

Compliments of Kowalski's

May - July 2020  
THE JOY OF GOOD FOOD

# *At Home* with KOWALSKI'S

FUN IN THE SUN

THE FAMILY  
GROCERY  
STORE WITH  
THE FAMILY  
STILL IN IT

*Easy* CHEESY

**Plant Power**

**NEW BURGER TOPPERS**

**BRING ON BRUNCH**

*(Summer Cheese  
Pairings, page 12)*

[WWW.KOWALSKIS.COM](http://WWW.KOWALSKIS.COM)

# THOUGHTS FROM THE KOWALSKIS

NOTE: We're all hoping a great summer at the lakes is in store for us all, so we are publishing this issue of *At Home with Kowalski's* with few changes to our originally planned content. We hope you enjoy it!

As we write this, none of us know for sure what the state of our state will be when this issue of *At Home* is printed. What we do know is how incredibly grateful we are for our devoted customers and our "superhero" stakeholders for coming together during the past six weeks. It's been a trying time for everyone. The civic leadership and steadfast dedication our employees have shown to the common good has been nothing less than extraordinary. Our hope is that we will all grow a bit deeper from this pause, hug our loved ones and friends sometime soon, and, of course, rediscover "the joy of good food." May this issue of *At Home* entertain, educate and inspire with its look forward to sunnier days and truly joyful times.

Like many of you, we are looking forward to a day at the lake – hopefully soon! Friends, family, food...lake life is all about the joy of being together. It's what Minnesota is all about! This season we're celebrating with a look at one of our stores that truly epitomizes lake living and summer fun. White Bear Lake is the home of our second store, and this year it celebrates its 34th birthday! It's a community that has embraced us from the beginning, and we love being part of the White Bear lifestyle. You can read a little more about "the Bear" on page 8.

Culinary Director Rachael Perron knows how to have fun with food, and in this issue of *At Home*, she's in a summer state of mind. She's dreaming of a casual Sunday brunch, block party or backyard barbeque, and her recipes and ideas feature tips for the best pork ribs, tastiest burgers and picnic-perfect salads, just to name a few.

Beyond the backyard grill, we're also sharing some interesting seasonal cheese pairings on pages 12-13. You don't need a cocktail party (or even a cocktail) to enjoy some of the best bites of the summer. Our suggested cheese and cracker combos, as well as mocktail pairings, are great options for enjoying on your deck or patio, or to bring along to any and every warm-weather gathering you'll host or attend.

When it comes to fun-loving, our Deli Director defines "life of the party." Jenny Mahoney is the subject of our newest stakeholder profile on the facing page. A shining star amongst our team of amazing employees, we're sure you'll enjoy getting to know more about Jenny as much as we've enjoyed knowing her for the last 20-plus years. Finally, Sue Moores, the sweetest nutritionist you'll ever meet, is helping us better understand sugar. Where does it come from? How is it labeled? And just how much is too much? Look for her regular column starting on page 22.

*Thank you again for all of your support during these last few months. We truly look forward to seeing you in the stores - and soon!*

Mary Anne Kowalski and Kris Kowalski Christiansen



**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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# Genuinely JENNY

This year, Jenny Mahoney celebrates 24 years working with Kowalski's. At just 16 years old, she started her Kowalski's career as a carryout at Grand Avenue, where she quite quickly found a home in the Deli Department. To those who know her, it comes as no surprise that Jenny thrived working in the busiest department at the busiest store in the company. The particularly fast pace of the deli is one of the things she loves best about the business and why she's perfectly suited for her role as Deli Director, a title she's held for nearly seven years.

In her early years Jenny moved around – a lot. From Grand to Inver Grove Heights, Woodbury, Oak Park Heights, Hennepin, Lakeville, Eden Prairie and back to Woodbury, Jenny's seen a lot of delis and a lot of remodels. Of all this bouncing around, she says, "It doesn't really bug me. I kind of thrive on it."



The ability to turn on a dime and change up the offerings in her department is the work of a dedicated group that also thrives on this culture of nonstop transformation. Jenny credits her colleagues for the deli's success.

*"I just feel so lucky and so blessed to be a part of this organization," says Jenny. "I love the teams I work with. The Deli Managers and Deli Strategy Group are phenomenal. We're constantly looking at trends, concepts and recipes to make our delis the way they are: unique."*

Selling good food that people can count on is what Kowalski's is all about, especially in departments like the deli, where so much of the food is made in-house.

*"Quality is huge – we try to be the best. I know our staff is proud to serve the food we sell every day," Jenny says. "As a mom, I care about what I serve my family, and I want people to be proud to serve the products we sell, too – like our rotisserie chicken. Making chicken was always my least favorite job in the deli, but I LOVE to eat it!"*

Jenny and her husband, Shawn, live in Hastings with their three kids, Ava, Lyla and Cullen. Between dance lessons, soccer, tee-ball and hockey games, they get their fair share of family time. In the summer that means boating. "We could live on the river!" Jenny says.

They also love to spend time with Jenny's mom, Terri Bennis, who is Kowalski's Chief Merchandising Officer. "Obviously she was a huge influence to me growing up," says Jenny. "Both of my parents loved to cook. My mom was a farmer's daughter and the oldest of five kids, so she learned to cook at an early age. She passed on a passion for food and cooking."

Such family ties are a critical element in the Kowalski's formula and lend insight into Jenny's passion for her job.

*"Sharing good food is kind of my love language. It's how I express how I care for people."*

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



As one of the most serviced areas of the store, the deli is a department where customer interaction is a constant. For Jenny, this is her sweet spot.

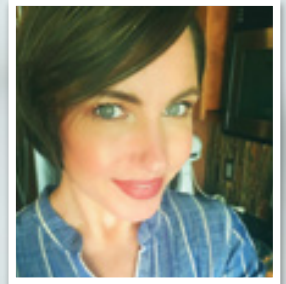
*"I love being a daymaker. For me it's all about impacting someone's day in one way or another. Even though I'm not on the sales floor every day anymore, this is still a big part of what I do now."*

She adds, "My role has always been about having an impact, giving people what they need, even if all they want is someone to listen."

Industry insiders know that the deli is increasingly at the heart of any grocery store, and as such, it's constantly in a state of flux. It's a department that is all about managing change. Of the continually evolving list of products and programs in our deli, from pho and ramen to wings and hibachi, Jenny goes with the flow.

*"I love the direction we're going with fresh-prepared foods and a restaurant-within-the-store concept. To me it's just super special."*

# Literally AT HOME



This particular chapter of “Cooking *At Home*” is pretty on point; I’ve been spending a lot of time *at home* writing and preparing this issue. Minnesota’s stay-at-home order was issued mid-week the week we were scheduled to take the images for this magazine, so our creative team spent a lot of time in opposite corners of our studio and even shot some pictures at home in an effort to keep one another healthy.

While working from home meant lots and LOTS more dishes to clean, there were benefits. I honed some valuable new skills. I learned a lot about technology (thanks, kids!) and how to take better photos with my phone’s camera. I cleaned out my freezer and pantry, wrote a few new recipes, sharpened some kitchen techniques and baked quite often, something I hardly ever have time to do. I even made donuts! (And donuts ARE the answer.)



*Donuts are the Answer  
(find a recipe at kowalskis.com)*

But even though extra time at home has had its perks, I’m certainly looking forward to getting back into my usual routine: going to my office, yoga, movies and RESTAURANTS! Fingers crossed I’ll get to enjoy the European vacation my daughter and I have been planning for years. If not, we’ll default to the usual. Typically, we spend a week vacationing with my sister and her family at their summer cottage on Lake Huron in Michigan. She made this salad for me when we were there last summer, and I’m excited to make it again this year. I’ve swapped in sliced mango for the mandarin oranges my sister used and added some chewy dried pineapple and papaya to give it a real vacation-y vibe, but it’s great either way. I hope you’ll have the chance to share it with someone you love, somewhere you love, sometime soon.

Warmly,  
*Rachael*

## TROPICAL SLAW

- 3 tbsp. canola or olive oil
- 3 tbsp. tamari
- 3 tbsp. rice vinegar
- 2 tsp. toasted sesame oil
- 1 tbsp. sugar
- 19 oz. pkg. Kowalski’s Fresh Coleslaw Mix
- 15 oz. Kowalski’s Sliced Mango, cut into bite-sized pieces
- ½ cup diced red pepper
- ½ cup thawed frozen edamame
- ½ cup sliced almonds, toasted
- ¼ cup diced dried pineapple
- ¼ cup diced dried papaya
- 3 green onions, thinly sliced, divided
- 2 oz. unseasoned ramen noodles, broken into small bite-sized pieces
- 2 tbsp. sesame seeds (white, black or a combination), toasted, divided

In a medium mixing or salad bowl, combine canola or olive oil, tamari, vinegar, sesame oil and sugar. Whisk until blended; set aside. Add coleslaw mix, mango, red pepper, edamame, almonds, pineapple, papaya, most of the green onions, broken ramen noodles and about ½ the sesame seeds; toss until salad is well coated. Garnish with remaining onions and sesame seeds; serve immediately.

Serves 4.



**FIND IT!**

Find Kowalski’s Fresh Coleslaw Mix and Sliced Mango in the Prepared Produce Section.



# BRING ON Brunch

Spring and summer offer plenty of opportunities for hosting brunch at home. Fortunately, it's easier than ever. Of course, it's nice to have something homemade if you can manage it, but brunch doesn't have to be fussy. Make-ahead dishes are wonderful. Many egg dishes, including our Bavarian Brunch Bake, are easy to assemble the day before and cook the morning of. They also don't need to be served steaming hot from the oven.

Beyond a single "star" dish, there are plenty of freshly prepared options you can set out in beautiful serving dishes and platters for a quick and easy brunch buffet. Mini pastries, including mini waffles from the Grocery Department, work fabulously for brunch. You can even make your own by slicing up a whole coffee cake or cutting bagels or croissants into quarters. Throw them on a tray with an artisan cheese, thinly sliced speck, jam and fresh fruit. Add some coffee and a carafe of freshly squeezed OJ (from the Produce Department, of course), and you're ready to bring on brunch!

## BAVARIAN BRUNCH BAKE

- 5 Kowalski's Pretzel Croissants (from the Artisan Bread Table in the Bakery Department)
- 8 oz. Kowalski's Boneless Fully Cooked Hickory Smoked Pit Ham, diced small
- 4 oz. shredded Swiss cheese, divided
- 4 oz. shredded Monterey Jack cheese, divided
- 1 tsp. finely chopped fresh chives
- 3 cups whole milk
- 4 eggs
- 2 tsp. Kowalski's Garlic Dill Mustard
- ½ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- dash nutmeg
- pinch cayenne

Slice croissants in half lengthwise; tear or cut each half into 4-6 pieces and set aside. Spray a 2 qt. baking dish with cooking spray. Arrange ½ the croissant pieces in the bottom of the dish; top with ham, 2 oz. Swiss, 2 oz. Monterey Jack and chopped chives. Top the ham-and-cheese layer with remaining croissant pieces; set dish aside. In a large mixing bowl, whisk together milk, eggs, mustard, salt, pepper, nutmeg and cayenne until well combined. Pour the egg mixture evenly over the croissants in the baking dish; cover and refrigerate for at least 1 hr. (up to 12 hrs.). Sprinkle dish with remaining cheese; bake, uncovered, in a preheated 350° oven until puffed and golden (40-45 min.). Let rest for 15 min. before serving.

Serves 8.

# SIGNATURE PRODUCT FOCUS



## KOWALSKI'S SIGNATURE BALSAMIC VINEGAR

Our favorite sweet-tart condiment is imported from Italy, where the best balsamic in the world is made. It's a major kitchen multitasker that's good for salads and sauces as well as glazing everything from meats and veggies to sandwiches and appetizers. It's even great for desserts! We especially love our fig-infused vinegar in sweet recipes.

### STRAWBERRY BALSAMIC SUNDAES **GF**

- 16 oz. fresh strawberries, sliced ¼" thick
- ¼ cup sugar
- 2 tbsp. Kowalski's Balsamic Vinegar or Fig Vinegar
- 1 ½ pts. vanilla or strawberry ice cream
- roasted and salted pistachios, roughly chopped, to taste

In a large mixing bowl, combine strawberries, sugar and vinegar; refrigerate, covered, for 1-4 hrs. Scoop ice cream into 6 serving dishes; top with marinated strawberries and garnish with pistachios.

Serves 6.





# OUR RECIPES

## MARY ANNE'S *Coffee Cake*

One of the most iconic and recognized of our Signature recipes bears the name of one of our founders, Mary Anne Kowalski.

**Mary Anne's Coffee Cake** has been a staple in our Bakery Department for more than 20 years. By far our best-selling coffee cake, it's made from an enriched sweet yeast dough swirled with cinnamon and baked in a pool of almond-studded caramel. Unlike other coffee cakes, it's flipped upside-down after baking, like a pan of caramel rolls, to allow the rich, sticky glaze to soak down into the tender baked dough. Maple glaze is literally the icing on the cake.

The *Maple Stick* was originally sold at Dutch Bakery, located near St. Clair and Cleveland Avenues in St. Paul. As a girl, Mary Anne, who lived above the hardware store in the neighborhood, used to visit Dutch regularly. Many years later, when she and her husband, Jim, needed

a bakery to supply their then three Kowalski's stores, they bought the historic bakeshop. Reluctant to give up one of her favorite childhood treats and wanting to share it with others, she requested our bakers turn the *Maple Stick* into a coffee cake. Sometime later, customers requested a more portable, personal-sized pastry, like the original. Thus, our very own (very generously sized) **Maple Stick** was born.

Mary Anne's Coffee Cake was the first and, until recently, the *only* recipe named after Mary Anne. It's a testament to her role as the driving force behind this recipe's development as well as her love for the product. The other item bearing her name? It's also a cake: **Mary Anne's Fudge Cake**, part of our Kitchen Counter Cake Collection.

# STORE FOCUS:



## WHITE BEAR LAKE

Kowalski's White Bear Lake was the second Kowalski's Market. Opened in 1986 in what was formerly a Red Owl store (located at the intersection of White Bear Avenue and Highway 61 on the western shore of the lake), it's one of the very few places you can actually sit with a cup of coffee and watch the sun rise that isn't a private home. Because of its proximity to the water, many boaters, whether they rent seasonal slips or dayboats, find Kowalski's to be the perfect place to grab the makings of a picnic or other provisions for their excursions.

Summer is an especially active season in White Bear Lake. "The Lake" features prominently in the White Bear community, so it's no surprise that summer events center around the lake and its legends. White Bear Lake got its name from a Sioux Indian legend about a hunter who killed a white bear on Manitou Island, which sits in the middle of the lake. Manitou Days is a 17-day-long celebration in honor of the white bear's spirit, which is said to live on the island to this day. The event has been a community tradition since 1967. This year the festival runs June 18 - July 4, 2020, and will include more than 65 family-friendly events and activities.

Another typical summer tradition in White Bear is Marketfest, which usually kicks off the same day as Manitou Days and happens every Thursday evening thereafter through July 30. Every week from 6-9 p.m., more than 160 local businesses, vendors and artists offer a wide variety of food, merchandise, art and handcrafted goods for sale. Activities for children include a petting zoo, bounce houses and carnival games. The classic car show and live music are both hugely popular with residents and visitors of all ages. Kowalski's is proud to be the long-time sponsor of the mainstage live entertainment on the Gazebo Stage, located near the entrance to Marketfest, at 4th Street and Washington Square.

You'll also find the Kowalski's Food Truck at Marketfest. Look for it near the Gazebo Stage.

# LOCAL FOCUS

Local products are the heart and soul of our business. As the community around our first store supported us, we are honored to continue a tradition of working with the best of the best local producers. In this issue we take a look at one of our newer partners, Ka-Pop!

## KA-POP!



Fans of ABC's series *Shark Tank* may recognize Ka-Pop! and founder Dustin Finkel from their appearance on the program earlier this year. A former investment banker, Dustin began his food career here in Minnesota, at General Mills, where he worked on the Chex cereal brand. He led that team to success in 2008 as Rice Chex became the nation's first mainstream gluten-free cereal. Today Dustin teaches business at University of Colorado Boulder, where he lives with his wife, Christina, and their two young sons.



Ka-Pop! was developed out of a desire to craft snacks that were healthy but not boring. Their popped chips are made from 100% U.S.-grown sorghum, a gluten-free ancient grain with an edible husk. Densely nutritious and high in protein, fiber and antioxidants, sorghum is also a uniquely sustainable crop. It requires little to no irrigation and improves the health of the soil in which it's grown.

Most importantly, this clean snack, which is free of the top 12 food allergens, is delicious! (We think the vegan Cheddar flavor tastes just like the puffed cheese snacks we ate as kids!)

Kowalski's is proud to have been the first grocer in the Twin Cities to offer Ka-Pop! Look for them in the Grocery Department.





# JUST A Spritzer

**W**ine spritzers, the predecessor to the mass-manufactured wine coolers of the '80s, are the perfect porch-swing sipper. Lovely and light, a spritzer starts with one of your favorite summer whites or rosés. Ice and a splash of soda bring a bit of bubbly refreshment.

Club soda is probably the most traditional mixer, but flavored sparkling waters, premium and flavored tonics, or even

mild-flavored naturally sweet sodas (such as a lemon-lime, strawberry or other fruity craft sodas) are a great choice, too.

Make your own custom spritzer by filling a glass half full of ice; add wine to fill the glass  $\frac{2}{3}$  full. Top with a splash of your choice of bubbly, then garnish with fruit as desired. You'll enjoy a cheerful, lightly sweet beverage with less alcohol than straight wine, which is ideal for those really warm days!

## A Twist

Some very popular spritzers use Champagne, Prosecco, Cava or another bubbly wine instead of soda. Others add a splash of liqueur or spirits. A classic French 75 cocktail combines both of these alternative spritzer techniques:

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### FRENCH 75 GF

- 1 oz. top-shelf gin
- 1 tsp. simple syrup
- 1 tbsp. freshly squeezed lemon juice
- ice
- 4 oz. Champagne
- lemon twist, for garnish

In a cocktail shaker, combine gin, syrup and lemon juice with ice. Shake until thoroughly cold (15-20 sec.). Strain into an ice-filled wine flute; top with Champagne. Garnish the glass with a lemon twist.

Makes 1.



# Special

# SAUCES

A really great burger requires just two things: the freshest, highest quality ground-in-store meat and a fabulous fresh-baked bakery bun. To make a burger truly “special,” however, you need something more: sauce. We’re upping the game with tasty toppings that elevate summer’s most superior sandwich to something even better.

**AKAUSHI GROUND CHUCK BURGERS**

**KOWALSKI’S SWEET EGG BUNS**

**SHARP CHEDDAR CHEESE**

**WATERCRESS AND GRILLED OR SAUTÉED ONIONS**

**HORSERADISH AIOLI**

## HORSERADISH AIOLI

¾ cup mayonnaise

2 tbsp. Kowalski’s Horseradish Pub Mustard

2 tbsp. Kowalski’s English-Style Horseradish Sauce

2 tsp. Kowalski’s Freshly Squeezed Lemon Juice (from the Produce Department)

½ tsp. Worcestershire sauce

- kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste

In a medium mixing bowl, whisk together all ingredients until combined. Serve immediately or store, covered, in the refrigerator for up to 2 days.

Makes about 1 ¼ cups.

## BEER PICK

Golden Ale



**KOWALSKI'S NATURALLY RAISED  
LAMB BURGERS**

**KOWALSKI'S WHOLE WHEAT BUNS**

**LEAF LETTUCE, SLICED TOMATO, THINLY  
SLICED RAW RED ONION, THINLY SLICED  
CUCUMBER AND FRESH HERBS**

**FRESH HERB SAUCE**

**FRESH HERB SAUCE**

- 1/3 cup Kowalski's Herb Spread
- 1/3 cup low-fat buttermilk
- 1 tbsp. finely chopped fresh dill
- 2 tsp. finely chopped fresh Italian parsley
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 tbsp. sliced green onions

Whisk together herb spread with buttermilk; stir in dill and parsley. Season to taste with salt and pepper. Garnish with sliced green onions. Serve immediately or store, covered, in the refrigerator for up to 5 day. Makes about 1/2 cup.



**WINE PICK**  
Rioja



Find Kowalski's Herb Spread in the Deli Department.



**BEER PICK**  
Hazy IPA

**AKAUSHI GROUND CHUCK BURGERS**

**KOWALSKI'S PRETZEL BUNS**

**BOAR'S HEAD AMERICAN CHEESE**

**SHREDDED LETTUCE, PICKLES AND  
THINLY SLICED RAW ONION**

**KILLER BURGER SAUCE**

**KILLER BURGER SAUCE**

- 1/3 cup mayonnaise
- 2 tbsp. ketchup
- 2 tbsp. dill pickle relish
- 1 tbsp. Kowalski's Horseradish Pub Mustard
- 1 clove garlic, very finely minced
- 1/2 tsp. soy sauce or tamari
- 1/2 tsp. Kowalski's Pure Honey

In a medium mixing bowl, whisk together all ingredients until combined. Serve immediately or store, covered, in the refrigerator for up to 2 days. Makes about 2/3 cup.

# Easy CHEESY

Summer entertaining is all about ease – and coincidentally, *ease* rhymes with *cheese!* Combining crisp, creamy textures with sweet, smoky and tangy flavors, these seasonal cheese and fruit combos are sure to bring effortless elegance to any of your upcoming events.

## EASY CROSTINI

Slice a baguette ¼" thick on the diagonal. Brush one side of each baguette slice with Kowalski's Extra Virgin Olive Oil; season with salt and pepper, if desired. Arrange bread in a single layer on a baking sheet. Bake in a preheated 350° oven for 5 min. Turn; continue baking for 2 min. more. Remove crostini from oven; set aside until ready to use. Makes 25-30.

### WINE PICK

German Riesling



Photo by Rachael Perron

### WINE PICK

German Riesling



Photo by Rachael Perron

## Blue-Avocado Crostini

Toasted baguette (from the Bakery Department)

Ripe avocado mashed with fresh lime juice

Kowalski's Sea Salt and freshly ground  
Kowalski's Black Peppercorns

Tabasco sauce

Crumbled soft blue cheese

Crushed smoked almonds

## Gouda-Guava Crostini

Kowalski's Apricot and Pistachio Crackers (from  
the Bakery Department)

Marieke Golden Gouda

The Casa Market Guava Paste

Cucina Viva Balsamic Glaze

Crushed roasted and salted pistachios

## Mascarpone-Blueberry Shortbread

Kowalski's Shortbread (from the Bakery Department)

Mascarpone

Lucille's Kitchen Garden Blueberry Pepper Jam

Fresh blueberries

Fresh thyme



Photo by Rachael Perron

## Ricotta-Lemon Crostini

Kowalski's Crostini (from the Bakery Department)

Calabro Hand-Dipped Ricotta

Les Moulins Mahjoub Preserved Lemon

Kowalski's Extra Virgin Olive Oil

Freshly ground Kowalski's Black Peppercorns

Photo by Rachael Perron



## Mascarpone-Berry Crostini

Cinnamon toast

Mascarpone

Fresh berries

Kowalski's Pure Honey



## Cheddar-Pineapple Skewers

Aged Cheddar

Grilled pineapple

Velvet Bees Gourmet Honey Butter (melted)

Smoked paprika

Cayenne pepper



## Cantal-Grape Skewers

Cantal

Red grapes

**FIND IT!**

Find these cheeses and specialty items in the Specialty Cheese Department unless otherwise noted.

# CELEBRATE WITH SUNSHINE

It's a beautiful day in the neighborhood. How about planning a party (eventually)? Our tips for a fabulous and friendly community get-together emphasize good, clean fun in the sun (and a few feet of social distance, perhaps?):

## ASK FOR HELP

Nothing brings a neighborhood together like a potluck. For a party that's easy on the host, prevents duplicates and ensures enough variety, ask guests to sign up for recipe types (salads, desserts, beverages, etc.) a week or two ahead of time.

## KOWALSKI'S CHOPPED SALAD GF

- ½ cup Kowalski's Extra Virgin Olive Oil
- 3 tbsp. red wine vinegar
- 2 ½ tsp. Dijon mustard
- 2 tsp. Kowalski's Pure Honey
- ¾ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- ½ tsp. dried oregano
- ¼ tsp. garlic powder
- 4 cups romaine lettuce, chopped, washed and spun dry
- 1 cup radicchio, finely shredded, washed and spun thoroughly dry
- 4 oz. Genoa salami, finely diced
- 4 oz. provolone cheese, finely diced
- ½ cup halved grape tomatoes
- ⅓ cup halved Kalamata olives
- ¼ cup garbanzo beans, rinsed and drained
- ¼ cup thinly sliced canned artichoke hearts
- ¼ cup thinly sliced red onion
- 2-3 tbsp. toasted pine nuts, to taste
- fresh basil, thinly sliced into ribbons, to taste

Pour first 8 ingredients (through garlic powder) into a screw-top glass jar; shake until well combined. In a large mixing bowl, toss romaine with dressing to taste. Put dressed romaine on a large rimmed serving platter or in a shallow bowl; arrange next 8 ingredients (through red onion) on top of the romaine in stripes or wedges. Drizzle salad with more dressing to taste; garnish with pine nuts and basil. Serve additional dressing on the side. Serves 8.



## BE SAFE

Bring along extra sunscreen, bug spray, hand sanitizer, etc., and share generously. A spray bottle and small fire extinguisher near the grill are also good ideas, just in case.





## KEEP IT SIMPLE

Decorations should be fuss-free and easy. Flowers from your yard (ask the neighbors, too!) make for rustic yet elegant tabletop décor.



## STAY UP LATE

Keep the party going into the night. Gather around a portable fire pit or build a makeshift bonfire. Don't forget the s'mores fixin's.

## COOL IT

Whether the food is served indoors or out, be cautious when it comes to food temps. Cold foods are best kept cold. You can purchase a specialized serving dish or simply place your dish into a larger dish filled with ice.

## CLASSIC PASTA SALAD

- 4 oz. dry, uncooked short pasta noodles, such as Kowalski's Fusilli Dry Pasta
- ¼ cup thinly sliced celery (with leaves)
- ¼ cup diced red pepper
- 2 green onions, thinly sliced
- 1 oz. bunch fresh dill, stems removed, coarsely chopped
- ½ cup mayonnaise
- 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

In a pot of salted boiling water, prepare pasta according to pkg. directions; drain. Transfer drained pasta to a medium mixing bowl with celery, red pepper and green onions; set aside. In a small mixing bowl, whisk dill and mayonnaise with lemon juice; season with salt and pepper to taste. Mix dressing thoroughly with pasta mixture. Refrigerate, covered, for several hrs. before serving. Serves 4.

## TAKE NOTE

Supply a stack of place cards and pens that guests can use to label their dishes and note any potential allergens.

## HULI HULI MARINADE OR GLAZE GF

- ¼ cup pineapple juice
- ¼ cup Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- ¼ cup brown sugar
- 2 tbsp. ketchup
- 2 tbsp. gluten-free tamari
- 3 cloves garlic, finely minced
- 1 tbsp. freshly ground ginger
- 1 tbsp. canola oil
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

**MARINADE:** Whisk together all ingredients in a medium mixing bowl. Toss with chicken; let stand for 20-30 min. Grill as desired. Discard unused marinade.

**GLAZE:** Whisk together all ingredients in a medium saucepan over medium-high heat. Once mixture comes to a bubble, cook until sauce coats the back of a spoon (about 5 min.). Cool slightly before using to baste chicken while it cooks or to glaze cooked chicken. You can also use this mixture warm or cool as a dipping sauce.

Makes enough for 2 lbs. chicken.



## WINE PICK

Oregon Pinot Gris or Pinot Blanc





Photo by Rachael Perron

## DISH IT OUT

If you're hosting, plan on supplying extra serving utensils for those who don't bring one for their dish. Label them to make sure they're returned after use.

### STRAWBERRY AND SHAVED BRUSSELS SALAD

- ¼ cup Kowalski's Champagne Honey Mustard
- 2 tbsp. Kowalski's Pure Honey
- 2 tbsp. Champagne or rice vinegar
- 1 ½ tsp. poppy seeds
- 1 tsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 12 oz. Kowalski's Shaved Brussels Sprouts (from the Prepared Produce Section)
- ¼ cup very thinly sliced red onion
- 2 tbsp. very finely chopped Kowalski's Honey Roasted Pecans, divided
- 8 oz. (approx.) sliced fresh strawberries, divided
- 2 oz. fresh crumbled goat cheese, divided

In a large salad or mixing bowl, whisk together first 5 ingredients (through lemon juice); season dressing with salt and pepper. Stir in Brussels, onion and most of the pecans; toss to coat with dressing. Add most of the strawberries and cheese to the bowl; gently fold into the salad. Garnish with remaining berries, cheese and pecans; serve immediately.

Serves 4.

## PLAY GAMES

You can go all out with a bounce house or a dunk tank, but simple yard games will do the trick, too. Pull out your hose and some water balloons, or go old-school with a huge game of tug-of-war or kickball. Don't forget tabletop games like dominoes and playing cards for those who'd rather sit and chat.

### SUMMER LEMON AND FRUIT TART

- ¾ cup flour
- ¼ cup confectioner's sugar
- ¼ tsp. baking soda
- ¼ tsp. baking powder
- ¼ cup Kowalski's Unsalted Butter, cold, cut into chunks
- 1 egg, lightly beaten
- 16 oz. mascarpone cheese
- ¾ cup Kowalski's Lemon Curd
- ½ pt. fresh blueberries
- 2 kiwifruit, peeled, sliced and quartered
- 2 cups hulled, quartered strawberries
- whipped cream (optional)

Place first 5 ingredients (through butter) in a mixing bowl; beat until mixture resembles fine crumbs. Add egg; continue beating until mixture holds together. Press dough into the bottom and up the sides of a 10" removable-bottom tart pan. Bake in a preheated 350° oven until golden-brown (12-15 min.); remove from the oven and allow crust to cool in the pan. Spread mascarpone over crust; top with lemon curd. In a large bowl, gently toss fruit to combine; carefully spoon fruit mixture on top of tart, distributing evenly. Carefully remove sides of pan from tart. Top tart with whipped cream, if desired. Serve immediately or refrigerate for up to 2 hrs.

Serves 8-10.



Photo by Maggie Stopera





**TÖST Sparkling White Tea  
with Bent River Camembert and dried cranberries**

# A Toast to CHEESE

Wine may always be cheese's first love, but that doesn't mean it's the only beverage that partners with cheese. Wine brings a lot of flavor to the table, and therefore a lot of options, but the principle of pairing any beverage to cheese is the same: Pick something that complements the flavors found in the cheese, something that either contrasts or matches them. Salty cheese, for example, may be well-paired with something sweet; a sweet cheese may do well with something sour, and so on. With the virtual explosion of options for quenching your thirst, there's a drink for every cheese and a cheese for every drink. Here are some of our current favorite combos:

**Fentimans Curiosity Cola  
with Moon Rabbit Cheddar**

**Waterloo Watermelon-Flavored  
Sparkling Water muddled with mint  
and paired with grilled halloumi**

## Local PARTNER



**Northern Soda Company North Coast Cooler  
with Jeffs' Select Gouda and dried pineapple**

No longer relegated to the side of the plate, plants have taken the forefront in meals and recipes for every occasion and season. Rice, noodles and steaks were never more colorful than the ones sold in the Produce Department. First it was zucchini “zoodles,” followed by ribbons of colorful beets, squash, carrots and, not to be left out, mango. Cauliflower “rice” was the forerunner to finely shredded broccoli and squash rices. These days, cauliflower even stands in for steak, mashed potatoes and chicken wings. Fortunately, you don’t have to peel, seed, stem or cut any of these vegetable novelties yourself. You don’t even need a knife! Here are two delicious new ways to add a little plant power to your diet.

# Plant POWER

## THAI MANGO SALAD

- 1 lime
- 3 tbsp. Kowalski’s Extra Virgin Olive Oil
- 2 tsp. Kowalski’s Pure Honey
- 1 tsp. soy sauce or gluten-free tamari
- freshly ground Kowalski’s Black Peppercorns, to taste
- 2 (10 oz.) pkgs. Kowalski’s Fresh Spiralized Mango (from the Prepared Produce Section)
- ½ cup peeled and seeded diced cucumber
- ½ cup matchstick-cut carrots
- ¼ cup roughly chopped roasted and salted peanuts, divided
- ½ oz. (approx.) fresh cilantro
- red Fresno pepper, stemmed, seeded and thinly sliced, to taste

Use a microplane to remove 1 ½ tsp. zest from the lime; place zest in a medium mixing or salad bowl. Cut lime in half; squeeze 2 tbsp. juice into the bowl with the zest. Whisk in oil, honey and soy sauce until blended; season with pepper to taste. Add mango, cucumber, carrots and most of the peanuts to the bowl; toss to coat. Divide salad among 4 serving dishes; top with cilantro and peppers. Garnish with remaining peanuts. Serves 4.

## CAULIFLOWER FRIED RICE

- 3 tbsp. peanut oil, divided
- 2 large eggs, lightly beaten with a pinch of kosher salt
- 5 oz. Kowalski's Sliced Shiitake Mushrooms
- ½ cup matchstick-cut carrots
- ¼ tsp. kosher salt
- 4 green onions (white and green parts), thinly sliced, plus more for garnish
- 1 clove garlic, finely minced
- ½ tsp. chile-garlic paste
- ¼ tsp. ground ginger
- 1 tsp. sesame oil
- 12 oz. riced cauliflower, squash, broccoli or combination (from the Prepared Produce Section)
- 2 tbsp. gluten-free low-sodium tamari, plus more for passing at the table
- ½ cup frozen peas, thawed
- freshly ground Kowalski's Black Peppercorns, to taste

In an extra-large nonstick skillet, heat 1 tbsp. peanut oil over medium-high until shimmering but not smoking. Add eggs. When the edges begin to bubble, push the eggs to the center of the pan; cook and stir until nearly cooked, breaking eggs into small clumps as they cook. Remove eggs from the pan; set aside. Return pan to the heat; add remaining peanut oil. Add mushrooms, carrots and salt; cook and stir until mushrooms are well browned (about 5 min.). Add onions, garlic, chile-garlic paste and ginger; cook and stir until fragrant (about 1 min.). Add sesame oil and riced vegetables; stir-fry until rice is hot and starting to get crispy on the edges (2-3 min.). Stir in tamari. Add peas and scrambled eggs; cook and stir until everything is hot (about 2-3 min.). Garnish with green onion; serve immediately with tamari and pepper at the table for passing. Serves 4.




Photo by Susan Telleen

## GLUTEN-FREE CHOCOLATE ZUCCHINI MUFFINS

- ½ cup coconut flour or gluten-free flour blend
- 3 tbsp. unsweetened cocoa powder
- 2 tsp. cinnamon
- ¾ tsp. baking soda
- ½ tsp. salt
- ½ tsp. nutmeg
- 3 eggs
- 1 ripe banana, mashed
- 3 tbsp. Kowalski's Pure Maple Syrup
- 3 tbsp. almond milk (or any other variety of nut or cow's milk)
- 1 tbsp. coconut oil, melted and cooled to room temperature
- 2 tsp. Kowalski's Organic Madagascar Vanilla Extract
- 6 oz. Kowalski's Fresh Zucchini Noodles (from the Prepared Produce Section), lightly chopped
- 1 cup dark chocolate chips
- mini chocolate chips, for garnish

In a large mixing bowl, whisk together first 6 ingredients (through nutmeg); set aside. In another medium mixing bowl, whisk eggs with banana, syrup, milk, oil and vanilla. Using a silicone spatula and a gentle folding technique, gently mix wet ingredients into dry ingredients just until dry ingredients are moistened (lumps may remain); gently stir in zucchini and dark chocolate chips. Scoop batter into a 12-cup muffin pan lined with paper baking cups; sprinkle with mini chocolate chips. Bake in a preheated 350° oven until a toothpick inserted into the center of a muffin comes out clean with just a few moist crumbs attached (about 25 min.). Cool in the pan for 5 min. Move muffins to a wire rack; serve warm or at room temperature. Makes 12.





Ask any meat lover when the best time for ribs is and they'll tell you, "A few hours from now."

While they can take some time and planning to prepare, ribs are one of the most satisfying meat-eating experiences there is, making the effort well worth it. To get ready for barbeque season, we're taking a look at the two most popular cuts we sell: baby back ribs and spareribs.

# READY FOR Ribs

## BABY BACK RIBS

Baby back ribs (sometimes called *pork loin back ribs*, *back ribs* or *loin ribs*) are quite tender and lean. They're cut from the place where the rib meets the spine after the loin is removed. The term "baby" is applied because of their size relative to the generally larger spareribs. Their shape makes them slightly easier to slice into individual ribs.

## GRILLED PORK RIBS

6 lbs. Kowalski's Naturally Raised Pork Loin Back Ribs  
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste  
- your choice pork rub (such as Rub with Love Pork Rub), as needed,  
or 14 oz. bottle Kowalski's Smokey Sweet BBQ Sauce, divided

Place ribs on a double layer of foil on a rimmed baking sheet; season generously with salt and pepper. Season generously with rub or brush with sauce on both sides. Wrap ribs with 1 layer of foil. Heat gas or charcoal

## TASTY TIP

A slab of spareribs is usually larger and weighs more than a slab of baby back ribs. Therefore, it may take 30-75 percent longer to cook. Equivalent weights of both types, however, will cook more similarly.

grill to medium. Turn half of the grill off (or move the coals to one side); grill foil-wrapped ribs over the unheated side of grill, lid down, for 2 hrs. Unwrap outer layer of foil; brush sauced ribs liberally with more sauce. Continue cooking, lid down, until meat is fork-tender and starting to pull away from the bones (about 1 hr. longer). Move ribs off the foil and cook directly over the coals or heat until ribs are slightly charred on the edges (about 5 min.). Remove ribs from grill; let rest for 10 min. Slice ribs into individual rib pieces; serve with additional sauce at the table, if desired.

Serves 6.

## DID YOU KNOW?

You can cook ribs in a pressure cooker in mere minutes. Finish them on the grill or under the broiler to encourage browning and formation of a caramelized crust.

## SPARERIBS

When the sternum and connective cartilage are removed, spareribs are called *St. Louis-style spareribs*. They are quite meaty and, because they are left over (or spare) after the bacon is removed, somewhat fatty and quite flavorful. Unlike baby backs, which are cut from the top of the rib cage near the backbone, spareribs are cut from the bottom of the rib cage, so the slab is more rectangular. Their flatter shape makes them slightly easier to brown.



## GLAZED OR DRY RUBBED PORK RIBS

6 lbs. Kowalski's Naturally Raised Pork Loin Back Ribs  
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste  
- your choice pork rub (such as Rub with Love Pork Rub), as needed,  
*or* 14 oz. bottle Kowalski's Smokey Sweet BBQ Sauce, divided

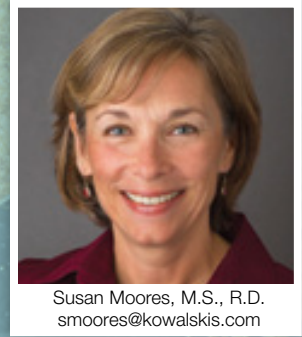
Place a double layer of foil on a rimmed baking sheet. Place ribs on top of foil; season generously with salt and pepper. Season generously with rub or brush with sauce on both sides. Wrap ribs with 1 layer of foil and place back on prepared baking sheet; bake in a preheated 275° oven for 2 hrs. Remove outer layer of foil; brush sauced ribs liberally with more sauce. Continue cooking until meat is fork-tender and starting to pull away from the bones (about 1 hr. longer). Turn on broiler and broil ribs until slightly charred on the edges (3-5 min.). Remove ribs from the oven; let rest for 10 min. Slice ribs into individual rib pieces; serve with additional sauce at the table, if desired.

Serves 6.

## TASTY TIP

You can purchase fully cooked ribs from our Shoreview smokehouse in all 11 Twin Cities Kowalski's Markets. To reheat, wrap them in foil; grill or bake at 325° until the meat pulls away from the bone (approx. 75-90 min., depending on size).

# UNDERSTANDING Sugar



In the ever-changing world of food and wellness, there is one constant caution: sugar. Eating too much is never good for your health.

We are naturally wired to like sweet flavors, but in today's food environment, it is all too easy to overfeed our sweet tooth. Nearly 70 percent of packaged foods have sugar in the ingredient list, and in this age of convenience, the average American gets almost 60 percent of their calories from these highly processed, packaged foods.



## WHY SUGAR ISN'T SO SWEET

Consuming too much sugar can feed or trigger excess inflammation in the body. Inflammation is the immune system's natural response to injuries and foreign invaders. Once activated, millions of immune cells and chemicals are released to help repair tissue damage and fight against harmful viruses and bacteria. However, if those inflammatory substances are not cleared from your body over time, they can actually damage cells, the DNA in cells, tissues and organs. Environmental pollutants, stress, excess weight, lifestyle habits (such as smoking and being sedentary) or certain health conditions can cause chronic inflammation. An increased risk for heart disease, cancer, arthritis, diabetes, obesity, asthma and what some describe as "accelerated aging" of the body is linked with chronic inflammation.

Too much sugar affects triglyceride levels in the blood as well. Your liver stores sugar as glycogen. If more sugar is provided than what can be stored, the liver makes fats (triglycerides) from the sugar. A high level of triglycerides in the blood may increase the risk for atherosclerosis, the buildup of fat inside arteries.

Animal studies have shown that excess sugar in the diet may also deter the growth of good bacteria in the intestinal tract by slowing the production of certain proteins that encourage good bacteria to multiply.

## TYPES OF SUGAR

### NATURAL SUGAR

Fruits, vegetables and unsweetened dairy products have natural sugar in them. That's the good stuff. These sugars are packaged with loads of other health-boosting nutrients, including vitamins and minerals. Produce has the added benefit of hundreds and hundreds of phytonutrients, plus a healthy dose of much-needed fiber. Dairy products such as yogurt, buttermilk and some cottage cheeses also contain probiotics that help keep your gut happy.

Other natural sugars, such as honey, molasses and maple syrup, contain a similar number of calories when compared to highly processed white sugar. Though the natural options also contain nutrients that white sugar lacks, you would need to eat a substantial portion to gain a meaningful amount of nutrition.

### SUGAR SUBSTITUTES

These products deliver sweetness without the calories. They don't "feed" inflammation, but some research suggests artificial sweeteners are not a healthful solution.

- 1 Depending on how much a person consumes, sweeteners like acesulfame, sucralose, aspartame and saccharin are controversial in terms of their safety.
- 2 Their intense sweetness may overstimulate our sense of what constitutes sweet. Over time, that could increase how much we need to eat to satisfy sugar cravings and may dull our interest in the naturally sweet flavors found in whole fruits, vegetables and whole grains.
- 3 They may mislead our body's response to eating food. If a sweet flavor is delivered but no or few calories come with it, our appetite may drive us to eat more in order to gain the calories the body anticipated would come with that artificially sweetened food.
- 4 New concerns exist on the effect sugar substitutes may have on our microbiome, specifically the balance of bacteria in our gut or intestines, which influences so many aspects of overall health. Artificial sweeteners may upset the bacterial balance, upping the risk for obesity, type 2 diabetes and heart disease. Stevia extract, often considered a more natural low-sugar substitute, may also make unfavorable changes to the composition of the bacteria in one's gut.



## ADDED SUGAR

Herein lies the sweet spot for change. The average person consumes about 17 teaspoons of added sugar per day. The American Heart Association recommends women and children (ages 2 to 18) consume less than 6 teaspoons each day. For men, less than 9 teaspoons is recommended.

To find out how much sugar is *added* to a packaged food, check the Nutrition Facts Panel. As of this year, companies must reveal the amount of “Added Sugar” contained in their products per serving. Four grams equals one teaspoon of sugar. Do the math, then compare it against the benchmarks listed above.

## SUGAR ALCOHOLS

Ingredients ending in “-ol”, such as xylitol, sorbitol and mannitol, are sugar alcohols, sweeteners that have one-half to one-third the calories of sugar. Sugar alcohols are used to sweeten foods or give them bulk. Intestinal discomfort and other issues may result from ingesting these ingredients.

## TIPS FOR A SWEET LIFE

- 1 Use our Live Well shelf tags. We’ve vetted all the products in our stores and have tagged those that are great choices. These items are made without artificial sweeteners and contain a reasonable amount of added sugar, if any.
- 2 DIY. Summer is the best season for adding great flavors to foods. Buy unsweetened beverages, yogurts and cereals. Sweeten them naturally with summer’s bounty of fresh fruits, vegetables and herbs to slash sugar significantly compared to presweetened products.
- 3 Try full-fat versions of certain foods. Often when fat is removed from a food, sugar is added in its place to deliver taste, texture and satisfaction. Full-fat versions may keep your taste buds and stomach happy.
- 4 Get enough sleep. Studies show that when we’re not well rested, we crave (and eat) more sugary, salty and fatty foods.

## TOP SOURCES OF ADDED SUGAR IN THE DIET

- Sweetened beverages (including sports drinks, fruit and tea drinks, flavored coffees and milks, and soft drinks)
- Snack foods and bars
- Sweets (candy and desserts)
- Breads, cereals and granolas
- Flavored yogurts
- Condiments (ketchup, sauces and salad dressings)



## SUGAR ALIASES

Look for these ingredients on food labels to identify hidden sugar:

- Ingredients ending in “-ose” (such as dextrose)
- Syrups
- Fruit juice concentrates (any type)
- Malts (such as maltodextrin, maltose and barley malt)

## WHAT ABOUT FRUCTOSE?

Emerging research suggests that fructose, found in highly processed foods and beverages, may affect hunger hormones in your body, specifically leptin, an appetite-suppressing hormone. Getting high amounts of fructose may thwart leptin’s influence on hunger. Too much fructose from highly processed foods may also affect the pleasure-reward system in the brain, which has led researchers to explore whether there may be an addictive nature to sugar for some people.

# SEASONAL SUPPER

This season we're suggesting a cold and creamy no-cook meal perfect for a picnic supper at the park or just parked at your dining room table. Chicken salad can be served as a sandwich filling, cracker topper or on its own over a bed of greens. It's as customizable as any salad; just mix in bite-sized ingredients that add complementary or contrasting flavors and textures. Any way you mix it, it's still a classic.

## MIX IT UP

Chopped dried apricots, cherries or cranberries

Diced tart apple

Chopped fresh Italian parsley, rosemary or tarragon

Chopped pecans or smoked almonds

Drained capers

Sliced green onions

Diced avocado

Matchstick-cut carrots

Halved or diced red grapes

Finely diced radishes

Curry powder

Peanut sauce

Chopped cooked bacon

Chopped pineapple

## CLASSIC CHICKEN SALAD **GF**

1 ¼ cups shredded white meat from Kowalski's Signature Rotisserie

Chicken (from the Deli Department), skin discarded

½ cup diced celery

¼ cup finely diced red onion

½ cup mayonnaise

1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)

¾ tsp. kosher salt

Mix all ingredients in a medium mixing bowl. Serve on your choice of bread, bun or wrap (or scoop into lettuce, tomato or melon cups).

Serves 4.

