



KOWALSKI'S
MARKETS



Cooking WITH
KOWALSKI'S

fresh
SUMMER
FLAVOR

SUMMER 2022

SECTION GUIDE



Appetizers



Salads



Main Dishes



Sides



Desserts

ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE



BASIL BEAN DIP GF V VE DF

SERVES 6

This nondairy dip is creamy, dreamy heaven on crispy wheat crackers.

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|---|--|
| 15 oz. can Kowalski's Imported Italian Great Northern Beans, rinsed and drained | 1 tsp. minced garlic |
| 1 oz. fresh basil leaves, plus more for garnish, if desired | ½ tsp. kosher salt |
| 1 tbsp. Kowalski's Extra Virgin Olive Oil, plus more as needed | ¼ tsp. freshly ground Kowalski's Black Peppercorns |
| | - cherry tomatoes, halved, for garnish (optional) |

DIRECTIONS:

1. In a food processor, combine beans, basil, oil, garlic, salt and pepper; process until smooth.
2. Add more oil as needed to reach desired consistency.
3. Store in the refrigerator, covered, for up to 5 days.
4. Serve garnished with tomatoes and basil ribbons and a drizzle of olive oil.



CREAMY JALAPEÑO DIP

SERVES 12

This dip is a huge win with cheese-flavored tortilla chips.

½ of a 16 oz. jar (approx.) pickled jalapeños (such as Mrs. Renfro's brand), including ½ of the liquid
 8 oz. cream cheese
 ½ cup sour cream
 ¾ oz. fresh cilantro leaves
 2 tsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)

½ tsp. Kowalski's Organic Roasted Chicken Broth Base
 ¼ tsp. kosher salt
 ¼ tsp. granulated garlic
 - fresh chopped jalapeño peppers, for garnish (optional)

DIRECTIONS:

1. In a food processor; combine jalapeños and liquid with cream cheese, sour cream, cilantro, lime juice, broth base, salt and garlic; process until smooth.
2. Store in the refrigerator, covered, for up to 5 days.
3. Serve garnished with jalapeños.



FALAFEL FRITTERS V VE DF

SERVES 6

This bite-sized falafel is easy to make at home and makes a great salad topper.

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| 14 oz. can Kowalski's Imported Italian Garbanzo Beans, rinsed and drained | 1 tsp. kosher salt |
| $\frac{3}{4}$ oz. fresh cilantro, plus more for garnish, if desired | $\frac{1}{4}$ tsp. ground coriander |
| $\frac{1}{2}$ fresh jalapeño pepper, stemmed and seeded | $\frac{1}{4}$ tsp. ground cumin |
| $\frac{1}{4}$ medium yellow onion | $\frac{1}{8}$ tsp. baking soda |
| 3 cloves garlic | 1 tbsp. water |
| | $\frac{1}{3}$ cup flour |
| | - canola oil, as needed for frying |
| | - garlic dip or tzatziki, for serving (optional) |

DIRECTIONS:

1. Preheat oven to 350°.
2. In a food processor, combine first 10 ingredients (through water); process until smooth.
3. Scoop mixture into a medium mixing bowl; fold in flour by hand until flour is fully incorporated.
4. Heat approx. $\frac{1}{2}$ " of oil in a small nonstick skillet over medium-high heat until oil is about 350°.
5. Using a small cookie scoop, form garbanzo mixture into 18-20 balls, scooping them directly into the hot oil; cook for 1-2 min. on each side until dark golden-brown and slightly puffed.
6. Using a slotted spoon, transfer fritters from oil to a rimmed baking sheet lined with parchment paper.
7. Bake fritters in preheated oven until crispy and cooked through (about 20 min.).
8. Transfer fritters to a serving platter; garnish with fresh cilantro and serve with garlic dip or tzatziki, if desired.



HONEY-MARINATED HALLOUMI GF V

SERVES 4

You'll love this warm, melty cheese with a sweet-tart glaze that slightly caramelizes as it cooks.

5 tbsp. Kowalski's Pure Honey

¼ cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)

4 sprigs fresh thyme

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

1 lb. halloumi cheese, sliced ½" thick, divided

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

- pomegranate seeds and Kowalski's Roasted and Salted Pepitas, for garnish (optional)

DIRECTIONS:

1. In a large mixing bowl, whisk honey with juice. Stir in thyme leaves; season with salt and pepper.
2. Add cheese; toss to coat. Cover and marinate in the refrigerator for 1-24 hrs., turning occasionally.
3. In a nonstick skillet, heat ½ of the oil over medium heat. Add ½ of the cheese slices; cook until dark golden-brown on the first side (2-3 min.).
4. Flip cheese; spoon a bit of marinade on top.
5. Cook second side until hot and golden-brown on the bottom (1-2 min.); move to a serving platter and drizzle with more marinade.
6. Repeat with remaining oil, cheese and marinade; serve warm with desired garnishes.



MARINATED FETA

SERVES 12

Add marinated feta to a salad and serve the infused oil with crusty bread for dipping.

- 10 oz. feta cheese, cut into $\frac{3}{4}$ " cubes
- $\frac{1}{2}$ cup Kowalski's Extra Virgin Olive Oil
- $\frac{1}{4}$ cup freshly squeezed lemon juice
- 3 cloves garlic, thinly sliced
- 1 $\frac{1}{2}$ tsp. freshly grated lemon zest
- 1 tsp. Kowalski's Whole Fennel Seeds
- $\frac{1}{2}$ tsp. Kowalski's Whole Mixed Peppercorns
- $\frac{1}{4}$ tsp. Kowalski's Crushed Red Pepper Flakes

DIRECTIONS:

1. Place cheese in a zipper-closure food storage bag; set aside.
2. Combine remaining ingredients in a 1 pt. glass jar with a tight-fitting lid; cover and shake well.
3. Pour marinade over cheese in storage bag; seal bag.
4. Refrigerate for 8 hrs. or up to 3 days, turning occasionally.
5. Let cheese stand at room temperature for at least 1 hr. before serving.
6. Stir and pour onto a serving platter; serve immediately.



MARINATED MOZZARELLA GF V

SERVES 8

Serve this flavorful cheese as a party snack or even try it on top of a grilled pizza!

½ cup Kowalski's Extra Virgin Olive Oil

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

3 tbsp. minced fresh herbs, any combination (such as dill, chives and Italian parsley)

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

- optional mix-ins: thinly sliced peeled fresh garlic cloves, crushed red pepper flakes and/or freshly grated lemon zest

1 lb. Kowalski's Fresh Hand-Pulled Mozzarella Cheese (from the Specialty Cheese Department), cut into ½" dice

DIRECTIONS:

1. In a medium mixing bowl, whisk oil with juice.
2. Stir in herbs; season with salt and pepper.
3. Add optional ingredients to taste.
4. Add cheese; toss to coat.
5. Cover and marinate in the refrigerator for 4-24 hrs., turning occasionally.
6. Let cheese stand at room temperature for at least 1 hr. before serving.
7. Stir and pour onto a serving platter; serve immediately.



SPICY MARINATED PROVOLONE GF V

SERVES 12

Try this easy appetizer as the center of your next cheese board with some party picks.

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| 10 oz. block provolone cheese, cut into ¾" cubes | 1 tsp. Kowalski's Whole Fennel Seeds |
| ½ cup Kowalski's Extra Virgin Olive Oil | ½ tsp. Kowalski's Whole Mixed Peppercorns |
| ¼ cup freshly squeezed lemon juice | ¼ tsp. Kowalski's Crushed Red Pepper Flakes |
| 3 cloves garlic, thinly sliced | |
| 1 ½ tsp. freshly grated lemon zest | |

DIRECTIONS:

1. Place cheese in a zipper-closure food storage bag; set aside.
2. Combine remaining ingredients in a 1 pt. glass jar with a tight-fitting lid; cover and shake well.
3. Pour marinade over cheese in storage bag; seal bag.
4. Refrigerate for 8 hrs. or up to 3 days, turning occasionally.
5. Let cheese stand at room temperature for at least 1 hr. before serving.
6. Stir and pour marinated cheese onto a serving platter; serve immediately.



S'KHUG GF V VE DF

SERVES 8

This spicy, herby sauce is a staple condiment in Israeli cuisine.

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| 1 tbsp. crushed red pepper flakes (or to taste) | 3 cloves garlic |
| 1 tbsp. water | ¼ tsp. kosher salt |
| 1 tsp. ground cumin | 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department) |
| ½ tsp. ground cardamom | ¼ cup Kowalski's Extra Virgin Olive Oil (or to taste) |
| ½ tsp. ground coriander | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste |
| ¼ tsp. whole caraway seeds | |
| 1 bunch fresh cilantro | |
| 4 jalapeño peppers, stemmed and seeded | |

SEVEN-SPICE ROASTED CHICKEN WINGS

SERVES 6

Easily the most flavorful and prettiest chicken wing recipe ever.

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| 1 tsp. kosher salt | ¼ tsp. sweet paprika |
| 1 tsp. freshly ground Kowalski's
Black Peppercorns | 24 party-style chicken wings |
| 1 tsp. ground cumin | 2 tbsp. Kowalski's Extra Virgin Olive
Oil, divided |
| 1 tsp. ground allspice | 1 tbsp. Kowalski's Unsalted Butter |
| 1 tsp. ground cinnamon | 6 wedges lemon |
| 1 tsp. ground coriander | 2 tbsp. pine nuts, toasted |
| ½ tsp. garlic powder | ½ oz. fresh Italian parsley |
| ½ tsp. onion powder | - zest of 1 lemon |
| ½ tsp. ground cloves | - S'khug, for serving (optional) |
| ½ tsp. ground nutmeg | |

DIRECTIONS:

1. In a small mixing bowl, whisk together first 11 ingredients (through paprika).
2. Add chicken wings and 1 tbsp. oil; toss to coat.
3. Preheat oven to 425°.
4. In a large skillet over medium-high heat, melt butter with remaining olive oil.
5. Add chicken to skillet; cook, turning occasionally, until browned on all sides (about 10 min.).
6. Transfer chicken to a baking sheet lined with parchment paper; bake in preheated oven until chicken reaches an internal temperature of 165°, turning once (about 20 min.).
7. Pile chicken on a serving platter; garnish with lemon wedges, pine nuts, parsley and lemon zest.
8. Serve with s'khug, if desired.

A note about gluten: When gluten-free spices are used, these recipes are gluten free.

DIRECTIONS:

1. In a small mixing bowl, combine crushed red pepper flakes and water; set aside for 5 min.
2. Heat a small skillet over medium heat; add cumin, cardamom, coriander and caraway seeds. Shake pan; remove from heat when spices are warm and fragrant.
3. In a food processor, combine cilantro, jalapeños, garlic, salt, lemon juice and warm spices; blend until smooth.
4. Using an oil spout, slowly drizzle in oil until mixture reaches a pesto-like consistency. It should be glossy, smooth and coat the back of a metal spoon without running off quickly.
5. Season with salt and pepper to taste.
6. Use immediately or store in the refrigerator, covered, with a thin layer of olive oil for up to 3 days.



WHIPPED FETA DIP GF V

SERVES 8

Serve with pita crackers or pita chips or smear on a bagel for a truly delicious treat.

- 1 cup crumbled Israeli feta
- 6 tbsp. full-fat plain Greek yogurt
- 1 tbsp. Kowalski's Extra Virgin Olive Oil, plus more to reach desired consistency
- ½ tsp. freshly ground Kowalski's Black Peppercorns
- lemon wedges, fresh dill sprigs and crushed red pepper flakes, for garnish (optional)

DIRECTIONS:

1. In a food processor, combine feta, yogurt, oil and black pepper; process until smooth.
2. Add more oil as needed to reach desired consistency.
3. Store in the refrigerator, covered, for up to 5 days.
4. Serve garnished with lemon, dill and crushed red pepper flakes with a drizzle of olive oil.



ZINGY PICKLE DIP

SERVES 6

This cool and crunchy dip is great with chips, crackers or cut veg.

- 8 oz. cream cheese
- 8 oz. sour cream
- 1 tbsp. Worcestershire sauce
- 1 tbsp. granulated garlic
- 1 tbsp. dried dill weed
- ½ oz. fresh dill fronds
- 1 cup finely chopped spicy sweet pickles (such as Gedney Hot & Sweet Zingers), divided

DIRECTIONS:

1. In a food processor, combine cream cheese, sour cream, Worcestershire, garlic, and dry and fresh dill; process until smooth.
2. Fold in most of the chopped pickles by hand, reserving some for garnish.
3. Store in the refrigerator, covered, for up to 5 days.
4. Serve garnished with remaining chopped pickles.

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



CAULIFLOWER TABBOULEH GF V VE DF

SERVES 4

This twist on traditional tabbouleh features a popular riced veggie from the Produce Department. Add it to salads or sandwiches or even scoop it up with pita chips.

- 1 lemon
- 12 oz. riced cauliflower (from the Prepared Produce Section)
- ½ English cucumber, peeled, seeded and cut into less than ¼" dice
- 1 Roma tomato, seeded and cut into less than ¼" dice
- ¼ oz. (approx.) fresh parsley leaves, finely chopped
- ½ oz. (approx.) fresh peppermint leaves, finely chopped
- 1 tbsp. Kowalski's Extra Virgin Olive Oil
- ¼ tsp. kosher salt (or to taste)
- ¼ tsp. freshly ground Kowalski's Black Peppercorns (or to taste)

DIRECTIONS:

1. Using a fine grater, remove zest from half of the lemon; set zest aside.
2. Cut lemon in half; squeeze 2 tbsp. juice from zested half of lemon, reserving the other half for another use.
3. In a large mixing bowl, combine lemon zest, juice and remaining ingredients; mix well.



FATTOUSH V DF

SERVES 4

Crispy pita chips take the place of croutons in this simple, fresh summer salad that's a riff on a Lebanese favorite.

- 1 large head organic romaine lettuce, chopped
- $\frac{3}{4}$ cup Kowalski's Signature Fresh Greek Vinaigrette (or to taste), divided
- 1 pt. cherry tomatoes, halved
- 1 English cucumber, cut into $\frac{1}{4}$ " dice
- 1 cup loosely packed fresh Italian parsley leaves, roughly chopped
- 1 cup loosely packed fresh mint leaves, roughly chopped
- $\frac{1}{2}$ green or red bell pepper, stemmed, seeded and cut into $\frac{1}{2}$ " dice
- 4 green onions, thinly sliced
- 4 cups pita chips (such as Water Street Deli brand)
- freshly ground Kowalski's Black Peppercorns, to taste
- ground sumac, to taste

DIRECTIONS:

1. In a large mixing bowl, toss romaine with a generous amount of dressing.
2. Add next 6 ingredients (through onions); toss with additional dressing to taste.
3. Gently toss in chips.
4. Arrange salad on a serving platter; season generously with pepper and sumac.
5. Drizzle with extra dressing or serve on the side.



FRESH QUINOA SALAD GF V VE DF

SERVES 6

Chewy, crunchy and full of fresh herb flavor, this hearty salad makes for a healthy, filling lunch or side dish.

- 2 ¼ cups cooked tricolored or red quinoa, cooled
- ¾ cup finely chopped fresh parsley
- ½ cup dried cranberries or currants
- 2 ½ tbsp. finely chopped roasted red pepper
- 2 tbsp. finely minced fresh mint
- 2 tbsp. finely chopped red onion
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- 1 ½ tbsp. finely chopped green pepper
- ¼ tsp. finely minced garlic
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns

DIRECTIONS:

1. Combine all ingredients in a large mixing bowl; toss to blend.
2. Store in the refrigerator, covered, for up to 3 days.



JICAMA SALAD GF V VE DF

SERVES 6

Sweet, crunchy and creamy, this salad allows jicama its time to shine.

- ¼ cup chopped cilantro, plus more for garnish, if desired
- 2 tbsp. Kowalski's Freshly Squeezed Lime Juice (from the Produce Department)
- 2 tbsp. Champagne or white wine vinegar
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- ½ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 1 mango, peeled, pitted and sliced into ¼" cubes
- 1 avocado, peeled, pitted and sliced into 1" cubes
- 1 small jicama, peeled and sliced into ½" cubes
- 5 oz. fresh greens, such as spinach or baby kale

DIRECTIONS:

1. In a medium mixing bowl, whisk together first 6 ingredients (through pepper).
2. Add mango, avocado and jicama; marinate in dressing for 30 min.
3. Divide greens between 6 chilled salad plates; arrange mango, avocado and jicama on top of greens.
4. Drizzle with leftover dressing before serving.



ARGENTINIAN SALMON GF

SERVES 4

This recipe is rich in fat, but one-half of its fat content is in the form of healthy omega-3s. It also contains heart-helping monounsaturated fats from extra virgin olive oil and avocado. This dish is also rich in vitamins A, C, D and K, plus potassium and selenium.

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| 1 ½ lbs. salmon | ½ cup Kowalski's Signature Chimichurri |
| 1 tbsp. Kowalski's Extra Virgin Olive Oil | ½ lb. yellow and red grape or cherry tomatoes, halved (or quartered, if large) |
| ½ tsp. kosher salt | 1 avocado, diced |
| - freshly ground Kowalski's Black Peppercorns, to taste | ¼ cup full-fat plain yogurt |

DIRECTIONS:

1. Cut salmon into 4 portions; brush lightly with oil and season with salt and pepper.
2. Grill fish skin-side down over medium-high heat until flaky and opaque throughout (10-15 min., depending on thickness of fish).
3. Meanwhile, smear an equal amount of chimichurri on each of 4 serving plates.
4. When salmon is done, transfer a piece to each plate on top of the chimichurri, leaving skin behind.
5. Scatter tomatoes and avocado evenly on top of fish.
6. Dollop with yogurt; serve immediately.

FIND IT!

Find Kowalski's Signature Chimichurri in the Deli Grab & Go Case with other Kowalski's Signature Dips and Spreads.



GRILLED PIZZA GF V

SERVES 2-4

Our two-zone cooking method ensures a crispy crust, hot toppings and melty cheese.

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| 1 pkg. Kowalski's Prepared Pizza Dough (from the Bakery or Deli Department) | - cooking spray or olive oil, for the dough |
| - flour, for working the dough | - cheese and toppings of your choice, to taste |

DIRECTIONS:

1. Let dough stand at room temperature for at least 1 hr. before use.
2. Pull dough into 2 equal-sized pieces.
3. On a generously floured surface, use lightly floured hands to roll dough into 2 thin 8-10" circles, beginning in the center of the dough and working outward toward the edge, turning dough as needed to prevent sticking. Tap dough to remove excess flour.
4. Heat a grill on both sides to very high heat with lid down; turn one side off (or move coals to one side).
5. Spray dough lightly on one side with cooking spray or brush lightly with olive oil; place 1-2 crusts at a time (as space permits), oiled side down, directly over the heat.
6. Grill crusts, lid down, until dark grill marks form on the first side (1-2 min.); flip and grill second side until just dry and set (about 30 sec.).
7. Remove crusts from grill; arrange toppings on the darker side of the crust, being sure not to overload the dough.
8. Return pizzas to the cool side of the grill; let stand, lid down, until cheese is melted and bubbly and toppings are hot (about 2 min.).
9. Remove pizzas from grill; let stand for 1-2 min. before slicing.



PULLED BEEF TACOS

MAKES 12

Also try these with lightly smoked pulled pork.

- 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

DIRECTIONS:

1. In a large mixing bowl, combine kale salad mix with Brussels sprouts; drizzle with vinegar and sprinkle with sugar.
2. Toss salad to combine; let stand for 15-30 min.
3. 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).
4. Remove tortillas from heat; keep warm.
5. If necessary, coarsely chop or pull beef into bite-sized pieces.
6. Divide warm beef evenly between warm tortillas.
7. Top with cheese and kale salad mixture; drizzle with BBQ sauce to taste.
8. Fold in half; serve immediately.

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



ROSEMARY BLUE CHEESE BURGERS

SERVES 4

Using Northwoods Grill Seasoning in the burger blend ensures flavor in every blissful bite.

- 1 ½ lbs. ground beef
- 1 tbsp. finely minced fresh rosemary leaves
- 2 tsp. Kowalski's Signature Northwoods Grill Seasoning (from the Meat Department)
- 4 oz. crumbled blue cheese
- 1 pkg. (4 ct.) Kowalski's Sweet Egg Buns, split and lightly toasted
- 4 leaves Bibb lettuce
- 4 slices red onion
- 4 slices tomato

DIRECTIONS:

1. In a large bowl, combine ground beef, rosemary and seasoning; using clean hands, form mixture into 4 hamburger patties.
2. Grill burgers over high heat, covered, until done (about 4 min. per side for medium doneness), turning once. Top evenly with cheese after turning.
3. Remove from heat; let stand for 3-5 min., loosely covered with foil.
4. Serve on buns topped with lettuce, onion and tomato.

JEWELED RICE

SERVES 4



This side dish is a stunner. It's a gorgeous, delicious option with chicken, lamb, pork or fish.

- 2 tbsp. coconut oil
- ¼ tsp. whole fennel seeds
- ¼ tsp. whole cumin seeds
- 1 medium yellow onion, diced
- ⅛ tsp. ground cinnamon
- ⅛ tsp. ground cardamom
- ⅛ tsp. ground allspice
- 1 ½ cups basmati rice, rinsed until water runs clear
- ½ tsp. saffron threads, mixed with 2 tbsp. water
- 2 dried bay leaves
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- ¼ cup dried tart cherries
- 8 dried apricots, diced
- 4 dried figs, diced
- ¼ cup sliced almonds, toasted



- ¼ cup roasted and salted shelled pistachios, roughly chopped
- ½ tsp. kosher salt (or to taste)
- ¼ tsp. freshly ground Kowalski's Black Peppercorns (or to taste)
- ¼ cup fresh pomegranate seeds (from the Prepared Produce Section)
- zest of 1 lemon
- fresh chopped Italian parsley or mint, to taste

DIRECTIONS:

1. In a large skillet, melt coconut oil over medium heat.
2. Add fennel and cumin seeds; sauté for 2 min.
3. Add onion, cinnamon, cardamom and allspice; reduce heat to medium-low.
4. Cook and stir until onion is translucent and soft (about 10 min.).
5. Add rice; sauté for 2 min.
6. Add saffron-infused water and bay leaves.
7. Cook rice according to pkg. directions (or according to manufacturer's instructions if using a rice cooker).
8. When rice is done, remove bay leaves; fluff rice with a fork and drizzle with olive oil.
9. Fold in dried fruits and nuts; season with salt and pepper.
10. Scoop rice onto a serving platter; garnish with pomegranate seeds, lemon zest, and parsley or mint.



BAKLAVA CIGARS V

SERVES 5

Lemon adds a pop of acidity to this popular, sweet dessert. We love it with a small scoop of vanilla ice cream.

1 lemon	½ tsp. ground cinnamon
14 tbsp. Kowalski's Unsalted Butter, melted, divided	½ tsp. kosher salt
6 oz. (about 1 cup) roasted and salted shelled pistachios, plus more for garnish, if desired	½ cup sugar
6 tbsp. brown sugar	¼ cup water
	3 sheets frozen phyllo dough, thawed to room temperature

DIRECTIONS:

1. Using a fine grater, remove zest from half of the lemon; set zest aside.
2. Cut lemon in half; squeeze 2 tbsp. juice from zested half of lemon, reserving the other half for another use. Set juice aside.
3. In a food processor, combine 6 tbsp. butter with nuts, brown sugar, cinnamon and salt; pulse until filling is finely chopped.
4. In a small saucepan, combine white sugar and water; bring to a boil over medium-high heat, stirring and cooking until sugar dissolves (about 2 min.).
5. Remove sugar syrup from heat; stir in lemon zest and juice. Let stand for 15 min.
6. Grease an 8" square metal baking pan with a bit of the remaining melted butter.
7. Preheat oven to 350°.
8. On a clean work surface, lay 1 sheet of phyllo dough so the short side is closest to you. Brush the sheet of phyllo thoroughly with melted butter; place the second sheet on top of the first.
9. Brush the top phyllo with butter and cover with the third sheet; brush the last phyllo sheet with butter.
10. Cut the phyllo stack in half lengthwise; cut both pieces crosswise into 5 equally sized rectangles.
11. Scoop 2 tbsp. nut filling along the long edge of each of the rectangle stacks.
12. Roll the phyllo around the filling into a cigar shape; place the rolls in the pan in a snug single layer.
13. Brush remaining melted butter over the top of the rolls; bake in preheated oven until golden-brown and crisp (about 35 min.).
14. Pour cooled syrup over baklava; cool to room temperature.
15. Flip cigars; let stand for 15 min. to allow syrup to redistribute.
16. Garnish with chopped pistachios.



SALTED VANILLA WHIPPED CREAM

MAKES ABOUT 2 CUPS

In a medium mixing bowl, use an electric mixer or balloon whisk to whip 1 cup heavy cream and 2 pinches salt until soft peaks almost form. Whisk in 1 tsp. Kowalski's Organic Madagascar Vanilla Paste and 3 tbsp. sugar just until dissolved.

FRESH STRAWBERRY PIE V

SERVES 8

This easy recipe requires no gelatin or pectin and gets a pleasant hint of tart flavor from the addition of strawberry rhubarb jam.

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| 2 pts. (about 24 oz.) strawberries, hulled and halved, divided | 1 ½ tbsp. cornstarch, dissolved in 2 tbsp. water |
| 2 tbsp. water | 3 drops red food coloring (optional) |
| - pinch salt | 1 pie crust, baked according to pkg. or recipe directions, cooled completely |
| ½ cup sugar | - <i>Salted Vanilla Whipped Cream</i> , for serving |
| 9 oz. (1 jar) Kowalski's Strawberry Rhubarb Jam | |

DIRECTIONS:

1. In a medium saucepan, crush approx. 1 cup strawberries with the back of a wooden spoon (use the largest and smallest berries so the remaining fruit are as uniformly sized as possible).
2. Add water and salt; cook and stir over medium heat for 3 min., smashing the berries as you cook, until strawberries start falling apart.
3. Add sugar and jam; continue to cook and crush fruit until sugar is dissolved and mixture is reasonably smooth and glossy (about 2 min.).
4. Whisk in cornstarch mixture; cook and stir over medium-low heat until slightly thickened (about 5 min.).
5. Stir food coloring into glaze, if desired.
6. Pour glaze into a large mixing bowl; refrigerate for 2 hrs.
7. Add remaining berries to the cooled glaze; mix until all berries are coated.
8. Pour strawberry filling into pie crust; turn the top layer of berries cut-side down for the prettiest look.
9. Refrigerate, covered, for at least 2 hrs.
10. Serve with whipped cream.



GRILLED BANANAS V

SERVES 4

Warm bananas are delicious with ice cream. Also try them in place of – or in addition to! – toasted marshmallows in traditional s’mores.

4 unpeeled bananas (firm but not green), halved lengthwise

- cooking spray or canola oil, for grilling

4 tsp. sugar

- caramel sauce (such as Kowalski’s Classic Caramel Sauce), for serving

- finely chopped nuts, for serving

DIRECTIONS:

1. Spray cut sides of fruit with cooking spray or brush with oil.
2. Sprinkle cut sides of bananas evenly with sugar; let stand for 2-3 min.
3. Grill bananas, cut side down, on a grill preheated to medium heat until dark grill marks appear and bananas release easily from the grill grates (3-4 min.).
4. Flip bananas; cook until the skin starts to pull away from the fruit (5-6 min., depending on ripeness).
5. Remove peels and place bananas on a serving plate(s); drizzle with caramel and sprinkle with nuts.
6. Serve immediately.



GRILLED STRAWBERRY SHORTCAKE KABOBS V

SERVES 4

An adorable take on the classic summer dessert that's positively perfect for a party.

- 3 (1" thick) slices Kowalski's Angel Food Cake (from the Bakery Department)
- 16 whole strawberries, hulled and stemmed
- 4 (10-12") wooden skewers, soaked in water for 30 min.
- cooking spray, for grilling
- whipped cream, for serving

DIRECTIONS:

1. Cut each slice of cake into 4 (1") cubes.
2. Place a strawberry on each wooden skewer; alternate cake cubes and berries until each skewer has 4 berries and 3 pieces of cake.
3. Spray kabobs lightly with cooking spray; grill directly over low heat until dark grill marks form and berries start to soften (about 4 min.), turning occasionally.
4. Serve immediately with whipped cream for dipping.