



KOWALSKI'S
MARKETS

Cooking WITH
KOWALSKI'S

SOUTH OF THE BORDER



SPRING/SUMMER 2021 RECIPES

SECTION GUIDE



Appetizers



Soups & Salads



Main Dishes



Sides



Desserts



Drinks

ANNOTATION GUIDE



GLUTEN FREE



LIVE WELL



BAKED QUESO FRESCO

SERVES 6-8

10 oz. wheel queso fresco

1 cup Kowalski's Salsa (your choice of Mild, Medium or Hot)

- Kowalski's Signature White or Yellow Corn Tortilla Chips, for serving

Place cheese in an oven-safe baking dish slightly larger than the cheese; pour salsa around cheese. Bake in a preheated 350° oven until cheese is hot and salsa is bubbling (about 20 min.). Broil on high until cheese is covered in blistered dark brown spots. Serve immediately with tortilla chips for dipping.



CARNITAS CUPS GF

SERVES 8

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.

FIND IT!

Find Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Pork in the Meat Department.

Look for diced onion in the Prepared Produce Case.



FRESCO PORK QUESADILLAS

SERVES 6

1 lb. Kowalski's Signature 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 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 BBQ Pulled Pork in the Meat Department.

Find Kowalski's Fresh Mango Salsa in the Produce Department.



FRESH GUACAMOLE GF LW

MAKES ABOUT 1 ½ CUPS

- | | |
|--------------------------------|--|
| 2 ripe avocados | 2 tbsp. finely chopped fresh cilantro |
| ¼ cup seeded, chopped tomatoes | 1 tbsp. Kowalski's Freshly Squeezed
Lime Juice (from the Produce
Department) |
| 2 tbsp. minced red onion | - kosher salt, to taste |
| 1 tsp. chopped garlic | |
| 2 tsp. minced jalapeño pepper | |

Cut avocados in half; remove pits. Scoop flesh from 1 avocado into a medium mixing bowl. Mash with a fork; stir in tomato, onion, garlic, jalapeño and cilantro. Cut flesh of remaining avocado into ½" cubes; scoop out of skin into the bowl with the mashed avocado mixture. Sprinkle with lime juice; mix lightly with a fork until combined but still chunky. Season with salt; serve with tortilla chips.

Tasty Tip:

To ripen avocados, place in a paper bag; leave on the counter at room temperature, checking each day until they reach the desired softness.



GREEN CHILE AND CORN QUESADILLAS

MAKES 8

- 8 (6") Kowalski's Flour Tortillas
- 6 oz. shredded Kowalski's Monterey Jack Cheese
- 3 oz. fresh goat cheese
- 4 oz. canned chopped green chiles, drained
- ½ cup frozen corn kernels, thawed
- 2 green onions, thinly sliced
- ¼ cup roughly chopped fresh cilantro, plus more for garnish
- 2 tbsp. finely chopped pickled jalapeño peppers
- 2 tbsp. finely chopped roasted red peppers
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- garnishes, to taste: Mexican crema (from the Dairy Department) and salsa verde

Place tortillas on a clean work surface; evenly distribute cheeses, chiles, corn, onions, cilantro, jalapeños and red peppers 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 crema; serve with salsa.



PERFECT-BITE ARTICHOKE SPINACH QUESADILLAS

MAKES 8

- 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 Kowalski's Parmesan Cheese, shredded, divided
- 7 oz. jar sun-dried tomatoes in oil (such as Alessi brand), cut into thin strips, divided

Scoop artichoke dip into a medium microwave-safe dish; microwave on high until warm (about 90 sec.), stirring halfway through. 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). Envisioning the tortilla as having 4 quadrants, divide approx. $\frac{1}{4}$ cup artichoke dip between the bottom left and top right quadrants. 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. 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. Repeat with remaining ingredients until you have 8 pieces. 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). Remove from pan; let rest for 2 min. before serving.



PULLED PORK NACHOS

SERVES 4

- 4 oz. Kowalski's Signature Corn Tortilla Chips (about 32)
- ½ lb. Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Pork, warmed slightly in the microwave
- 15 oz. Kowalski's Canned Black Beans, rinsed and drained
- 1 ½ cups Kowalski's Shredded Mexican Blend Cheese
- thinly sliced green onions, to taste
- chopped fresh cilantro, if desired
- Kowalski's Signature Peppercorn Ranch Salad Dressing, to taste

Arrange chips in an even layer on a parchment-lined baking sheet. Top evenly with pork and beans; sprinkle evenly with cheese. Bake in a preheated 400° oven until cheese is melted and bubbly (about 4 min.). If desired, place chips under a preheated broiler just until cheese turns very dark (about 1-2 min.), watching carefully so chips do not burn. Remove from oven; sprinkle with onions and cilantro. Drizzle with dressing; serve immediately.



QUESO-CHORIZO DIP GF

SERVES 12

½ lb. ground chorizo

2 pkg. (16 oz. each) Kowalski's Signature Queso Blanco Dip (from the Deli Grab & Go Case)

14 oz. Kowalski's Fresh Pico de Gallo (from the Prepared Produce Section)
- Kowalski's Signature White or Yellow Corn Tortilla Chips, for serving

In a large sauté pan over medium-high heat, cook and crumble sausage until cooked through (about 5 min.). Add cheese sauce and warm through. Stir in pico de gallo; heat until mixture is thoroughly hot. Meanwhile, spread tortilla chips on a baking sheet; bake in a preheated 325° oven until warm (about 3 min.). Serve dip with warm tortilla chips.



SEVEN-LAYER TACO DIP

SERVES 8-12

- 16 oz. sour cream
- 3 tbsp. Kowalski's Taco Seasoning
- 16 oz. canned refried beans
- 16 oz. Kowalski's Fresh Guacamole
- 1 jalapeño pepper, seeded and chopped
- 4 ¼ oz. canned chopped ripe olives, drained
- 4 cups chopped tomatoes
- 8 oz. Kowalski's Mexican Blend Shredded Cheese
- ¼ cup chopped green onion
- ¼ cup snipped fresh cilantro
- 14 oz. Kowalski's Signature White or Yellow Corn Tortilla Chips

In a small mixing bowl, combine sour cream and taco seasoning; set aside. On a large rimmed serving dish, layer beans, guacamole, sour cream mixture, jalapeño, olives, tomatoes and cheese. Sprinkle top with green onion and cilantro; serve with tortilla chips.

TEX-MEX CRANBERRY SALSA

In a medium mixing bowl, combine 16 oz. canned whole berry cranberry sauce, 6 oz. fresh raspberries, ¼ cup canned diced jalapeño peppers, 1 bunch sliced green onions and 2 tbsp. minced fresh cilantro.

Refrigerate, covered, for 30 min. before serving.

Serves 12.



SWEET POTATO AND MUSHROOM QUESADILLAS LW

SERVES 4

1 tbsp. Kowalski's Extra Virgin Olive Oil

16 oz. diced sweet potato

1 cup sliced red onion

4 baby bella mushrooms, sliced

2 tbsp. minced fresh cilantro

¼ tsp. freshly ground Kowalski's Black Peppercorns

½ cup Kowalski's Shredded Mozzarella Cheese, divided

4 whole wheat tortillas

- *Tex-Mex Cranberry Salsa*, for serving

In a large skillet, heat olive oil over medium heat; sauté sweet potatoes, onions and mushrooms until soft (about 10 min.). Season sweet potato mixture with cilantro and pepper. Scoop ¾ cup sweet potato mixture and 2 tbsp. cheese on half of each tortilla. Fold tortillas in half; press gently. Heat a nonstick grill pan or griddle over medium heat; cook quesadillas until tortillas turn golden and lightly crispy, turning once (about 4 min. total). Let rest for 1 min. before cutting into quarters; serve with salsa.



TEQUILA GUACAMOLE GF

MAKES ABOUT 1 ½ CUPS

- 2 ripe avocados
- 2 tbsp. minced red onion
- 2 tbsp. finely chopped fresh cilantro
- 2 tsp. minced jalapeño pepper
- 1 tsp. chopped garlic
- 1 tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- 1 tbsp. tequila (or mezcal)
- kosher salt, to taste

Cut avocados in half; remove pits. Scoop flesh from 1 avocado into a medium mixing bowl; mash with a fork. Stir in onion, cilantro, jalapeño and garlic. Cut flesh of remaining avocado into ½" cubes; scoop out of skin into the bowl with the mashed avocado mixture. Sprinkle with lime juice and tequila; mix lightly with a fork until combined but still chunky. Season with salt; serve immediately.

Mix It Up!

Fold sliced or diced jalapeño peppers, tomatillos, radishes, tomatoes, mango, corn, jicama, or cooked shrimp or crab into the finished guacamole.



MEXICAN CORN SOUP **GF**

SERVES 6

- 3 cups frozen corn kernels, thawed, divided
- 2 tomatoes, roughly chopped
- 4 cups chicken broth, divided
- ½ tsp. dried oregano
- 2 tsp. Kowalski's Extra Virgin Olive Oil
- 1 cup chopped onion
- 2 cloves garlic, finely chopped
- dash cayenne pepper or hot sauce (optional)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- ½ cup heavy cream
- 4 slices Kowalski's Smoked Bacon, cooked and crumbled
- garnishes, as desired: crumbled queso fresco (from the Specialty Cheese Department), sour cream, Kowalski's Signature White or Yellow Corn Tortilla Chips, finely chopped fresh cilantro and sliced avocado

In a food processor or blender, purée 1 ½ cups corn with tomatoes, 2 cups broth and oregano until smooth; set aside. In a large saucepan, heat oil over medium heat; cook onion in oil, stirring frequently, until onion is soft and translucent (about 5 min.). Add garlic; cook and stir for 1 min. Add corn purée, remaining broth and cayenne; bring to a low boil. Add remaining corn kernels; reduce heat to medium-low and cook until thickened (about 20 min.). Season with salt and pepper; stir in cream. Garnish individual servings with crumbled bacon and desired garnishes; serve immediately.

A note about gluten: When a gluten-free broth and gluten-free hot sauce are used, this recipe is gluten free.



MEXICAN FRUIT SALAD GF LW

SERVES 8

- 2 cups (about 1 ½ lbs.) fresh mango chunks
- 1 ½ cups (about 1 lb.) fresh pineapple chunks
- 6 oz. fresh blueberries
- 1 tbsp. freshly grated lime zest
- 2 tbsp. Kowalski's Pure Honey
- 2 tbsp. Kowalski's Freshly Squeezed Lime Juice
- 1 tbsp. Kowalski's Signature Freshly Squeezed Orange Juice
- ¼ tsp. Kowalski's Ancho Chile Powder
- pinch kosher salt

In a large mixing bowl, combine mango, pineapple, blueberries and zest; set aside. In a small mixing bowl, whisk together remaining ingredients; pour over fruit and toss to coat.

FIND IT!

Find Kowalski's Freshly Squeezed Juices in the Produce Department.



MEXICAN-STYLE CHICKEN SOUP GF

SERVES 8

- | | |
|--|--|
| 1 tbsp. Kowalski's Extra Virgin Olive Oil | 28 oz. can Kowalski's Crushed Tomatoes |
| 1 chopped yellow onion | 15 oz. can Kowalski's Great Northern Beans, rinsed and drained |
| 4 cloves garlic, minced | 15 oz. can Kowalski's Black Beans, rinsed and drained |
| 2 jalapeño peppers, seeded and chopped | 10 oz. frozen white corn kernels, thawed |
| ¼ cup chopped fresh cilantro, divided | 8 cups chicken broth |
| 2 ½ tbsp. chili powder | - white meat from ¼ of a Kowalski's Signature Rotisserie Chicken, shredded |
| 1 tbsp. ground cumin | - kosher salt, to taste |
| ½ tsp. freshly ground Kowalski's Black Peppercorns, plus more to taste | |

Heat oil in a deep pot over medium heat. Add onion, garlic, jalapeños and roughly ½ of the cilantro; sauté until onion is tender (5–6 min.). Add chili powder and cumin; cook for 1 min. Stir in black pepper, tomatoes, beans, corn and broth; bring to a boil. Add chicken; reduce heat to low and simmer, covered, for 10 min. Garnish individual bowls with remaining cilantro; season with salt and pepper to taste. Serve immediately.

A note about gluten: When a gluten-free chili powder and gluten-free broth are used, this recipe is gluten free.

FIND IT!

Find Kowalski's Signature Rotisserie Chicken in the Deli Department.

MEXICAN PICNIC SALAD WITH LIME VINAIGRETTE GF

SERVES 4

- 5 pint-sized wide-mouth glass canning jars with lids
- 3 tbsp. Kowalski's Freshly Squeezed Lime Juice
- 6 tbsp. Kowalski's Extra Virgin Olive Oil, plus more for grilling pineapple
- 1 tsp. sugar
- ½ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 1 jalapeño pepper, seeded and finely chopped
- 2 tbsp. finely chopped red pepper
- 2 tbsp. finely chopped fresh cilantro
- ½ pineapple, peeled, cored and cut crosswise into 4 (½") slices
- 2 cups finely shredded romaine lettuce
- 1 cup frozen corn kernels, thawed and drained



- 1 cup Kowalski's Canned Black Beans, rinsed and drained
- ¼ cup chopped jicama, in matchstick-shaped pieces
- ¼ cup thinly sliced red onion
- ½ pt. grape tomatoes, halved
- ½ cup crumbled Cotija cheese (optional)

In 1 jar, combine lime juice, oil, sugar, salt and pepper; screw lid on tightly and shake vigorously to blend. Set jar aside. In a small mixing bowl, combine jalapeño, red pepper and cilantro; set aside. Brush pineapple with oil; grill pineapple over direct heat on a grill preheated to medium until pineapple is soft but not falling apart, turning once (about 10 min. total). Chop pineapple; set aside. In each of the remaining 4 glass canning jars, layer an equal amount of lettuce, corn, beans, jicama, grilled pineapple, red onion, tomatoes, cheese and pepper mixture. Shake dressing thoroughly to combine. Drizzle about 2 tbsp. dressing on top of each salad; screw lids on tightly and shake to toss. Pour salad onto a plate or eat from the jar.

Tasty Tip:

Salad jars are easy to tote to a picnic. Simply assemble the salads in the jars, screw on the lids and add them to your cooler with the jar of dressing. When you're ready to eat, dress the salad and eat from the jar. No trash to throw away!



Find Kowalski's Fresh Squeezed Lime Juice in the Produce Department.

Find Cotija cheese in the Specialty Cheese Department.



TORTILLA SOUP **GF**

SERVES 6

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| 6 (6") yellow corn tortillas | 1 tbsp. gluten-free chili powder |
| 1 tbsp. vegetable oil | 2 tsp. ground cumin |
| - kosher salt, to taste | 8 oz. Kowalski's Mexican Blend Shredded Cheese |
| 5 cups gluten-free chicken broth | 1 avocado, peeled, pitted and cubed |
| 28-29 oz. can roasted diced tomatoes with chiles | - freshly chopped cilantro, to taste |
| 1 lb. boneless skinless chicken breasts, cut into ½" cubes | 1 lime, cut into small wedges |
| ½ cup chopped onion | |
| 2 cloves garlic, minced | |

Brush both sides of tortillas with vegetable oil; cut into strips ½" wide. Arrange in a single layer on a parchment-lined rimmed baking sheet; sprinkle with salt. Bake in a preheated 425° oven until tortillas are crisp and golden-brown (5-6 min.); set aside. In a large pot, combine broth, tomatoes, chicken, onion, garlic, chili powder and cumin; bring to a boil over medium heat. Reduce heat; simmer until chicken is cooked through (15-20 min.). Break several tortilla strips into the bottom of 6 serving bowls; cover with soup. Sprinkle with cheese, avocado and cilantro. Top with remaining tortilla strips; garnish with lime wedges.



BACON AND EGG TACOS

SERVES 4

8 (6") Kowalski's Flour Tortillas

¼ cup Kowalski's Unsalted Butter

8 Kowalski's Organic Large Brown Eggs, beaten and seasoned to taste with kosher salt and freshly ground Kowalski's Black Peppercorns

4 strips Kowalski's Smoked Bacon, cooked and crumbled, kept warm

- toppings, your choice: Kowalski's Medium/Mild Taco Sauce, freshly shredded Kowalski's Monterey Jack Cheese, Kowalski's Medium Salsa or Kowalski's Fresh Pico de Gallo, sliced avocado and roughly chopped fresh cilantro

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; keep warm. In a nonstick skillet over medium heat, melt butter. Add eggs; using a spatula, stir occasionally and gently while moving the pan on and off the heat. Let the eggs heat up, then move them off the heat while stirring and distributing that heat throughout. When the eggs appear to stop cooking, move them back to the heat for a few seconds, then off again to stir. Repeat until the eggs are almost done but still quite soft and glossy (eggs will continue to cook when they are finally removed from the heat, so remove them from the pan right away so they don't overcook). Divide eggs among warm tortillas; top with bacon and remaining ingredients to taste. Fold in half; serve immediately.

Tasty Tip:

Substitute 1 cup cooked and crumbled breakfast sausage for the bacon.



BAJA BURGERS

SERVES 4

1 ½ lbs. Kowalski's Certified Humane USDA Prime or Choice Ground Chuck

4 slices Kowalski's Colby Jack Cheese

4 Kowalski's Sweet Egg Buns, split horizontally and lightly toasted

- toppings, to taste: Kowalski's Fresh Guacamole, Kowalski's Fresh Pico de Gallo and fresh cilantro leaves

Using clean hands, form beef into 4 hamburger patties. Grill burgers over high heat, covered, until done (about 4 min. per side for medium doneness), turning once. Top with cheese after turning. Remove from heat; tent burgers loosely with foil and let stand for 3-5 min. before serving. Serve on buns with desired toppings.



Find Kowalski's Sweet Egg Buns in the Bakery Department.

Find Kowalski's Fresh Guacamole and Fresh Pico de Gallo in the Prepared Produce Section.



CARNITAS

SERVES 10

- | | |
|--|---|
| 3-4 lbs. pork shoulder roast | 1 ½ cups Mexican lager-style beer |
| 2 tsp. kosher salt | ½ cup Kowalski's Freshly Squeezed Orange Juice (from the Produce Department) |
| 1 tsp. freshly ground Kowalski's Black Peppercorns | 1 tbsp. dried oregano |
| ¼ cup Kowalski's Extra Virgin Olive Oil | - for serving: corn or flour tortillas, chopped onion, chopped fresh cilantro and lime wedges |
| 1 onion, finely chopped | |
| 2 cloves garlic, minced | |

Season pork with salt and pepper. In a Dutch oven over medium-high heat, heat oil until hot but not smoking. Add pork; cook, turning frequently, until browned on all sides (about 10 min.). Transfer pork to a platter; set aside. Add onion and garlic to the Dutch oven; sauté until softened (1-2 min.). Add beer, scraping browned bits from the bottom of the pot. Return meat to the pot; add orange juice and oregano. Cook, covered, in a preheated 350° oven until pork is very tender (about 45 min. per lb.). Remove pork from the pot; let rest on a carving board, covered with foil, for 10-20 min. Coarsely chop or shred pork into bite-sized pieces; moisten pork slightly with cooking juices. Serve immediately in tortillas with onion, cilantro and lime wedges.

Tasty Tips:

- If you don't have a Dutch oven, you can use any oven-safe covered pot.
- You can also transfer the seared pork, onions and beer to a slow cooker with the juice. Cook for about 5 hrs. on high or 10 hrs. on low.



CHICKEN CHILE PIZZA **GF**

SERVES 4

$\frac{3}{4}$ cup shredded Kowalski's Signature Rotisserie Chicken (or Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Chicken or Pork)

1 prepared pizza crust or flatbread (such as Stonefire Artisan Pizza Crust or Manoucher Rosemary & Onion Bread)

$\frac{3}{4}$ cup Kowalski's Signature Fresh Alfredo Sauce or Queso Blanco Dip
- toppings, to taste: canned chopped green chiles, thinly sliced red onion and Kowalski's Fresh Pico de Gallo

1 cup shredded Kowalski's Monterey Jack or Pepper Jack Cheese (or Kowalski's Mexican Blend Shredded Cheese)

- chopped fresh cilantro, to taste

In a small microwave-safe dish, microwave chicken until hot (1-2 min.). Top crust evenly with sauce, warm chicken, toppings and cheese. Bake on a baking sheet in a preheated 400° oven until cheese is melted, browned and bubbly (about 10 min.); let stand for 5 min. Garnish with cilantro; serve immediately.

A note about gluten: When a gluten-free pizza crust is used, this recipe is gluten free.

FIND IT!

Find Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Chicken and Pork in the Meat Department.

Find Kowalski's Fresh Alfredo Sauce or Queso Blanco Dip in the Dairy Department or Deli Grab & Go Case.



CHIPOTLE CHICKEN BURRITOS

SERVES 4

4 (10-12") flour tortillas, at room temperature

3 cups cooked brown rice, warm

16 oz. Kowalski's Chipotle Chicken

6-8 oz. Kowalski's Mexican Blend Shredded Cheese

½ cup black bean and corn salsa, such as Chip Magnet Black Bean Salsa

16 oz. Kowalski's Signature Queso Blanco Dip

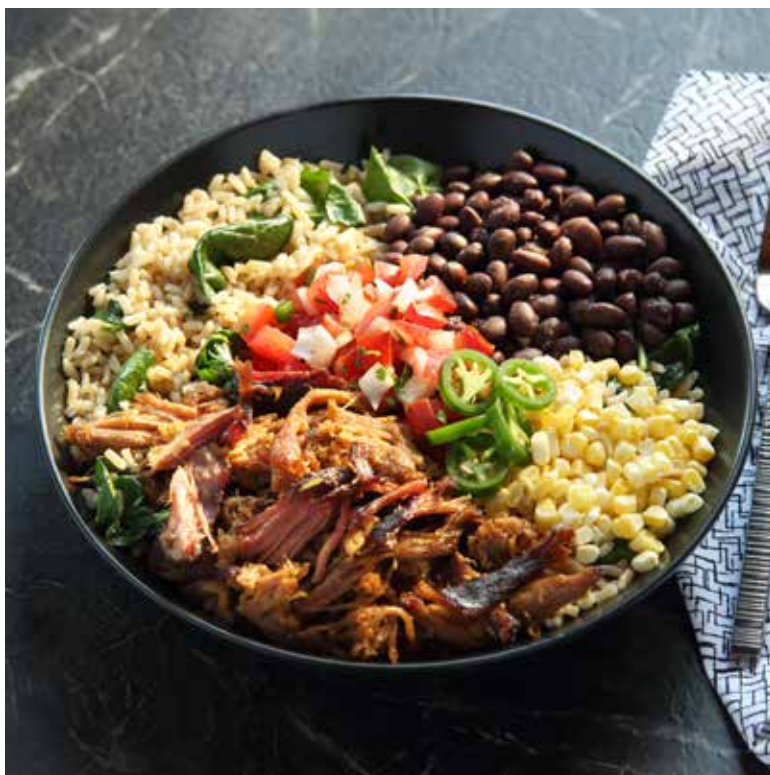
- garnishes, to taste: Kowalski's Fresh Guacamole, Kowalski's Fresh Picomole, sour cream and fresh cilantro leaves

Place tortillas on a clean work surface. Scoop rice, chicken, cheese and salsa into the center "square" of each tortilla. Working one at a time, fold the right and left sides of each tortilla in toward the center, covering the outer edges of the filling by about 1"; hold in place while you fold the edge closest to you up and over the filling to cover. Press and hold these three sides firmly against the filling as you roll the burrito away from you toward the top edge of the tortilla. Set aside, seam side down, while you shape the other burritos. Pour Queso Blanco into a microwave-safe dish; cover with a dish towel and microwave on high until hot (1-2 min.), stirring halfway through. Top burritos with warmed queso; serve immediately with desired garnishes.

FIND IT!

Find Kowalski's Chipotle Chicken and Kowalski's Signature Queso Blanco Dip in the Deli Grab & Go Case.

Find Kowalski's Fresh Guacamole and Picomole in the Prepared Produce Section.



EASY BURRITO BOWLS

SERVES 4

2 cups cooked brown rice, hot

2 handfuls baby spinach, torn (stemmed if desired)

2 cups Kowalski's Canned Black Beans, rinsed and drained, heated

½ cup Kowalski's Medium Salsa or Fresh Pico de Gallo

- toppings, your choice: fresh corn kernels; crumbled queso fresco; chopped fresh cilantro; sliced green onion, jalapeño and avocado; Kowalski's Fresh Mexi-Ranch Salad Dressing; shredded rotisserie chicken or Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Pork

In a large mixing bowl, stir hot rice and spinach together until spinach wilts. Divide rice evenly among 4 serving dishes; top with warm beans and salsa. Serve immediately with desired toppings.



Find 14 oz. fresh corn kernels seasonally in the Prepared Produce Section.

Find Kowalski's Fresh Mexi-Ranch Salad Dressing in the Produce Department.

Find Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Pork in the Meat Department.



EASY ENCHILADA CASSEROLE

SERVES 8-12

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|---|--|
| 2 lbs. Kowalski's Certified Humane 93% Lean Ground Beef | 11 oz. canned corn (such as Green Giant SteamCrisp Mexicorn), drained |
| 1 cup chopped onion | 8 oz. Kowalski's Shredded Cheddar Cheese, divided |
| 2 tbsp. Kowalski's Ancho Chile Powder | 28-29 oz. can fire-roasted crushed tomatoes, divided |
| 1 jalapeño pepper, some seeds and membrane removed, diced | - toppings, to taste: shredded lettuce, sour cream, chopped Roma tomatoes, chopped green onions and canned sliced black olives |
| 1 tsp. kosher salt | |
| - Kowalski's Butter, for coating the baking dish | |
| 12 (5-6") corn tortillas, divided | |
| 15 oz. can Kowalski's Black Beans, rinsed and drained | |

In a large skillet over medium heat, brown ground beef and onion; cook until meat is no longer pink and onion is soft and tender (about 10 min.). Drain; stir in chile powder, jalapeño and salt. Set ground beef mixture aside. Butter the bottom of a 13x9" glass baking dish; arrange 6 tortillas, slightly overlapping, in bottom of prepared dish. Layer ground beef mixture, black beans and corn over tortillas; top with remaining tortillas. Sprinkle ½ of cheese over tortillas; spread tomatoes evenly over cheese. Bake in a preheated 350° oven until heated through and bubbling around edges (about 45 min.); sprinkle with remaining cheese during last 10 min. of baking. Cut casserole into squares; garnish with desired toppings.

Tasty Tip: If you like your enchiladas hot and spicy, use more of the seeds and membrane from the jalapeño pepper. That's where the heat is!



FISH TACOS GF LW

SERVES 4

8 (6") whole wheat tortillas	1 tsp. kosher salt
8 tilapia fillets, halved lengthwise	1 tsp. chopped garlic
3 tbsp. Kowalski's Extra Virgin Olive Oil, divided	¼ cup dry white wine
1 tbsp. chili powder	- shredded red and green cabbage
	- <i>Pepper-Avocado Salsa</i> , to taste

In a large skillet, heat tortillas one at a time over medium-high heat until softened (about 30 sec. per side). Wrap in a clean, slightly moist dish towel to keep them warm and soft. Brush tilapia fillets with 2 tbsp. olive oil; rub with chili powder and season with salt. Heat remaining oil and garlic in the skillet over medium-high heat. Cook fish for 5 min.; flip over. Add wine; continue cooking until tilapia is opaque (3-5 min., depending on thickness of fillets). Place 1 piece of tilapia on each warm tortilla; top with cabbage and salsa. Fold in half; serve immediately.

PEPPER-AVOCADO SALSA GF LW

MAKES 2 ½ CUPS

½ cup chopped red bell pepper	1 tbsp. minced garlic
½ cup chopped yellow bell pepper	¼ cup Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
½ cup chopped orange bell pepper	2 tbsp. Kowalski's Extra Virgin Olive Oil
1 bunch green onions, sliced	2 tbsp. superfine sugar
1 jalapeño pepper, seeded and diced	1 tsp. kosher salt
1 avocado, peeled and cubed	1 tsp. lime zest
1 oz. cilantro, chopped (about ¼ cup)	

In a medium mixing bowl, combine the first 8 ingredients (through garlic). In a separate small mixing bowl, combine remaining ingredients; pour dressing over pepper mixture, gently stirring to combine. Refrigerate several hrs. before using.



JUICY LUCIAS

SERVES 4

- 2 lbs. Kowalski's Naturally Raised Ground Turkey
- 2 tbsp. Kowalski's Taco Seasoning
- 1 egg, beaten
- 1 cup Kowalski's Mexican Blend Shredded Cheese
- 4 tbsp. Kowalski's Signature Queso Blanco Dip
- 2 tbsp. canola oil
- 1 pkg. Kowalski's Butter Burger Buns
- toppings, to taste: Kowalski's Fresh Guacamole, *Chipotle-Lime Crema* (recipe on page 45), finely shredded cabbage or slaw mix, sliced tomato and Kowalski's Signature Yellow Corn Tortilla Chips (as final topping)

Using clean hands, mix turkey with seasoning and egg in a large mixing bowl; form 8 burger patties. In a small mixing bowl, stir together cheese and Queso Blanco until well combined. Distribute the cheese mixture evenly among ½ the patties; cover with remaining patties and pinch edges to seal. In a large cast iron skillet, heat canola oil; cook burgers over medium-high heat until done (4-5 min. per side), turning once. Remove burgers from heat and tent loosely with foil; let stand for 3-5 min. Serve on fresh sliced buns with desired toppings.



FIND IT!

Find Kowalski's Signature Queso Blanco Dip in the Deli Grab & Go Case.

Find Kowalski's Butter Burger Buns in the Bakery Department.

SWEET POTATO TACO TOTS

SERVES 4

- 20 oz. frozen sweet potato tots (such as Alexia brand from the Frozen Foods Aisle)
- 1 tbsp. Kowalski's Taco Seasoning
- *Chipotle-Lime Crema* (recipe on page 45), for dipping

In a large mixing bowl, toss tots with seasoning. Arrange seasoned tots in a single layer on a parchment-lined baking sheet; bake according to pkg. directions (or cook for 15-20 min. in preheated 390° air fryer set to "air fry" setting, stirring halfway through). Serve immediately with crema for dipping.



KOWALSKI'S CHICKEN CHILAQUILES

SERVES 4

16 oz. jar Kowalski's Enchilada Sauce

1 cup Kowalski's Salsa (your choice of Mild, Medium or Hot)

1 cup chicken broth

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

14 oz. Kowalski's Signature Yellow Corn Tortilla Chips, slightly crushed

1 cup finely shredded Kowalski's Signature Rotisserie Chicken (from the Deli Grab & Go Case), warmed

1 cup crumbled queso fresco (from the Specialty Cheese Department)

- garnishes, to taste: thinly sliced red onion, sliced avocado, sliced jalapeños, fresh chopped cilantro, and sour cream or plain yogurt

In an extra-large skillet, stir together sauce, salsa and broth over medium-high heat. Bring to a boil; reduce heat to medium and cook, stirring occasionally, until slightly thickened (3-5 min.). Season sauce with salt and pepper. Add chips to the pan; stir to coat, softening chips slightly. Divide wet chips between 4 serving plates; top with chicken and cheese. Garnish to taste; serve immediately.



KOWALSKI'S CHICKEN ENCHILADAS

SERVES 6

- | | |
|--|--|
| 32 oz. (2 jars) Kowalski's Enchilada Sauce, divided | 12 corn tortillas (10 oz. pkg) |
| - meat from ½ of a Kowalski's Signature Rotisserie Chicken, shredded | - toppings, your choice: shredded lettuce, shredded Kowalski's Monterey Jack Cheese, Kowalski's Salsa, diced avocado, roughly chopped fresh cilantro, lime wedges, sliced red onion and light sour cream |
| 1 ½ cups shredded Kowalski's Monterey Jack Cheese, divided | |
| 4 oz. canned fire-roasted green chiles, drained | |

Pour 1 jar of enchilada sauce into the bottom of a 13x9" glass baking dish sprayed lightly with cooking spray. Pour remaining sauce into a microwave-safe bowl and warm slightly in the microwave; set aside. In a medium mixing bowl, mix chicken with 1 cup cheese and chiles; set aside. Dip 1 tortilla at a time into the bowl of warm sauce; top with filling and roll up. Place enchiladas in prepared baking dish, seam side down. Pour remaining sauce over top; sprinkle with reserved cheese. Bake in a preheated 400° oven until cheese is melted and bubbly and enchiladas are heated through (about 20 min.). Let stand for 10 min. before serving topped with remaining ingredients to taste.

Variations:

- For *Beef Enchiladas*, substitute 1 lb. ground beef and ½ cup onion for the chicken. Cook until beef is no longer pink and onions are tender; drain.
- For *Cheese Enchiladas*, substitute 12 oz. finely shredded Cheddar and Monterey Jack cheeses for the chicken.



KOWALSKI'S CHICKEN TACOS LW

SERVES 4

- ¼ cup plus 2 tbsp. Kowalski's Hot Taco Sauce
- 1 tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- 1 ½ tsp. cocoa powder
- ½ tsp. ground cinnamon
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 4 boneless skinless chicken breasts (about 1 ¼ lbs. total), pounded to even ¼" thickness
- 8 (6") Kowalski's Flour Tortillas
- toppings, your choice: shredded lettuce, shredded Kowalski's Monterey Jack Cheese, Kowalski's Salsa, roughly chopped fresh cilantro, lime wedges, sliced red onion and light sour cream

In a medium mixing bowl, whisk together first 5 ingredients (through pepper). Cut each chicken breast in half; add to marinade, tossing to coat. Cover with plastic wrap; chill in the refrigerator for 2 hrs. Discard marinade; grill chicken over medium heat, covered, until done (about 9 min.), turning once. Remove chicken from heat and tent loosely with foil; let stand for 5 min. Wrap tortillas in slightly damp paper towels; heat in the microwave until very warm (up to 45 sec.). Divide chicken among warm tortillas; top with remaining ingredients to taste. Fold in half; serve immediately.



KOWALSKI'S GRILLED CHICKEN AND BEAN BURRITOS

SERVES 4

- 4 (10") Kowalski's Flour Tortillas, at room temperature
- 2 cups (approx.) shredded white meat from Kowalski's Signature Rotisserie Chicken, warmed slightly
- 5-6 oz. Kowalski's Monterey Jack Cheese, shredded
- other fillings, approx. 1 cup total, as desired: warm rice and Kowalski's Canned Pinto or Black Beans
- Kowalski's Extra Virgin Olive Oil, for brushing the burritos
- garnishes, as desired: Kowalski's Fresh Pico de Gallo, Kowalski's Salsa, Kowalski's Guacamole and Kowalski's Signature Fresh Mexi-Ranch Salad Dressing

Place tortillas on a clean work surface. Pile chicken, cheese and other fillings in the center "square" of each tortilla. Working one at a time, fold the right and left sides of each tortilla in toward the center, covering the outer edges of the filling by about 1"; hold in place while you fold the edge closest to you up and over the filling to cover. Press and hold these three sides firmly against the filling as you roll the burrito away from you toward the top edge of the tortilla. Set aside, seam side down, while you shape the other burritos. Brush the outside of tortillas lightly with olive oil. On a grill pan preheated to medium-high heat, cook burritos seam-side down until filling is hot and tortilla is slightly crispy and covered with grill marks, flipping 1-2 times (4-5 min. total). Serve with desired garnishes.

Tasty Tip:

Burritos can also be grilled in a panini press or countertop grill (such as a George Foreman Grill); flipping not required.



Find Kowalski's Fresh Pico de Gallo, Guacamole and Mexi-Ranch Salad Dressing in the Produce Department.

CHIPOTLE SAUCE

In a small microwave-safe dish, stir together $\frac{1}{4}$ cup each Kowalski's Enchilada Sauce, green tomatillo salsa (such as Frontera brand) and 1-2 tsp. minced chipotle peppers in adobo. Microwave, stirring every 20 sec., until very warm (about 1 min.). Makes about $\frac{1}{2}$ cup.

**OPEN-FACED MEXICAN SCRAMBLED EGG SANDWICHES**

SERVES 2

- 1 demi baguette or hoagie roll (from the Artisan Bread Table), split horizontally, lightly toasted
- $\frac{1}{2}$ avocado, peeled, pitted and sliced
- 4 slices Kowalski's Smoked Bacon, cooked
- 2 tbsp. Kowalski's Unsalted Butter
- 4 Kowalski's Organic Large Brown Eggs, beaten
- $\frac{1}{2}$ cup shredded Kowalski's Monterey Jack Cheese
- *Chipotle Sauce*, to taste
- chopped fresh cilantro, to taste
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

Place each half of the roll on a separate serving plate. Divide avocado slices between halves of roll; lightly smash avocado onto the toast just enough to keep it from falling off. Press bacon slices on top of avocado. In a nonstick skillet over medium heat, melt butter. Add eggs; using a spatula, stir eggs occasionally and gently while moving the pan on and off the heat. Cook until eggs are almost done but still quite soft and glossy, adding cheese in the last 30 sec. of cooking (eggs will continue to cook when they are removed from the heat, so remove them from the pan right away so they don't overcook). Scoop eggs on top of bacon slices. Spoon chipotle sauce on top of eggs; garnish with cilantro. Season with salt and pepper; serve immediately.



MEXICAN CHICKEN SANDWICHES

SERVES 4

- | | |
|--|---|
| ½ cup mayonnaise | 1 tbsp. finely chopped fresh cilantro |
| 1 tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department) | 1 tsp. ground cumin |
| 1 tsp. grated lime zest | 1 ¼ lbs. boneless skinless chicken breasts, pounded to an even ½" thickness |
| - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste | 2 tsp. chili powder |
| 1 tbsp. Kowalski's Extra Virgin Olive Oil | ¾ tsp. cayenne pepper |
| ½ cup Kowalski's Canned Black Beans, rinsed and drained | 3 slices pepper jack cheese |
| 2 tbsp. chopped red onion | 1 baguette, split horizontally, cut into 4 pieces |
| 2 tbsp. low-sodium chicken stock | 6-8 slices tomato |
| | - Kowalski's Fresh Guacamole, to taste |

In a small mixing bowl, whisk together mayonnaise, lime juice and zest; season with salt and pepper. Set lime mayonnaise aside. Heat oil in a small skillet over medium heat. Add beans and onion; cook until onion is tender (5 min.). Transfer bean mixture to a medium mixing bowl. Add stock, cilantro, cumin, and salt and pepper to taste; mash to a paste and set aside. Season chicken with chili powder, cayenne, and salt and pepper to taste; grill over high heat, covered, until chicken is cooked through (about 10 min.), turning once. Remove from grill; cover chicken with cheese. Tent chicken loosely with foil; let stand for 5 min. Spread half of each roll with bean paste; spread the other half with a generous amount of lime mayonnaise. Top each roll with a piece of chicken, an equal amount of tomato and a generous dollop of guacamole; serve immediately.



POLLO LOCO

SERVES 4

- | | |
|---|--|
| 1 lb. boneless skinless chicken breasts | - garnishes, to taste: Kowalski's Fresh Pico de Gallo and chopped fresh cilantro |
| 1 tbsp. Kowalski's Taco Seasoning | |
| ½ lb. ground chorizo | 8 Kowalski's Flour Tortillas, warmed |
| 1 cup Kowalski's Signature Queso Blanco Dip | |

Season chicken breasts evenly with seasoning. On a grill preheated to medium-high, grill chicken over direct heat until done, turning halfway through or when grill marks form and chicken releases easily from the grates (about 10 min. total). Transfer grilled chicken to a warm plate; tent with foil and let stand for 5-10 min. While chicken rests, cook and crumble sausage in a medium sauté pan over medium-high heat until cooked through (about 5 min.); set aside and keep warm. Pour queso blanco into a microwave-safe dish; cover with a towel and microwave on high until hot (1-2 min.), stirring halfway through. To serve, slice chicken on the diagonal into ½" thick pieces. Arrange chicken, overlapping slightly, on a warm serving platter; top with sausage and drizzle evenly with warm queso. Garnish with pico de gallo and cilantro; serve with warm tortillas.

FIND IT!

Find Kowalski's Signature Queso Blanco Dip with Kowalski's Signature Fresh Sauces in the Deli or Dairy Department.

Find Kowalski's Fresh Pico de Gallo in the Prepared Produce Section.



POT ROAST TACOS LW

SERVES 10-12

- | | |
|---|---|
| 3-4 lbs. Kowalski's 100% Grass-Fed
Beef Chuck Shoulder Roast | 1 ½ cups Mexican lager-style beer |
| ¾ tsp. kosher salt | ½ cup water |
| ¾ tsp. freshly ground Kowalski's
Black Peppercorns | 1 tbsp. dried oregano |
| ¼ cup Kowalski's Extra Virgin
Olive Oil | - corn or flour tortillas |
| 1 onion, finely chopped | - toppings, to taste: chopped red
onion, grated Cotija, shredded
romaine lettuce, chopped fresh
cilantro, salsa and sliced avocado |
| 2 cloves garlic, minced | |

Season beef with salt and pepper. In a Dutch oven over medium-high heat, heat oil until hot but not smoking. Add meat; cook, turning frequently, until browned on all sides (about 10 min.). Transfer roast to a platter; set aside. Add onion and garlic to the Dutch oven; sauté until softened (1-2 min.). Add beer, scraping browned bits from the bottom of the pot. Return meat to the pot; add water and oregano. Cook, covered, in a preheated 350° oven until meat is very tender (about 45 min. per lb.). Remove meat from the pot; let rest on a carving board, covered with foil, for 10-20 min. Coarsely chop or shred beef into bite-sized pieces; moisten slightly with cooking juices. Serve immediately in tortillas with desired toppings.

Tasty Tips:

- If you don't have a Dutch oven, you can use any oven-safe covered pot.
- You can also transfer the seared meat, onions and beer to a slow cooker with the water and oregano. Cook for about 5 hrs. on high or 10 hrs. on low.



PUEBLA PULLED PORK SANDWICHES

SERVES 4

1 lb. Kowalski's Signature BBQ Pulled Pork

1 tsp. finely chopped chipotle chiles in adobo sauce

½ cup Kowalski's Fresh Guacamole

4 Kowalski's Sweet Egg Buns, split horizontally and lightly toasted

1 cup crumbled queso fresco

½ cup fresh cilantro leaves

- garnishes, if desired: thinly sliced white onion and sliced tomato

Heat pork in a medium saucepan over medium heat; keep warm. In a small bowl, mix chipotle peppers into guacamole until well combined; spread evenly on the top half of each bun. Top bottom buns with an equal amount of warm pork; top pork evenly with queso fresco and cilantro leaves. Add onion, tomato and top bun; serve immediately.

FIND IT!

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

Find Kowalski's Sweet Egg Buns in the Bakery Department.

Find chipotle chiles in adobo sauce in the International Foods Aisle.

Find queso fresco in the Specialty Cheese Department.



PULLED BEEF TACOS

MAKES 12

1 pkg. Dole Sweet Kale Premium Salad Kit, dressing and mix-ins reserved for another use
 ½ cup shredded Brussels sprouts (from the Prepared Produce Section)
 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 (from the Meat Department), 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; keep warm. If necessary, coarsely chop or pull beef into bite-sized pieces. Divide warm beef evenly between warm tortillas. Top with cheese and kale salad mixture; drizzle with BBQ sauce to taste. Fold in half; serve immediately.

Note:

The pulled beef may appear dry before you reheat it – it's not! Once warm, it becomes incredibly tender and juicy.



TRADITIONAL TORTAS

SERVES 4

- 4 demi baguette rolls, sliced horizontally and lightly toasted
- ½ cup refried beans, warmed gently in the microwave
- 1 ¼ lbs. Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Pork or Chipotle Chicken, warmed gently in the microwave
- 4 slices pepper jack cheese
- toppings, to taste: sliced tomato, thinly sliced white onion, sliced avocado or Kowalski's Fresh Guacamole, and Mexican crema

Place the bottom half of each roll on a parchment-lined baking sheet; spread evenly with refried beans. Top evenly with pork and cheese; broil until cheese is melted and bubbly (1-2 min.). Remove rolls from oven; add toppings as desired. Cover with top halves of rolls; serve immediately.

FIND IT!

- Find demi baguette rolls on the Artisan Bread Table in the Bakery Department.
- Find Kowalski's Signature Lightly Smoked, Fully Cooked Pulled Pork in the Meat Department.
- Find Kowalski's Chipotle Chicken in the Grab & Go Case or Burrito Bar in the Deli Department.
- Find Mexican crema in the Dairy Department.



TEQUILA LIME MARINADE AND GLAZE GF

MAKES ENOUGH FOR 1-1 ½ LBS. CHICKEN OR SHRIMP

¼ cup pineapple juice	¼ tsp. crushed red pepper flakes (or less to taste)
¼ cup tequila	1 tsp. freshly grated lime zest
1 small jalapeño pepper, very finely minced	2 tsp. Kowalski's Extra Virgin Olive Oil
1 small shallot, very finely minced	2 tsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
2 tbsp. brown sugar	2 tsp. finely minced fresh cilantro (optional)
2 tbsp. Kowalski's Pure Honey	
½ tsp. kosher salt	
¼ tsp. freshly ground Kowalski's Black Peppercorns (or less to taste)	

Combine first 10 ingredients (through zest) in a small saucepan. Transfer ½ of the mixture from the pan to a small bowl and whisk in oil; set aside to use as a marinade. Bring remaining mixture in the pan to a boil over high heat to melt sugar; reduce to medium-low and simmer until reduced by ½ (7-10 min.). Cool slightly or to room temperature; stir in lime juice just before using. Stir cilantro into glaze just before using or reserve for use as a garnish.

To use marinade: Toss with raw shrimp or boneless skinless chicken breasts; let stand for 20-30 min. Grill as desired. Discard unused marinade.

To use glaze: Brush over shrimp or chicken in the last 1-2 min. of grilling and/or drizzle over food after it comes off the grill. Tent with foil; let stand for 5 min. before serving.



VEGGIE TACOS

SERVES 4

- | | |
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| ¼ cup canola or corn oil | 6 oz. portobella mushroom caps, cut into ½" strips |
| 6 tbsp. Kowalski's Freshly Squeezed Orange Juice | 8 (6") corn or flour tortillas |
| 2 tbsp. Kowalski's Freshly Squeezed Lime Juice | - toppings, your choice: cooked Spanish rice, crumbled Cotija or Kowalski's Mexican Blend Shredded Cheese, shredded lettuce or cabbage, Kowalski's Canned Black Beans, Kowalski's Fresh Mexi-Ranch Salad Dressing, lime wedges and fresh cilantro leaves |
| 1 tbsp. freshly minced garlic | |
| 1 tbsp. tamari | |
| 1 tbsp. Kowalski's Taco Seasoning | |
| ½ tsp. smoked paprika | |
| 12 oz. Kowalski's Fajita Vegetable Mix | |

In a medium mixing bowl, combine first 7 ingredients (through paprika). Add fajita mix and mushrooms, tossing to coat evenly; marinate for 20 min. Meanwhile, heat tortillas one at a time in a large skillet over medium-high heat until softened (about 30 sec. per side); wrap in a clean, slightly moist dish towel to keep them warm and soft. Add ½ the marinated vegetables to the skillet used to heat the tortillas; sauté over high heat until al dente (about 3-4 min.). Remove from pan and keep warm; repeat with remaining vegetables. Divide veggies among warm tortillas; top with remaining ingredients to taste. Fold in half; serve immediately.



Find Cotija cheese in the Specialty Cheese Department.

Find Kowalski's Freshly Squeezed Juices, Fajita Vegetables and Fresh Mexi-Ranch Salad Dressing in the Produce Department.

WALLEYE ENCHILADAS

SERVES 4

- 1 ½ lbs. walleye fillets (or any white fish)
- 1 ½ tbsp. Kowalski's Taco Seasoning
- 4 oz. cream cheese, softened
- 4 oz. canned diced green chile peppers, slightly drained
- 8 (6") corn or flour tortillas
 - Kowalski's Butter, for coating the casserole dish
- 8 oz. green chile enchilada sauce, such as Frontera brand (from the International Foods Aisle)
- 8 oz. Kowalski's Mexican Blend Shredded Cheese
 - garnishes, to taste: sour cream, Kowalski's Mild Salsa and fresh cilantro leaves



Place fish fillets at least 2" apart on a parchment-lined baking sheet; sprinkle evenly with seasoning. Bake fish in a preheated 425° oven until opaque and fish flakes easily with a fork (10-12 min.); turn on broiler and broil on high until fish is dark brown on top (2-3 min.). Remove fish from oven; gently break into bite-sized pieces and place in a medium mixing bowl. Add cream cheese and chiles; stir gently until well combined. Divide cream cheese mixture among 8 tortillas (approx. ½ cup each). Butter the bottom of a 13x9" casserole dish; roll up tortillas tightly and place in bottom of prepared dish, seam side down. Pour enchilada sauce over top; sprinkle with shredded cheese. Bake enchiladas in a preheated 400° oven until cheese is melted and bubbly (about 20 min.). Remove enchiladas from oven; let stand for 10 min. Serve immediately with desired garnishes.



WHITE FISH TACOS WITH CHIPOTLE-LIME CREMA GF

SERVES 4

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| <p>½ cup Kowalski’s Signature Fresh Chipotle Lime Vinaigrette (from the Produce Department)</p> <p>1 tsp. ground cumin</p> <p>1 tsp. chili powder</p> <p>½ tsp. smoked paprika</p> <p>1 lb. fresh white fish fillets (such as cod), cut into 3 evenly sized pieces</p> | <p>8 (6") corn or flour tortillas</p> <p>- toppings, your choice: Kowalski’s Mexican Blend Shredded Cheese, finely shredded cabbage or slaw mix, cilantro leaves, Kowalski’s Pico de Gallo, lime wedges and <i>Chipotle-Lime Crema</i></p> |
|--|--|

In a large mixing bowl, combine vinaigrette and spices (through paprika); marinate fish for 20 min. at room temperature. Meanwhile, in a large skillet over medium-high heat, heat tortillas one at a time until softened (about 30 sec. per side); wrap in a clean, slightly moist dish towel to keep them warm and soft. Remove fish from marinade; transfer to a parchment-lined baking sheet (discard marinade). Bake fish in a preheated 425° oven until opaque and fish flakes easily with a fork (10-12 min.); turn on broiler and broil on high until fish is dark brown on top (2-3 min.). Remove fish from oven; gently break into bite-sized pieces. Divide fish among warm tortillas; top with remaining ingredients to taste. Fold in half; serve immediately.

A note about gluten: When corn tortillas and a gluten-free chili powder are used, this recipe is gluten free.

CHIPOTLE-LIME CREMA GF

MAKES ABOUT 1 CUP

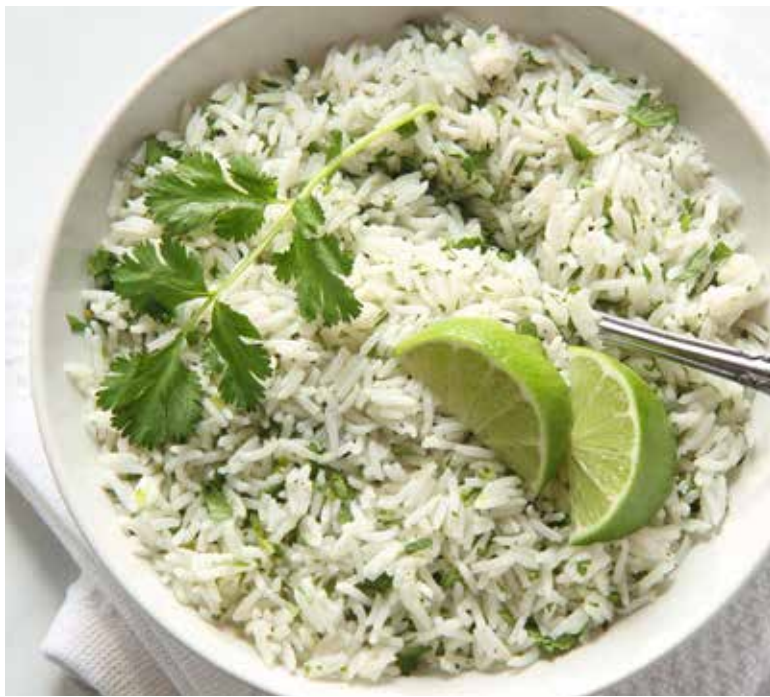
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|---|--|
| <p>1 cup sour cream</p> <p>1 tbsp. lime juice (from approx. 1 medium lime)</p> <p>1 ½ tsp. lime zest (from approx. 1 medium lime)</p> <p>1 medium whole chipotle chile in adobo sauce, plus 1 tsp. adobo sauce from the can</p> | <p>1 tsp. garlic powder</p> <p>1 tsp. granulated sugar</p> <p>½ tsp. smoked paprika</p> <p>- kosher salt and freshly ground Kowalski’s Black Peppercorns, to taste</p> |
|---|--|

In a food processor or blender, pulse all ingredients until incorporated and chipotle pepper is completely broken up. Store, covered, in the refrigerator for up to 1 week.

Tasty Tip:

This recipe will make a mild crema. For an extra kick, add an additional chipotle pepper and adobo sauce.

A note about gluten: When gluten-free chipotle chiles in adobo sauce are used, this recipe is gluten free.



CILANTRO-LIME RICE GF

SERVES 4

- 1 cup basmati rice
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- ½ cup chopped fresh cilantro
- grated zest of 1 lime
- juice of 1 lime
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

Cook rice on the stovetop according to pkg. directions or in a rice cooker according to manufacturer's instructions. When rice is done, fluff with a fork; drizzle with oil. Fold in cilantro, zest and juice; season to taste with salt and pepper.

Tasty Tips:

- You can substitute another medium- to long-grain rice or brown rice in this recipe. Try other grains and blends as well.
- You can also use frozen rice; prepare it according to pkg. directions before adding oil and other mix-ins.
- If desired, you can use gluten-free chicken or vegetable broth to cook the rice instead of water. You can also try mixtures of broth and water.



CUMIN-SCENTED RICE GF

SERVES 4

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|-------------------------------------|--------------------------------------|
| 1 tbsp. Kowalski's Unsalted Butter | ½ tsp. dried oregano |
| 2 tbsp. finely chopped yellow onion | - kosher salt and freshly ground |
| ½ tsp. minced garlic | Kowalski's Black Peppercorns, to |
| 1 cup basmati rice | taste |
| 2 tsp. ground cumin | - Kowalski's Extra Virgin Olive Oil, |
| 2 cups gluten-free chicken broth | to taste |

Melt butter in a saucepan over medium heat. Add onion and garlic; cook until softened (about 5 min.). Add rice and cumin; stir to coat. Add broth, oregano, salt and pepper; cover and bring to a boil. Reduce heat to low; simmer and cook, covered, until liquid is absorbed (about 20 min.). Fluff rice with a fork. Drizzle with oil and season with more salt and pepper to taste; toss gently to blend well.

Tasty Tips:

- You can also make this recipe with frozen rice; prepare it according to package directions before adding oil and other mix-ins.
- If desired, you can use water to cook the rice instead of broth. You can also try mixtures of broth and water.



GRILLED AVOCADOS WITH PICO DE GALLO GF

SERVES 4

- 2 avocados, halved lengthwise and pitted
- 1 ½ tbsp. Kowalski's Freshly Squeezed Lime Juice
- Kowalski's Extra Virgin Olive Oil, for grilling
- freshly ground Kowalski's Sea Salt and Black Peppercorns, to taste
- ½ cup Kowalski's Fresh Pico de Gallo
- garnishes, to taste: Kowalski's Fresh Mexi-Ranch Salad Dressing and chopped fresh cilantro

Drizzle cut sides of avocado with lime juice and brush lightly with oil. Grill avocados, cut side down, on a grill preheated to medium heat until dark grill marks appear and avocados release easily from the grill grates (3-4 min.). Flip avocados; cook until warm and starting to soften on the bottom (3-5 min., depending on ripeness). Place avocados on a serving plate(s); season to taste with salt and pepper. Fill avocados with pico de gallo; drizzle with dressing and sprinkle with cilantro. Serve immediately.

FIND IT!

Find Kowalski's Freshly Squeezed Lime Juice, Fresh Pico de Gallo and Fresh Mexi-Ranch Salad Dressing in the Produce Department.



MEXICAN STREET CORN GF

SERVES 8

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

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

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

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

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



PEPPER JACK CORNBREAD

SERVES 12

3 cups flour	16 tbsp. Kowalski's Unsalted Butter, melted
1 cup yellow cornmeal	8 oz. shredded Kowalski's Pepper Jack Cheese, divided
¼ cup sugar	¼ cup freshly minced jalapeño peppers (or more to taste)
2 tbsp. baking powder	
2 tsp. kosher salt	
2 cups whole milk	
4 eggs, lightly beaten	

In a large mixing bowl, whisk together flour, cornmeal, sugar, baking powder and salt. In a separate mixing bowl, whisk together milk, eggs and butter. Stir wet ingredients into dry ingredients just until combined (some lumps will remain). Reserve a small handful of cheese for sprinkling on top of the cornbread; set aside. Mix remaining cheese and jalapeños into cornbread batter; let stand at room temperature for 20 min. Lightly coat a 13x9" baking pan with cooking spray; pour batter into the pan. Sprinkle reserved cheese on top before placing pan in a preheated 350° oven. Bake cornbread until a toothpick inserted in the center comes out clean (30-35 min.). Serve warm or at room temperature.



MARGARITA CURD GF

MAKES ABOUT 2 ½ CUPS

1 ½ cups sugar	½ tsp. kosher salt
¾ cup Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)	8 egg yolks, beaten
1 tbsp. cornstarch	3 tbsp. tequila
4 tsp. lime zest	8 tbsp. (1 stick) Kowalski's Unsalted Butter, cold, cut into approx. 32 cubes

In a medium saucepan over medium-high heat, combine sugar, juice, cornstarch, zest and salt; cook just until sugar dissolves, adjusting the heat down if needed to ensure mixture does not boil. Put egg yolks in a heat-safe glass bowl; stream in a few tbsp. of hot syrup very, very slowly, whisking constantly to temper the eggs. Add remaining syrup to the egg mixture very slowly, a few tbsp. at a time, whisking constantly. Pour the curd back into the saucepan and cook over medium-low heat, stirring constantly with a silicone spatula, until the mixture reaches 170° and the spatula leaves a faint, disappearing trail when dragged across the bottom (11-15 min.). Remove cooked curd from the heat; stir in tequila. Whisk in cold butter a bit at a time until melted. Strain; move to a storage container. Press a bit of plastic wrap onto the surface of the curd; cool completely in the refrigerator. May be stored up to 10 days.

Tasty Tip:

Serve on muffins, pancakes, waffles, biscuits, white cake, angel food cake, pound cake and berries, or in tart shells, meringue shells or yogurt.



MEXICAN HOT CHOCOLATE FONDUE GF

SERVES 6

- | | |
|--|---|
| <p> $\frac{1}{3}$ cup sugar
 1 tbsp. cornstarch
 1 $\frac{1}{4}$ cups heavy cream
 1 $\frac{1}{4}$ cups milk
 2 tbsp. fresh ground coffee
 $\frac{1}{2}$ tsp. ground cinnamon
 2 tsp. Kowalski's Organic
 Madagascar Vanilla Paste
 7 oz. extra-dark chocolate chips,
 such as Guittard brand </p> | <p> 3 tbsp. Kowalski's Unsalted Butter
 - dippers, your choice: cinnamon
 twists (from the Donut Case);
 toasted vanilla marshmallows
 (such as Smashmallow brand);
 cinnamon cookie thins or graham's;
 and fresh and dried fruits such as
 strawberries, bananas, mango and
 pineapple </p> |
|--|---|

In a medium saucepan, whisk together sugar and cornstarch. Whisk in cream, milk, coffee, cinnamon and vanilla; bring to a boil over medium-high heat, whisking constantly, until thickened (about 4 min.). Remove pan from heat; whisk in chocolate and butter until melted. Pour into a warm serving dish; serve hot with your choice of dippers.

A note about gluten: When enjoyed with gluten-free dippers, this recipe is gluten free.



CLASSIC MARGARITAS **GF**

MAKES 2

- 2 tbsp. kosher salt
- 3 lime wedges, divided
- 8 oz. *Lime Sour*, cold
- 3 oz. tequila
- 2 oz. Cointreau (or another orange liqueur)
- ice

Pour salt onto a flat rimmed dish. Moisten the rim of 2 margarita glasses with a lime wedge; dip rims in salt. Combine lime sour, tequila and Cointreau in a cocktail shaker over ice. Shake to combine; pour into prepared glasses. Garnish each glass with a lime wedge.

LIME SOUR

In a medium saucepan, bring 1 cup Kowalski's Freshly Squeezed Lime Juice (from the Produce Department) and ½ cup sugar to a boil over medium-high heat, stirring to dissolve sugar. Remove from heat; cool for 30 min. Store, covered, in the refrigerator for up to 5 days. Makes about 1 cup.



EASY BLENDED MARGARITAS GF

SERVES 4

- | | |
|--|---------------------------------------|
| 1 ½ cups Kowalski's Margarita Mix | ¼ cup Kowalski's Simple Syrup |
| 1 cup white tequila | 2 cups ice, divided |
| ½ cup Kowalski's Freshly Squeezed Lime Juice (from the Produce Department) | 2 pinches kosher salt, divided |
| | - lime slices, for garnish (optional) |

In a freezer-safe quart-sized container, combine margarita mix, tequila, lime juice and simple syrup; freeze until solid (at least 6 hrs.). Put ½ of the frozen mixture into a blender with 1 cup ice and a pinch of salt; blend until smooth. Pour evenly into 2 glasses; repeat with the remaining frozen mixture, ice and salt. Garnish each glass with a slice of lime; serve immediately.

FRESH AND EASY MARGARITAS GF

MAKES 4

- ½ cup Kowalski's Simple Syrup
- 8 oz. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- 4 oz. tequila
- ice

In a 4-cup measuring glass, combine simple syrup and lime juice. Stir in tequila; serve over ice.



LIME SOUR

In a medium saucepan, bring 1 cup Kowalski's Freshly Squeezed Lime Juice (from the Produce Department) and ½ cup sugar to a boil over medium-high heat, stirring to dissolve sugar. Remove from heat; cool for 30 min. Store, covered, in the refrigerator for up to 5 days. Makes about 1 cup.

MANGO MARGARITAS **GF**

MAKES 2

2 tbsp. kosher salt
1 lime wedge
6 oz. *Mango Purée*
4 oz. *Lime Sour*, cold

3 oz. tequila
2 oz. Cointreau, triple sec or
another orange liqueur
- ice

Pour salt onto a flat rimmed dish. Moisten the rim of 2 margarita glasses with a lime wedge; dip rims in salt. Combine mango purée, lime sour, tequila and Cointreau in a cocktail shaker over ice; shake to combine. Pour into prepared glasses; garnish each glass with a lime twist and slice of mango.

MANGO PURÉE: In a food processor, purée 10 oz. peeled fresh mango, ¼ cup pure mango juice and 1 oz. Kowalski's Freshly Squeezed Lime Juice until smooth; strain if desired.



MICHELADAS

SERVES 4

2 tbsp. kosher salt	1 ½ tsp. Worcestershire sauce
½ tsp. Kowalski's Ancho or Chipotle Chile Powder	1 tsp. tamari
5 lime wedges, divided	½ tsp. hot sauce, plus more for finishing the cocktails
2 cups Clamato Tomato Cocktail, cold	18 oz. brown ale, cold
¼ cup Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)	- ice

Mix salt and chile powder on a flat rimmed dish. Moisten the rim of 4 highball glasses with a lime wedge; dip rims in salt mixture. In a 2 qt. pitcher, thoroughly whisk together next 5 ingredients (through hot sauce). Pour in beer, taking care to minimize foaming; whisk gently to combine. Pour over ice into prepared glasses; garnish individual servings with a lime wedge and hot sauce to taste.



PALOMAS GF

MAKES 2

- | | |
|--|--|
| 2 tbsp. kosher salt | 1 oz. Kowalski's Freshly Squeezed
Lime Juice (from the Produce
Department) |
| 3 grapefruit wedges, divided | - ice |
| 4 oz. Kowalski's Freshly Squeezed
Grapefruit Juice (from the
Produce Department) | 4 oz. Izze Sparkling Grapefruit Soda,
cold |
| 4 oz. white tequila | |

Pour salt onto a flat rimmed dish. Moisten the rim of two highball glasses with a grapefruit wedge; dip in salt. Combine grapefruit juice, tequila and lime juice in a cocktail shaker with ice; shake to combine. Pour evenly into prepared glasses. Top evenly with soda; garnish each glass with a grapefruit wedge.



TOMATO MARGARITAS GF

SERVES 4

- 2 tbsp. kosher salt
- ½ tsp. Kowalski's Ancho or
Chipotle Chile Powder
- 5 lime wedges, divided
- ice
- 6 oz. tequila blanco
- 4 oz. Cointreau, triple sec or another orange liqueur
- 1 cup *Lime Sour*, cold
- 1 ½ cups strained tomato juice, cold
- cherry tomatoes, for garnish

Mix salt and chile powder on a flat rimmed dish. Moisten the rim of 4 margarita or martini glasses with a lime wedge; dip rims in salt mixture. Fill a 2 qt. pitcher with ice; add next 4 ingredients (through tomato juice) and whisk briskly to combine. Pour into prepared glasses; garnish individual servings with a lime wedge and cherry tomatoes to taste.

LIME SOUR

In a medium saucepan, bring 1 cup Kowalski's Freshly Squeezed Lime Juice (from the Produce Department) and ½ cup sugar to a boil over medium-high heat, stirring to dissolve sugar. Remove from heat; cool for 30 min. Store, covered, in the refrigerator for up to 5 days. Makes about 1 cup.



TACO OR FAJITA SEASONING **GF**

ENOUGH FOR 1 ½ LBS. BEEF OR CHICKEN

- | | |
|---------------------------------------|--|
| 1 ½ tbsp. cornstarch | ½ tsp. garlic powder |
| 1 tbsp. Kowalski's Ancho Chile Powder | ½ tsp. dried oregano |
| 1 ½ tsp. kosher salt | ½ tsp. crushed red pepper flakes |
| 1 ½ tsp. paprika | ¼ tsp. ground cumin |
| 1 tsp. onion powder | ¼ tsp. cayenne pepper |
| ¾ tsp. sugar | ¼ tsp. freshly ground Kowalski's Black Peppercorns |

Mix all ingredients together; store in a sealed container for up to 3 months until ready to use.