



KOWALSKI'S
MARKETS

Cooking WITH
KOWALSKI'S

**back to
school &**
BACK TO THE DINNER TABLE

SEPTEMBER-OCTOBER 2024

SECTION GUIDE



Salads



Soups



Main Dishes



Desserts

ANNOTATION GUIDE



GLUTEN FREE



VEGETARIAN



VEGAN



DAIRY FREE



KOREAN-STYLE BROCCOLI SALAD V VE DF

SERVES 4

½ cup Kowalski's Signature Kalbi Marinade (from the Meat Department)

1 ½ tsp. freshly squeezed lemon juice

- freshly grated zest of ½ lemon

12 oz. small broccoli florets

4 oz. unsalted roasted peanuts

3 oz. soft dried dates, chopped

¾ oz. chopped fresh cilantro

- toasted sesame seeds, for garnish

DIRECTIONS:

1. In a large mixing bowl, whisk together marinade, lemon juice and zest.
2. Add broccoli, peanuts, dates and cilantro; toss to coat.
3. Serve immediately or refrigerate, covered, for up to 3 days.
4. Garnish salad with sesame seeds before serving.



KOREAN-STYLE SALMON SALAD DF

SERVES 4

- 1 large head Romaine lettuce, chopped
- ½ cup Kowalski's Signature Kalbi Marinade, plus more as needed
- 1 ½ tsp. freshly squeezed lemon juice
- freshly grated zest of ½ lemon
- 1 lb. salmon, cut into 4 portions, skin removed
- Kowalski's Extra Virgin Olive Oil, as needed
- kosher salt and freshly ground Kowalski's Black Peppercorns, to taste
- ½ peeled English cucumber, thinly sliced
- 8 radishes, scrubbed, trimmed and thinly sliced
- 2 small avocados, peeled and sliced
- 1 cup (approx.) Kowalski's Fresh Organic Spicy Green Kimchi
- Sriracha mayo (such as Lee Kum Kee brand), to taste (optional)
- 2 tsp. (approx.) black sesame seeds, for garnish

DIRECTIONS:

1. Wash lettuce in ice-cold water; drain thoroughly in a salad spinner until very dry. Set lettuce aside.
2. In a small mixing bowl, whisk ½ cup Kalbi with lemon juice and zest; set Kalbi-lemon dressing aside.
3. Place a cast iron skillet over direct heat on a grill or stovetop; preheat to medium.
4. Brush salmon lightly with oil; season with salt and pepper on both sides.
5. Place fish in the pan; cover grill or loosely cover pan on the stovetop with foil. Cook fish without flipping until flaky and opaque throughout (10-15 min., depending on the thickness of the fish), brushing fish with Kalbi in the last few minutes of cooking.
6. Transfer salmon to a large rimmed plate or platter. Immediately drizzle with more Kalbi; let stand for 10 min.
7. In a large mixing bowl, toss lettuce with Kalbi-lemon dressing to taste; divide evenly between 4 shallow salad bowls.
8. Evenly divide and arrange cucumber, radish, avocado, kimchi and salmon fillets in groups on top of the dressed lettuce.
9. Drizzle salmon fillets with Sriracha mayo; sprinkle with sesame seeds.



Find Kowalski's Signature Kalbi Marinade in the Meat Department.

Find Kowalski's Fresh Organic Spicy Green Kimchi near the refrigerated pickles and sauerkraut.



KOREAN-STYLE LETTUCE SALAD V VE DF

SERVES 4

- 1 head red leaf lettuce, torn into bite-size pieces
- 1 head green leaf lettuce, torn into bite-size pieces
- ½ cup Kowalski's Signature Kalbi Marinade (from the Meat Department)
- 2 tbsp. rice vinegar
- ½ white onion, thinly sliced
- 4 green onions, thinly sliced
- toasted sesame seeds, for garnish

DIRECTIONS:

1. Wash lettuces in ice-cold water; drain thoroughly in a salad spinner until very dry. Set lettuces aside.
2. In a large mixing bowl, whisk together marinade and vinegar.
3. Add lettuces, white onion and green onions to the bowl; toss to coat.
4. Garnish with sesame seeds; serve immediately.



CHICKEN NOODLE SOUP WITH NAVY BEANS AND KALE

SERVES 8

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| 2 tbsp. Kowalski's Extra Virgin Olive Oil | 1 chunk (approx. 4") Parmesan rind |
| 16 oz. pkg. Kowalski's Fresh Soup Mix or Mirepoix (from the Prepared Produce Section) | 1 tsp. finely chopped fresh rosemary |
| 3 cloves garlic, finely minced | 1 tsp. finely chopped fresh thyme, plus more for garnish |
| 6 cups low-sodium chicken broth | ¼ tsp. freshly ground black pepper, plus more to taste |
| 15 oz. canned navy beans, rinsed and drained | ¼ tsp. crushed red pepper flakes |
| 1 cup Kowalski's Signature Pulled Rotisserie Chicken Breast, gently shredded into bite-size pieces | 4 cups roughly chopped kale (or Swiss chard leaves) |
| | 4 ½ oz. Kowalski's Fresh Egg Linguine, cut into thirds |
| | - kosher salt, to taste |

DIRECTIONS:

1. In a deep pot, heat oil over medium heat. Add soup mix and garlic; cook until softened (about 10 min.).
2. Add next 8 ingredients (through red pepper flakes). Increase heat to high; bring to a boil.
3. Reduce heat to medium-low (soup should bubble gently). Add kale; cover pot and cook for 15 min.
4. Add noodles; cook until tender (2-3 min.).
5. Season to taste with salt and pepper; garnish individual servings with thyme.



CASHEW CHICKEN STIR FRY GF DF

SERVES 4

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| 2 tsp. plus $\frac{1}{4}$ cup low-sodium gluten-free tamari | 1 tsp. ground ginger |
| 2 $\frac{1}{2}$ tsp. cornstarch, divided | 2 tbsp. canola oil |
| 3 $\frac{1}{2}$ tsp. sugar, divided | 1 cup diced celery (in $\frac{1}{2}$ " dice), plus some chopped leaves for garnish, if desired |
| $\frac{1}{2}$ tsp. kosher salt | $\frac{3}{4}$ cup chopped roasted and salted cashews |
| 3 boneless skinless chicken breasts, in $\frac{1}{2}$ " dice | 8 pitted dried dates, in $\frac{1}{2}$ " dice |
| 2 tbsp. rice vinegar | 4 cloves garlic, finely minced |
| 2 tbsp. water, cold | 4 green onions, thinly sliced |
| 1 $\frac{1}{2}$ tbsp. chile garlic paste (or to taste) | - prepared basmati rice, warm, for serving |

DIRECTIONS:

1. In a medium mixing bowl, whisk together 2 tsp. tamari, 1 $\frac{1}{2}$ tsp. cornstarch, $\frac{1}{2}$ tsp. sugar and salt. Add chicken; toss to coat. Set bowl aside.
2. In a small mixing bowl, whisk together remaining tamari, sugar and cornstarch with rice vinegar, water, chile garlic paste and ginger; set sauce aside.
3. In a large skillet, heat oil over medium-high heat. Add chicken; cook and stir until chicken is opaque but not quite cooked through (about 3 min.).
4. Add celery, cashews and dates; cook and stir until cashews start to get dark on the edges and celery is still somewhat crisp (about 2 min.).
5. Add garlic and onions; cook and stir for 1 min.
6. Re-whisk sauce; add to skillet, cooking and stirring until chicken and vegetables are evenly coated and sauce is nicely thickened (about 2 min.).
7. Serve on top of warm rice; garnish with chopped celery leaves, if desired.



CHICKEN MEATBALLS

SERVES 6

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|----------------------------------|---|
| 2 stems rosemary | ¼ tsp. freshly ground Kowalski's Black Peppercorns |
| ½ cup panko breadcrumbs | 1 lb. Kowalski's Fresh Natural Ground Chicken |
| ½ cup skim milk | - Kowalski's Extra Virgin Olive Oil, for brushing the meatballs |
| 1 egg, lightly beaten | |
| - freshly grated zest of 1 lemon | |
| ½ tsp. kosher salt | |

DIRECTIONS:

1. Preheat oven to 400°.
2. Remove leaves from rosemary stems; finely mince leaves and discard stems.
3. In a medium mixing bowl, whisk together breadcrumbs, milk, egg, rosemary, zest, salt and pepper; let stand for 15 min.
4. Add chicken; using clean hands, thoroughly mix until well blended (do not overmix).
5. Using damp hands, shape mixture into 18 evenly sized meatballs about 1-1 ¼" in diameter (or 60 mini meatballs about ¾" in diameter).
6. Arrange meatballs on a parchment-lined rimmed baking sheet; brush lightly with a bit of oil to help encourage browning.
7. Bake meatballs in preheated oven until done (about 18 min. for standard meatballs or 10 min. for mini meatballs).

TASTY TIP

Meatballs can be frozen for up to 3 months. Cool baked meatballs at room temperature for 1 hr. before placing on a baking sheet; freeze meatballs until nearly solid (about 3 hrs.). Transfer balls to a single freezer bag or multiple freezer-safe containers. Thaw overnight in the refrigerator before using in pasta dishes or soups.



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.
3. Add noodles; return to a boil (2-3 min.).
4. Remove pan from heat; gently stir in chicken and seasoning rub.
5. Add butter; stir until melted.
6. Cover pan; let stand at room temperature for 20 min.
7. Season to taste with salt and pepper.
8. 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.



CHICKEN ORZO SKILLET

SERVES 3

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



DECONSTRUCTED CHICKEN PARMESAN

SERVES 6

- 1 ½ cups panko breadcrumbs
- ½ cup freshly grated Kowalski's Parmesan Cheese, divided
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 3 tbsp. Kowalski's Extra Virgin Olive Oil
- 2 tsp. finely chopped fresh Italian parsley
- ¾ lb. Kowalski's Signature Pulled Rotisserie Chicken Breast, gently shredded into bite-size pieces
- 16 oz. Kowalski's Signature Fresh Pomodoro Pasta Sauce
- 6 oz. (about 1 ½ cups) shredded Kowalski's Mozzarella Cheese

DIRECTIONS:

1. Preheat oven to 375°.
2. In a large mixing bowl, mix together breadcrumbs, ¼ cup Parmesan, salt and pepper.
3. Drizzle crumb mixture with oil; toss evenly to coat.
4. Mix parsley into breadcrumbs; set aside.
5. Place chicken evenly in the bottom of a 2-2 ½ qt. baking dish (round or square); layer evenly with sauce, mozzarella and remaining Parmesan.
6. Sprinkle crumbs evenly on top; bake in preheated oven until crumbs are golden and crispy and dish is thoroughly hot throughout (about 25 min.).
7. Remove from oven; let stand for 5 min.
8. Serve with your choice of bread or pasta.



Find Kowalski's Signature Pulled Rotisserie Chicken Breast in the Deli Grab & Go Case.
Find Kowalski's Signature Fresh Pomodoro Pasta Sauce in the Dairy 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 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.



ITALIAN MEATBALLS

MAKES 20-22

$\frac{2}{3}$ cup plain breadcrumbs

2 $\frac{1}{2}$ tbsp. *Italian Seasoning*

$\frac{3}{4}$ cup milk

1 lb. Kowalski's Certified Humane USDA Choice 93% Lean Ground Beef

$\frac{1}{2}$ lb. Kowalski's Naturally Raised Ground Pork

1 egg

DIRECTIONS:

1. Preheat oven to 400°.
2. In a large mixing bowl, whisk together breadcrumbs and Italian seasoning.
3. Stir in milk; let stand for 10 min.
4. Add beef, pork and egg; using clean hands, thoroughly mix until well blended (do not overmix).
5. Using damp hands, shape mixture into 20-22 evenly sized meatballs about 1 $\frac{3}{4}$ -2" in diameter.
6. Arrange meatballs on a rimmed baking sheet lined with parchment paper; bake in preheated oven until done (about 25 min.).
7. Serve as an appetizer or use in your favorite pasta dish.



ITALIAN SEASONING

MAKES ENOUGH FOR 1 $\frac{1}{2}$ LBS. MEAT

1 $\frac{1}{2}$ tsp. dried oregano

1 $\frac{1}{2}$ tsp. dried basil

1 $\frac{1}{2}$ tsp. onion powder

1 tsp. dried parsley

$\frac{1}{2}$ tsp. granulated garlic

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ tsp. freshly ground Kowalski's Black Peppercorns

$\frac{1}{4}$ tsp. fennel seeds

$\frac{1}{4}$ tsp. crushed red pepper flakes

DIRECTIONS:

1. Mix together all ingredients until well combined.
2. Store in a sealed container for up to 3 months until ready to use.

TASTY TIP

Meatballs can be frozen for up to 3 months. Cool baked meatballs at room temperature for 1 hr. before placing on a baking sheet; freeze meatballs until nearly solid (about 3 hrs.). Transfer balls to a single freezer bag or multiple freezer-safe containers. Thaw overnight in the refrigerator before using in pasta dishes or soups.



ITALIAN STUFFED MEATLOAF

SERVES 6

- 1 ½ lbs. Kowalski's Certified Humane USDA Choice 93% Lean Ground Round
- 1 cup gluten-free Italian-seasoned dry breadcrumbs
- ½ cup milk
- 1 egg, beaten
- 1 clove garlic, finely minced
- 1 tbsp. finely chopped fresh rosemary leaves
- 1 ¼ tsp. freshly ground Kowalski's Black Peppercorns
- 1 tsp. kosher salt
- 4 slices thinly sliced prosciutto
- 1 ball Kowalski's Signature Fresh Mozzarella (from the Specialty Cheese Department), thinly sliced
- ½ cup julienne-cut sun-dried tomatoes in olive oil, drained
- ½ oz. fresh basil leaves, plus more for garnish
- 32 oz. (2 containers) Kowalski's Signature Fresh Classic Spaghetti Sauce, divided
 - prepared gluten-free pasta, warm, for serving
 - freshly grated Kowalski's Parmesan Cheese, for serving

DIRECTIONS:

1. Preheat oven to 350°.
2. In a large mixing bowl, use clean hands to thoroughly mix beef, breadcrumbs, milk, egg, garlic, rosemary, pepper and salt.
3. On a sheet of parchment or waxed paper, spread meat mixture into an evenly thick 8x10" rectangle.
4. Top meat mixture evenly with prosciutto, mozzarella, tomatoes and basil.
5. Starting with the edge closest to you, lift paper and roll meat around fillings, being careful not to roll paper into the meatloaf; pull opposite edge up over fillings and press to seal.
6. Arrange meatloaf seam-side down on a rimmed baking sheet lined with parchment paper; bake in preheated oven until meatloaf reaches an internal temperature of 160° (60-75 min.).
7. Spoon 1 cup sauce over meatloaf; continue baking until heated through (10-15 min.).
8. While meatloaf finishes baking, microwave remaining sauce in a microwave-safe dish until hot (1-2 min. on high).
9. Serve slices of meatloaf with warm sauce over warm pasta. Top with Parmesan; garnish with basil.



Find Kowalski's Signature Fresh Classic Spaghetti Sauce in the Dairy Department.



FIND IT!

Find Kowalski's Signature Kalbi Sauces in the Meat Department.

Find Kowalski's Fresh Organic Spicy Green Kimchi near the refrigerated pickles and sauerkraut.

Find gochujang sauce in the Global Foods Aisle.

KALBI BEEF BOWLS

SERVES 4

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| ¾ lb. thinly sliced boneless beef rib-eye steak | - mix-ins, your choice: Kowalski's Spicy Green Kimchi, Sesame Sautéed Veggies (as pictured), sliced green onions, sesame seeds and gochujang sauce |
| ½ cup Kowalski's Signature Kalbi Sauce (your choice of flavor) | |
| 2 tbsp. sesame oil, divided | |
| 2 ½ cups prepared brown rice | 4 fried eggs |

DIRECTIONS:

1. In a large mixing bowl, combine beef with Kalbi; toss to coat. Cover and chill for 30 min. to 3 hrs.
2. In a large nonstick skillet, heat 1 tbsp. oil over medium-high heat.
3. Add rice; pat out into an even layer. Without stirring, cook rice until golden and crisp on the bottom, rotating skillet occasionally for even browning (about 15 min.).
4. While rice crisps, heat remaining oil in an extra-large skillet over medium-high heat. Add beef; cook, turning once, until beef is cooked through and lightly browned (about 3 min.).
5. Divide rice among 4 serving bowls; top each bowl with beef, desired mix-ins and an egg.



SESAME SAUTÉED VEGGIES



SERVES 4

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| 1-2 tbsp. sesame oil, as needed | 1-2 cloves garlic, minced, to taste |
| 2 ½-3 cups mixed vegetables (your choice): diced white onion (up to ½ cup), diced zucchini, fresh bean sprouts (rinsed thoroughly and drained well), shredded carrots and sliced shiitake mushrooms | 2-3 handfuls stemmed spinach leaves (optional) |
| | - soy sauce (or gluten-free tamari), to taste |
| | - crushed red pepper flakes, to taste (optional) |

DIRECTIONS:

1. In an extra-large skillet, heat enough oil over medium-high heat to lightly coat the pan. Add onion; sauté until light golden and softened (about 5 min.).
2. Add zucchini, bean sprouts and additional oil, if needed, to prevent sticking; sauté until crisp-tender and zucchini and sprouts begin to darken on the edges (3-5 min.).
3. Add carrots and mushrooms; cook and stir for 2 min.
4. Add garlic; cook and stir for 1 min.
5. Add spinach; cook and stir until spinach wilts (about 3 min.).
6. Remove from heat; season with soy sauce and red pepper, if desired.



KALBI MUSHROOM MEATBALLS DF

SERVES 4

½ lb. mushrooms, finely chopped	1 bunch green onions (green and white parts), plus more for garnish, thinly sliced
½ cup finely chopped white onion	1 cup breadcrumbs
¼ tsp. kosher salt	1 egg, lightly beaten
1 tbsp. finely minced garlic	1 lb. Kowalski's Naturally Raised Ground Pork
¾ cup Kowalski's Signature Kalbi Marinade (from the Meat Department)	- sesame seeds, for garnish

DIRECTIONS:

1. Preheat oven to 400°.
2. Heat a large nonstick skillet over medium-high heat; spray lightly with cooking spray. Add mushrooms, white onion and salt; sauté until dark golden-brown and liquid fully evaporates (about 8 min.).
3. Add garlic; cook for 1 min.
4. Remove mixture from heat; cool to room temperature.
5. In a small mixing bowl, whisk together marinade and green onions.
6. In a large mixing bowl, whisk together breadcrumbs, ½ cup marinade mixture and egg.
7. Add pork and cooled mushroom mixture; mix until well combined.
8. Using damp hands, shape mixture into 16 evenly sized meatballs.
9. Arrange meatballs on a parchment-lined rimmed baking sheet; bake in preheated oven until done (about 20 min.).
10. Remove meatballs from oven; let stand for 5 min.
11. Heat a large skillet over medium-high heat. Add cooked meatballs and remaining marinade mixture to the pan; cook and stir until marinade thickens and glazes the meatballs (2-3 min.).
12. Garnish with green onions and sesame seeds; serve immediately.



PASTITA (BAKED SPAGHETTI) **V**

SERVES 12

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| 16 oz. Kowalski's Imported Italian Organic Spaghetti (from the Global Foods Aisle) | ¼ cup finely chopped fresh Italian parsley |
| 4 cups fresh ricotta cheese | 1 tbsp. kosher salt |
| 3 cups half-and-half | 1 tbsp. freshly ground Kowalski's Black Peppercorns |
| 1 ½ cups grated Kowalski's Parmesan Cheese | - garnishes, to taste: Kowalski's Extra Virgin Olive Oil, freshly ground Kowalski's Sea Salt and Black Peppercorns, freshly grated Kowalski's Parmesan Cheese |
| 1 cup grated Romano cheese | |
| 4 eggs, beaten | |
| 5 tbsp. Kowalski's Unsalted Butter, melted | |

DIRECTIONS:

1. Prepare pasta according to pkg. directions, omitting salt; drain and allow pasta to cool slightly at room temperature for 10-15 min.
2. Preheat oven to 325°.
3. In an extra-large mixing bowl, combine pasta with next 9 ingredients (through 1 tbsp. black pepper); mix thoroughly.
4. Pour mixture into a deep 9x13" baking dish sprayed with cooking spray; bake in preheated oven until dark golden-brown and puffy but not jiggly in the center (about 35 min.).
5. Remove from oven; let rest at room temperature for 20 min.
6. Slice baked pasta into individual servings; garnish as desired.



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.

TASTY TIPS

- Kowalski's Raspberry Chipotle Sauce can be easily (and deliciously) swapped out for the *Sriracha Glaze* in this recipe.
- This recipe can be made into a traditional meatloaf. Prepare mixture as directed; shape into a single loaf and place on a foil-lined rimmed baking sheet (or place mixture in a 9x5x3" loaf pan sprayed lightly with cooking spray). Evenly brush with ½-¾ cup glaze; bake in a preheated 375° oven until internal temperature reaches 165° (60-75 min.).

TURKEY VEGETABLE MEATBALLS WITH SRIRACHA GLAZE

SERVES 4

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

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.



TUSCAN MEATLOAF

SERVES 6

- 1 ½ lbs. Kowalski's Certified Humane USDA Choice 93% Lean Ground Beef
- 1 cup Italian-style dry breadcrumbs
- 1 cup finely torn kale (leaves only, stems discarded)
- 2.8 oz. tube sun-dried tomato paste (such as Amore brand)
- ½ cup finely chopped onion
- ¼ cup julienne-cut sun-dried tomatoes in olive oil, drained, blotted dry
- ¼ cup Kowalski's Shredded Parmesan Cheese
- ¼ cup chopped fresh basil
- 1 egg, slightly beaten
- 1 tbsp. minced garlic
- ¼ tsp. freshly ground Kowalski's Black Peppercorns

DIRECTIONS:

1. Preheat oven to 350°.
2. In a large mixing bowl, combine all ingredients until well blended.
3. Shape ground beef mixture into 2 loaves; place on a parchment-lined baking sheet.
4. Bake in preheated oven until a meat thermometer inserted in the center of each loaf reaches 160° (about 1 hr.).
5. Remove from oven; tent loosely with foil and let rest for 5 min.
6. Cut meatloaf into 1" thick slices; serve immediately.



CHERRY-ALMOND BLONDIES V

MAKES 16

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|---|--|
| 1 cup flour | 1 tsp. Kowalski's Organic Madagascar Vanilla Extract |
| 1 tsp. kosher salt | ¼ tsp. almond extract |
| 1 tsp. baking powder | 2 eggs, divided |
| 1 cup dark brown sugar | ½ cup dried cherries, roughly chopped |
| ½ cup (1 stick) Kowalski's Unsalted Butter, melted and cooled | ½ cup dark chocolate chips |
| | ½ cup sliced almonds, toasted |
| | - confectioners' sugar, for finishing |

DIRECTIONS:

1. Preheat oven to 350°.
2. In a small mixing bowl, whisk together flour, salt and baking powder; set aside.
3. In a large mixing bowl, combine brown sugar and butter; stir until smooth.
4. Stir vanilla and almond extracts into brown sugar mixture.
5. Add 1 egg to brown sugar mixture; whisk until well blended. Repeat with remaining egg.
6. Fold flour mixture into wet ingredients just until white bits are no longer visible.
7. Fold in cherries, chocolate and nuts.
8. Lightly spray an 8" square nonstick baking pan with cooking spray; line bottom only with parchment paper.
9. Spread batter evenly into bottom of pan; bake in preheated oven until a toothpick inserted in the center comes out with just a few moist crumbs attached (about 25 min.).
10. Remove from oven; cool completely in pan.
11. Dust with confectioners' sugar; cut into 16 bars.
12. Store at room temperature in an airtight container for up to 5 days.



COOKIES AND CREAM BROWNIES

MAKES 9

- 28 chocolate sandwich cookies (such as Oreo brand)
- 1 pkg. boxed brownie mix, plus ingredients needed to prepare as directed on the pkg.
- 1 container Kowalski's Signature Classic Buttercream Frosting (from the Cake Case in the Bakery Department)
- pinch salt

DIRECTIONS:

1. Roughly chop cookies; set aside.
2. Lightly spray a 9" square baking pan with cooking spray; line bottom only with parchment paper.
3. Prepare brownie batter according to pkg. directions; stir in about ½ of the chopped cookies.
4. Scoop brownie batter into prepared pan; smooth top.
5. Bake brownies according to pkg. directions.
6. Remove from oven; set pan aside until brownies are completely cool.
7. In the bowl of an electric mixer, whip buttercream with a pinch of salt until light and fluffy (about 2 min.); fold in remaining cookies by hand.
8. Spread cooled brownies evenly with frosting; cut into 9 bars.
9. Store leftovers at room temperature, covered, for up to 5 days.



COOKIES AND CREAM KRISPIE TREATS

MAKES 12

- | | |
|--|---|
| 2 bags (10 oz. each) mini marshmallows, divided | 8 ½ cups crispy rice cereal |
| 12 tbsp. (1 ½ sticks) Kowalski's Salted Butter, plus more for greasing the pan | 15 chocolate sandwich cookies (such as Oreo brand), crushed |

DIRECTIONS:

1. Measure 2 cups marshmallows; set aside to reserve.
2. In a large pot, melt butter over medium heat.
3. Remove pot from heat. Add bagged marshmallows and return pot to heat; stir until marshmallows are melted.
4. Remove pot from heat. Add cereal; stir until evenly combined.
5. Add reserved marshmallows and crushed cookies; stir until evenly combined.
6. Transfer mixture to a lightly buttered 9x13" pan; using a butter wrapper or damp fingers, gently press mixture into an even layer.
7. Let cool at room temperature for at least 1 hr. before cutting into 12 bars.
8. Store at room temperature in an airtight container for up to 1 week.



PEANUT BUTTER AND JELLY BARS

MAKES 16

- 1 cup (1 stick) Kowalski's Salted Butter, at room temperature, plus extra for buttering the pan
- $\frac{3}{4}$ cup sugar
- 1 egg
- 1 $\frac{1}{4}$ cups Kowalski's Organic Creamy Peanut Butter (from the Grocery Department)
- $\frac{3}{4}$ tsp. Kowalski's Organic Madagascar Vanilla Extract
- 1 $\frac{1}{2}$ cups flour
- $\frac{3}{4}$ tsp. kosher salt
- $\frac{1}{2}$ tsp. baking powder
- 9 oz. Kowalski's Jam (your choice of flavor), plus more for garnish, if desired
- $\frac{1}{3}$ cup (approx.) Kowalski's Classic Peanuts, coarsely chopped

DIRECTIONS:

1. Preheat oven to 350°.
2. In a large mixing bowl, beat butter and sugar on medium-high speed until fluffy (about 2 min.).
3. Add egg, peanut butter and vanilla; beat until combined (about 2 min.).
4. Stir in flour, salt and baking powder until thoroughly combined.
5. Press $\frac{2}{3}$ of the mixture evenly into a buttered 9" square baking pan lined with parchment paper.
6. Spread jam on top of peanut butter mixture; crumble and scatter remaining dough evenly over top.
7. Sprinkle with chopped peanuts; bake in preheated oven until top is dark golden (35-40 min.).
8. Remove from oven; let cool completely.
9. Cut into bars; top each bar with about $\frac{1}{2}$ tsp. jam, if desired.
10. Store at room temperature in an airtight container for up to 5 days.

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