

Compliments of Kowalski's

September – October 2024
THE JOY OF GOOD FOOD

KOWALSKI'S AT HOME

THE RIGHT **stuff**

MARVELOUS
MEATLOAF

**AIR-FRIED
APPETIZERS**

exploring
KOREAN CUISINE

*Italian Stuffed
Meatloaf (page 9)*



Thoughts from the KOWALSKIS

If you're looking for fresh, new ideas that will bring everyone to the dinner table this season, we've got the right stuff in this issue of *At Home*. From one-dish chicken dinners (on pages 3 and 12) to our dive into meatloaf (on pages 8-9), these dishes make dinner delicious.

Culinary & Branding Director Rachael Perron and her creative crew crafted the recipes in this issue with a Midwestern mindset. This approach rolls over into their take on Southwestern egg rolls, which get a decidedly Midwestern dunk in – what else? – ranch dressing (with a twist!). The team then took inspiration from halfway around the globe to create some Korean-inspired dishes that'll put a little something new and delicious on your dinner table.

We're becoming well-known for our whiskey selection. We've already bought several barrels of exclusive hand-picked whiskey this year, with more on the way. If you're interested in knowing the right stuff about whiskey and how to enjoy it, stop by Kowalski's Wine & Spirits to check out the choices and talk to our team. Turn to page 6 for answers to some of our most-asked questions about this complex and captivating spirit from Wine Director Brian Mallie.

Our Cheese Specialists are another team that always has time

for a chat. Knowing the right stuff about all things cheese, they never steer us wrong! On page 4, we're exploring several local and Minnesota Grown goat cheese suggestions from Specialty Cheese Director Joe Moore. Its pronounced and beloved tanginess makes goat cheese perfect for pairing with some of the best foods and flavors of the season.

Speaking of the best of the season, many of the best produce items in the state become available as the fall colors start to appear. If you'd like help deciding the right Minnesota Grown stuff to add to your cart this season, turn to page 5 for a look at a few of the best choices. Be sure to stop by during **Minnesota Grown Week**, which runs **September 8-14**. The celebration culminates in our annual **Minnesota Grown & Local Event** at all our stores on **Saturday, September 14, from 11 a.m. to 3 p.m.**

As always, Nutritionist Sue Moores, M.S., R.D., appears in this issue, this time to educate us about sodium. Turn to page 10 for her expertise and advice on navigating this tricky but essential nutrient.



See you in the stores!
*Kris Kowalski Christiansen
 and Mary Anne Kowalski*

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JOIN US
 as we celebrate **local, sustainable**
 and **responsibly** made food and
 products all week!

MINNESOTA GROWN

SEPTEMBER 8-14



CHICKEN ORZO SKILLET

SERVES 3

- | | |
|--|---|
| 3-4 boneless skinless chicken breasts (about 1 ¼ lbs. total) | - pinch crushed red pepper flakes (or to taste) |
| 2 tbsp. Kowalski's Extra Virgin Olive Oil | ⅓ cup white wine (or more as needed) |
| 1 tsp. dried oregano leaves | 3 oz. (approx.) fresh baby spinach, roughly chopped |
| 1 tsp. kosher salt, plus more for seasoning the orzo mixture | ¼ oz. (approx.) fresh thyme, leaves removed and stems discarded |
| ½ tsp. freshly ground Kowalski's Black Peppercorns, plus more for seasoning the orzo mixture | 1 ½ cups chicken stock or broth |
| ½ tsp. sugar | ½ cup heavy cream |
| 1 tbsp. Kowalski's Unsalted Butter | 3 oz. (approx.) julienne-cut sun-dried tomatoes in olive oil, drained |
| 1 cup orzo pasta | ⅓ cup grated Kowalski's Parmesan Cheese |
| 2 cloves garlic, finely minced | - fresh Italian parsley, for garnish (optional) |

DIRECTIONS:

1. Preheat oven to 400°.
2. In a medium mixing bowl, combine chicken and oil; toss to coat.
3. Sprinkle with oregano, salt, pepper and sugar; let stand for 10 min.
4. Heat a cast iron skillet over medium-high heat; sear chicken on both sides, turning just once, until a dark golden-brown crust forms (about 1 min. per side). Remove chicken from skillet; set aside (chicken will not be fully cooked).
5. Reduce heat to medium; melt butter in skillet. Add orzo; cook and stir for 90 sec. to toast.
6. Add garlic and crushed red pepper flakes; cook and stir for 1 min.
7. Add wine to deglaze the skillet and stop the orzo from browning; if needed, add more wine or water to prevent garlic from burning.
8. Add spinach; cook and stir until completely wilted (about 2 min.).
9. Remove pan from heat; stir in thyme.
10. Stir in stock and cream; season with salt and pepper to taste.
11. Stir in tomatoes and Parmesan.
12. Return chicken to skillet. Transfer skillet to the preheated oven; bake for 15 min.
13. Garnish with parsley before serving, if desired.

cooking for 3

I write a lot of recipes, particularly for main dishes that serve four people. That's interesting because at home, there are typically only two of us at the dinner table.

There are a few reasons I do this. I think most users would rather have leftovers than not have enough. I also think that it's easier to halve or double a recipe than to divide or multiply it by three or more. (Some math just seems easier, you know?) I've also found that family-size recipes typically minimize waste. A lot of foodstuffs, from packages of meat and poultry to canned goods, heads of lettuce and boxes of pasta, are sized to accommodate four or more people. Yes, I've written recipes that serve two. For cakes, pies and tarts, six to eight servings is often the right call. When I write recipes for party foods or holiday dishes and casseroles, such as turkeys, roasts and lasagnas, I understand that people often are feeding 10 or more guests. But what you very, very rarely see me write is a recipe for three people.

Even though this meal serves three, it's a staple dinner for both my husband and me. Jerry really enjoys the leftover third portion as his work-from-home lunch the next day. It's also a great meal on nights when our daughter joins us (well, maybe not for Jerry!). Aside from being delicious, it cooks in a single pan – and quickly! In the 15 minutes it takes to finish in the oven, I have the perfect amount of time to set the table, clean up the kitchen and pour myself a glass of wine.

Warmly,

Rachael

Rachael Perron,
Culinary & Branding Director
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TASTY TIP

A simple ratio of 1 package Gerber's Amish Farm Boneless Skinless Chicken Breasts (which usually contains 3 breasts), 1 cup orzo and a total of 2 cups cooking liquid (typically a combo of broth and cream) creates a super dish that's easy to customize with your favorite veggies and cheeses. I riff on it often!

the G.O.A.T.

Which cheese is the Greatest of All Time? Why, goat of course! The signature tangy minerality of goat cheese is a great partner for fall flavors like apple, squash, pear, mushroom, chicken, walnut, maple, caramel and wild rice. Here, we're highlighting a few favorite local GOATs from the Specialty Cheese Case and suggesting some seasonal ways to incorporate them into any part of a meal.



LaClare is named for founders Larry and Clara Hedrich, who inherited their first two goats after buying a rural hobby farm in the late 1970s. Their goat cheese is made in Malone, Wisconsin, with milk solely sourced from within 10 miles of the creamery, greatly reducing road miles and CO₂ emissions. High-quality milk is the hallmark of the LaClare brand. They won "1st Place - Best Milk" at the 2019 Wisconsin State Fair, a category that included both cow's and goat's milk. Popular flavors of LaClare's fresh chèvre include Blueberry Vanilla, Garlic & Herb and Fig & Honey.

TRY IT! Try LaClare goat cheese in our *Arugula and Ginger Beet Salad*, an elegant starter for any fall dinner party.



DONNAY DAIRY

Brad and Leanne Donnay make just two goat cheeses, including their artisanal chèvre, using milk from their 10-acre, zero-employee, true family farm in Kimball, Minnesota. They exclusively use local feed for their goats and zero pesticides on their farm – just insect-eating chickens.



TRY IT! Stuff Donnay chèvre into a chicken breast with olive tapenade, or use it in our recipe for *Butternut Squash and Mushroom Pasta*.



Owned and operated by the Cook family in Central Wisconsin, Carr Valley makes a young goat's milk blue called Billy Blue with the distinctive flavor of blue cheese and a delightfully creamy texture. It won first place at the 2022 International Cheese & Dairy Awards.

TRY IT! Serve Billy Blue with *Pear-Cranberry Crisp*, *Sea Salt Caramel Pear Galette* or *Spiced Poached Pears* as a final course.



Selection and availability of products and ingredients vary by market. Find the recipes referenced on this page at kowalskis.com.



THE *best* OF THE SEASON

Our “Peak of the Season” picks in the Produce Department are often Minnesota Grown. In the fall, it’s more like they’re *always* Minnesota Grown! Enjoy the best tastes in town when you add these seasonal selections to your basket on your next visit.



TOMATOES

Fantastic local tomatoes are available year-round in Minnesota, but sweet heirloom tomatoes really shine this time of year. Show off their colors in fresh applications like salads and on your most fancy-pants sandwiches.



MICROHERBS

Nutrient-dense soils and a state-of-the-art hydroponics system grow the freshest microherbs in town. Locally sourced from Krav Farms, these teeny, tiny leaves of basil, dill, cilantro and parsley means there’s no chopping required! Use them as a finishing touch on any dish to add delicate herbal freshness and an Insta-worthy aesthetic.



SQUASH

Dumpling squash are a fun way to mix things up. They’re cousins of the delicata squash, with a rounder, squatter shape. Like delicata, they have a thin, edible skin. Try them roasted plain or stuffed with a warm autumnal grain dish.



APPLES

Look for First Kiss and the ubiquitous Honeycrisp when choosing a sweet snack or brightening your favorite fall salads. First Kiss has the same great crunch as the Honeycrisp, with a slightly more tart and tangy taste.



MUSHROOMS

Our local partner R&R Cultivation provides us with 100% USDA Certified Organic, sustainably grown fresh gourmet mushrooms all year round. They are great in pasta and rice dishes, soups and stir fries. Look for a wide variety of fresh fungi flavors and shapes, from golden oyster to maitake to brown beech.



wondering ABOUT whiskey

Fall heralds the arrival of whiskey season, the time when we swap out icy-cold cocktails made with lighter-colored spirits like gin and tequila for the warm, aromatic experience that is whiskey. The tasting notes and flavor profiles of bourbons and ryes match the vibe of the season's most comforting foods and experiences in a way that a daiquiri or margarita never could. Whiskey aficionados and newbies alike are encouraged to check out our selection this season. Stop in and chat us up! We love your questions. Below, we offer answers to a few questions we hear a lot.

What's the difference between Scotch, bourbon and rye whiskey?

These three types of whiskey are all made from fermented grain mash and water, but they differ primarily in how they're made and aged. Scotch is produced in Scotland and is made with malted barley, to which other grains may be added. It is aged for a least three years. Bourbon is strictly an American spirit, made from at least 51% corn and aged in a charred new oak barrel. It has a sweet, distinctive woodiness. Rye whiskey is made from at least 51% rye and doesn't have to be matured in new casks. It has fewer woody notes than bourbon and may be a bit more peppery or spicy. Rye is more popular in the northern United States than in the South and is also widely produced in Canada.

Should I add water or ice to my whiskey?

When alcohol mixes with water, a small exothermic reaction occurs, raising the temperature just enough to release some of the beverage's more volatile aromas. This gives extra complexity to the nose. Water also reduces a whiskey's alcohol content, which cools the tongue and may help us taste its many flavor nuances. Everyone's palate is different. Just as people like different types of chocolate, cheese and wine, people also prefer different levels of dilution in their whiskey. Finding your perfect ratio can be a fun experiment!

What proof is best for cocktails?

If you're crafting cocktails, we suggest choosing a whiskey that's overproofed (90 proof or more). This will ensure that once mixed with other ingredients, the

intentional character of the whiskey will shine through rather than become watered down. Side note: We like whiskey cocktails with fruity flavors like orange, lemon and grapefruit (think tonic); spicy ginger; and caramel (think cola and cream soda).

Why is single-barrel whiskey such a big deal?

While all whiskey is blended for consistency, proof and flavor profile, numerous nuances exist between barrels. Whiskey profiles are affected by how and where the barrels are aged. Time, temperature, the size of the aging room (rickhouse), the rickhouse's primary building material and the size of the cask all create marked differences in the performance of the final product. The original strength of the whiskey also plays a part. As a barrel matures, the whiskey inside slowly evaporates, increasing the spirit's strength. Any barrels stored closer to the ground are affected by varying humidity levels, which causes the whiskey to evaporate more slowly, resulting in distinctly different tastes between barrels. When we buy a barrel for you, we've had the chance to try several different casks to confidently pick the one that's truly the best. We look for complex, balanced aromas and flavors like dried fruits, vanilla, caramel, corn and smoky charred wood.



Selection and availability of products vary by market.

SIGNATURE PRODUCT FOCUS



Kalbi

One of our most popular and iconic Signature recipes is also one of the longest-lived in our product library. Unlike so many of the more “Midwestern” items we offer, it’s also a bit outside the box flavor-wise. Kalbi Marinade – our Korean-inspired sauce and marinade for grilling, stir frying and dipping – is a culinary concoction featuring a blend of flavors used in the Korean dish known as *kalbi*. Sometimes called *galbi*, traditional kalbi is a recipe for grilled beef ribs that’s typically flavored with a combination of ginger, onion, soy, sesame, garlic, black pepper and a sweetener, such as brown sugar or honey.

Many shoppers know our Kalbi Marinade as a great partner for salmon. In fact, customer demand insists that we feature Kalbi-Marinated Salmon in our Deli Hot Cases every single day! The Meat Department offers several beef, chicken, pork and salmon products that incorporate our Signature Kalbi, too. The flavor profile is so versatile that over the years, we’ve suggested using it for everything from glazing green beans to dunking pot stickers. This season, we’re experimenting with it again. By adding a little lemon juice or vinegar to Kalbi’s base of oil, seasonings and sweetener, we’ve found it also works nicely as a simple salad dressing.

Find the recipes for *Korean-Style Lettuce Salad*, *Korean-Style Broccoli Salad* and *Korean-Style Salmon Salad* online at kowalskis.com.

SIGNATURE



SIGNATURE

marvelous MEATLOAF [AND MEATBALLS!]

While meatloaf might not be the most glamorous meal on the menu, there's no denying its popularity. And while it may have started as a way to make meat go further, these days, it's enjoyed because it's just *that good*. It all starts with a base of ground meat (or poultry!), blended with egg and breadcrumbs to bind it all together and retain its delicious, meaty flavor. From there, meatloaf is easily imbued with all kinds of flavors. Whether blended with fresh veggies and herbs, made into meatballs, topped with sweet and tangy glazes, or even filled with prosciutto, mozzarella and tomatoes, we've got a meatloaf for everyone.



Short on time?

We've got you covered with our Signature selections. Look for heat-and-eat **Traditional Meatloaf** and **Turkey Vegetable Meatloaf** in the Deli Department as well as ready-to-bake **Meatloaf** and the iconic **Meatloaf with Wild Rice** in the Meat Department.



GRILLED FARMHOUSE MEATLOAF SANDWICHES MAKES 2

- Kowalski's Unsalted Butter, at room temperature
- 4 slices sourdough bread
- 2 tbsp. Stonewall Kitchen Old Farmhouse Chutney
- 1 handful fresh arugula
- 3-4 slices leftover meatloaf, less than ½" thick, warmed a bit in the microwave
- 3 tbsp. Kowalski's Signature Herb Spread

DIRECTIONS:

1. Butter one side of each slice of bread; place ½ of the bread slices butter-side down on a nonstick skillet or griddle preheated to medium.
2. Spread bread slices in the skillet evenly with chutney; top evenly with arugula and meatloaf.
3. Spread herb spread on unbuttered side of remaining bread slices; place on top of meatloaf, butter side up.
4. Cook sandwiches on first side until bottom is dark golden-brown (about 2 min.); flip and repeat. If needed, reduce heat slightly and continue cooking, flipping occasionally, until sandwich is hot and bread is dark golden-brown.
5. Cut each sandwich in half on the diagonal; serve immediately.

FIND IT!

Find Stonewall Kitchen products in the Deli Department.
Selection and availability vary by market.

Find Kowalski's Signature Herb Spread in the Deli Grab & Go Case.

TURKEY VEGETABLE MEATBALLS WITH SRIRACHA GLAZE

SERVES 4

- | | |
|--|--|
| 1 lb. Kowalski's Naturally Raised Fresh 94% Lean Ground Turkey | 1 tbsp. Kowalski's Signature Northwoods Grill Seasoning (from the Meat Department) |
| ½ cup finely shredded zucchini | 2 tsp. finely chopped fresh rosemary, plus more sprigs for garnish |
| ½ cup finely shredded carrot | 1 tsp. Worcestershire sauce |
| ⅓ cup panko breadcrumbs | 1 tsp. Sriracha sauce |
| ¼ cup thinly sliced green onion | 1 tsp. ginger purée (from the Produce Department) |
| 1 egg, lightly beaten | - kosher salt and freshly ground Kowalski's Black Peppercorns, to taste |
| 3 tbsp. freshly grated Kowalski's Parmesan Cheese | - Sriracha Glaze, divided |
| 2 tbsp. Kowalski's Extra Virgin Olive Oil | |
| 2 tbsp. Kowalski's Classic Ketchup | |

DIRECTIONS:

1. Preheat oven to 375°.
2. Place ground turkey in a large mixing bowl; gently flatten to increase surface area.
3. Add all remaining ingredients except glaze; using clean hands, thoroughly mix ingredients until well blended (do not overmix).
4. Using a medium cookie scoop, portion out approx. 24 meatballs into your palm; gently roll each into a ball using clean, damp hands. Place on a rimmed baking sheet lined with foil, allowing meatballs to touch lightly.
5. Evenly pour approx. ½ of the glaze over the meatballs (or to taste); using a pastry brush or spatula, ensure all meatballs are coated with glaze.
6. Bake in preheated oven until internal temperature reaches 165° (25-30 min.).
7. Serve immediately with reserved glaze for dipping; garnish with rosemary sprigs.
8. Store any unused glaze in the refrigerator; use later as a dip for an appetizer or for brushing over grilled chicken, beef or salmon.

**SRIRACHA GLAZE**

MAKES ABOUT 2 ½ CUPS

In a medium saucepan, combine 12 oz. Kowalski's Classic Ketchup, 1 ½ cup brown sugar and 1 tbsp. Sriracha sauce (or to taste); cook and stir over medium-low heat until sugar is completely dissolved. Remove from heat; use immediately or store in the refrigerator, covered, for up to 1 week.

ITALIAN STUFFED MEATLOAF *(from the cover)*

Find a variety of meatloaf and meatball recipes on our website at kowalskis.com.





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shake it off!

[salt, that is]

As you think about salt and sodium (which is worth doing), embrace a little Taylor Swift messaging: “Shake it off.” Though our bodies are wired to crave salt, a little is good; a lot is not.

THE GOOD IN SODIUM

Salt, also known as sodium chloride, makes life delicious. Its taste varies slightly depending on the type of salt you choose. From iodized table salt and kosher salt to pink Himalayan and gray sea salt, this ubiquitous seasoning not only amplifies the flavor and aroma of foods, but it helps balance the sweetness or bitterness of other ingredients in recipes.

Sodium is also an essential nutrient. At the needed level of 500 mg a day, it helps maintain fluid balance in our bodies and a healthy blood pressure. It’s important for the proper function of muscles and nerves and for transporting nutrients into cells.

HEALTH HICCUPS

The American Heart Association recommends we keep our sodium intake to no more than 2,300 mg a day, the equivalent of one teaspoon of table salt. If you have high blood pressure (1 in 3 adults do but aren’t aware of it), the recommendation is 1,500 mg, about two-thirds of a teaspoon. Most of us consume 3,400 mg a day.

Eating too much sodium can raise the risk for cardiovascular disease, high blood pressure and weight gain, in part by stimulating thirst and appetite. Excess sodium can also increase the loss of calcium in your body, which weakens bones. And recent research shows that too much sodium can disrupt the balance of healthful bacteria in your gut by altering the composition, richness and diversity of its microbes.



SHAKE OFF SODIUM WITH THESE TIPS

WHERE YOU’LL FIND IT

More than 70% of the sodium we consume comes from packaged and prepared foods, not the salt we add at the table. Sodium is used in these foods not only for flavor but as a preservative and to enhance a food’s color or texture. It may also be added to help a product retain moisture. The top sources of sodium in our diet include pizza, soup, tacos, burritos, savory snacks, sauces, condiments and certain types of deli meats.

The Nutrition Facts panel on a product tells you how much sodium is in each serving. The Percent Daily Value indicates if a food is high or low in that nutrient. When it comes to sodium, a value of 5% or less means it’s low; a value of 20% or above is considered high. Read labels. Many foods, including ones that don’t taste salty, can contain an appreciable amount of sodium.

SEEK BALANCE

Your body strives for a balance between potassium and sodium. By ramping up the amount of potassium you eat, you can offset some of the impact of consuming excess sodium.* Eating potassium-filled foods, including fruits, vegetables, nuts and seeds, dairy foods, beans, beef, fish and chicken, may help level the teeter-totter action between these two nutrients.

**Note: If you have kidney or heart conditions, diabetes or high blood pressure, check with your healthcare provider before increasing your potassium intake.*

- **Switch from table salt to kosher.** Kosher’s larger flakes deliver 20% less sodium.
- **Sub in herbs (fresh or dried) for salt.**
- **Rinse canned beans or fish to remove up to 40% of the sodium.**
- **Slowly tick back your use of salt.** Your taste buds will learn to appreciate less.

air-fried

APPETIZERS



IDEAS

HABANERO RANCH DIP

MAKES 1 CUP

In a medium mixing bowl, combine 1 cup Kowalski's Signature Fresh Classic Ranch Salad Dressing (from the Produce Department), 1 tbsp. Kowalski's Tomatillo Habanero Hot Sauce and 1 tbsp. chopped fresh cilantro; stir until well combined. Serve immediately or store in the refrigerator, covered, for up to 1 week.

MIDWESTERN EGG ROLLS

SERVES 12

- 8 oz. Kowalski's Signature Pulled Rotisserie Chicken Breast (from the Deli Grab & Go Case), chopped
- 4 oz. Kowalski's Original Whipped Cream Cheese Spread
- 4 tbsp. Kowalski's Taco Seasoning
- 1 cup Kowalski's Black Bean Salsa (from the Prepared Produce Section)

- 1 cup Kowalski's Mexican Blend Shredded Cheese
- ½ cup frozen corn kernels
- 1 tbsp. chopped fresh cilantro
- 12 egg roll wrappers (from the Produce Department)
- water, for sealing wrappers
- Kowalski's Extra Virgin Olive Oil Spray, as needed
- *Habanero Ranch Dip*, for serving

DIRECTIONS:

1. Line the basket or tray of an air fryer with foil; preheat to 375°.
2. In a large mixing bowl, gently mix chicken, cream cheese and taco seasoning until combined.
3. Fold in salsa, cheese, corn and cilantro until mixture is well combined.
4. On a clean work surface, lay 1 egg roll wrapper in front of you in a diamond position. Using clean hands, wet the edges of the wrapper with water.
5. Place ¼ cup chicken filling in the center of the egg roll wrapper. Gently fold the bottom corner of the wrapper up and over the filling, tucking in the sides as you roll the wrapper snugly; tug down the top corner gently to seal.
6. Repeat steps 4 and 5 until all filling is used.
7. Spray each roll generously with olive oil.
8. Working in batches, place egg rolls in preheated air fryer, leaving space between each roll; air fry for 8 min., turning halfway through.
9. Remove from air fryer; let cool for 5 min.
10. Cut egg rolls in half on the bias; serve with dip on the side for dunking.

We're back in air fryer mode, this time with a recipe for a seasonal appetizer modeled after one made popular by a certain well-known national neighborhood grill and bar chain. Our version uses loads of Kowalski's Signature products, including our iconic, award-winning Signature Rotisserie Chicken. Our Midwestern version of the classic Southwestern egg roll is loaded with flavor from Kowalski's Taco Seasoning, Black Bean Salsa and Mexican Blend Shredded Cheese. It comes together quickly without any fuss. When dunked in a kicked-up blend of our Signature Fresh Classic Ranch Dressing and Tomatillo Habanero Hot Sauce, these Southwestern-inspired apps land squarely in Midwestern territory.

seasonal supper

With the essence of chicken noodle soup and the heart of a hot dish, this season's supper suggestion is easy for everyone to love. Simple, clean and convenient ingredients are paired with our delicious, award-winning Signature Rotisserie Chicken for a pasta dinner that comes together in a flash, right on the stovetop.

CHICKEN NOODLE HOT DISH

SERVES 4

- 4 cups chicken stock
- 1 tsp. chicken broth base (such as Orrington Farms brand)
- 10.5 oz. can Pacific Foods Organic Cream of Mushroom Condensed Soup
- 10-12 oz. bag frozen mixed vegetables
- 12 oz. egg noodles
- 8 oz. Kowalski's Signature Pulled Rotisserie Chicken Breast (from the Deli Grab & Go Case), gently shredded into bite-size pieces
- 1 tsp. Kowalski's Signature Classic Garlic & Herb Rub (from the Meat Department)
- 4 tbsp. Kowalski's Unsalted Butter
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- 2 tbsp. chopped fresh Italian parsley, for garnish

DIRECTIONS:

1. In a large, deep skillet or saucepan, bring stock and broth base to a boil over medium-high heat.
2. Stir in condensed soup and mixed vegetables. Add noodles; return to a boil (2-3 min.).
3. Remove pan from heat; gently stir in chicken and seasoning rub.
4. Add butter; stir until melted.
5. Cover pan; let stand at room temperature for 20 min.
6. Season to taste with salt and pepper.
7. Transfer to a large serving dish or individual serving dishes; garnish with chopped parsley.

TASTY TIP

Love mushrooms? Add any variety with the noodles and condensed soup, or sauté separately and pile them on top of the finished dish.