



KOWALSKI'S
MARKETS

Cooking WITH
KOWALSKI'S



SUMMER
ENTERTAINING
FAVES

SECTION GUIDE



Main Dishes



Side Dishes



Desserts



Drinks

ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE

**QUICK
JALAPEÑO
PICKLES**

In a small microwave-safe mixing bowl, combine 3 tbsp. rice vinegar, 2 tbsp. sugar and ¼ tsp. kosher salt; microwave for 15-20 sec. Stir to dissolve sugar and salt. Add 1 stemmed, thinly sliced jalapeño pepper; refrigerate for 30 min. Best enjoyed the day they are made.



**KICKIN'
KALBI AIOLI**

In a small mixing bowl, whisk 4 tbsp. mayonnaise with 2 tbsp. plus 1 tsp. Kowalski's Signature Kickin' Kalbi Sauce. Use immediately or refrigerate, covered, for up to 3 days.

ANGRY BURGERS

SERVES 4

You won't be mad you made these.

- 1 ½ lbs. 86% lean ground beef
- 2 tsp. Livia's Seasoning Salt
- ¼ cup Kowalski's Signature Kickin' Kalbi Sauce, plus more for serving
- 4 thin slices pepper jack cheese
- 4 Kowalski's Sweet Egg Buns (from the Bakery Department), lightly toasted
- toppings, to taste: leaf lettuce, Quick Jalapeño Pickles and Kickin' Kalbi Aioli

DIRECTIONS:

1. Preheat a grill to medium-high heat; clean grill grates.
2. Using your hands, form beef into 4 patties.
3. Sprinkle patties evenly on both sides with seasoning salt.
4. Grill burgers, covered, until done (4-5 min. per side), turning twice and brushing each side with a bit of kalbi sauce in the last 2 min. of cooking.
5. Top each burger with a slice of cheese.
6. Remove from heat; cover burgers with foil and let rest for 3-5 min. before serving.
7. Serve burgers on buns with desired toppings; drizzle with additional kalbi sauce to taste.



BANH MI HOT DOGS

SERVES 4

Ketchup and mustard are bested by this unbeatable combo of sweet and heat.

- ¼ cup mayonnaise
- 3 tbsp. hoisin sauce
- 1 tsp. Sriracha sauce
- 4 Market Sausages Gourmet Akaushi All-Beef Hot Dogs
- 4 Kowalski's Butter Sausage Buns (from the Bakery Department), sliced lengthwise $\frac{2}{3}$ through the top, lightly toasted
- *Quick Asian Pickles*, for garnish
- thinly sliced jalapeño peppers and cilantro leaves, for garnish

DIRECTIONS:

1. In a small mixing bowl, whisk together mayo, hoisin and Sriracha.
2. Preheat a grill to medium-high heat; clean grill grates.
3. Grill hot dogs, covered, until dark grill marks form and dogs are thoroughly hot (about 10 min.), turning 3-4 times.
4. Spread mayo mixture on cut sides of buns.
5. Place hot dogs in buns; garnish with pickles, jalapeños and cilantro.

QUICK ASIAN PICKLES GF V VE DF

MAKES 1 CUP

- | | |
|---|-------------------------------|
| ½ English cucumber, peeled and thinly sliced | 2 radishes, thinly sliced |
| ½ tsp. kosher salt | 3 tbsp. seasoned rice vinegar |
| ½ carrot, peeled and thinly sliced into matchsticks | 3 tbsp. water |
| | 4 ½ tsp. sugar |
| | - pinch crushed red pepper |

DIRECTIONS:

1. In a small mixing bowl, toss cucumbers with salt.
2. Pour cucumbers into a strainer set over a small bowl; let stand for 45 min.
3. Squeeze cucumbers dry with paper towels.
4. In a medium mixing bowl, toss dry cucumbers with carrots and radishes; set aside.
5. In a small saucepan, combine vinegar, water, sugar and crushed red pepper; bring to a boil over medium-high heat.
6. Reduce heat to low; simmer until reduced to 2-3 tbsp. (about 10 min.).
7. Pour sauce over vegetables in the mixing bowl; refrigerate for 30 min.

A note about gluten: When a gluten-free seasoned rice vinegar is used, this recipe is gluten free.



BALSAMIC-GLAZED GRILLED SALMON GF DF

SERVES 8

A simple but elegant way with salmon.

¼ cup Kowalski's Balsamic Vinegar	- Kowalski's Extra Virgin Olive Oil,
1 tbsp. Kowalski's Pure Honey	as needed
1 tbsp. sugar	- kosher salt and freshly ground
2 tsp. soy sauce or gluten-free	Kowalski's Black Peppercorns, to
tamari	taste
2 lbs. skin-on salmon fillet(s)	- lemon wedges, for finishing

DIRECTIONS:

1. In a small saucepan, combine vinegar, honey, sugar and soy sauce over medium-high heat; bring to a boil.
2. Reduce heat to low and simmer, stirring occasionally, until reduced to about ¼ cup (about 5 min.); skim off foam.
3. Remove sauce from heat; set aside to cool to room temperature.
4. Brush salmon lightly with oil; season with salt and pepper.
5. Preheat a grill or grill pan to medium-high heat; if using a grill, clean grill grates.
6. Grill salmon skin-side down until flaky and fillet reaches an internal temperature of 125° (10-15 min., depending on thickness of fish).
7. Transfer salmon to a platter, leaving skin behind; squeeze with lemon.
8. Drizzle warm fish with balsamic sauce; serve immediately.

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



BBQ GRILLED PORK CHOPS GF DF

SERVES 4

A simple brine makes a huge difference when it comes to pork.

- | | |
|-----------------------------------|-----------------------------------|
| 2 cups water, very cold, divided | - freshly ground Kowalski's Black |
| 1 tbsp. salt | Peppercorns, to taste |
| 1 tbsp. sugar | ½ cup Kowalski's Signature BBQ |
| 4 (1" thick) Kowalski's Naturally | Sauce |
| Raised Bone-In Pork Chops (about | |
| 2 lbs. total) | |

DIRECTIONS:

1. Microwave ½ cup water with salt and sugar until water is very hot but not boiling; stir until water is clear and solids are dissolved.
2. In a large spouted measuring glass, combine hot water with remaining cold water; set brine aside.
3. Make 1-2 cuts in the fat around the edge of each pork chop to prevent curling during grilling.
4. Put 2 chops in each of 2 large zipper-closure food storage bags; pour ½ of the brine into each bag and refrigerate for 1-6 hrs.
5. Remove chops from brine; discard brine and bags. Bring chops to room temperature (about 30 min.).
6. Preheat grill to high heat; clean grill grates.
7. Dry chops with paper towels; season with pepper.
8. Grill chops over direct heat until dark grill marks form and meat releases easily from grill grates; flip chops, move away from direct heat and continue grilling on opposite side just until slightly pink in center and meat reaches an internal temperature of 140° (10-14 min. total).
9. Remove chops from heat; tent loosely with foil and let rest for 10 min. (internal temperature should increase to 145° as chops rest).
10. Toss hot chops with sauce to coat; serve immediately with extra sauce on the side for dipping.

ROSEMARY RUB

MAKES ABOUT ¼ CUP

In a small mixing bowl, combine 2 tbsp. finely minced fresh rosemary, ½ tsp. brown sugar, 4 tsp. kosher salt, 2 tsp. freshly ground Kowalski's Black Peppercorns and 2 tsp. crushed red pepper flakes. Use rub immediately on meat, poultry or fish before roasting, grilling or broiling.

FAST ORANGE GLAZE

MAKES 1/2 CUP

In a small mixing bowl, whisk ½ cup sweet orange marmalade with 2 tbsp. rice vinegar. Heat gently in the microwave for 20-30 sec. to loosen, if desired.

TASTY TIP

Make a brine by combining 2 qts. water, ½ cup kosher salt and ¼ cup sugar. You can warm some of the water to help dissolve the salt and sugar, but be sure to completely chill brine before using.

BEST-EVER GRILLED CHICKEN

SERVES 6

Two-zone cooking is the key to moist, juicy bone-in chicken.

2 ½ lbs. bone-in skin-on Gerber's Amish Farm Chicken (your choice of breasts, drumsticks or thighs)

- prepared poultry brine, packaged or homemade (see *Tasty Tip* on facing page)
- Kowalski's Extra Virgin Olive Oil or canola oil, for grilling
- freshly ground Kowalski's Black Peppercorns, to taste
- dry rub, such as our recipe for *Rosemary Rub* (optional)
- deep disposable foil pan (approx. 17x12x3")
- sauce or glaze, such as our recipe for *Fast Orange Glaze* (optional)

DIRECTIONS:

1. Submerge chicken in brine; let soak in the refrigerator, covered, for 20 min. to 1 hr.
2. Pat chicken thoroughly dry with paper towels.
3. Very lightly brush chicken with oil; season with pepper.
4. Sprinkle chicken with dry rub, if desired.
5. Preheat both sides of a gas or charcoal grill to high heat; clean grill grates.
6. Grill chicken skin-side down, lid down, until dark grill marks form and chicken releases easily from the grates (about 4 min.).
7. Flip chicken; cook 4-5 min. more until dark grill marks form on opposite side (turn legs and wings to brown all sides).
8. Turn one side of grill off (or move coals to one side). Move all chicken to the unlit side of the grill, as close to the heated side as possible but not directly over the flame (chicken pieces may touch; place ends of drumsticks and thin sides of breasts on top of thicker pieces to prevent overcooking).
9. Place foil pan over both the chicken and the hot side of the grill to create a gentle convective heat over the chicken. Cook chicken with lid down, turning occasionally, until it reaches an internal temperature of 160° (20-25 min.).
10. Remove from heat; toss hot chicken with sauce or glaze, if desired.
11. Tent chicken loosely with foil; let rest for 5-10 min. before serving (chicken should reach 165° during this rest).

A note about gluten: To make this recipe gluten free, use a homemade brine or buy a packaged brine that is gluten free.

CHIMICHURRI FLANK STEAK WITH TOMATO-AVOCADO SALAD

GF DF

SERVES 4

Steak never tasted so fresh.

- 2 tbsp. Kowalski's Balsamic Vinegar
- 1 ½ tsp. gluten-free Dijon mustard
- 1 ½ tsp. Worcestershire sauce
- 1 tsp. dried oregano, divided
- 3 cloves garlic, finely minced, divided
- 1 tsp. paprika
- ½ cup Kowalski's Extra Virgin Olive Oil, divided
- 1 lb. Kowalski's Organic 100% Grass-Fed Flank Steak
- ½ oz. fresh Italian parsley, plus more for garnish
- ½ oz. fresh cilantro
- 1 jalapeño pepper, stemmed and seeded
- 1-2 tbsp. Kowalski's Freshly Squeezed Lime Juice, to taste, divided



- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 1 avocado
- 1 pt. grape tomatoes, halved

DIRECTIONS:

1. In a small mixing bowl, combine vinegar, mustard, Worcestershire, ½ of the oregano, about ⅔ of the garlic and paprika; whisk in about ¼ cup oil.
2. Pour mixture over meat in a 1-2 qt. baking dish; refrigerate for 8-24 hrs.
3. In a small food processor, combine parsley, cilantro and jalapeño with remaining oregano and garlic; process until very finely minced and homogenous.
4. Slowly drizzle in 3 tbsp. oil through an oil spout until mixture is glossy, fairly smooth and coats a metal spoon without running off quickly.
5. Stir in about 1 tbsp. lime juice; season with salt and pepper to taste. Set chimichurri aside.
6. Preheat a grill to high heat; clean grill grates.
7. Remove meat from marinade; discard marinade. Scrape excess marinade from steak to prevent flare-ups.
8. Grill steak over direct heat, lid down, until steak reaches an internal temperature of 130°, turning once about halfway through (about 10-12 min. total); remove steak from grill and let rest for 10 min.
9. While steak rests, dice avocado; combine with tomatoes in a medium mixing bowl. Dress salad with about 1 tbsp. oil and 1-3 tsp. lime juice to taste. Season with salt and pepper to taste; garnish with parsley.
10. Slice steak on the diagonal across the grain; top with chimichurri.
11. Serve steak alongside salad.



COWBOY BURGERS

SERVES 4

Cowgirls like this one, too.

- 1 ½ lbs. Kowalski's Kobe-Style Akaushi Ground Beef
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- ¼ cup Kowalski's Organic Black Garlic BBQ Sauce, plus more for serving
- 4 thin slices Cheddar, American or pepper jack cheese
- 4 Kowalski's Sweet Egg Buns (from the Bakery Department), lightly toasted
- 4 slices Kowalski's Bacon, cooked crisp and kept warm, for topping
- prepared frozen onion rings or canned crispy onion straws, for topping
- toppings, to taste: leaf lettuce, sliced tomatoes, sliced red onion and dill pickle chips

DIRECTIONS:

1. Using your hands, form beef into 4 patties; sprinkle evenly on both sides with salt and pepper.
2. Preheat a grill to medium-high heat; clean grill grates.
3. Grill burgers, covered, until done (4-5 min. per side), turning twice and brushing each side with a bit of BBQ sauce in the last 2 min. of cooking.
4. Top each burger with a slice of cheese.
5. Remove from heat; cover burgers with foil and let rest for 3-5 min. before serving.
6. Serve burgers on buns with bacon, onion rings and other desired toppings; drizzle with additional BBQ sauce to taste.



Select whole-grain or whole-wheat burger buns for a fiber boost. Most of us get only half the fiber we need in a day.



GINGER-SOY FLANK STEAK GF DF

SERVES 6

A basic cut gets an upgrade with a flavorful marinade and sauce in one.

- | | |
|---|---------------------------------|
| 1 bunch green onion, trimmed and sliced diagonally into 2-3" pieces | 6 cloves garlic, finely minced |
| ½ cup dry red wine | 2 tbsp. dark sesame oil |
| ¼ cup low-sodium soy sauce or gluten-free tamari | 1 tbsp. minced fresh ginger |
| | - freshly grated zest of 1 lime |
| | 2 ½ lb. flank steak, trimmed |

DIRECTIONS:

1. In a medium mixing bowl, whisk together first 7 ingredients (through zest).
2. Place steak in a large zipper-closure food storage bag; pour marinade into bag and seal. Marinate steak in the refrigerator for 3 hrs. to overnight.
3. Remove steak from marinade (reserve marinade); let steak come to room temperature.
4. Preheat a grill or broiler to high; if using a grill, clean grill grates.
5. Grill or broil steak to desired doneness (4-5 min. per side), basting every 2 min. with reserved marinade.
6. Allow steak to rest for 10 min. while boiling the remaining marinade.
7. Slice steak thinly on the diagonal against the grain; pour hot marinade on top. Serve immediately.

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

GLAZED OR DRY-RUBBED PORK RIBS

SERVES 6



Either way, you'll be smacking your lips and licking your fingers.

6 lbs. Kowalski's Naturally Raised Pork Loin Back Ribs

- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- your choice of pork rub (such as Kowalski's Sweet Chili Rub, Mild BBQ Rub or Sweet Heat BBQ Rub), as needed, **or** 14 oz. bottle Kowalski's Signature BBQ Sauce, divided



DIRECTIONS:

1. Preheat oven to 275°.
2. Line a rimmed baking sheet with foil; set aside.
3. Roll out a second layer of foil approx. double the length of the ribs; place ribs in the center.
4. Season generously with salt and pepper.
5. Season generously with rub or brush with sauce on both sides.
6. Wrap the foil up and over the ribs; place foil-wrapped ribs on the lined baking sheet.
7. Bake in preheated oven for 2 hrs.
8. Remove outer layer of foil; brush sauced ribs liberally with more sauce.
9. Continue cooking until meat is fork-tender and starting to pull away from the bone (about 1 hr. more).
10. Turn on broiler; broil ribs until slightly charred on the edges (3-5 min.).
11. Remove ribs from the oven; let rest for 10 min.
12. Slice ribs into individual rib pieces; serve with additional sauce at the table, if desired.

Pro Tips:

- To add extra flavor and bind the pork rub to your ribs, brush them with your favorite mustard before seasoning.
- After unwrapping your ribs, spritz or spray them with a 50/50 blend of apple cider vinegar and apple juice for added flavor and tenderness.



GRILLED ITALIAN SAUSAGE FLATBREADS WITH ROASTED TOMATO SALSA

SERVES 4

You could also serve these sausages on a bun with the salty-sweet salsa.

- | | |
|---|---|
| 7 oz. roasted tomatoes, drained
and coarsely chopped | 1 tsp. minced garlic |
| ½ cup shredded Asiago cheese | 4 Market Sausages Fresh Italian
Sausages |
| ¼ cup chopped sweet onion | 2 flatbreads, cut in half |
| 1 tbsp. snipped fresh basil | |

DIRECTIONS:

1. Preheat grill to high heat; clean grill grates.
2. In a medium mixing bowl, combine first 5 ingredients (through garlic); set salsa aside.
3. Arrange sausages on the rack of the preheated grill; grill over direct heat until cooked through (6-7 min.), turning halfway through.
4. Place 1 sausage in the center of each flatbread; top with salsa.
5. Fold flatbread around filling; return to grill and continue grilling until flatbread is slightly toasted (1-2 min. per side). Serve immediately.

SWITCH/UP

Select whole-grain or whole-wheat flatbreads for a fiber boost. Most of us get only half the fiber we need in a day.

GRILLED PIZZA **V**

SERVES 2-4

Have it your way!

- 1 pkg. Kowalski's Fresh Pizza Dough (from the Bakery Department)
- flour, for working the dough
- cooking spray or Kowalski's Extra Virgin Olive Oil, for 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 equally 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. With lid down, preheat both sides of a gas or charcoal grill to very high heat.
5. Clean grill grates; turn one side of the grill off (or move coals to one side).
6. Spray dough lightly on one side with cooking spray or brush lightly with olive oil; as space permits, place 1-2 crusts at a time directly over the heat, oiled side down.
7. Grill crust(s), 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.).
8. Remove crust(s) from grill; arrange toppings on the darker side of the crust, being sure not to overload the dough.
9. Return pizza(s) to the cool side of the grill; let stand, lid down, until cheese is melted and bubbly and toppings are hot (about 2 min.).
10. Remove pizza(s) from grill; let stand for 1-2 min. before slicing.

**Topping Suggestions:**

- To make a California BBQ chicken pizza, spread crusts with Kowalski's BBQ Sauce; top with Kowalski's Signature Rotisserie Chicken (from the Deli Department), thinly sliced red onions and shredded Monterey Jack cheese. Finish with thinly sliced green onions, cilantro and ranch dressing as desired.
- To make a Middle-Eastern-inspired pizza, top with baba ganoush (from the Deli Grab & Go Case), sweet pickled peppers and Kalamata olives (from the Olive Bar), cherry tomatoes, pepperoncini, chopped roasted and salted pistachios, fresh mint and spicy honey.

GRILLED PORK RIBS

SERVES 6

GF **DF**

Wrapping the ribs during the first cook ensures they turn out meltingly tender.

- 6 lbs. Kowalski's Naturally Raised Pork Loin Back Ribs
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
 - your choice of pork rub (such as Rub with Love Pork Rub), as needed, **or** 14 oz. bottle Kowalski's Signature BBQ Sauce, divided

**DIRECTIONS:**

1. With lid down, preheat both sides of a gas or charcoal grill to medium heat; clean grill grates.
2. Turn one side of the grill off (or move coals to one side).
3. Roll out a layer of foil approx. double the length of the ribs; place ribs in the center.
4. Season ribs generously with salt and pepper.
5. Season generously with rub or brush with sauce on both sides.
6. Wrap the foil up and over the ribs; grill foil-wrapped ribs over unheated side of grill, lid down, for 2 hrs.
7. Open foil; brush sauced ribs liberally with more sauce. Continue cooking on foil, lid down, until meat is fork-tender and starting to pull away from the bone (about 1 hr. more).
8. Move ribs off foil and onto heated side of grill; cook directly over the heat or coals until ribs are slightly charred on the edges (about 5 min.).
9. Remove ribs from the grill; let rest for 10 min.
10. Slice ribs into individual rib pieces; serve with additional sauce at the table, if desired.

Pro Tips:

- To add extra flavor and bind the pork rub to your ribs, brush them with your favorite mustard before seasoning.
- After unwrapping your ribs, spritz or spray them with a 50/50 blend of apple cider vinegar and apple juice for added flavor and tenderness.



GRILLED RIB-EYE WITH GORGONZOLA BUTTER GF

SERVES 4

It's over the top, and we love it.

- 4 oz. Gorgonzola cheese, at room temperature
- 4 tbsp. Kowalski's Unsalted Butter, softened
- 4 Kowalski's Certified Humane USDA Prime Rib-Eye Steaks (1" thick)
- Kowalski's Northwoods Grill Seasoning (from the Meat Department)

DIRECTIONS:

1. In a food processor bowl, process cheese and butter until smooth.
2. Using a piece of plastic wrap or waxed paper, roll and form Gorgonzola butter into a log shape; seal tightly and refrigerate until firm.
3. Preheat grill to medium-high heat (or preheat broiler); clean grill grates.
4. Grill steak with lid down (or broil with oven door closed) to desired doneness (6-8 min. total for rare; 8-10 min. for medium-rare; 10-12 min. for medium), turning once about halfway through.
5. Remove steak from grill; season to taste with grill seasoning.
6. Let steak rest for 5-10 min. before serving with Gorgonzola butter.

TASTY TIP

If you don't have a food processor, you can use a spatula to mash the cheese and butter together in a small bowl.



GRILLED SALMON **GF** **DF**

Everyone's favorite fish cooked their favorite way.

- skin-on salmon fillet(s)
- Kowalski's Extra Virgin Olive Oil
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. Preheat grill to medium-high heat; clean grill grates.
2. Brush salmon lightly with oil; season with salt and pepper.
3. Grill fish skin-side down until flaky and opaque throughout (10-15 min, depending on thickness of fish).
4. Transfer salmon to a serving platter, leaving skin behind. Serve immediately.

TASTY TIP

Fillet less than 1" thick typically do not need to be flipped during cooking. For thicker pieces or if grill marks are desired, start grilling fish skin-side up; flip when dark grill marks form and fish releases easily from the grates.

GRILLED SHRIMP WITH SUNNY MANGO SALSA

SERVES 6



This tropical dish tastes like you're having vacation for dinner.

- 12 (10") wooden skewers
- 3 cups chopped fresh or jarred mangoes (about 3 mangoes, peeled and pitted)
- 1 ½ cups diced mixture of red, yellow and orange bell peppers
- ½ cup chopped red onion
- ¼ cup chopped fresh cilantro
- ¼ cup Kowalski's Signature Citrus Vinaigrette Dressing (from the Grocery Department)
- ¼ cup Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)
- 2 tbsp. Kowalski's Extra Virgin Olive Oil
- 1 shallot, finely chopped
- 1 tbsp. chopped fresh Italian parsley
- 1 tbsp. chopped fresh basil



- 2 tsp. minced garlic
- 1 tsp. gluten-free Dijon mustard
- ½ tsp. dry mustard
- ½ tsp. kosher salt
- ⅛ tsp. freshly ground Kowalski's Black Peppercorns
- 1 ½ lbs. fresh shrimp (16-20 per lb.), peeled and deveined, tails on
- cooked jasmine rice, for serving

DIRECTIONS:

1. Soak wooden skewers in water for 1 hr.
2. In a large mixing bowl, combine mangoes, bell peppers, onion and cilantro; toss with dressing. Refrigerate salsa, covered, until ready to use.
3. In a small mixing bowl, combine next 10 ingredients (through black pepper); set aside.
4. Divide shrimp between skewers, using 2 skewers for each serving to keep shrimp from rotating when grilled.
5. Place skewers in a gallon-size zipper-closure food storage bag; pour marinade into bag and seal. Marinate shrimp for 1 hr. at room temperature or up to 24 hrs. in the refrigerator (discard marinade when finished).
6. Preheat grill to medium-high heat; clean grill grates.
7. Grill shrimp, covered, just until shrimp are opaque in the center (2-2 ½ min. per side).
8. Serve shrimp with rice and salsa.



JERK CHICKEN SANDWICHES

SERVES 3

Our recipe for Jerk Seasoning does double duty in the marinade and sandwich spread.

3 boneless skinless chicken breast halves	¼ tsp. kosher salt
½ cup Kowalski's Extra Virgin Olive Oil	¼ cup mayonnaise
2 cloves garlic, finely minced	1 tbsp. freshly squeezed lemon juice
1 tbsp. finely chopped fresh Italian parsley	3 Kowalski's Butter Burger Buns (from the Bakery Department), lightly toasted
1 tbsp. <i>Jerk Seasoning</i>	- baby arugula and Kowalski's Fresh Mango Salsa, for serving
- freshly grated zest of 1 lemon	
1 tsp. Kowalski's Habanero Tomatillo Hot Sauce	

DIRECTIONS:

1. Butterfly or pound chicken lightly to an even ¼" thickness; set aside.
2. In a large mixing bowl, whisk together next 7 ingredients (through salt); reserve 2 tbsp. oil mixture in a small mixing bowl.
4. Add chicken to large mixing bowl; toss to coat with marinade. Refrigerate, covered, for 30 min. to 2 hrs. (discard used marinade when finished).
5. Add mayonnaise and lemon juice to the small mixing bowl of reserved marinade; whisk together and set aside.
6. Preheat a grill to high heat; clean grill grates.
7. Grill chicken over direct heat until cooked through (about 8 min.), turning once.
8. Remove chicken from heat; tent loosely with foil and let rest for 5 min.
9. Serve chicken on buns topped with mayo mixture, arugula and mango salsa.

JERK SEASONING

MAKES ENOUGH FOR 3 LBS. CHICKEN OR FISH

3 tsp. Kowalski's Dried Thyme	½ tsp. freshly ground Kowalski's Black Peppercorns
3 tsp. Kowalski's Hungarian Paprika	
2 tsp. Kowalski's Ground Allspice	½ tsp. Kowalski's Ground Nutmeg
2 tsp. Kowalski's Cayenne Pepper	½ tsp. Kowalski's Ground Cinnamon
2 tsp. sugar	¼ tsp. Kowalski's Ground Cloves
1 tsp. kosher salt	

DIRECTIONS:

1. In a small mixing bowl, combine all ingredients.
2. Store in a sealed container in a dark, dry place for up to 3 months until ready to use.



KOWALSKI'S CEDAR PLANK GRILLED SALMON GF DF

SERVES 8

Never have fish skin stuck to your grill again.

- 1-2 cedar planks (depending on size and shape of fish fillets)
- Kowalski's Extra Virgin Olive Oil, as needed
- 2 lbs. skin-on salmon fillet(s)
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- lemon slices, for serving

DIRECTIONS:

1. Soak cedar plank(s) in water for 2-6 hrs.
2. Dry plank(s); coat surface lightly with oil.
3. Preheat grill to medium heat; clean grill grates.
4. Heat plank(s) on grill for 5 min.
5. Coat salmon lightly with oil; season with salt and pepper.
6. Transfer fish to plank(s); grill fish until flaky and fillet reaches an internal temperature of 125° (10-15 min. depending on thickness of fish).
7. Extinguish flames with a spray bottle filled with water.
8. Transfer salmon to a platter, leaving skin behind; serve with lemon slices.

FIND IT!

Find cedar grilling planks in the Meat Department.



REUBEN BRATS WITH THOUSAND ISLAND DRESSING

SERVES 4

Try these with a thin slice of Swiss cheese, too!

- 4 Market Sausages Artisan-Style Fresh Bratwurst
- 4 Kowalski's Butter Sausage Buns (from the Bakery Department)
- Kowalski's Signature Fresh Thousand Island Salad Dressing (from the Produce Department), to taste
- ½ cup (approx.) sauerkraut
- caraway seeds, to taste

DIRECTIONS:

1. Preheat a grill to medium-high heat; clean grill grates.
2. Grill brats directly over the heat until cooked through (about 8 min.), turning occasionally.
3. Slice buns; spread dressing on cut sides.
4. Place brats in buns; garnish with kraut, additional dressing and caraway seeds.

**SWITCH/UP**

Sub in brown rice or another whole grain (such as freekeh, farro or quinoa) for white rice. More vitamins, more minerals, more fiber.

MOROCCAN CHICKEN SKEWERS AND RICE GF

SERVES 16

Boring grilled chicken kabobs these are not.

- | | |
|-------------------------------------|--|
| 24 (6-10") wooden skewers | 2 lemons, cut crosswise into halves |
| 3 tbsp. paprika | - steamed basmati rice or |
| 1 ½ tsp. sugar | couscous, warm |
| 1 ½ tsp. kosher salt | - Kowalski's Extra Virgin Olive Oil, |
| ¾ tsp. freshly ground Kowalski's | to taste |
| Black Peppercorns | - fresh herbs of your choice, |
| ¾ tsp. ground ginger | chopped, to taste |
| ¾ tsp. ground cardamom | - kosher salt and freshly ground |
| ¾ tsp. ground cumin | Kowalski's Black Peppercorns, to |
| 3-4 boneless skinless chicken | taste |
| breasts (about 1 ¼ lbs. total), | - <i>Creamy Yogurt Dip</i> , for serving |
| cut evenly into 1 ¼ -1 ½" cubes | |
| - raw vegetables, if desired: green | |
| onion (cut into 2-3" lengths), | |
| zucchini (cut into 1" chunks) and | |
| red bell pepper (cut into 1 ¼ - | |
| 1 ½" pieces) | |

A note about gluten: When Creamy Yogurt Dip is prepared with gluten-free spices and skewers are served with rice instead of couscous, this recipe is gluten free.

DIRECTIONS:

1. Soak wooden skewers in water for 1 hr.
2. In a small mixing bowl, mix together next 7 ingredients (through cumin) until combined; rub on chicken. When done, discard any remaining rub.
3. Preheat a grill to medium-high heat; clean grill grates.
4. Divide chicken between skewers, alternating with vegetables as desired; grill skewers until chicken is cooked through (about 10 min.), turning occasionally.
5. Grill lemons cut-side down until dark grill marks form; squeeze lemons over skewers.
6. Toss warm rice or couscous with olive oil and fresh herbs; season to taste.
7. Serve skewers over prepared rice or couscous with yogurt dip.

CREAMY YOGURT DIP V

MAKES 1 CUP

- | | | |
|--------------------|-------------------------|-----------------------|
| 1 clove garlic | ½ tsp. ground cumin | - dash cayenne pepper |
| ½ tsp. kosher salt | ½ tsp. ground coriander | - freshly ground |
| 1 cup plain yogurt | ¼ tsp. ground cinnamon | Kowalski's Black |
| ½ tsp. dried thyme | ⅓ tsp. chili powder | Peppercorns, to taste |

DIRECTIONS: On a wooden cutting board, mash garlic with salt using the flat side of a chef's knife until it forms a paste. In a small mixing bowl, stir garlic paste with remaining ingredients. Use immediately or store in the refrigerator, covered, for up to 3 days.



ALABAMA BAKED BEANS

SERVES 10

Adding vinegar at the end ensures your beans won't be mushy.

½ lb. Kowalski's Bacon, chopped	1 tsp. Kowalski's Cherry Fresco
1 yellow onion, chopped	Hot Sauce (optional)
¾ cup Kowalski's Classic Ketchup	1 tsp. kosher salt
½ cup tomato sauce	1 tsp. freshly ground Kowalski's
½ cup brown sugar	Black Peppercorns
⅓ cup molasses	30 oz. canned navy beans, rinsed
1 tbsp. Worcestershire sauce	and drained
1 tbsp. Dijon mustard	¼ cup apple cider vinegar

DIRECTIONS:

1. Preheat oven to 325°.
2. Meanwhile, in a large oven-safe pan, cook and stir bacon over medium-high heat until crisp (about 7 min.).
3. Add onion; cook until softened (about 5 min.).
4. Drain bacon grease from pan; discard or save for another use.
5. Stir in ketchup, tomato sauce, brown sugar, molasses, Worcestershire, mustard, hot sauce, salt and pepper; bring to a simmer and cook for 5 min.
6. Stir in beans until well coated; bake in preheated oven, covered, for 1 hr.
7. Stir in vinegar; re-cover and bake for 15 min. more.
8. Cool for 10 min. before serving.

BASIC GRILLED VEGETABLES

A must-know summer veggie technique.

- vegetables of your choice
 - Kowalski's Extra Virgin Olive Oil, as needed
 - freshly ground kosher salt and Kowalski's Black Peppercorns, to taste
1. Cut vegetables evenly, preparing them as directed below.
 2. Preheat grill to medium heat; clean grill grates.
 3. Completely but lightly coat veggies with oil; season to taste with salt and pepper.
 4. Cover and grill veggies for the times specified below, turning several times, until browned and tender when pierced with a fork.

VEGETABLE	PREP	GRILL TIME
Asparagus	Trim woody ends where the stem naturally breaks.	4-6 min.
Bell Pepper	Remove seeds, membranes and stems; cut into 1" strips.	6-8 min.
Carrots	Do not peel; halve or quarter lengthwise if very thick. Blanch in boiling water for 3-4 min.	10-12 min.
Corn on the Cob	Remove silks and husks, except for layer touching kernels; soak in water for 1 hr.	8-10 min.
Eggplant	Trim ends; cut crosswise into ½" planks.	6-10 min.
Green Onions	Trim ends, but leave whole.	6-8 min.
Onions	Trim ends and peel; cut into ¼" slices.	4-6 min.
Portobella Mushrooms	Clean out most of the gills with the tip of a spoon.	6-8 min., gill-side down first
Potatoes or Sweet Potatoes	Pierce with a fork and microwave for 5 min.; cut into ¾" wedges.	10-12 min.
Yellow Squash or Zucchini	Trim ends; cut lengthwise into ¼" planks.	3-4 min.



CLASSIC PASTA SALAD V DF

SERVES 4

Macaroni is the most classic of classics.

4 oz. uncooked dry short pasta
noodles

⅓ cup thinly sliced celery
(with leaves)

¼ cup diced red pepper

2 green onions, thinly sliced

½ cup mayonnaise

1 oz. bunch fresh dill, stems removed,
coarsely chopped

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

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

DIRECTIONS:

1. In a pot of salted boiling water, prepare pasta according to pkg. directions; drain.
2. Transfer drained pasta to a medium mixing bowl with celery, red pepper and green onions; toss until combined and set aside.
3. In a small mixing bowl, whisk mayonnaise with dill and lemon juice; season with salt and pepper to taste.
4. Mix dressing thoroughly into pasta mixture; cover and refrigerate salad for several hours before serving.



GRILLED AVOCADOS WITH PICO DE GALLO GF V

SERVES 4

Yes, you can grill an avocado!

- 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 Signature Fresh Mexi-Ranch Salad Dressing and chopped fresh cilantro

DIRECTIONS:

1. Preheat grill to medium heat; clean grill grates.
2. Drizzle cut sides of avocado with lime juice; brush lightly with oil.
3. Grill avocados cut-side down until dark grill marks form and avocados release easily from the grill grates (3-4 min.).
4. Flip avocados; cook until warm and starting to soften on the bottom (3-5 min., depending on ripeness).
5. Place avocados on a serving plate(s); season to taste with salt and pepper.
6. 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.



GRILLED CAESAR SALAD

SERVES 4

Lightly charring the lettuce makes for a unique spin on the original.

- 2 heads Romaine lettuce, washed and thoroughly dried, outer leaves removed
- Kowalski's Extra Virgin Olive Oil Spray, for grilling
 - Kowalski's Signature Fresh Parmesan Caesar Salad Dressing (from the Produce Department), to taste
 - prepared croutons, crushed, to taste
 - freshly grated or shredded Kowalski's Parmesan Cheese, to taste
 - freshly ground Kowalski's Black Peppercorns, to taste

DIRECTIONS:

1. Trim tops of lettuce to remove broken or limp ends; cut lettuce heads in half lengthwise.
2. Preheat grill to medium-high heat; clean grill grates.
3. Mist or lightly brush cut sides of lettuce with oil; grill directly over the heat, cut-side down, until dark grill marks form (about 2 min.).
4. Divide grilled lettuce between individual serving plates; drizzle with dressing and sprinkle with crouton crumbs, cheese and a generous amount of pepper.



GRILLED CORN ON THE COB WITH FRESH HERB BUTTER

GF

V

SERVES 8

Did someone say "summer"?

¼ cup Kowalski's Unsalted Butter, softened

1 tbsp. chopped fresh herbs of your choice

¼ tsp. freshly grated lime zest

8 ears Minnesota Grown sweet corn

- freshly ground Kowalski's Sea Salt and Black Peppercorns, to taste

DIRECTIONS:

1. In a small mixing bowl, combine butter, herbs and zest; refrigerate for several hours.
2. Peel husks off each ear of corn except for the layer touching the kernels; remove silk and pull remaining husks back up over corn.
3. Soak corn in cold water for about 1 hr. before grilling.
4. Preheat grill to medium heat; clean grill grates.
5. Cover and grill corn until kernels yield gently to pressure (8-10 min.), turning each ear a quarter turn every 2 min.
6. Carefully remove husks; serve with herb butter, salt and pepper to taste.



GRILLED TOMATOES WITH STEAKHOUSE GF BLUE DRESSING

SERVES 4

Who needs lettuce? These are a salad in and of themselves.

2 tomatoes, halved crosswise

- Kowalski's Extra Virgin Olive Oil, as needed, for grilling
- freshly ground Kowalski's Sea Salt and Black Peppercorns, to taste
- Kowalski's Signature Fresh Steakhouse Blue Salad Dressing (from the Produce Department), to taste
- chopped fresh Italian parsley, to taste, for garnish

DIRECTIONS:

1. Preheat grill to medium-high heat; clean grill grates.
2. Lightly brush cut sides of tomatoes with oil; season with salt and pepper.
3. Grill tomatoes cut-side down until dark grill marks form and tomatoes release easily from the grill grates (3-4 min.).
4. Flip tomatoes; cook until warm and starting to soften on the bottom (2-3 min., depending on ripeness).
5. Place tomatoes on a serving plate(s); drizzle with dressing, garnish with parsley and season with additional pepper to taste. Serve immediately.



RETRO-STYLE POTATO SALAD V

SERVES 8

Granny's recipe made with our favorite mustard.

- | | |
|--|---|
| 8 medium-size Yukon Gold potatoes | 3 hard-boiled eggs, roughly chopped |
| ½ cup sour cream | 2 celery stalks, diced, leaves reserved and chopped for garnish |
| ½ cup mayonnaise | 2 green onions, trimmed and sliced, plus extra for garnish, if desired |
| 2 tbsp. distilled vinegar | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste |
| 2 tbsp. Kowalski's Garlic Dill Mustard | |
| 1 tbsp. granulated sugar | |
| 1 tsp. paprika, plus more for garnish | |

DIRECTIONS:

1. Preheat oven to 350°.
2. Place potatoes on a rimmed baking sheet lined with parchment paper; roast until cooked through and fork-tender (about 45-50 min., depending on size).
3. Let potatoes cool completely to room temperature.
4. Peel potatoes; dice into ½" cubes.
5. Transfer diced potatoes to a large mixing bowl; set aside.
6. In a medium mixing bowl, whisk together next 6 ingredients (through paprika); pour over potatoes and stir to coat.
7. Add eggs, celery and onions; gently toss to combine.
8. Season with salt and black pepper to taste; cover and store in the refrigerator for 1 hr. or up to 5 days.
9. Garnish with celery leaves, green onions and paprika before serving.

TASTY TIP

Baked or boiled waxy potatoes, such as red and fingerling potatoes, can also be used for this recipe. Boil potatoes whole to prevent them from falling apart.



BACON TURTLE ICE CREAM SUNDAE

SERVES 4

A sundae couldn't be more luxurious.

6 oz. Kowalski's Applewood Smoked Bacon

2 tbsp. brown sugar

- local vanilla ice cream (such as Sweet Science or Grand Ole Creamery)
- toppings, to taste: warm Kowalski's Sea Salt Caramel and Deep Dark Hot Fudge Sauces (find them with the ice cream toppings), roughly chopped Kowalski's Lightly Salted Pecans

DIRECTIONS:

1. Preheat oven to 350°.
2. Arrange bacon on a parchment-lined rimmed baking sheet, overlapping slightly; bake for 15 min. in preheated oven.
3. Turn bacon; sprinkle evenly with brown sugar.
4. Continue baking until bacon is crisp and deep golden-brown (15-25 min. more).
5. Drain bacon on a clean sheet of parchment paper; cool to room temperature (bacon will crisp as it cools).
6. Chop bacon; set aside.
7. Scoop ice cream into serving dishes. Drizzle with caramel and hot fudge; sprinkle with bacon and pecans. Serve immediately.



BLACKBERRY CRUMBLE PIE V

SERVES 8

There's no need to prebake the crust or precook the filling in this easy recipe.

6 cups blackberries	½ cup brown sugar
¾ cup sugar	6 tbsp. flour
¼ cup cornstarch	1 tsp. ground cinnamon
½ tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)	¼ tsp. kosher salt
⅔ cup rolled oats	6 tbsp. Kowalski's Unsalted Butter, cold, cut into approx. 24 cubes
	1 refrigerated pie crust

DIRECTIONS:

1. In a large mixing bowl, toss together berries, white sugar, cornstarch and lemon juice until combined; set mixture aside for 15 min.
2. Adjust oven rack to lowest position; place a rimmed baking sheet on the rack and preheat oven to 350°.
3. In a second large mixing bowl, combine oats, brown sugar, flour, cinnamon and salt.
4. Using your fingertips, blend butter into dry ingredients until course lumps form; set crumble aside.
5. Line a 9" deep-dish pie pan with crust; flute edges as desired.
6. Fill crust with fruit mixture; top with crumble.
7. Place pie on the preheated baking sheet; bake until crumble topping is dark golden-brown (40-45 min.). In the last 10-15 min., cover the edges of the crust with strips of foil to prevent overbrowning, if needed.
8. Transfer pie to a wire rack; cool for 2 hrs. before serving.



BLACKBERRY JAM CAKE V

SERVES 12

A cake jam-packed with blackberry flavor.

3 ½ cups fresh or frozen blackberries (about 20 oz. fresh berries)	1 tbsp. plus 1 tsp. Kowalski's Organic Madagascar Vanilla Extract, divided
2 cups sugar, divided	3 cups flour
1 tbsp. Kowalski's Freshly Squeezed Lemon Juice (from the Produce Department)	1 ½ tsp. baking powder
9 oz. jar Kowalski's Black Raspberry Jam	1 tsp. kosher salt
1 cup canola oil	½ tsp. baking soda
3 eggs	1 cup whole milk
½ cup sour cream	16 oz. Kowalski's Signature Classic Buttercream Frosting (from the Bakery Department), at room temperature
	6 oz. white chocolate, melted and cooled

DIRECTIONS:

1. In a medium saucepan, cook and mash berries over medium-high heat until softened and fairly chunky (3-5 min.).
2. Stir in ½ cup sugar and lemon juice. Increase heat slightly; bring to a boil.
3. Boil, stirring occasionally, until mixture is thickened and thinly coats the back of a metal spoon without dripping off (5-10 min.).
4. Stir in jam until melted; remove from heat and cool mixture completely in pan.
5. Preheat oven to 350°. Grease the bottom only of a nonstick 9x13" pan.
6. In a large mixing bowl, use a hand mixer to combine remaining sugar, oil, eggs, sour cream and 1 tbsp. vanilla; beat for 2 min. on low speed.
7. Add flour, baking powder, salt and baking soda; mix until well combined, scraping the bowl partway through mixing.
8. Add milk slowly a bit at a time, beating batter until completely homogenous; beat for 30 sec. on high speed.
9. Transfer batter to the prepared pan; spread evenly.
10. Dollop 8-10 tbsp. jam mixture (about ¾ cup) evenly over the batter; using a knife, just barely swirl the jam mixture into the batter, leaving large, noticeable swirls and streaks throughout the cake.
11. Bake in preheated oven until a toothpick inserted in the center comes out with a few moist crumbs attached (30-35 min.).
12. Cool cake completely to room temperature.
13. Spread a thin layer of jam mixture over the cake; set aside.
14. In a clean large mixing bowl, use a hand mixer to whip frosting with remaining vanilla until mixture is very soft and spreadable.
15. Add white chocolate to the frosting; whip until very fluffy and light.
16. Spread frosting evenly over the cake; dollop bits of jam mixture over the icing and swirl gently. Reserve any remaining jam mixture for another use.



CARAMEL MACCHIATO ICE CREAM PIE

SERVES 8

Would you like coffee with your dessert?

- 1 ½ cups finely chopped pecans, plus more for garnish
- ¼ cup superfine sugar
- 1 egg white, lightly beaten
- cooking spray, to prepare pie plate
- 1 pt. coffee ice cream, softened
- ½ cup caramel sauce (such as Kowalski's Classic Caramel Sauce)
- 1 pt. vanilla ice cream, softened
- hot fudge sauce (such as Kowalski's Deep Dark Hot Fudge Sauce)
- chopped chocolate-covered espresso beans, to taste, for garnish (optional)

DIRECTIONS:

1. Preheat oven to 400°.
2. In a medium mixing bowl, combine pecans and sugar; fold in egg white.
3. Press pecan mixture into a 9" pie plate sprayed lightly with cooking spray; bake in preheated oven until browned (about 12 min.).
4. Cool crust completely.
5. Spread coffee ice cream in bottom of cooled crust; top evenly with caramel sauce.
6. Freeze pie for 5 min. to set caramel.
7. Spread vanilla ice cream over caramel; freeze for several hours or overnight.
8. When ready to serve, drizzle with hot fudge; sprinkle with pecans and chocolate-covered espresso beans, if desired.

FIND IT!

Find Kowalski's Classic Caramel Sauce and Deep Dark Hot Fudge Sauce in the Grocery Department next to the ice cream toppings.



EASY ICE CREAM SANDWICHES V

MAKES 2

Also great when made with mini cookies!

- 4 ct. pkg. Kowalski's Family Favorite Cookies (any flavor), divided
- 1 pt. ice cream (any flavor), divided
- sprinkles, crushed candy, etc., for rolling (optional)

DIRECTIONS:

1. Put cookies in the freezer for 3-4 hrs. to harden.
2. Allow ice cream to soften at room temperature for 3-5 min.
3. Place 1 cookie on a clean work surface, bottom side up; top cookie with $\frac{1}{2}$ pt. ice cream.
4. Sandwich another cookie on top, bottom side against the ice cream between; press cookies together to distribute ice cream. Smooth edges with the back of a spoon.
5. Repeat with remaining cookies and ice cream.
6. Roll edges of ice cream sandwiches in candy to coat exposed ice cream, if desired.
7. Wrap sandwiches in waxed paper; freeze for 4 hrs. or until solid.
8. Let sandwiches stand at room temperature for 5-10 min. before serving.

DIPPED COOKIE VARIATION: Start this recipe by adding approx. 4 oz. dark chocolate melting discs (roughly $\frac{1}{2}$ cup) to a microwave-safe dish. Microwave chocolate in 30 sec. increments, stirring between heatings, until mixture is smooth. Dip half of each cookie in melted chocolate to coat (or use a rubber spatula to lightly and evenly coat half of each cookie with chocolate, including top, bottom and edges). Place dipped cookies on waxed paper; set aside at room temperature until chocolate hardens (2-3 hrs.). Transfer to freezer and follow recipe above.



GRILLED BANANAS V

SERVES 4

These are wonderful with ice cream or whipped cream.

4 bananas (firm but not green), peel on, 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. Preheat grill to medium heat; clean grill grates.
2. Mist or lightly brush cut sides of bananas with oil.
3. Sprinkle cut sides of bananas evenly with sugar; let stand for 2-3 min.
4. Grill bananas cut-side down until dark grill marks appear and fruit releases easily from the grill grates (3-4 min.).
5. Flip bananas; cook until the skin starts to pull away from the fruit (5-6 min., depending on ripeness).
6. Remove peels and place bananas on a serving plate(s); drizzle with caramel and sprinkle with nuts. Serve immediately.

SWITCH/UP Top with vanilla or honey Greek yogurt. Bonus: calcium, magnesium, B12 and potassium.

TASTY TIP

Warm bananas are delicious with ice cream. Also try them in place of (or in addition to) toasted marshmallows in traditional s'mores.



GRILLED STONE FRUIT GF V VE DF

Grilling brings out every bit of sweetness.

- ripe peaches, nectarines or plums, halved and pitted
- cooking spray or canola oil, for grilling

DIRECTIONS:

1. Preheat grill to medium-high heat; clean grill grates.
2. Mist or lightly brush cut sides of fruit with oil; grill directly over the heat, cut-side down, until dark grill marks form (about 2 min.).
3. Flip fruit over; cook to desired tenderness (up to 5 min.).



EASIEST FRESH LEMONADE GF V VE DF

SERVES 4

It's lemonade, hacked.

4 cups ice-cold water

1 cup Kowalski's Simple Syrup

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

- ice

4 lemon slices, for garnish

DIRECTIONS:

1. In a pitcher, combine water, simple syrup and juice; stir well.
2. Serve over ice with lemon slices for garnish.



MINTY LIMONCELLO SPARKLERS   

MAKES 2

When made without the alcohol or with zero-proof gin or rum, this recipe makes a nice mocktail.

- ice
- ½ oz. fresh mint, plus more sprigs for garnish
- 2 tbsp. Kowalski's Freshly Squeezed Lemon Juice
(from the Produce Department)
- ½ cup lemonade concentrate, thawed
- 4 oz. limoncello
- ½ cup club soda
- lemon wedges, for garnish

DIRECTIONS:

1. Fill 2 highball glasses with ice; set aside.
2. In a cocktail shaker, muddle mint leaves (discard stems) and lemon juice.
3. Add lemonade concentrate, limoncello and ice to the shaker; shake to combine.
4. Strain evenly between ice-filled glasses.
5. Top with club soda; stir gently.
6. Garnish with lemon wedges and mint.



WATERMELON JULEPS GF V VE DF

MAKES 2

The most refreshing julep yet.

16 oz. prepared watermelon (cut into cubes, chunks or spears with rind removed), plus more for garnish, if desired

½ oz. fresh mint, plus more sprigs for garnish

4 oz. bourbon

2 tbsp. superfine sugar

1 tbsp. Kowalski's Freshly Squeezed Lime Juice
(from the Produce Department)

- ice

- club soda, to taste (optional)

DIRECTIONS:

1. Chop watermelon; place in a large mixing bowl with mint leaves (discard mint stems) and bourbon.
2. Sprinkle melon evenly with sugar and lime juice; toss to combine. Let stand for 30 min.
3. Pour watermelon mixture into a food processor; process until very smooth.
4. Pour mixture through a fine sieve into a pitcher, using a nylon spatula to press mixture through; discard solids.
5. Fill 2 highball glasses with ice.
6. Pour watermelon juice mixture into ice-filled glasses; top with a splash of club soda, if desired.
7. Garnish each glass with a sprig of mint and watermelon, if desired.

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