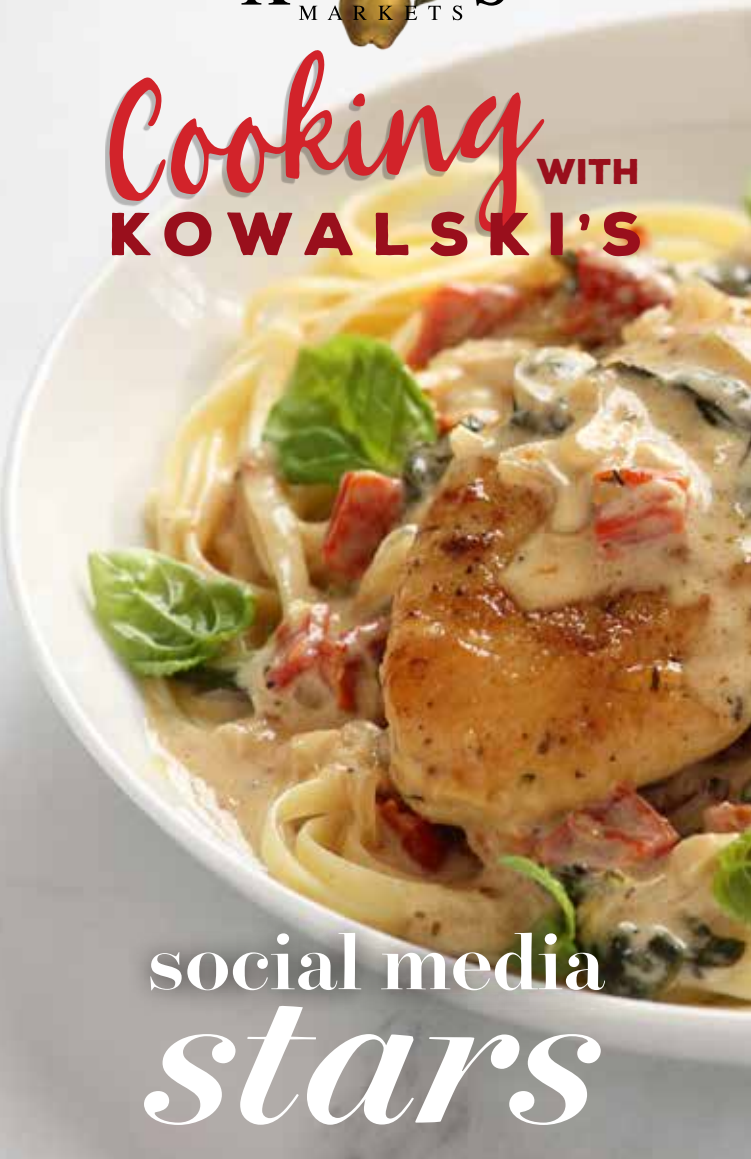




Cooking WITH
KOWALSKI'S



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JAN / FEB 2023

SECTION GUIDE



Appetizers



Salads



Side Dishes



Main Dishes



Drinks



Miscellaneous

ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE



AIR-FRIED ARTICHOKE HEARTS GF V

SERVES 4

An irresistible snack you can feel great about!

- 14 oz. can artichoke hearts, drained
- 1 ½ tbsp. Kowalski's Extra Virgin Olive Oil
- ½ tsp. garlic powder
- ½ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- Kowalski's Signature Fresh Buttermilk Ranch or Parmesan Caesar Salad Dressing (from the Produce Department), for serving*

DIRECTIONS:

1. Preheat an air fryer to 400°.
2. Using many layers of paper towels, pat artichokes until very dry.
3. In a medium mixing bowl, toss artichokes with oil.
4. Season with garlic powder, salt and pepper.
5. Cook in preheated air fryer until dark brown on the edges and tender when pierced with a fork (about 13 min.).
6. Let cool for 5 min.
7. Serve with dressing for dipping.

** This recipe is vegetarian when served with Kowalski's Signature Fresh Buttermilk Ranch Salad Dressing.*



AIR-FRIED CRISPY GARBANZO BEANS GF V VE DF

SERVES 4

Try these out of hand in place of snack nuts or as a salad or soup topper.

14 oz. Kowalski's Canned Garbanzo Beans, rinsed and drained
2 tsp. Kowalski's Extra Virgin Olive Oil
½ tsp. kosher salt
¼ tsp. freshly ground Kowalski's Black Peppercorns
¼ tsp. garlic powder

DIRECTIONS:

1. Preheat an air fryer to 400°.
2. Using many layers of paper towels, pat beans until very dry.
3. In a medium mixing bowl, toss beans with oil.
4. Season with salt, pepper and garlic powder.
5. Cook in preheated air fryer until dark brown on the edges (about 12 min.).
6. Let cool for 5 min. (beans will crisp as they cool).



CHEESY ARTICHOKE BAKE V

SERVES 6

Simply scrumptious. A great game day snack.

- | | |
|--|---|
| 14 oz. can quartered artichoke hearts, drained and chopped | 4 tbsp. chopped fresh parsley |
| 1 cup mayonnaise | 3 tbsp. minced garlic |
| 1 cup Kowalski's Shredded Mozzarella Cheese | 1 tsp. kosher salt |
| 1 cup Kowalski's Shredded Parmesan Cheese | - freshly ground Kowalski's Black Peppercorns, to taste |
| ½ cup Kowalski's Shredded Sharp Cheddar Cheese | ¼ cup freshly grated Kowalski's Signature Parmigiano-Reggiano Cheese (from the Specialty Cheese Case) |

DIRECTIONS:

1. Preheat oven to 375°.
2. In a large mixing bowl, add artichokes, mayonnaise, shredded cheeses, parsley, garlic, salt and pepper; stir well to combine.
3. Transfer artichoke mixture to a baking dish; sprinkle with grated Parmesan.
4. Bake in preheated oven, uncovered, until golden-brown and bubbling (20-25 min.).
5. Serve immediately with crackers or sliced baguette.

SERVING SUGGESTION:

Instead of baking this in a baking dish, split 1 Kowalski's Artisan French Loaf in half lengthwise; spread artichoke mixture on cut sides. Top with ¼ cup freshly grated Kowalski's Signature Parmigiano-Reggiano Cheese; bake open-faced as directed above.

**TASTY TIP**

These also make for a fun twist on a taco. Serve the cauliflower in soft tortillas; top with shredded cabbage, chopped fresh cilantro, avocado blue cheese dip and a squeeze of lime.

BUFFALO CAULIFLOWER "WINGS" WITH AVOCADO BLUE CHEESE DIP GF V

SERVES 6

These vegetarian "wings" are great on their own or as a salad topper.

- | | |
|---|---|
| 1 medium head cauliflower | - Kowalski's Extra Virgin Olive Oil |
| 1 cup almond flour (such as Bob's Red Mill brand) | Spray, as needed |
| 1 tbsp. garlic powder | ½ cup Buffalo wing sauce |
| ½ tsp. Kowalski's Smoked Spanish Paprika | 2 tbsp. Kowalski's 100% Pure Maple Syrup |
| ¼ tsp. kosher salt, plus more for seasoning the dip | 1 ripe jumbo avocado |
| ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more for seasoning the dip | ½ cup sour cream |
| 2 eggs | ½ cup Kowalski's Blue Cheese Crumbles |
| | - Kowalski's Freshly Squeezed Lime Juice (from the Produce Department), as needed |

DIRECTIONS:

1. Preheat oven to 400°.
2. Trim and remove core from cauliflower. Break or cut florets into bite-sized pieces (about the size of a boneless chicken wing); set aside.
3. In a small mixing bowl, combine almond flour, garlic powder, paprika, salt and pepper. Whisk to combine; set aside.
4. In a second small mixing bowl, beat eggs; pour into a gallon-sized zip-top plastic bag.
5. Add cauliflower; seal bag and shake, tossing to coat completely.
6. Pour almond flour mixture into bag and reseal; shake and toss to coat completely and evenly.
7. Spread cauliflower "wings" onto a large parchment-lined baking sheet, leaving room between pieces; spray with cooking spray.
8. Bake in preheated oven for 20 min.
9. Remove from oven; flip cauliflower pieces.
10. Return to oven; bake until dark golden-brown and crispy on the edges (10 min. more).
11. While cauliflower bakes, whisk together Buffalo sauce and syrup in an extra-large mixing bowl; set aside.
12. Cut avocado in half; remove pit and discard. Scoop flesh from avocado into a medium mixing bowl; discard skin. Mash avocado with a fork.
13. Add sour cream; mix until smooth.
14. Stir in cheese.
15. Stir in lime juice until dip reaches desired consistency; season with salt and pepper. Set dip aside.
16. Remove cauliflower from oven; toss with Buffalo sauce mixture.
17. Return to oven; cook until very dark and crispy on the edges (4-5 min.).
18. Remove from oven; let stand for 5 min.
19. Serve with avocado blue cheese dip.



PERFECT-BITE ARTICHOKE SPINACH QUESADILLAS V

MAKES 8

It all comes down to the fold.

- 16 oz. Kowalski's Artichoke Dip (from the Deli Grab & Go Case)
- 8 (12") Kowalski's Flour Tortillas
- 6 cups (approx.) fresh baby spinach, divided
- 1 cup shredded Kowalski's Parmesan Cheese, divided
- 7 oz. jar sun-dried tomatoes in oil (such as Alessi brand), cut into thin strips, divided

DIRECTIONS:

1. Scoop artichoke dip into a medium microwave-safe dish; microwave on high until warm (about 90 sec.), stirring halfway through.
2. On a clean work surface, use a knife or pizza wheel to cut a slit halfway up the center of a tortilla (imagine the tortilla is a clock face; cut from 6 o'clock to the center of the clock).
3. Envisioning the tortilla as having 4 quadrants, divide approx. $\frac{1}{4}$ cup artichoke dip between the bottom left and top right quadrants.
4. In one of the remaining quadrants, add approx. $\frac{1}{8}$ of the spinach; add $\frac{1}{8}$ of each of the Parmesan and tomatoes to the other.
5. Gently fold the bottom left quadrant up over the top left quadrant; fold the bottom right quadrant up over the top right quadrant. Fold the two remaining quadrants together. You should have one wedge-shaped piece with 4 layers.
6. Repeat with remaining ingredients until you have 8 pieces.
7. Transfer quesadilla wedges to a nonstick grill pan or griddle; cook over medium-high heat until cheese melts and tortillas are golden and crispy, turning 1-2 times (about 5 min. total).
8. Remove from pan; let rest for 2 min. before serving.



PRETZEL BITES V

MAKES 60

These homemade soft pretzels can be shaped many different ways.

- 1 lb. (⅓ of a 3 lb. pkg. or 12 rolls) Rhodes Bake N Serv White Dinner Rolls, thawed but still cold
- 16 cups water
- ⅓ cup baking soda
- 1 egg yolk, whisked with 1 tsp. water
- kosher salt, to taste (optional)
- Kowalski's Unsalted Butter, melted, to taste
- toppings, your choice: Kowalski's Grated Parmesan Cheese and dried parsley **or** cinnamon sugar

DIRECTIONS:

1. Roll dough balls into a rope shape about 6" long and ¾" in diameter; cut each rope into 1" segments.
2. Place dough segments on a baking sheet sprayed lightly with cooking spray. Cover with plastic wrap sprayed lightly with cooking spray; let rise in a warm place until double in size (about 1 hr.).
3. In a large saucepan, bring water to a gentle boil; add baking soda.
4. Slip risen dough pieces into boiling water 5-6 at a time; cook for 20-30 sec., flipping pieces halfway through.
5. Remove dough with a slotted spoon and transfer to a cooling rack to drain (be careful not to leave foam on the dough pieces); let dry for 10 min.
6. While dough dries, preheat oven to 425°.
7. Brush tops of pretzel bites very lightly with egg wash (you will have extra); sprinkle with salt, if desired.
8. Bake immediately on 2 parchment-lined baking sheets in preheated oven until golden-brown (about 9 min.); let cool slightly.
9. Drizzle lightly with melted butter; sprinkle with desired toppings.

BROCCOLI CAESAR SALAD

SERVES 2

All the Caesar flavors you love without the lettuce!

3 slices (approx.) artisan bread, torn roughly into ½" pieces

- Kowalski's Extra Virgin Olive Oil, as needed
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

4 cups broccoli florets, cut into evenly sized 1" pieces

½ cup Kowalski's Canned Garbanzo Beans, rinsed and drained

- Kowalski's Signature Fresh Parmesan Caesar Salad Dressing (from the Produce Department), to taste
- Kowalski's Signature Parmigiano-Reggiano Cheese (from the Specialty Cheese Case), shaved, to taste
- pine nuts, toasted, to taste
- freshly grated lemon zest, to taste

DIRECTIONS:

1. Preheat oven to 325°.
2. Spread bread pieces on a rimmed baking sheet; drizzle with oil and toss to lightly coat.
3. Sprinkle bread with salt and pepper; bake in preheated oven just until golden but still slightly chewy and soft on the inside, stirring occasionally (10-15 min.).
4. Set croutons aside to cool; increase oven temperature to 450°.
5. In a large mixing bowl, completely but lightly coat broccoli with oil; season to taste with salt and pepper.
6. Roast broccoli on a parchment-lined baking sheet until browned and tender when pierced with a fork (10-15 min.).
7. In a large mixing or serving bowl, toss roasted broccoli and beans with dressing.
8. Sprinkle with cheese, pine nuts and croutons; fold together gently.
9. Sprinkle with lemon zest and more pepper; serve immediately.





CUCUMBER CHICKEN SALAD GF

SERVES 4

This crunchy, cool chicken salad doesn't need lettuce or bread.

- | | |
|--|--|
| 1 tbsp. Kowalski's Extra Virgin Olive Oil | 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) |
| 3-4 Cooks Venture Boneless Skinless Chicken Breasts (about 1 ½ lbs. total) | 2 tsp. garlic paste |
| 1 tsp. Kowalski's Garlic Powder | 3 English cucumbers, peeled and seeded, cut into half-moon shapes about ¼" thick |
| 1 tsp. Kowalski's Cumin | ¼ cup thinly sliced red onion |
| ½ tsp. kosher salt, plus more to taste | ¾ oz. fresh mint leaves, chopped |
| ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more to taste | ¾ oz. fresh dill fronds, chopped |
| 1 ½ cups full-fat plain Greek yogurt | |

DIRECTIONS:

1. Preheat oven to 400°.
2. Meanwhile, in a large ovenproof skillet, heat oil over medium-high heat.
3. Season chicken with garlic powder, cumin, ½ tsp. salt and ¼ tsp. pepper.
4. Add chicken to the pan; sauté until well browned on both sides (about 2 min. per side).
5. Move pan to preheated oven; bake until chicken is done (about 10 min.).
6. Cool chicken to room temperature.
7. Cut cooled chicken into ½" dice; set aside.
8. In a large mixing bowl, combine yogurt, lemon juice and garlic paste; season mixture to taste with salt and pepper.
9. Add cucumbers, onion and chicken to the bowl; mix well.
10. Add most of the herbs, reserving some for garnish; fold in.
11. Garnish salad with reserved herbs; season with more salt and pepper to taste.



CHEESY GARLIC BREAD ROLL-UPS V

SERVES 4

Serve these with pasta or soup for dipping.

8 slices soft white sandwich bread

½ cup shredded Kowalski's Signature Parmigiano-Reggiano Cheese (from the Specialty Cheese Case)

- garlic powder, to taste

- Kowalski's Pizza Seasoning, to taste

3 tbsp. Kowalski's Salted Butter, melted

DIRECTIONS:

1. Cut crusts off bread; discard crusts or save for another use.
2. Using a rolling pin; roll each slice of bread very thin.
3. Sprinkle bread evenly with cheese; season to taste with garlic powder and pizza seasoning.
4. Tightly roll bread into a cigar shape; brush the inside edge with butter to help seal the seam. If necessary, use toothpicks to help the roll-ups stay tightly rolled.
5. Brush outside of roll-ups with remaining butter.
6. In a medium skillet, cook roll-ups over medium heat, turning regularly until brown on all sides (3-4 min. total).

Tasty Tip:

These also work great in the air fryer! Air-fry in a preheated 375° fryer until dark golden (4-5 min.).

BUFFALO CHICKEN SLIDERS

SERVES 4

Serve with extra Buffalo dipping sauce if you like things hot and spicy!

- 2 tbsp. Kowalski's Salted Butter, melted
- ½ tsp. Kowalski's Pizza Seasoning
- ¾ lb. shredded Kowalski's Signature Rotisserie Chicken (from the Deli Department)
- ½ cup Buffalo wing sauce
- ½ cup Kowalski's Signature Fresh Buttermilk Ranch Salad Dressing (from the Produce Department), plus more for dipping, if desired
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 12 ct. pkg. soft rolls (such as King's Hawaiian brand)
- 6 oz. shredded Monterey Jack cheese, divided



DIRECTIONS:

1. Preheat oven to 350°.
2. In a small mixing bowl, stir together butter and pizza seasoning; set aside.
3. In a large mixing bowl, mix chicken thoroughly with Buffalo sauce, ranch dressing, salt and pepper; set aside.
4. Do not pull the rolls apart. Using a long serrated knife, cut rolls in half to create a top and bottom "slab"; set top slab aside.
5. Place bottom slab in a 9x13" glass baking dish; sprinkle ½ of the cheese evenly over bottom buns.
6. Top evenly with chicken mixture.
7. Top evenly with remaining cheese; place top buns over second cheese layer.
8. Cover dish with foil; bake in preheated oven for 10 min.
9. Remove foil; brush tops of buns evenly with melted butter mixture.
10. Bake, uncovered, until buns are slightly toasty and cheese is completely melted (about 5 min. more).
11. Serve warm with ranch dressing for dipping, if desired.

**TASTY TIP**

Beef, turkey, chicken or plant-based burgers all work well in this recipe. Just ensure they aren't too thick. For best results, use a burger about 4" in diameter and no more than ½" thick.

BACON CHEESEBURGER CRUNCH WRAPS

SERVES 4

Cheeseburger, meet Taco. Taco, meet Cheeseburger.

- ¼ cup mayonnaise
- 2 tbsp. Kowalski's BBQ Sauce
- ½ tsp. soy sauce or tamari
- ½ tsp. Kowalski's Pure Honey
- 4 large (10") tortillas (such as Stacy's Organic Big White Flour Tortillas), warmed until pliable
- 8 slices Kowalski's Deluxe American Cheese
- 4 burger patties (¼ lb. each), fully cooked, warm
- 8 slices Kowalski's Smoked Bacon, cooked crisp
- *Quick Jalapeño Pickles* (find a recipe on kowalskis.com), to taste
- red onion, thinly sliced, to taste
- 20-24 (approx.) cheese-flavored tortilla chips (such as Doritos Simply Organic White Cheddar Tortilla Chips)
- 4 small (6-7") tortillas, warmed until pliable
- Kowalski's Extra Virgin Olive Oil Spray, as needed
- Kowalski's Signature Fresh Buttermilk Ranch Salad Dressing (from the Produce Department) and pico de gallo, for serving

DIRECTIONS:

1. In a medium mixing bowl, whisk together first 4 ingredients (through honey).
2. Lay large tortillas on a clean work surface; spread an equal amount of sauce in the center of each tortilla (spread slightly larger than the size of your burger patties).
3. Place a slice of cheese in the center of each tortilla; top with a burger patty, a second slice of cheese and 2 strips of bacon (tear bacon in half to fit neatly over the cheeseburger).
4. Add jalapeños and onion, being careful not to overload the wrap.
5. Arrange 5-6 chips in a pinwheel formation in the center of each crunch wrap, pointed ends meeting at the center of the wrap.
6. Place a small tortilla on top of each stack.
7. Preheat a large skillet over medium heat.
8. Working one at a time, wrap the larger tortilla tightly up and over the small tortilla (the edges of the larger tortilla will not touch, but there shouldn't be any exposed burger). Pressing and holding the wrap tightly, spray the wrap on all sides with cooking spray.
9. Carefully place 2 wraps folded-side down in the preheated skillet; cook until tortillas are dark golden on both sides (about 4 min. total), turning as needed (after the first side is golden-brown, the wrap will stay closed on its own). Repeat with remaining wraps.
10. Cut wraps in half; serve warm with dressing and pico de gallo on the side for dipping.



CHICKEN TZATZIKI BOWLS

SERVES 4

This anytime-of-year "salad" is a vacation in a bowl.

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|--|--|
| ½ cup tahini | 1 large head Romaine lettuce, chopped |
| 1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) | 1 English cucumber, peeled, cut in half lengthwise, then sliced into ¼" half moons |
| 1 tbsp. low-sodium tamari | 1 avocado, sliced |
| 1 tbsp. Kowalski's Pure Honey | 6 oz. crumbled Israeli feta cheese |
| ½ tsp. garlic powder | ½ cup sliced pepperoncini peppers, drained |
| 6 tbsp. warm water (or as needed) | ½ cup prepared tzatziki sauce (such as The Naughty Greek brand from the Deli Grab & Go Case) |
| ⅓ cup plain Greek yogurt | ¾ oz. fresh dill, mint or a combination, chopped, plus more for garnish, if desired |
| ¼ cup Kowalski's Extra Virgin Olive Oil | - red onion, thinly sliced, to taste |
| 1 tbsp. chopped garlic | - tomato, diced, to taste |
| 1 tbsp. smoked paprika | - freshly grated lemon zest, to taste |
| 1 tsp. dried oregano | - crispy chickpeas (such as Biena Chickpea Snacks), to taste |
| 1 tsp. kosher salt | 1 pkg. Kowalski's Take & Bake Roasted Garlic Tandoori Naan, warmed according to pkg. directions, for serving |
| ¼ tsp. freshly ground Kowalski's Black Peppercorns, plus more for finishing, if desired | |
| ¼ tsp. crushed red pepper flakes | |
| 1 ¼ - 1 ½ lbs. Cooks Venture Boneless Skinless Chicken Thighs, cut evenly crosswise into 8-10 pieces per thigh | |

DIRECTIONS:

1. In a small mixing bowl, whisk together tahini, lemon juice, tamari, honey and garlic powder until smooth. Add warm water as needed to create a desirable drizzling consistency; set aside.
2. In a large mixing bowl, whisk together yogurt, oil, chopped garlic, paprika, oregano, salt, black pepper and crushed red pepper.
3. Add chicken; stir to coat evenly.
4. Let stand for 15 min. Meanwhile, preheat oven to 425°.
5. Spread chicken in an even layer on a parchment-lined baking sheet; bake in preheated oven until chicken is golden-brown on the edges and cooked through (about 20 min.), stirring halfway through.
6. Set oven to broil; broil chicken until dark brown on the edges (1-2 min.).
7. To serve, divide lettuce evenly between 4 serving bowls. Top evenly with chicken. Divide cucumber, avocado, cheese, pepperoncini, tzatziki and fresh herbs evenly between bowls. Add onion, tomato, zest and chickpeas to each bowl; drizzle with lemon tahini mixture. Season with more pepper, if desired.
8. Serve with warm naan on the side.

CLASSIC ITALIAN GRINDER SANDWICHES

SERVES 4

A sub above, that's for sure.

- ½ cup mayonnaise
- 2 tbsp. red wine vinegar
- ½ tsp. garlic powder
- ½ tsp. freshly ground Kowalski's Black Peppercorns
- ½ tsp. dried oregano
- ¼ tsp. kosher salt
- ¼ tsp. crushed red pepper flakes
- ½ head (approx.) iceberg lettuce, shredded
- ¼ cup sliced pepperoncini peppers, drained
- 1 Kowalski's Artisan French Loaf (from the Bakery Department)
- 4 oz. sliced salami
- 3 oz. sliced deli ham (such as Boar's Head Tavern Ham)
- 3 oz. sliced roasted deli turkey (such as Boar's Head Ovengold Turkey Breast)
- 2 slices provolone cheese
- 2 slices Muenster cheese
- 1 tomato, thinly sliced
- ¼ small red onion, very thinly sliced
- freshly grated Kowalski's Signature Parmigiano-Reggiano Cheese (from the Specialty Cheese Case), to taste



DIRECTIONS:

1. Preheat broiler.
2. In a medium mixing bowl, whisk together first 7 ingredients (through red pepper flakes).
3. Add lettuce and pepperoncini to the bowl of dressing; toss to coat. Set salad aside.
4. Slice bread in half, leaving one edge connected to create a hinged loaf.
5. Place loaf on a parchment-lined sheet pan. Pull out some of the soft bread from the inside of the loaf; save breadcrumbs for another use.
6. Top half of the sandwich with salami; top the other half with ham and turkey.
7. Top half of the sandwich with provolone; top the other half with Muenster.
8. Place sandwich open-faced under preheated broiler; broil until cheese is melted and bread is dark golden-brown on the edges (2-3 min.).
9. Remove from oven. Top half of the sandwich with tomato and onion slices; sprinkle with grated cheese.
10. Top the other half of the sandwich with iceberg salad; close sandwich.
11. Cut into 4 pieces; serve immediately.



COTTAGE TOAST V

SERVES 1

A simple way to add a little protein to your morning toast and jam.

- 1 ½ cups low-fat cottage cheese
- 1 slice Kowalski's Honey Wheat Bread (from the Bakery Department)
- Kowalski's Mixed Berry Jam, to taste

DIRECTIONS:

1. In a mini food processor or blender, process cheese until very smooth, creamy and lightly whipped.
2. Toast bread to desired doneness.
3. Spread about 2 tbsp. whipped cheese on toast; reserve extra cheese for another day.
4. Top cheese with jam; swirl to lightly mix the two. Serve immediately.



LITTLE MAC SLIDERS

SERVES 4

Not to be confused with their “Big” cousin.

- ½ cup mayonnaise
- ¼ cup dill pickle relish
- 2 tbsp. Kowalski’s Horseradish Pub Mustard
- 1 tsp. white wine vinegar
- 1 tsp. smoked paprika
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 lb. Kowalski’s Organic Grass-Fed Ground Beef
- ½ cup chopped onion (from the Prepared Produce Department)
- ¼ tsp. kosher salt
- 12 ct. pkg. soft rolls (such as King’s Hawaiian brand)
- 7 oz. (about ¼ block) Kowalski’s Deluxe American Cheese, grated
- 2 tbsp. Kowalski’s Salted Butter, melted
- 2 tsp. white sesame seeds
- 2 cups (approx.) shredded iceberg lettuce (or to taste)
- 1 cup (approx.) sliced dill pickle

DIRECTIONS:

1. Preheat oven to 350°.
2. In a small mixing bowl, whisk together first 7 ingredients (through garlic powder); set “secret sauce” aside.
3. In a medium sauté pan, cook and crumble beef over medium-high heat until cooked through (about 5 min.).
4. Transfer beef to a bowl and set aside; keep warm.
5. Add onions to the same pan used to cook the beef; cook and stir until onions are translucent (5-7 min.).
6. Mix beef back into the pan; season mixture with salt.
7. Do not pull the rolls apart. Using a long serrated knife, cut rolls in half to create a top and bottom “slab”; set top slab aside.
8. Place bottom slab in a 9x13" glass baking dish; sprinkle cheese evenly over bottom buns.
9. Top evenly with beef and onion mixture; place top buns over beef layer.
10. Cover dish with foil; bake in preheated oven for 10 min.
11. Remove foil; brush tops of buns evenly with melted butter and sprinkle with sesame seeds.
12. Bake, uncovered, until buns are slightly toasty and cheese is completely melted (about 5 min. more).
13. Remove top layer of buns; top beef evenly with lettuce, pickles and secret sauce.
14. Replace buns; serve immediately.



MARRY ME CHICKEN

SERVES 3-4

A chicken dish to fall in love with.

- Kowalski's Italian Imported Organic Linguine (from the Global Foods Aisle), for serving

3-4 Cooks Venture Boneless Skinless Chicken Breasts (about 1 ½ lbs. total)

1 tsp. kosher salt

½ tsp. freshly ground Kowalski's Black Peppercorns

6 tbsp. flour

2 tbsp. Kowalski's Extra Virgin Olive Oil

2 tbsp. Kowalski's Unsalted Butter

1 small shallot, peeled and thinly sliced

3 cloves garlic, minced

½ tsp. dried thyme

¼ tsp. dried oregano

¼ tsp. crushed red pepper flakes

¾ tsp. Kowalski's Organic Roasted Chicken Broth Base, whisked with ¾ cup hot water

1 cup heavy cream

2 handfuls (approx.) baby spinach

½ cup freshly grated Kowalski's Signature Parmigiano-Reggiano Cheese (from the Specialty Cheese Case)

½ cup sun-dried tomatoes in oil (such as Alessi brand), chopped

- fresh basil, torn, for garnish

DIRECTIONS:

1. Prepare pasta according to pkg. directions; keep warm.
2. Preheat oven to 375°.
3. Meanwhile, season chicken evenly on both sides with salt and black pepper; dredge in flour, shaking off excess.
4. In a large cast iron skillet (or another oven-safe skillet), heat oil and butter over medium-low heat; sauté chicken in oil until dark golden-brown, turning once (about 2 min. per side).
5. Move chicken to a warm platter; keep warm.
6. Add shallot to the skillet; cook until tender (1-2 min.), stirring constantly.
7. Add garlic, thyme, oregano and red pepper flakes; cook and stir for 30 sec.
8. Add chicken broth, then cream.
9. Stir in spinach, cheese and tomatoes; cook until sauce is bubbly and starting to thicken (about 5 min.), stirring often.
10. Return chicken to skillet; flip chicken to coat in sauce.
11. Bake chicken in preheated oven until cooked through (15-18 min.).
12. Serve chicken over warm pasta, garnishing with basil.



PESTO EGGS V

SERVES 1

Don't skip the honey! Trust us.

2 tbsp. prepared pesto

2 Kowalski's Certified Humane Pasture-Raised Eggs

2 slices Kowalski's Honey Wheat Bread (from the Bakery Department)

2 tbsp. Kowalski's Garden Vegetable Whipped Cream Cheese Spread (or to taste)

½ avocado, thinly sliced

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- Kowalski's Pure Honey, to taste
- crushed red pepper flakes, to taste (optional)

DIRECTIONS:

1. Add pesto to a small nonstick skillet over medium heat; spread thinly across bottom of pan and heat until oil in the pesto starts to bubble.
2. Crack eggs into center of hot pesto; cover and cook until egg white is just set and yolk is still runny (about 3 min.).
3. Meanwhile, toast bread to desired doneness.
4. Spread cheese on toast; fan avocado slices on top.
5. Season toast with salt and black pepper; drizzle with honey.
6. Top each slice with 1 egg and pesto from the pan; season with salt, black pepper and crushed red pepper. Serve immediately.



NEGRONI GF V DF

MAKES 1

This bitter but balanced cocktail is a great apéritif for those tired of heavy, sweet drinks.

- ice
- 1 oz. gin
- 1 oz. Campari
- 1 oz. sweet vermouth
- 1 orange twist, for garnish

DIRECTIONS:

1. Fill a lowball glass with ice; set aside.
2. In a mixing glass, combine gin, Campari and vermouth.
3. Add ice; stir until well chilled.
4. Strain into ice-filled glass; garnish with orange twist.



COMPOUND HERB BUTTER GF V

MAKES ½ CUP

Try this spread on baked goods, folded into mashed potatoes, pasta or rice, or as a finishing touch on fish, steaks or poultry.

- 8 tbsp. (1 stick) Kowalski's Unsalted Butter, at room temperature
- 1 tsp. kosher salt
- 1 tsp. freshly ground Kowalski's Black Peppercorns (optional)
- 4 tsp. very finely minced fresh herbs (such as rosemary, thyme, basil, dill, parsley or a combination)

DIRECTIONS:

1. Using a silicone spatula or wooden spoon, combine butter, salt and pepper in a medium mixing bowl until homogenous.
2. Stir in herbs.
3. Using waxed paper or plastic wrap, shape butter into a log about the size of a stick of butter; chill in the refrigerator until cold enough to slice or scoop into a covered storage container.
4. Store in the refrigerator, covered or wrapped, for up to 1 week. May be used cold or at room temperature.



SUSAN'S GINGER CHUTNEY GF V VE DF

MAKES ABOUT 2 PINTS

This is great with cheese and crackers or as a finishing glaze on ham, chicken or pork.

2 cups brown sugar	1 cup finely chopped onion
$\frac{3}{4}$ cup rice vinegar	1 cup golden raisins
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup finely chopped green bell pepper
$\frac{1}{4}$ tsp. Kowalski's Ground Cinnamon	- zest and juice of 1 lemon
$\frac{1}{4}$ tsp. crushed red pepper flakes	- zest and juice of 1 lime
1 lb. pears, peeled, cored and finely chopped	1 tbsp. finely chopped candied ginger
1 cup finely chopped red bell pepper	

DIRECTIONS:

1. In a medium saucepan, combine sugar, vinegar, salt, cinnamon and red pepper flakes; bring to a boil over high heat.
2. Reduce heat to low; simmer for 10 min.
3. Add remaining ingredients; increase heat to high and bring to a boil.
4. Reduce heat to low; simmer until mixture is thickened and thinly coats the back of a metal spoon without dripping off (about 45 min.).
5. Cool completely in the pan.
6. Spoon into 4 half-pint containers; cover and refrigerate for up to 3 weeks.

Tasty Tip:

The chutney will set slightly as it cools and a tiny bit more so in the refrigerator. Be careful not to overcook it or it will be too firm. If it seems too loose after cooling completely, you can cook it a bit longer.

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