needs (at rest) go toward feeding the brain. Percentagewise, that’s more than any other organ in your body. Glucose is the preferred source of energy, and the preferred source of glucose comes from less-processed types of carbohydrates, such as whole grains, fruits, vegetables and beans. Compared to highly processed and/or sugary foods, they provide an even, more sustained level of fuel.

QUALITY NOURISHMENT

Wholesome, naturally nutrient-rich foods are clear winners because nearly all nutrients can help feed the brain.* In addition to carbohydrates, these high-impact nutrients are worth adding to your plate:



NUTRIENT	ROLE	FOODS
Carotenoids	Protect cells from damage; improves the speed of temporal processing (hearing and response to stimuli).	Dark green leafy vegetables; orange and yellow fruits and vegetables
Fiber	Keeps the gut (microbiome) healthy. There’s direct connectivity (pathways) between the intestines, brain and neurotransmitters (how brain cells communicate).	Beans, whole grains, fruits and vegetables (especially those with skins/peels), nuts and seeds
Iodine	Needed to produce thyroid hormones, which are essential for brain development and function.	Seafood, seaweed, yogurt, milk, iodized salt and eggs
Omega-3 Facts (especially DHA)	Supports what’s called the “plasticity” of the brain (how brain cells reorganize, grow and communicate with each other).	Bass, salmon, trout, sashimi, tuna, halibut, anchovies and herring
Zinc	Regulates communication between brain cells; may influence memory, attention and abstract reasoning.	Meat, shellfish, nuts, seeds, beans, dark green leafy vegetables and mushrooms

**Research shows high-fat foods (specifically those with saturated and trans fats) and sugary foods negatively affect learning and cognition.*



POWER UP WITH A BALANCED BREAKFAST

A quality breakfast sets the table for better cognitive “performance” while also influencing several other aspects of life. Research shows that both adults and children who eat a nutritious breakfast have overall healthier diets, healthier lifestyle habits, better mental status and more positive attitudes compared to breakfast skippers. Part of the reason for this may be that after a night of fasting, the glucose from less-processed carbohydrates helps temper the production of *cortisol*, a stress hormone that affects nearly every function of the body. Glucose is also used to create *serotonin*, a hormone that regulates mood and cognitive function. A breakfast containing wholesome foods, including minimally processed carbohydrates, provides a steady dose of nutrient-rich brain power.

A recent study of teens assessed “health-related quality of life” factors (mood, emotion, parent relations and home life) as well as the perceived sense of stress and depression of the participants. Scientists compared those factors with the breakfast habits the teens reported. They found that those who ate a high-quality breakfast scored better on quality of life indicators and reported a lower sense of stress and depression than those who skipped breakfast or ate a poor-quality meal. Worth noting is that the teens who ate poor-quality breakfasts scored worse on all quality of life measures than those who skipped the morning meal.

INGREDIENTS FOR A POWER BREAKFAST

INGREDIENT	OPTIONS
Whole grains	Cereals, breads, pancakes or waffles in which the first ingredient on the package is a “whole grain” (choose those with <5 grams of added sugar per serving). Breakfast bowls with brown rice, wild rice, quinoa, sorghum, farro, wheat berries, millet, etc.
Lean protein	Eggs, cottage cheese, low-fat yogurt (<10 grams of added sugar per serving), beans, meat, poultry, fish, tofu, tempeh, nuts and seeds.
Fruits and vegetables	Any and every fresh or frozen whole fruit or vegetable (whole produce is better than juice).
Dairy (or foods rich in calcium, magnesium and vitamin D)	Milk, yogurt, and certain fortified ready-to-eat cereals, non-dairy milks or yogurts (check the Nutrition Facts panel).



ACTIVITY BOOSTS BRAIN POWER, TOO

Add one more ingredient to your power-up plan: physical activity. It enhances learning, memory and brain health by:

- Improving blood flow to all brain cells, which helps deliver oxygen, nutrition and glucose (energy)
- Promoting the growth of new brain cells and new connections between neurons
- Supporting fluid, dynamic communication and connectivity between cells
- Boosting mood
- Reducing inflammation
- Lowering stress hormones

There appears to be a collaborative relationship between food and fitness. Exercise has been shown to amplify the brain benefits of omega-3 fats and phytonutrients (flavonoids) in plant-based foods, including fruits, vegetables, tea and herbs. The benefits are additive, with each enhancing the others’ positive effects.

References for this article can be found in the online edition of this article at www.kowalskis.com.

SEASONAL SUPPER

Who says chicken wings have to be wings? Our version of this favorite chicken dish is an elevated take on the bar food staple. Made with thin pieces of white-meat breast and pan-fried until golden and crisp, this versatile recipe can be used as an entrée, salad topper or the basis of a super spicy sandwich.

BUFFALO CHICKEN CUTLETS

1 tsp. smoked paprika	2 eggs, lightly beaten
1 tsp. ancho chile powder	½ cup plain breadcrumbs
1 tsp. dried oregano	3 boneless skinless chicken breasts, pounded to ¼" thickness, cut in half crosswise
1 tsp. dried basil	½ cup Kowalski's Unsalted Butter, divided
1 tsp. onion powder	2 tbsp. Kowalski's Extra Virgin Olive Oil
1 tsp. garlic powder	¼ cup Tabasco sauce
1 tsp. freshly ground Kowalski's Black Peppercorns	1 tbsp. Kowalski's Pure Honey
½ tsp. kosher salt	1 tsp. garlic powder
¼ tsp. cayenne pepper	½ cup Kowalski's Crumbled Blue Cheese
½ cup flour	½ cup (about 1 ½ stalks) thinly sliced celery, including leaves

In a shallow dish, whisk together first 10 ingredients (through flour); set aside. Pour eggs into a second shallow dish; set aside. Pour crumbs into a third shallow dish. Dredge chicken in seasoned flour; dip in eggs, then coat in breadcrumbs. Set coated chicken on a wire rack set on a small-rimmed baking sheet; refrigerate until coating is dry (10-30 min.). In a large sauté pan over medium-high heat, add 4 tbsp. butter and olive oil; heat until butter shimmers but does not smoke. Add chicken; sauté on both sides, turning once, until chicken is dark golden-brown and cooked through (6-8 min. total). Move chicken to a warm platter; set aside. Reduce heat to medium-low; add remaining butter, Tabasco sauce, honey and garlic powder to the pan. Cook until butter is melted and sauce is well-blended (1-2 min.); spoon hot sauce over chicken. Sprinkle Buffalo chicken with cheese and celery; serve immediately.

Serves 3-4.

