

At Home with KOWALSKI'S

BRINGING PEOPLE TOGETHER



LOVELY
LEMON

easy fan food

SUPER SHORTCUT
TO ALL-DAY FLAVOR

Smoky Beef Stroganoff (page 5)

THOUGHTS FROM THE KOWALSKIS

Of all the questions we ask ourselves and are asked by customers on a daily basis – “Does it taste good?” “Is it the freshest option?” “What makes this item special?” – the most important question is “*Why are we doing this?*” This is a question we constantly ask ourselves, and no matter what we’re talking about, the response is usually the same. It might surprise you that the answer isn’t about selling groceries.

Whether considering a new Signature product, signing on with a new producer or installing a new meat smoker, everything we do we choose because we believe *it’s the right thing to do*. Because it supports local producers. Because it’s better for the environment. Because it promotes quality and health and aligns with our values. Because it makes life easier, more delicious and more interesting. Because it sparks joy, community and connectedness.

Connectedness is a big part of the Joy of Good Food. Food brings people together, and our stores bring people together, too. They provide a place to gather, linger and learn. Shoppers at stores that underwent remodels last year, such as Eden Prairie, Lyndale, Woodbury and White Bear Lake, didn’t let construction stop them from their rituals of coming in for a meal, a coffee or just a chat with employees, friends and neighbors (even when their café was temporarily moved to the chilly Dairy Department!). This neighborliness is one of the things we love most about our stores. In a sometimes disconnected, increasingly online world, it’s nice to be able to provide a place for kids to study or friends to have breakfast or play cards. Bringing people together definitely seems like *the right thing to do*.

Speaking of bringing people together, we’re sharing a special love story on page 5, just in time for Valentine’s Day. Kelsey and Andrew are but two of the many, many employees (and customers) who have met or married their partners at Kowalski’s over the years. We hope their story will make you smile and that you’ll find the rest of this issue of *At Home with Kowalski’s* full of ideas to make your life easier, more delicious and more interesting.

As always, we love sharing the Joy of Good Food (and Good People)! Many thanks,

Mary Anne Kowalski and Kris Kowalski Christiansen



THE JOY OF GOOD PIZZA!

Our Woodbury Market is thrilled to announce the opening of one of our favorite restaurants, right inside our store. Pizzeria Pezzo (pronounced *PAYT-zoh*, the Italian word for “piece”) has enjoyed enormous success in White Bear Lake over the last six years. Recently named one of the 25 Best Pizzas in Minnesota by Big 7 Travel, Pezzo is bringing their award-winning Chicago-style deep dish to the southern part of the metro.

Pezzo also offers coal-fired artisanal pizzas, hand-turned in natural coal-fired ovens to produce picture-perfect pizzas with just the right amount of char. In addition to pizzas, their menu includes shareable small plates, salads, sandwiches, pastas and a full bar. We hope to see you there very soon!

Open for dinner every day but Monday. Takeout available. Patio seating coming this spring! Check out www.pizzeriapezzo.com for updates.

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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LEMON DRIZZLE CAKE BARS

- 1 ½ cups flour
- 2 ¼ tsp. baking powder
- ¾ tsp. kosher salt
- ¾ cup sugar
- ½ cup Kowalski's Unsalted Butter, at room temperature
- 2 eggs
- finely grated zest of 2 lemons
- ½ cup milk
- 1 ¼ cups confectioner's sugar
- ¼ cup fresh squeezed lemon juice
- *Lemon Glaze*

In a small mixing bowl, whisk together flour, baking powder and salt; set aside. Using an electric mixer, beat sugar, butter and eggs on high speed until completely smooth and fluffy (5-6 min.); scrape bowl and add zest. Beating on medium speed, add flour mixture to the batter a little at a time just until blended. Mix in milk until batter is homogenous. Spread batter evenly in an 8" square cake pan sprayed lightly with cooking spray, bottom only lined with parchment paper; bake in a preheated 350° oven until golden-brown and a skewer inserted in the center comes out with a few moist crumbs attached (17-20 min.). Cool pan slightly on a wire rack. While cake cools, combine confectioner's sugar and lemon juice in a medium microwave-safe mixing bowl; microwave 30 sec. at a time, stirring between intervals, just until sugar dissolves. Prick warm cake all over with a skewer; spoon hot syrup evenly over cake. Let cake cool completely in the pan before drizzling or icing with *Lemon Glaze*. Cut into bars. Makes 12.



LEMON GLAZE

In a small bowl, mix together 1 cup confectioner's sugar and zest of ½ lemon until smooth; whisk in just enough Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) to make a very thick glaze of drizzling consistency (approx. 2 tbsp.).

FRESH LEMON FUSILLI

- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 shallot, very thinly sliced
- 2 cloves garlic, finely minced
- ½ cup white wine
- 1 cup low-sodium chicken broth
- 1 cup drained canned petite diced tomatoes
- ¼ cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- 2 tbsp. drained capers
- 6 tbsp. heavy cream
- 3 tbsp. Kowalski's Unsalted Butter, cold, chopped into small pieces
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 lb. Kowalski's Fusilli Dry Pasta, prepared according to pkg. directions and kept warm
- 2 tbsp. freshly grated lemon zest
- 2 tbsp. thinly sliced fresh basil

Heat oil in a large skillet over medium heat; sauté shallot and garlic until tender, golden and fragrant (about 2-3 min.). Add wine, scraping pan to remove brown bits; bring to a boil. Cook until liquid almost evaporates (about 2 min.). Stir in broth, tomatoes, juice and capers; increase heat to high and cook, stirring frequently, until hot and liquid is reduced by about ⅔ (about 5 min.). Reduce heat to low. Whisk in cream; heat through. Remove pan from heat; whisk in cold butter. Season sauce with salt and pepper to taste. Add cooked pasta to pan; toss to coat. Sprinkle pasta with zest and basil; serve immediately. Serves 4.



WINE PICK
Sauvignon Blanc

LEMON DROP COOKIES

- 12 tbsp. Kowalski's Unsalted Butter, cold, cut into about 48 cubes
- 10.3 oz. pkg. Kowalski's Shortbread Cookie Mix
- 2 tbsp. freshly grated lemon zest
- ½ cup (approx.) Kowalski's Lemon Curd
- confectioner's sugar, for garnishing

Using a food processor or pastry cutter and a large mixing bowl, cut butter into cookie mix and lemon zest until it resembles coarse crumbs. Knead with clean hands until dough comes together into a single smooth ball; wrap in plastic and chill in the refrigerator for 1 hr. Shape dough into 1 ½" balls; place 1" apart on parchment-lined baking sheets. Press thumb into the center of each cookie to make an indentation. Bake in a preheated 350° oven until golden-brown and set, turning and rotating pans halfway through baking (10-12 min. total). Remove cookies from oven and cool on pans for 2 min.; carefully remove to a wire rack to cool completely. Fill each cookie with ½ tsp. lemon curd; dust with sugar. Store cookies in an airtight container in the refrigerator for up to 5 days. Makes 18.



FIND IT!

Find Kowalski's Shortbread Cookie Mix and Lemon Curd in the Bakery and Grocery Departments.

WINE PICK

Soave

TASTY TIP

Find a recipe for *Chicken Meatballs* on our website at www.kowalskis.com.

Beat the winter blahs with a boost of sunny citrus. While you may associate it with summer – lemonade, anyone? – like most citrus, lemon is at its best in the winter. The bright, tangy flavor of lemon is just what's needed to brighten up your winter cooking. A squeeze of juice is heaven on roasted chicken or sautéed greens. Flecks of zest perk up pasta sauce, chicken soup and roasted broccoli. And of course, lemon makes scrumptious sweet-tart desserts that call to mind sunnier seasons. Any way you squeeze it, it's an easy way to bring a burst of flavor to almost any dish.

LEMON CHICKEN SOUP WITH ROSEMARY BROTH

4 tsp. Kowalski's Extra Virgin Olive Oil, divided, plus more for finishing the soup
¼ cup finely diced onion
1 tsp. minced garlic
2 sprigs fresh rosemary, plus a few small sprigs for garnishing the soup
1 qt. low-sodium vegetable broth
½ cup finely diced carrot
½ cup finely diced celery

1 oz. (1-2 big handfuls) chopped fresh dinosaur kale, stems removed
- pinch of crushed red pepper flakes
¼ cup Israeli couscous
30 mini *Chicken Meatballs* (½ recipe), thawed overnight in the refrigerator
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- freshly grated zest of 1 lemon
- 2 tbsp. freshly squeezed lemon juice (or more to taste)
- thinly sliced lemon, for garnish

In a medium saucepan, heat ½ of the oil over medium heat. Add onion and garlic; cook, stirring occasionally, until onion is softened and garlic is very fragrant (about 5 min.). Add rosemary and broth; increase heat to high and bring to a boil. Reduce heat to low (soup should barely bubble); cook for about 1 hr. Strain onion, garlic and rosemary from broth; discard solids and set broth aside. In a deep pot over medium heat, heat remaining oil. Add carrot and celery to the pot; cook until softened (about 5 min.). Add kale and red pepper flakes; cook for 1 min., stirring to coat kale with oil. Add rosemary broth; increase heat to medium-high and bring to a gentle boil. Add couscous and meatballs; cook until couscous is tender (about 8 min.). Season soup to taste with salt and pepper. Just before serving, stir in zest and juice. Drizzle individual servings with a bit of oil; garnish with rosemary sprigs and lemon slices.

Serves 4.

LOVELY LEMON

SIGNATURE PRODUCT FOCUS

JUST ARRIVED!



Kowalski's Chocolate Bars are made with premium Belgian chocolate, making them especially smooth and decadent. We've added four new flavors, including *Caramel*, *S'mores*, *Peppermint Brownie* and, just in time for Valentine's Day, *Strawberry Champagne*, a sophisticated combination of rich, dark chocolate, sweet strawberries and Champagne. Find them with the Gourmet Chocolate Bars.

Kowalski's Hand-Packed and Cultured French Butter is made exclusively for Kowalski's in France with real sea salt, making it a true culinary experience. Truly the best butter we offer, this exquisite taste is a must on artisan bread. Find it in the Specialty Cheese Case.

Kowalski's Organic Madagascar Vanilla Extract is a small-batch, locally made vanilla extract with unsurpassed flavor and aroma. Your purchase of this pantry staple ensures equitable pay to farmers, families and grower co-ops in Madagascar from which the vanilla beans are directly sourced. Find it in the Baking Aisle.

Kowalski's Sloppy Joe Sauce means dinner's done. Just add our own exclusive, locally made recipe to 1 lb. cooked, crumbled ground beef or turkey and warm it up. Find it in the Grab & Go Section of the Deli Department.

Kowalski's Imported Italian Artisan Pasta is made in Italy using a traditional recipe and 100% durum wheat semolina, a coarse grind of an especially hard wheat that has a high protein content, helping the pasta retain its shape and firmness while cooking. Cooked just until tender in plenty of boiling salted water, you'll taste the difference real Italian pasta makes in all your favorite recipes. Find it in the Grocery Department.

Kowalski's Hot Cocoa Mix is made from an exclusive recipe that we use right in our own homes. This convenient premeasured cocoa mix features real chunks of chocolate to ensure the richest, creamiest cup imaginable. It's easy, delicious and extremely fun! Find it in the Coffee Aisle.



COOKING AT HOME: A SUPER SHORTCUT



A recent rotator cuff surgery had me somewhat sidelined in the kitchen. For a while that meant my family pitched in to make meals (and do the dishes!). A few weeks in, with only one working arm, I was positively itching to cook for myself. Some creative menu planning and selected convenience ingredients helped me get back in the game.

I'm on the mend, but I've yet to give up some of the shortcuts I discovered while recovering. The **Lightly Smoked, Fully Cooked Pulled Meats** from the Meat Department have literally changed the way I cook. These unsauced products are the same ones used for Kowalski's extremely popular Signature Kansas City Style BBQ Pork, Beef and Chicken. Made from Gerber's Amish Farm Chicken, Kowalski's Signature Certified Humane Beef and Naturally Raised Pork, they're slow cooked (sometimes for up to 17 hours) to make them extremely tender and delicious. Their subtle smokiness adds yet another dimension of flavor to everything I make: tacos, enchiladas, burritos and nachos, for sure, but also stir fries, pasta and hot dishes, soups, chili, beef stew, beef stroganoff and my husband's absolute favorite, chicken à la king.

Warmly,

Rachael



WINE PICK

Chardonnay

smoky CHICKEN À LA KING

- ¼ cup Kowalski's Unsalted Butter
- 1 lb. (approx.) Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Chicken (from the Meat Department)
- ¼ cup flour
- 3 cups (approx.) milk, divided
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 cup frozen peas and carrots (or other frozen mixed vegetables), thawed
- warm *Buttermilk Biscuits* or prepared short-cut pasta, for serving
- chopped fresh Italian parsley, for garnish (optional)

In a large nonstick skillet over medium-high heat, melt butter until it starts to bubble; stir in chicken. Sprinkle flour evenly over chicken; stir constantly and cook until mixture begins to turn brown (about 2 min.). Reduce heat to medium. Whisk in 2 cups milk; cook, whisking often, until gravy is thick and bubbly (about 3 min.). Add additional milk as needed to reach desired consistency. Season with salt and a generous amount of pepper. Add vegetables to the pan; heat through. Spoon mixture over warm biscuits or pasta; garnish with parsley, if desired.

Serves 4.

Find a recipe for Buttermilk Biscuits on our website at www.kowalskis.com.

THE GENE SCENE

ARE DNA TEST KITS WORTH THE \$?



Susan Moores, M.S., R.D.
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It's estimated that by 2021, one in three people will have done a genetic test. Health-focused versions are trending, with direct-to-consumer (DTC) kits such as 23andMe fueling much of the interest. There's no question that this is the future of medicine. Genetic tests can offer a precise, personalized approach to health. Unlike costly clinical versions, DTC tests are positioned as an affordable way to learn how to better our odds for better health.

THE POTENTIAL

It's exciting! Currently, if you have heart disease, high blood pressure, diabetes or any number of health conditions, a clinician must key in on your family history and lifestyle habits when prescribing an "individualized" diet and care plan. Those plans are based on what research suggests is most effective. The problem? Not everyone's response to treatment is the same. Some patients realize improvements, while others following the same program get fewer or no gains. Genetic testing could change that.

Certain genes and gene factors affect our appetite, how we use calories, whether and how well we absorb nutrients, to what extent fat cells form, whether inflammation occurs, and a whole host of other actions and interactions in our bodies. Different nutrients and diet patterns affect whether certain genes associated with a health condition are turned on or off. Genetic testing can "cut to the chase," identifying those genes and potentially changing health outcomes.

THE PITFALLS

Many health experts throw cautionary flags toward DTC test kits, as research is in its infancy on the clinical side. Pushing it into the consumer space is too much too soon for a variety of reasons:

- **Assessments are lacking.** Many companies send only general results to customers, which leaves people needing a third party to interpret the data. Some companies offer interpretations as an add-on service, but many of those third-party providers are not staffed with genetic experts. One small study found a 40% false-positive rate when researchers reviewed interpretations sent to customers.
- **Details are missed.** Genetic testing is all about the details, but DTC tests can miss some. The human body has over 20,000 different genes and millions of gene variants or mutations. DTC tests look at a tiny fraction of the genes or gene variants related to a disease, making associations off of limited data. For example, there are 300 *known* genes that influence a person's body weight, yet a DTC test will use only a few genes or gene variants to make an assessment. The same holds true for cancer. DTC tests look at a mere handful of the hundreds of variants associated with risk.

- **Results can differ.** Each DTC company selects which genes and gene variants they use in their assessments as well as how they measure "associations." Company reports can differ significantly or even contradict each other.
- **Oversight is minimal.** The FDA reviews some companies, but not many. It's up to you to research the options.
- **Other factors have impact.** Environment, lifestyle, sleep habits, gut health and even your mood can influence your health. These variables may do it on their own or in conjunction with your genes. It's a complex and complicated puzzle. Test results are not diagnostic nor can they mean an absence of risk.

Knowledge is power. DTC genetic tests are poised to be a considerable source of health-related knowledge in the future, but those in the know agree it's "just not yet."

RESOURCE: *US National Library of Medicine Genetics Home Reference*: <https://ghr.nlm.nih.gov/>

Find sources for this article on our website at www.kowalskis.com.



TO GET THE BEST FROM A TEST:

- Research the options.
- Share results.
- Understand privacy policies.

STORE FOCUS:

KOWALSKI'S MARKET

SHOREVIEW

Shoreview has become a special place for Kowalski's since opening there in the fall of 2016. Our Shoreview Market & Wine Shop, located at the intersection of Hodgson Road and Highway 96, is one of our largest stores – but we're not talking about the size of the sales floor.

Most of the space in our Shoreview location is dedicated to centralized production. Hiding just behind the Meat and Deli Departments are a commercial bakery, kitchen and smokehouse dedicated to making some of our fresh prepared foods every single day for all of our 11 Twin Cities Markets. From cookie dough and cakes to quiche, lasagna and BBQ pulled pork, many of our most beloved recipes are made by this behind-the-scenes team and delivered fresh to each store by Kowalski's Markets Transportation, who has also made Shoreview their headquarters. Also nestled in a corner of the building, far from customers' sight, is a storage facility for many of our Signature products, which are also distributed to stores by the transportation team.

Catering by Kowalski's makes their home in Shoreview, too. They have their own dedicated commercial kitchen and offices for their chefs and event planners, plus warehouse space for their rentals and equipment.

DID YOU KNOW

The Shoreview store was our first to offer a self-serve Hot Wing Bar, including a rotating selection of boneless and bone-in, dry-rubbed and sauced chicken wings. The feature was such a hit that it was expanded almost immediately to all markets. Be sure to stop in to stock up on game days!

LOCAL FOCUS

Local products are the heart and soul of our business. As the community around our first store supported us when Kowalski's on Grand first opened its doors, we are honored to continue a tradition of supporting our community by working with the best of the best local producers. In this issue we take a look at long-time partner Gustola Granola.

GUSTOLA GRANOLA

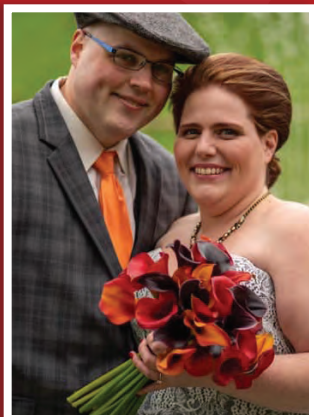


One could argue that a UW-Madison Badgerin', U.S. Peace Corps volunteerin', children's book writin', Birkenstock wearin' gal like Angela Gustafson was just destined to land in the world of granola. And because Angela is a Midwesterner, and because Midwesterners are required to share great food with neighbors, she began making her favorite granola for friends, family, coaches and teachers. Those people, in turn, became devotees. By way of the farmer's market, Gustola Granola made its way to Kowalski's, where it's consistently a top seller in the category. Look for this lower-sugar, wheat-free, non-GMO cereal and snack made with organic oats, maple syrup and lots of nutty, fruity mix-ins in the Cereal Aisle.



Gustola Granola is a proud partner of Wilderness Inquiry, an organization that offers inclusive, outdoor adventure trips to people of all ages, backgrounds and abilities. Learn more at wildernessinquiry.org.

SUPERMARKET Sweethearts



Co-workers who spend all day together have a pretty high chance of meeting “the one” at work. As grocery stores have always been a classic meet-cute location, it follows that Kelsey and Andrew are among good company. They are but one of the many couples who’ve met (and some who’ve married) at Kowalski’s in the last 36 years.

Produce Manager Andrew Pass, who started with Kowalski’s as a courtesy clerk in 1996, had his eye on Cheese Specialist Kelsey Metcalf the minute she arrived at Grand in 2015. Self-described as “painfully shy,” he felt butterflies in his stomach as he’d push his produce cart past her every day. She was, Andrew professes, “a cool chick.” And though their desks were next to each other in the office, it wasn’t until they were seated across from each other at a Kowalski’s holiday party that Kelsey really took note of Andrew.

“Everyone else was talking about sports,” she says, “but he was talking about ‘The Great British Baking Show.’” His mention of the popular program was no accident, Andrew says. “I was *trying* to reel her in.”

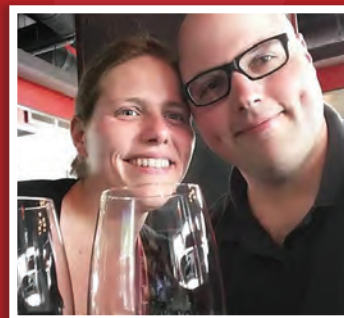
It was months later in May when Andrew found his opportunity to start a conversation with Kelsey again. Black velvet apricots had just arrived in the store, so Andrew offered

Kelsey a chance to experience this particularly special fruit by approaching her with a fresh slice. A few days later, they had their first real date at Bar La Grassa.

One and a half years later, Andrew and Kelsey got engaged. They were married this past October, 11 months later. The happy couple jets off on their honeymoon this month.

When they’re not traveling, these lovebirds enjoy quiet time in their St. Paul home and, like so many Kowalski’s employees, love to cook for each other. They’re known for their weekly chef-offs – not so much a competition as a sportsmanlike challenge to create a 3- to 5-course tasting menu featuring a different vegetable in each dish. “Celery Week was a highlight,” says Kelsey.

And though candied celery over ice cream and a cocktail called the “Retox” (made with celery juice and vodka) might not be for everyone, for these foodies, it’s all part of the recipe for a very happy relationship.



*Do you have a love story that involves Kowalski’s?
Share it on our Facebook or Instagram page!*

smoky beef STROGANOFF

- | | |
|-------------------------------------------------------------------------|------------------------------------------------------------------------------|
| 1 lb. Kowalski’s Casarecce Dry Pasta | 1 lb. (approx.) Kowalski’s Signature Lightly Smoked Fully Cooked Pulled Beef |
| 1 tbsp. Kowalski’s Extra Virgin Olive Oil | |
| 4 oz. Kowalski’s Gourmet Mushroom Blend | ½ lb. (approx.) Kowalski’s Beef Demi-Glace (from the Meat Department) |
| - kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste | 3 tbsp. Kowalski’s Unsalted Butter |
| | ½ cup sour cream (or plain Greek yogurt) |
| | - fresh thyme leaves, for garnish |

In a large pot of salted water, cook noodles according to pkg. directions (do not overcook); near the end of cooking time, scoop approx. 1 cup pasta cooking water from the pot and reserve. While pasta cooks, heat oil in an extra-large sauté pan over medium-high heat, swirling to coat. Add mushrooms; cook until browned (4-5 min.). Season mushrooms with salt and pepper; transfer to a medium bowl and set aside. Add beef to the sauté pan; cook and stir until meat is hot and falling apart (2-3 min.). Transfer beef to the bowl with mushrooms; set aside. Add demi-glace and reserved hot pasta water to the pan, scraping up browned bits from the bottom. Reduce heat to medium; simmer until sauce is reduced by ½ (about 4 min.). Whisk in butter. Use a slotted spoon to transfer cooked pasta to the sauté pan; stir and simmer until thickened (about 2 min.). Adjust seasoning to taste. Stir mushrooms and beef into the pasta; stir in sour cream. Garnish with thyme; serve immediately.

Serves 4.



WINE PICK

Malbec

SNACK ATTACK

Look no further than our annual roundup of snacks and apps to find the very best bites for your next potluck, game-day gathering or movie night, all featuring tips to help make preparation a cinch! These delicious twists on some all-time favorite finger foods and snacks are the perfect Pinterest-pretty picks for all your seasonal parties and get-togethers. Just add friends!

- 3 generous handfuls (about 6 oz. total) BBQ-flavored potato chips
- ¾ lb. shredded rotisserie chicken, warmed gently in the microwave
- ½ cup prepared Buffalo wing sauce (or to taste)
- 1 tsp. Kowalski's Pure Maple Syrup (or Kowalski's Pure Honey)
- 1 cup Kowalski's Queso Blanco Dip (from the Deli Department)
- ¼ cup milk
- ½ cup (about 3 oz.) creamy blue cheese crumbles (such as St. Pete's Select), plus more for garnishing to taste
- garnishes: diced tomatoes, thinly sliced green onion and pickled jalapeño peppers, to taste

Split chips between 3 serving dishes; set aside. In a medium mixing bowl, combine chicken, Buffalo sauce and syrup; stir to coat chicken evenly. Set bowl aside. In a microwave-safe dish, heat queso and milk until very hot (about 2 min.); stir in blue cheese to melt. If necessary, return queso to microwave and heat in short 15-30 sec. increments until cheese is almost fully melted; stir. Top chips evenly with chicken; drizzle with blue cheese queso. Garnish nachos with tomatoes, onion, jalapeños and more blue cheese crumbles to taste.

A note about gluten: When gluten-free BBQ potato chips and a gluten-free Buffalo sauce are used, this recipe is gluten free.

TASTY TIP

Also try these with **Lightly Smoked, Fully Cooked Pulled Chicken** from the Meat Department or **Chipotle Lime Shredded Chicken** from the Deli Department.

Serves 3.



- 1 lb. (approx.) Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Pork, warmed gently in the microwave
- 24-30 pieces Tostitos Scoops! brand tortilla chips
- garnishes, to taste: finely diced white onion and finely chopped fresh cilantro
- lime wedges, to taste

Evenly divide pork between chips. Top with onion and cilantro; finish with a squeeze of lime. Serves 8.

TASTY TIP

Look for diced onion in the Prepared Produce Case.

Selection and availability of products and ingredients vary by market.

PULLED BEEF TACOS

- 1 pkg. Dole Sweet Kale Chopped Salad Kit, dressing and mix-ins reserved for another use
- ½ cup shredded Brussels sprouts
- 3 tbsp. seasoned rice vinegar
- 1 ½ tsp. sugar
- 12 (6") Kowalski's Flour Tortillas
- 1 lb. Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Beef, warmed gently in the microwave
- 7-8 oz. smoked Gouda cheese (to taste), shredded
- Kowalski's BBQ Sauce, to taste

In a large mixing bowl, combine kale salad mix with Brussels sprouts; drizzle with vinegar and sprinkle with sugar. Toss salad to combine; let stand for 15-30 min. On a nonstick griddle heated to medium-low, warm tortillas a few at a time until hot and just beginning to puff, turning once (about 1 min. total); remove tortillas from heat and keep warm. If necessary, coarsely chop or pull beef into bite-sized pieces; serve warm beef in warm tortillas topped with cheese and kale salad mixture. Drizzle tacos with BBQ sauce; serve immediately. Serves 12.



TASTY TIP Fresh shredded Brussels sprouts are available in the Prepared Produce Case.

CHICKEN & WAFFLE SLIDERS

- 12 toaster waffles, toasted and cut into quarters (or 48 mini waffles)
- 8 Kowalski's Signature Hand-Breaded Chicken Tenders, cut into 1 ½" pieces (from the Deli Department)
- prepared Buffalo wing sauce, to taste
- Kowalski's Pure Maple Syrup, to taste
- skewers, for serving

Top each piece of waffle with a piece of chicken; drizzle with Buffalo sauce and a bit of syrup. Top with another piece of waffle; use a skewer to secure the sandwich. Serve with more syrup for dipping. Serves 12.



JALAPEÑO POPPER ROLLS

- 7.5 oz. pkg. Philadelphia brand Spicy Jalapeño Cream Cheese Spread
- 3 (8") Kowalski's Flour Tortillas
- 2 fresh jalapeño peppers (or more or less to taste), finely diced
- 6 slices (about 6 oz.) Kowalski's Smoked Bacon, cooked and crumbled
- 1 ½ cups (about 6 oz.) finely shredded Kowalski's Colby Jack, Monterey Jack or Pepper Jack Cheese

Divide spread evenly between tortillas, using an offset spatula to cover the tortillas completely; sprinkle with jalapeños, bacon and shredded cheese. Roll tortillas up tightly; slice each log into 8 rounds. Serves 10.



TASTY TIP Look for diced jalapeño peppers in the Prepared Produce Case.

SEASONAL SUPPER

Named for the Roman gentleman who created the dish for his wife, Fettuccine Alfredo was originally called *fettuccine al burro* (fettuccine with butter). Alfredo di Lelio's recipe featured just three simple ingredients: pasta, cheese and butter – lots of it. While many modern recipes often add cream, the traditional recipe creates a fabulously creamy dish without it. The secret? The salty water the noodles cook in. As the pasta boils, the rapidly moving water “washes” starch from the noodles. When used as the base of the sauce, this enriched liquid produces a luxuriously rich dish. It's simply perfect.

Traditional FETTUCCINE ALFREDO

18 oz. Kowalski's Fresh Egg Fettuccine
6 tbs. Kowalski's Unsalted Butter
1 cup freshly grated Kowalski's Signature Parmigiano-Reggiano Cheese, plus more for garnish
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

In a large pot of heavily salted water, cook noodles according to pkg. directions until just al dente (do not overcook); about 3 min. before the end of cooking time, scoop 1 cup of pasta cooking water from the pot. Pour reserved pasta water into an extra-large sauté pan over medium-high heat. Add butter to the pan a bit at a time, whisking until melted. Sprinkle in cheese a bit at a time; stir and simmer until smooth and creamy (1-2 min.). Reduce heat to medium. Use tongs to transfer cooked pasta to the sauté pan; stir and simmer until thickened (1-2 min.). Add more hot pasta water a bit at a time, if needed, until dish reaches desired consistency. Season with salt, if needed. Serve immediately with more cheese and pepper to taste.

Serves 4.

WINE PICK

Chardonnay



TASTY TIP

Especially in recipes with few ingredients, quality ingredients are a must. Authentic Parmigiano-Reggiano from Italy, freshly grated, will produce the best Fettuccine Alfredo. Find it in the Specialty Cheese Department.