



# Cooking WITH KOWALSKI'S

BEST FOR BEGINNERS

20+ EASY RECIPES FOR 2022



JAN / FEB 2022

## SECTION GUIDE



Breakfast



Lunch



Dinner



Sides

## ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE



## BASIC OMELET

SERVES 1

2 eggs

1 tbsp. water or milk

¼ tsp. kosher salt

- freshly ground Kowalski's Black Peppercorns, to taste

1 tbsp. Kowalski's Unsalted Butter

In a small bowl, lightly beat eggs, water, salt and pepper. Melt butter in an 8" omelet pan over medium heat. After butter is melted, increase temperature to high; pour in egg mixture. Cook without stirring until egg mixture starts to bubble around the edges (about 10 sec.). As eggs set around the edge of the pan, use a heat-resistant rubber scraper to push cooked portions toward center of pan; cook until bottom is set but top is still wet (about 1 ½ min.). Slide omelet halfway out of the pan onto a plate; flip the half in the pan over the half on the plate, folding the omelet in half on top of itself. Serve immediately.

**Tasty Tip:** Before sliding cooked omelet out of pan, add one or more of the following add-ins:

- ¼ cup shredded or crumbled cheese of your choice
- 2 tbsp. chopped ham or crumbled bacon
- 1 tbsp. chopped fresh herbs, bell peppers, onions, artichoke hearts, tomatoes, avocado, sun-dried tomatoes, olives or your favorite veggies



### CINNAMON VANILLA MAPLE SYRUP

In a small microwave-safe measuring glass, combine  $\frac{1}{2}$  cup Kowalski's Pure Maple Syrup, 1 tbsp. Kowalski's Unsalted Butter, 1 pinch Kowalski's Ground Cinnamon and  $\frac{1}{4}$  tsp. Kowalski's Organic Madagascar Vanilla Paste. Microwave until butter melts (about 30 sec.); stir and serve warm. Makes about  $\frac{3}{4}$  cup.

## PERFECT PANCAKES

MAKES 6-7 PANCAKES

1 cup Kowalski's Pancake Mix, any flavor

1 scant cup water, plus more as needed

- canola oil

- toppings: Kowalski's Unsalted Butter and Kowalski's Pure Maple Syrup or *Cinnamon-Vanilla Maple Syrup*

In a medium mixing bowl, whisk together pancake mix and water until just moistened; add more water as needed to reach a loose but not watery consistency. Lightly coat a large nonstick skillet or griddle with canola oil; heat over medium heat. Wipe skillet with a paper towel to coat pan evenly and absorb excess oil. Working in batches, scoop batter into skillet, forming 4-5" circles. Cook until edges are set and dry and bubbles begin to burst on the surface (2-5 min.). Flip pancakes; cook until golden-brown on the bottom (1-3 min.). Re-oil skillet; wipe and repeat with remaining batter. Serve with desired toppings.



## OVERNIGHT OATS

SERVES 1

- ½ cup old-fashioned oats
- ½ cup skim or low-fat milk
- ¼ cup 2% plain Greek yogurt
- 1 tsp. Kowalski's Pure Maple Syrup or Honey (or more to taste)
- ¼ tsp. ground cinnamon or Kowalski's Organic Madagascar Vanilla Extract (optional)
- berries, your choice

In a single-serve container, stir together oats, milk, yogurt and syrup. If desired, stir in cinnamon or vanilla. Fold in or top oatmeal with a handful of berries. Cover and store in the refrigerator overnight (8-18 hrs.). Enjoy cold or gently warmed in the microwave.

*A note about gluten: When gluten-free oats are used, this recipe is gluten free.*



## BASIC CAESAR DRESSING GF

MAKES 1 CUP

- ½ cup mayonnaise
- ½ cup freshly grated Kowalski's Signature Parmesan Cheese
- 2 cloves garlic, finely minced
- 2 tbsp. buttermilk powder
- 1 ½ tsp. Kowalski's Freshly Squeezed Lemon Juice
- 1 tsp. anchovy paste
- 1-2 tbsp. water, as needed for desired consistency
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

In a small mixing bowl, whisk together first 6 ingredients (through anchovy paste) until well blended; whisk in enough water to reach desired consistency. Season to taste. Serve immediately or store in the refrigerator, covered, for up to 3 days.

**Tasty Tip:** 1-2 tbsp. fresh buttermilk can be substituted for the buttermilk powder and water.

### FIND IT!

Find Kowalski's Signature Parmesan Cheese in the Specialty Cheese Department.

Find Kowalski's Freshly Squeezed Lemon Juice in the Produce Department.



## BASIC VINAIGRETTE GF V VE DF

MAKES ABOUT 1 CUP

- 3 tbsp. top-quality vinegar (such as balsamic or Champagne)
- 1 tbsp. Dijon mustard, if desired
- 1 tbsp. minced shallots, if desired
- $\frac{3}{4}$  tsp. kosher salt, plus more to taste
- $\frac{1}{4}$  tsp. freshly ground Kowalski's Black Peppercorns, plus more to taste
- $\frac{1}{2}$  cup Kowalski's Extra Virgin Olive Oil
- 1-2 tbsp. freshly chopped herbs (such as parsley, dill and chives), if desired

In a medium mixing bowl, whisk together vinegar, mustard, shallots, salt and pepper. Drizzle in oil very slowly, whisking constantly to form an emulsion. Whisk in herbs, if desired; adjust seasoning to taste.



## CAESAR SALAD

SERVES 2

- croutons (any flavor), to taste
- 1 head organic romaine lettuce
- Kowalski's Signature Fresh Parmesan Caesar Dressing, to taste
- Kowalski's Signature Parmesan Cheese, grated, shredded or shaved, to taste
- freshly ground Kowalski's Black Peppercorns, to taste

Place desired quantity of croutons in a zip-top plastic bag. Using your fists or a heavy kitchen object, crush croutons into a coarse meal resembling panko breadcrumbs; set aside. Trim tops and base of lettuce; discard. Cut or tear lettuce into very small to bite-sized pieces. Immerse lettuce in ice-cold water; swirl to wash. Drain lettuce; spin thoroughly dry in a salad spinner. In a large mixing bowl, toss lettuce with dressing to taste. Divide dressed greens between 2 serving dishes; top each salad with crushed croutons, cheese and a generous amount of pepper. Serve immediately.

**Tasty Tip:** Don't have a salad spinner? Wrap drained lettuce in a clean, dry kitchen towel and gather ends of the towel in your fist. Holding the bundle tightly, quickly swing the damp greens in a circle. The towel will absorb excess water. Repeat with a second dry towel if greens are very wet.

**FIND IT!**

Find Kowalski's Signature Fresh Dressings in the Produce Department.

Find Kowalski's Signature Parmesan Cheese in the Specialty Cheese Department.





## CLASSIC GRILLED CHEESE

MAKES 2

- Kowalski's Unsalted Butter, at room temperature
- 4 slices Kowalski's All Natural Prairie Milled White Bread (from the Bakery Department)
- ¼ cup Kowalski's Shredded Italian 4-Cheese Blend, divided
- 4 slices American cheese, divided

Butter 1 side of each slice of bread. On a nonstick skillet or griddle preheated to medium heat, place ½ of the bread slices buttered-side down; top each slice evenly with ½ cup shredded cheese and 2 slices American cheese. Top cheese with remaining slices of bread, buttered side up. Cook sandwiches on first side until the bottom is dark golden-brown (about 2 min.); flip and repeat. If needed, reduce heat slightly and continue cooking, flipping occasionally, until cheese is melted and hot. Cut each sandwich in half on the diagonal; serve immediately.



## FRESCO PORK QUESADILLAS

SERVES 6

1 lb. Kowalski's Signature Fully Cooked BBQ Pulled Pork, warmed  
 5-6 oz. shredded queso fresco  
 6 (6") Kowalski's Flour Tortillas

- canola oil, for brushing the quesadillas
- garnishes, to taste: chopped fresh cilantro and balsamic glaze (such as Cucina Viva brand)
- Kowalski's Fresh Mango Salsa, for serving

Sprinkle about ¼ cup pork and 2 tbsp. cheese on half of each tortilla. Fold tortillas in half; press gently. Using a pastry brush, very lightly brush both sides of each quesadilla with a bit of oil. Heat a nonstick grill pan or griddle over medium heat; cook quesadillas 2 or 3 at a time until cheese melts and tortillas turn golden and lightly crispy, turning once (about 4 min. total). Let rest for 1 min. before cutting into wedges. Garnish with cilantro and drizzle with balsamic glaze; serve with mango salsa.



Find Kowalski's Signature Fully Cooked BBQ Pulled Pork in the Meat Department.

Find Kowalski's Fresh Mango Salsa in the Prepared Produce Section.



## KICKIN' SLOPPY JOES

SERVES 6

1 tbsp. Kowalski's Extra Virgin Olive Oil

½ cup finely diced bell pepper

¼ cup finely diced onion

1 ½ lbs. 93% lean USDA Choice ground round

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

½ cup low-sodium beef broth

½ cup Kowalski's Signature Kickin' Kalbi Sauce

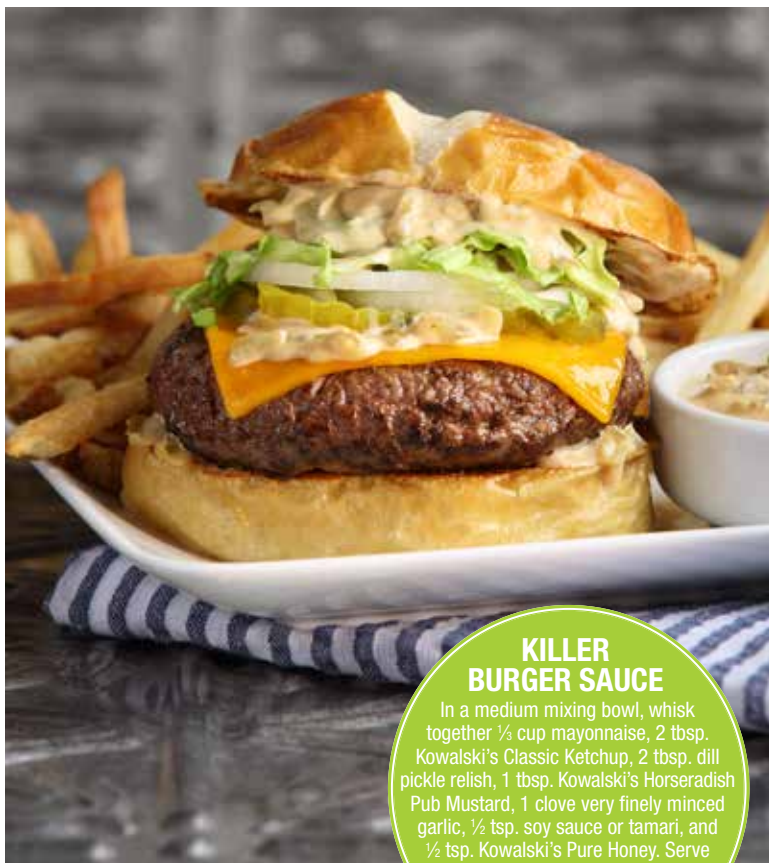
4 oz. can tomato paste

6 Kowalski's Butter Burger Buns (from the Bakery Department)

- cooking spray, for toasting the buns

- yellow mustard, for serving (optional)

In a large skillet, heat oil over medium-high heat; sauté bell pepper and onion until tender (about 5 min.). Add beef; cook and crumble until meat is no longer pink (10-12 min.). Season with salt and pepper. Stir in broth, Kickin' Kalbi and tomato paste; bring mixture to a boil. Reduce heat to medium-low; cook until sauce reaches desired thickness (2-3 min.), stirring frequently. Spray cut sides of buns with cooking spray; toast cut-side down on a griddle over medium heat until golden-brown (3-4 min.). Serve warm meat mixture on toasted buns with mustard, if desired.



### KILLER BURGER SAUCE

In a medium mixing bowl, whisk together  $\frac{1}{3}$  cup mayonnaise, 2 tbsp. Kowalski's Classic Ketchup, 2 tbsp. dill pickle relish, 1 tbsp. Kowalski's Horseradish Pub Mustard, 1 clove very finely minced garlic,  $\frac{1}{2}$  tsp. soy sauce or tamari, and  $\frac{1}{2}$  tsp. Kowalski's Pure Honey. Serve immediately or store, covered, in the refrigerator for up to 2 days.  
Makes about  $\frac{3}{4}$  cup.

## KILLER BURGERS

SERVES 4

1  $\frac{1}{2}$  lbs. Kowalski's Akaushi Ground Chuck

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

4 slices Boar's Head American Cheese (from the Deli Department)

4 Kowalski's Pretzel Buns, split and toasted

- toppings, to taste: shredded lettuce, pickles, thinly sliced raw red onion and *Killer Burger Sauce*

Using clean hands, form beef into 4 hamburger patties; season burgers with salt and pepper. On a grill preheated to medium-high, grill patties directly over heat, lid down, for 4-5 min. on first side. Flip burgers; top each with 1 slice of cheese. Close lid; melt cheese while burgers finish cooking on second side (4-5 min.). Remove burgers from heat and tent loosely with foil; let stand for 3-5 min. Serve on toasted buns with toppings to taste.



## CHICKEN FRIED RICE **GF** **DF**

SERVES 4

- |  |   |
|--|---|
| 3 tbsp. peanut oil, divided                              | 1 tsp. sesame oil   |
| 2 large eggs, lightly beaten with a pinch of kosher salt | 3 cups leftover cooked long-grain rice, cold                                  |
| 5 oz. Kowalski's Sliced Shiitake Mushrooms               | 2 tbsp. soy sauce (or gluten-free tamari), plus more for passing at the table |
| ½ cup matchstick-cut carrots                             | 2 cups shredded or chopped Kowalski's Signature Rotisserie Chicken            |
| ¼ tsp. kosher salt                                       | ½ cup frozen peas, thawed   |
| 4 thinly sliced green onions (white and green parts)     | - freshly ground Kowalski's Black Peppercorns, to taste                       |
| 1 clove garlic, finely minced                            |   |
| ½ tsp. chile-garlic paste                                |   |
| ¼ tsp. ground ginger                                     |   |

In an extra-large nonstick skillet, heat 1 tbsp. peanut oil over medium-high heat 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 pan; set aside. Return pan to the heat; heat remaining peanut oil. Add mushrooms, carrots and salt; cook and stir until 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 rice; stir-fry until rice is hot and starting to get crispy on the edges (2-3 min.). Stir in soy sauce. Add chicken, peas and reserved egg; cook and stir until everything is hot (2-3 min.). Serve immediately with soy sauce and pepper to taste.

*A note about gluten: When a gluten-free tamari is used instead of soy sauce, this recipe is gluten free.*

**FIND IT!**

Find chile-garlic paste and sesame oil in the International Foods Aisle.

Whole rotisserie chickens are available hot in the Deli Department. Also find chilled, shredded white-meat rotisserie chicken prepackaged in the Deli Grab & Go Case.



## EASY PENNE BOLOGNESE

SERVES 4

12 oz. dry penne

16 oz. Kowalski's Signature Fresh Bolognese Sauce

½ cup freshly grated Kowalski's Signature Parmesan Cheese

- chopped fresh Italian parsley or basil, to taste

In a large pot of salted water, cook noodles according to pkg. directions (do not overcook); near the end of cooking time, scoop approx. ½ cup of pasta cooking water from the pot and set aside. While pasta cooks, heat sauce in the microwave or on the stovetop until very hot. Drain pasta. Combine pasta and sauce in an extra-large mixing bowl; add hot reserved pasta water a bit at a time as needed until sauce reaches desired consistency. Serve immediately, garnishing individual servings with cheese and herbs.

**FIND IT!**

Find Kowalski's Signature Fresh Bolognese Sauce in the Deli Grab & Go Case.

Find Kowalski's Signature Parmesan Cheese in the Specialty Cheese Department.



## FISH BASICS GF DF

All fish should be cooked skin-side down (unless skinless fillets are used) until the interior of the fish turns opaque and fish reaches an internal temperature of 145° (about 10 min. per inch of thickness, regardless of cooking method). It usually isn't necessary to flip the fish unless it is very thick. Just before cooking, season fish lightly with kosher salt and freshly ground Kowalski's Black Peppercorns to taste.

**BROILING and GRILLING are great for: Barramundi, grouper, mahi mahi, marlin, salmon, sea bass, swordfish, trout, tuna and white fish.**

To BROIL fish: Brush the bottom of a glass baking dish with oil. Arrange fish skin-side down in dish; sprinkle with salt and pepper. Broil 6" from the heat source in a preheated oven.

To GRILL fish: Brush fish with Kowalski's Extra Virgin Olive Oil to prevent sticking; grill directly over heat on a grill preheated to medium-high heat. Grilling works best for skin-on fillets but may be accomplished with skinless pieces of very firm-fleshed fish, if desired.

**BAKING is great for: Nearly all varieties of fish.**

To BAKE fish: To prevent fish from sticking to the pan, bake on a bed of vegetables or wrap in parchment paper along with an assortment of vegetables. Alternatively, you can lightly coat a baking sheet or pan with cooking spray or oil. Bake in a preheated 450° oven.

**SAUTÉING is great for: Barramundi, blue marlin, catfish, cod, flounder, grouper, haddock, halibut, snapper, sole, swordfish, tilapia, trout and walleye.**

To SAUTÉ fish: Heat a small amount of Kowalski's Butter, Kowalski's Extra Virgin Olive Oil or a mixture of the two in a nonstick skillet over medium-high heat before adding fish. Sautéing works best for skinless fillets but may be accomplished with skin-on fillets, if desired.

*A note about dairy: When oil is used instead of butter, this recipe is dairy free.*



## PAN-ROASTED MEAT, FISH OR CHICKEN

- protein choice: thick pork or lamb chops, steaks or burgers; bone-in chicken; or thick fish fillets
- kosher salt and freshly ground Kowalski's Black Peppercorns, if desired
- Kowalski's Extra Virgin Olive Oil, canola oil, Kowalski's Butter or a combination

Let protein stand at room temperature for ½-1 hr. depending on size (larger pieces can stand longer). Season protein with salt and pepper to taste. In a cast iron or other oven-safe, heavy skillet, add enough oil or butter to lightly coat the bottom of the pan; heat over high heat until shimmering but not smoking. Add protein; cook on one side until a moderately dark crust forms and protein releases easily from the pan. Turn and cook until all sides are seared in this manner. Move pan to a preheated 450° oven; cook until desired doneness is reached, as measured with a thermometer. Remove from oven; remove meat from pan. Tent meat loosely with foil; let rest for at least 5 min. before serving (larger pieces can rest longer).





## PINEAPPLE CHICKEN STIR FRY GF DF

SERVES 4

- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 4 boneless skinless chicken breasts, cut into 1" pieces
- 1 clove garlic, minced
- 1 medium onion, chopped into ½" pieces
- 1 green bell pepper, chopped into ½" pieces
- 1 cup stringless sugar snap peas
- 16 oz. Kowalski's Fresh Pineapple Chunks
- 10 oz. gluten-free stir fry sauce, such as San-J Sweet & Tangy Polynesian Glazing & Dipping Sauce
- freshly ground Kowalski's Black Peppercorns, to taste
- sliced green onions, for garnish
- prepared rice or rice noodles, for serving

In an extra-large skillet, heat oil over medium-high heat until shimmering but not smoking. Add chicken; cook and stir until chicken is browned and nearly cooked through (3-4 min.). Add garlic and vegetables; cook and stir until vegetables are crisp-tender (4-5 min.). Add pineapple and sauce; cook 1-2 min. more until hot. Season with pepper; garnish with green onion. Serve immediately over warm rice or noodles.

**Tasty Tip:** Try Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Chicken from the Meat Department to make this meal even easier. Just add the chicken with the pineapple and sauce. Cook for an extra 1-2 min. to ensure it gets hot.

**FIND IT!**

Fresh pineapple chunks are available in the Prepared Produce Section.



## PIZZA V VE DF

SERVES 4

- prepared pizza dough (from the Bakery or Deli Department)
- flour, for working the dough
- cornmeal, for the pizza peel
- your choice of sauce, such as Kowalski's Pizza Sauce
- your choice of toppings
- your choice of herbs and/or seasonings, such as Kowalski's Pizza Seasoning (optional)
- garnishes, if desired

Let dough stand, covered or unwrapped, at room temperature for at least 1 hr. before use. On a generously floured surface, use lightly floured hands to roll dough into a circle 12-14" in diameter; begin in the center of the dough and work outward toward the edge, turning dough as needed to prevent sticking. Tap dough to remove excess flour. Assemble pizza crust, sauce, toppings and seasonings on a pizza peel (or baking sheet) sprinkled lightly with cornmeal. For best results, do not overload the dough. Bake pizza on a pizza stone (or baking sheet) that has been fully preheated in a 500° oven until the cheese is melted and bubbly and the edge of the crust is golden and crispy (8-10 min.). Remove pizza from oven and stone; let stand for several min. before slicing. Garnish as desired before serving.

### Tasty Tips:

- If using frozen dough, keep packaged and thaw overnight in the refrigerator.
- If your oven can be heated to 550°, use that temperature instead.
- To transfer the pizza from the peel to the preheated pizza stone, hold the peel over the stone with the far edge of the pizza touching the far edge of the stone. Tip peel to a 30° angle so the pizza starts to slide onto the stone. Using a single quick motion, pull pizza peel out from under the pizza.



## QUICK INDIAN CURRY

SERVES 4

- 2 tbsp. clarified butter (ghee) or canola oil
- 1 ½ lbs. boneless skinless chicken (breasts, thighs or a combination), cut into 1" pieces
- 12 oz. Indian simmer sauce (such as Kowalski's Tikka Masala, Korma or Tandoori Grill Sauces or Vindaloo Marinade)
- freshly chopped cilantro leaves, to taste
- prepared brown basmati rice or couscous, warm, for serving
- Kowalski's Naan (from the Bakery Department), warm, for serving

In a large skillet over medium heat, heat butter or oil. Add chicken; cook and stir until browned on all sides (about 3 min.). Add sauce; cover pan and reduce heat to a low simmer. Cook until chicken is cooked through (about 8 min.). Garnish with cilantro; serve with rice and naan.

**Tasty Tip:** Substitute rinsed and drained canned beans (such as garbanzo) or fresh vegetables (such as bell pepper strips, cauliflower or broccoli florets, onions and carrots) for some or all of the chicken. Kowalski's Fajita or Stir Fry Vegetables are great for this. You can find them in the Prepared Produce Section.



## SPAGHETTI CARBONARA FOR ONE

SERVES 1

- |   |   |
|---|---|
| 2 oz. Boar's Head Diced Pancetta  | - freshly ground Kowalski's Black Peppercorns, to taste |
| 6 oz. dry spaghetti   | 2 tbsp. frozen peas, thawed                             |
| ¼ cup freshly grated Kowalski's Signature Parmesan Cheese, plus more to taste | - chopped fresh Italian parsley, to taste               |
| 1 egg, beaten   |   |

In a medium sauté pan, cook pancetta over medium-low heat until crispy, adjusting heat down as necessary to ensure it does not burn. Drain pancetta on a paper-towel-lined plate; set aside. In a large pot of salted water, cook pasta according to pkg. directions (do not overcook); near the end of cooking time, scoop approx. ½ cup of pasta cooking water from the pot and set aside. While pasta cooks, whisk together ¼ cup cheese and egg in an extra-large mixing bowl; season generously with pepper. Place thawed peas in the colander where you will drain the pasta. When pasta is done, drain over the peas. Quickly move hot pasta and peas to the mixing bowl with the cheese and egg mixture; stir quickly and vigorously to coat pasta. Add hot reserved pasta water a bit at a time with additional cheese, if desired, until sauce reaches desired consistency. Move pasta to a serving bowl; garnish with reserved pancetta, more cheese, more pepper and parsley. Serve immediately.

**FIND IT!**

Find Boar's Head Diced Pancetta in the Deli Department.

Find Kowalski's Signature Parmesan Cheese in the Specialty Cheese Department.



## TRADITIONAL FETTUCCINE ALFREDO

SERVES 4

18 oz. Kowalski's Fresh Egg Fettuccine Pasta (from the Dairy Department)

6 tbsp. Kowalski's Unsalted Butter

1 cup freshly grated Kowalski's Signature Parmesan 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 pasta 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 heat. Use tongs to transfer cooked pasta from the pot to the sauté pan with the sauce; stir and simmer until thickened (1-2 min.). If needed, scoop more hot pasta water from the pot and add to the sauté pan a bit at a time until dish reaches desired consistency. Season with salt, if desired. Serve immediately with more cheese and pepper to taste.

## BASIC ROASTED VEGETABLES GF V VE DF

Cut veggies evenly; completely but lightly coat with oil and season to taste. In a preheated 450° oven, roast veggies on a parchment-lined baking sheet until browned and tender when pierced with a fork.

| VEGETABLE                                      | PREP   | COOKING TIME  |
|--|--|---|
| Acorn Squash                                   | Cut in half; roast skin-side up  | 50 min.   |
| Asparagus                                      | Trim woody ends  | 10-15 min.  |
| Beets  | Leave whole; scrub but don't peel (remove skins after cooked and cooled) | 60-90 min.  |
| Broccoli                                       | Cut into 1 ½" florets  | 10-15 min.  |
| Brussels Sprouts                               | Trim and halve lengthwise  | 20-25 min.  |
| Butternut Squash                               | Cut in half lengthwise; roast skin-side up or cut into 1" cubes          | 25 min.   |
| Carrots  | Peel; cut into 1" pieces   | 18-20 min.  |
| Cauliflower                                    | Cut into 1 ½" florets  | 25-35 min.  |
| Mushrooms                                      | Clean well; trim stems from shiitakes, if desired                        | 15-25 min.  |
| Parsnips                                       | Peel; cut into 2" sections, then halve or quarter depending on thickness | 50 min.   |
| Potatoes (fingerlings and baby reds work best) | Do not peel; cut into ½" pieces  | 30-35 min.  |
| Rutabagas                                      | Cut into 1" wedges   | 50 min.   |
| Sweet Potatoes                                 | Peel; cut into ½" pieces, then cover with foil                           | 20 min.   |
| Tomatoes                                       | Do not peel; leave whole   | 20-25 min. for large tomatoes,<br>15-18 min. for grape or cherry tomatoes |
| Turnips  | Peel; cut into 1" wedges   | 50 min.   |
| Zucchini & Yellow Squash                       | Halve lengthwise; cut into 1 ½" pieces                                   | 20 min.   |



## BASIC SAUTÉED VEGGIES GF V VE DF

SERVES 4

1-2 tbsp. Kowalski's Extra Virgin Olive Oil, divided

2 ½-3 cups prepared vegetables

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

In an extra-large skillet over medium-high heat, heat enough oil to lightly coat pan. Add slower-cooking vegetables to the pan first; add quicker-cooking vegetables later (add additional oil, if needed, to prevent sticking as vegetables are added). Sauté vegetables, stirring frequently, until crisp-tender and beginning to darken on the edges. Remove from heat; season to taste. Serve immediately.