

tiddbits

TM Summer '19 ▶ complimentary

Speedy Grilling

*Spice-Rubbed Grilled
Pork Chops with
Spanish Olive-
Caper Sauce* pg.9

highlights:

- › Steaks for Summer
- › Persian Picks
- › Cooking with Cocoa
- ... and more!

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a dip

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a letter from Rick Roche

Here at Roche Bros., we are excited it's summer! This issue of *Tidbits* offers fresh suggestions for big BBQs, weeknight grilling and everything in between. From seasonal produce to no-bake treats, we're here to help you enjoy great food all summer long.

My favorite thing to grill is an extra-thick NY Strip Steak, so I am especially looking forward to trying the recipes on page 5: pairing steak with fresh, local produce in a summer salad or featuring it in a hearty bowl with interesting additions, such as hummus and our Brothers Marketplace quinoa. For a quick weeknight dinner, fire up the grill – and change up the proteins and the sauces. Check out the recipes for Spice-Rubbed Grilled Pork Chops with Spanish Olive-Caper Sauce (page 9) and Grilled Halibut with Jalapeño-Peach Relish (page 8).

This season, our produce departments are filled with fresh vegetables and fruits from local growers. My top choices are grilled zucchini and local tomatoes. Try heirloom varieties in a Persian-style salad with cucumbers, radishes, and fresh herbs, plus any favorites you want to add (see page 16). Or, surprise everyone's palate and add a little chocolate to your salad! Cocoa gives spicy chipotle vinaigrette unexpected depth; toss over a salad with baby spinach and black beans (see page 12).

It's also peak season for fresh berries and cherries. Enjoy them in two recipes for healthier desserts, without turning on the oven! Find the recipes for No-Bake Mini Cherry Pies and Raspberry-Mocha Mug Cake on page 15.

Round out your summer parties and BBQs at Roche Bros. with ready-to-serve dips, salads and more from Our Kitchen. In Our Butcher Shop, select from Certified Angus Beef brand steaks, flavored and plain CAB Prime Grinds for burgers, grill-ready kabobs and other BBQ favorites.

Have a great summer filled with new and interesting recipes to make and share!

Rick Roche

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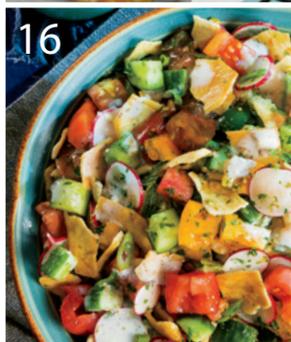
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STEAKS *for* SUMMER



From an entrée salad to a hearty bowl, celebrate summer with steak on the grill paired with bright, fresh produce. These seasonal favorites come together in recipes that are Mediterranean diet-friendly, gluten-free, and full of flavor. Add boosts of protein with creamy hummus and nutty quinoa, and heart-healthy fats with avocado and almonds.

Grilled Steak & Avocado Summer Salad

Prep: 20 minutes

Grill: 10 minutes • Serves: 4

- 1 pound boneless petite sirloin steak
- 3 tablespoons **Brothers Marketplace extra virgin olive oil**
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 large red onion, sliced into ½-inch-thick slices
- 1 tablespoon red wine vinegar
- 1 package (5 ounces) **Roche Bros. spring mix**
- 2 medium heirloom tomatoes, chopped
- 2 medium ripe avocados, peeled, pitted and chopped
- ¼ cup fresh cilantro leaves
- ¼ cup sliced almonds

1. Prepare outdoor grill for direct grilling over medium-high heat. Rub steaks with 1½ teaspoons oil; sprinkle with ¼ teaspoon each salt and pepper. Brush onion with 1½ teaspoons oil. **2.** Place steaks and onion on hot grill rack; cover. Cook onion 4 minutes or until lightly charred, turning once; cook steaks 10 minutes or until internal temperature reaches 140° for medium-rare, turning once. Transfer onion and steaks to cutting board; cover steaks loosely with aluminum foil and let stand 10 minutes. (Internal temperature will rise 5 to 10° upon standing.) Slice steaks against the grain; cool onion and chop. **3.** In large bowl, whisk vinegar and remaining ¼ teaspoon each salt and pepper; whisking constantly, slowly drizzle in remaining 2 tablespoons oil. Fold in spring mix, tomatoes, avocados and onion; serve topped with cilantro, almonds and steak.

Approximate nutritional values per serving:
503 Calories, 34g Fat (6g Saturated), 70mg Cholesterol, 387mg Sodium, 26g Carbohydrates, 12g Fiber, 30g Protein

Mediterranean Steak & Hummus Bowl

Prep: 15 minutes plus standing

Cook/Roast: 23 minutes • Serves: 4

- 1 cup **Brothers Marketplace quinoa**
- 1½ cups cubed eggplant
- ½ teaspoon chopped fresh oregano
- 1 pound boneless beef flank steak
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon **Brothers Marketplace olive oil**
- 1 Roma tomato, chopped
- ⅔ cup hummus
- ¼ cup crumbled feta cheese
- ¼ cup plain nonfat Greek yogurt
- 1 tablespoon chopped fresh parsley

1. Preheat oven to 400°; spray rimmed baking pan with cooking spray. Prepare quinoa as label directs. **2.** Spread eggplant on prepared pan; spray with cooking spray and sprinkle with oregano. Roast 10 minutes. **3.** Sprinkle steak with salt and pepper. In large skillet, heat oil over medium-high heat; add steak and cook 6 minutes or until browned, turning once. Push eggplant to 1 side of pan; place steak on opposite side. **4.** Roast steak and eggplant 7 minutes or until internal temperature of steak reaches 145° for medium-rare (or to desired doneness). Transfer steak to cutting board; cover loosely with aluminum foil and let stand 10 minutes. (Internal temperature will rise 5 to 10° upon standing.) **5.** Slice steak against the grain. Divide quinoa into 4 bowls; top with tomato, hummus, cheese, eggplant, steak, yogurt and parsley.

Approximate nutritional values per serving:
489 Calories, 22g Fat (6g Saturated), 74mg Cholesterol, 604mg Sodium, 37g Carbohydrates, 5g Fiber, 34g Protein





STEAK COOKING Fundamentals

No matter the cut, the hallmarks of a well cooked steak are the crusty exterior (which is where a lot of the flavor comes from) and the juicy, tender interior. Planning is key, factoring in the appropriate time needed to season properly and bring the steak to room temperature.

Season meat by rubbing it with a liberal amount of salt and pepper a few hours before cooking. Experiment with different rubs, such as our Brothers Marketplace offerings, and marinades to boost flavor. After seasoning, let thinner cuts stand at room temperature for at least 30 minutes and thicker cuts for at least one hour. Make sure the meat is dry by patting with a paper towel or lightly dusting with flour; moisture will prevent browning.

The cooking method will also dictate the flavor of steak. Grilling will give it a smoky, charred flavor, while stovetop cooking gives the option of bathing the steak in butter as the steak finishes cooking. Either way, cooking at a very high temperature starts the Maillard

reaction between the steak's proteins and natural sugars, which gives seared food a distinctively delicious flavor.

Grilling over charcoal is all about heat management. When the grill is ready, check for hot and cold spots by placing your hands over the grill. With gas or charcoal grills, oil the grates with tongs and a paper towel. After placing steaks on the grill, resist the urge to move them! When the steaks naturally release from the grates after a few minutes, give them a quarter turn to get nice grill marks.

When cooking on the stovetop, heat a cast-iron skillet until piping hot, then add the oil. Make sure it sizzles when the meat hits the pan. If the pan isn't hot enough, food can stick and steam rather than brown. Add butter and herbs to the pan and baste it after flipping the steak once. Or, start off on the stove and finish in the oven, a technique called pan roasting, which is especially important when cooking a thick steak. Pop it in a 400° oven on a roasting rack over a baking sheet.

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Whether grilling or pan roasting, use a meat thermometer to ensure the meat is done to your liking. Cook steaks until internal temperature reaches 130 to 145° for medium-rare to medium, letting meat rest several minutes to redistribute the juices.



Speedy Grilling

Bring flair to the grill with a little variety on the menu by changing up your proteins and adding homemade toppings that highlight summer's freshest ingredients. Flaky halibut becomes a special weeknight dinner with a sweet and spicy fruit relish. Or, dress seasoned, grilled pork chops with a savory Spanish sauce that comes together in minutes!

Backyard
BBQ



Grilled Halibut with Jalapeño-Peach Relish

Prep: 20 minutes

Grill: 12 minutes • Serves: 4

- 2 medium peaches, halved and pitted
- 1 medium jalapeño, halved, seeded and stemmed
- ¼ cup Brothers Marketplace olive oil
- 4 skin-on halibut fillets (about 1½ pounds)
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons fresh lime juice
- 1 tablespoon Full Circle Organic honey
- 1 teaspoon grated fresh ginger
- 1 medium red bell pepper, chopped
- ¼ cup chopped red onion
- 1 tablespoon chopped fresh basil

1. Prepare outdoor grill for direct grilling over medium-high heat. 2. In medium bowl, toss peaches, jalapeño and 1 tablespoon oil. Place peaches and jalapeño, cut side down, on hot grill rack; cover and cook 5 minutes or until grill marks appear, turning once. Transfer peaches and jalapeño to cutting board; chop. 3. Brush both sides of halibut with 1 tablespoon oil; sprinkle with ½ teaspoon salt and ¼ teaspoon black pepper. With clean kitchen towel and tongs, coat hot grill rack with remaining 2 tablespoons oil. Place halibut, skin side up, on hot grill rack; cover and cook 7 minutes or until opaque throughout and internal temperature reaches 145°, turning once. Slide spatula between skin and flesh to remove skin. 4. In large bowl, whisk lime juice, honey, ginger, and remaining ¼ teaspoon each salt and black pepper. Add bell pepper, onion, basil, peaches and jalapeño to lime mixture; toss. Makes about 3 cups. 5. Serve halibut topped with relish.

Approximate nutritional values per serving: 278 Calories, 9g Fat (1g Saturated), 87mg Cholesterol, 557mg Sodium, 15g Carbohydrates, 2g Fiber, 34g Protein

> Facts. Finds. Flavors.

To prevent halibut from sticking to the grill, make sure the grill grates are well oiled and hot before placing it on the grill.

Grill halibut with the skin on and use a fish spatula to turn it only once to help prevent it from flaking and falling apart.

Halibut steaks will take about 10 minutes to grill, and fillets about 7 minutes.



Watch our video for tips on how to grill halibut: bit.ly/RocheBrosYT



Veggie Dogs Meatless Deli Slices Dairy-Free Cheese



GreenSliceFoods.com

greenslicefoods



Watch how to
make this grilled
pork chops recipe at:
bit.ly/RocheBrosYT

Backyard BBQ

Spice-Rubbed Grilled Pork Chops with Spanish Olive-Caper Sauce

Prep: 20 minutes

Grill: 8 minutes • Serves: 4

- 1½ teaspoons smoked paprika
- 1 teaspoon garlic powder
- ¾ teaspoon salt
- ½ teaspoon dried oregano
- ½ teaspoon granulated sugar
- 4 boneless center-cut pork chops (about 6 ounces each)
- ¼ cup plus 3 tablespoons **Brothers Marketplace** extra virgin olive oil

- 2 garlic cloves, minced
- 1 cup chopped red onion
- ¼ cup chopped pitted Castelvetrano green or Spanish olives
- 2 tablespoons capers, drained and rinsed
- 2 tablespoons fresh lemon juice
- ⅛ teaspoon ground black pepper
- ¼ cup chopped fresh parsley

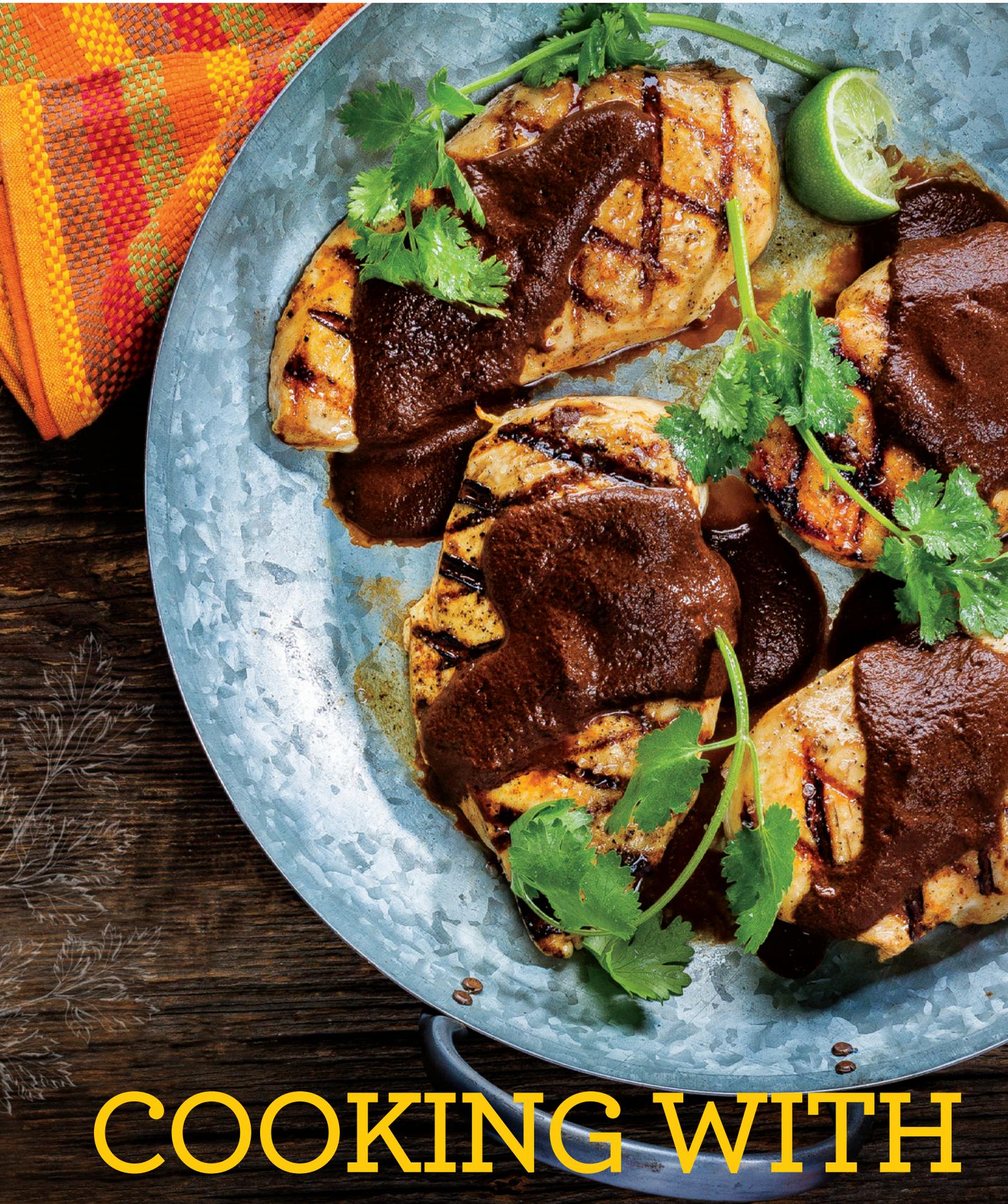
1. Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, whisk paprika, garlic powder, ½ teaspoon salt, oregano and sugar; rub pork chops with paprika mixture. Brush pork chops with 1½ tablespoons oil. Place pork chops on hot grill rack; cover and cook 8 minutes or until internal temperature reaches 145°,

turning once. **2.** In large skillet, heat 1½ tablespoons oil over medium-high heat. Add garlic, onion, olives and capers; cook 1 minute. Stir in lemon juice; cook 30 seconds. Remove from heat; stir in pepper, parsley, and remaining ¼ teaspoon salt and ¼ cup oil. Makes about 1¼ cups. Serve olive mixture over pork chops.

*Approximate nutritional values per serving:
564 Calories, 45g Fat (10g Saturated),
102mg Cholesterol, 797mg Sodium,
7g Carbohydrates, 2g Fiber, 37g Protein*

> Facts. Finds. Flavors.

Serve pork chops with rice or an ancient grain, such as quinoa, tossed with chickpeas, lemon juice and garlic.



COOKING WITH



> Facts. Finds. Flavors.
Serve with microwaveable Brothers Marketplace short grain brown rice along with grilled zucchini and yellow squash.

Take that rich, chocolaty taste you crave and make it part of your everyday cooking. High in powerful antioxidants known as flavanols, cocoa boosts health by reducing inflammation, improving blood flow, and more. Add moisture and rich depth to grilled chicken with a cocoa-infused Mexican mole sauce, or make cocoa an unexpected ingredient in a spicy salad dressing.

Grilled Chicken Mole

Prep: 30 minutes

Grill: 10 minutes • Serves: 4

- 2 tablespoons Brothers Marketplace olive oil
- 4 dried ancho chiles, stemmed
- 1 can (14.5 ounces) diced tomatoes with roasted garlic and onion
- ¼ cup lightly salted cashew halves and pieces
- ½ teaspoon ground cumin
- 1½ tablespoons lime zest
- 1 cinnamon stick
- 1½ cups unsalted chicken stock
- 2 tablespoons fresh lime juice
- 2 tablespoons unsweetened cocoa powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 4 Roche Bros. antibiotic-free chicken breasts (about 6 ounces each)
- Fresh cilantro sprigs for garnish (optional)

1. In large saucepot, heat 1 tablespoon oil over medium-high heat; add chiles. Cook 2 minutes stirring frequently, being careful not to let chiles burn; transfer to bowl. Reduce heat to medium. Add tomatoes, cashews and cumin; cook 5 minutes, stirring occasionally. Add lime zest; cook 2 minutes. Add cinnamon stick, stock, lime juice, cocoa powder and chiles; cook 15 minutes or until thickened, stirring occasionally. Remove cinnamon stick; transfer to blender. Blend on high until smooth; stir in ½ teaspoon each salt and pepper. Makes about 2¼ cups. **2.** Prepare outdoor grill for direct grilling over medium-high heat. Rub chicken with remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Place chicken on hot grill rack; cover and cook 10 minutes or until internal temperature reaches 165°, turning once. Serve chicken topped with mole sauce; garnish with cilantro, if desired.

Approximate nutritional values per serving:

360 Calories, 15g Fat (3g Saturated), 96mg Cholesterol, 746mg Sodium, 15g Carbohydrates, 4g Fiber, 40g Protein

tips
from
FAMILY



From Our Kitchen to Yours!



Chocolate Tip

Out of all the selections of chocolate bars that we carry in our Roche Bros. stores, my personal favorite is a gluten-free option, the Alter Eco Organic Deep Dark Salted Brown Butter. This chocolate has a luxurious and rich butter taste, the chocolate melts in your mouth, and it has three grams of protein! I would strongly recommend this chocolate bar to any chocolate lover.

~ Roger V.

Grocery Manager, Roche Bros.
Downtown Crossing

Spinach, Black Bean & Corn Salad with Chipotle-Cocoa Vinaigrette

Prep: 10 minutes • Serves: 4

- ¼ cup Roche Bros. organic pepitas
- ½ chipotle pepper in adobo sauce, minced
- 3 tablespoons Brothers Marketplace balsamic vinegar
- 2½ tablespoons canola oil
- 2 tablespoons unsweetened cocoa powder
- 2 teaspoons Full Circle Organic honey
- ¼ teaspoon salt
- 1 bag (6 ounces) baby spinach

- ½ cup drained and rinsed reduced sodium black beans
- 1 ear fresh corn, kernels cut from cob

1. In large skillet, toast pepitas over medium heat 5 minutes or until lightly browned, stirring frequently; transfer to plate to cool.
2. In large bowl, whisk chipotle pepper, vinegar, oil, cocoa powder, honey and salt. Makes about ⅓ cup.
3. Add spinach to dressing; toss until combined. Serve salad topped with black beans, corn and pepitas.

Approximate nutritional values per serving:
210 Calories, 13g Fat (2g Saturated), 0mg Cholesterol,
251mg Sodium, 18g Carbohydrates, 4g Fiber, 6g Protein



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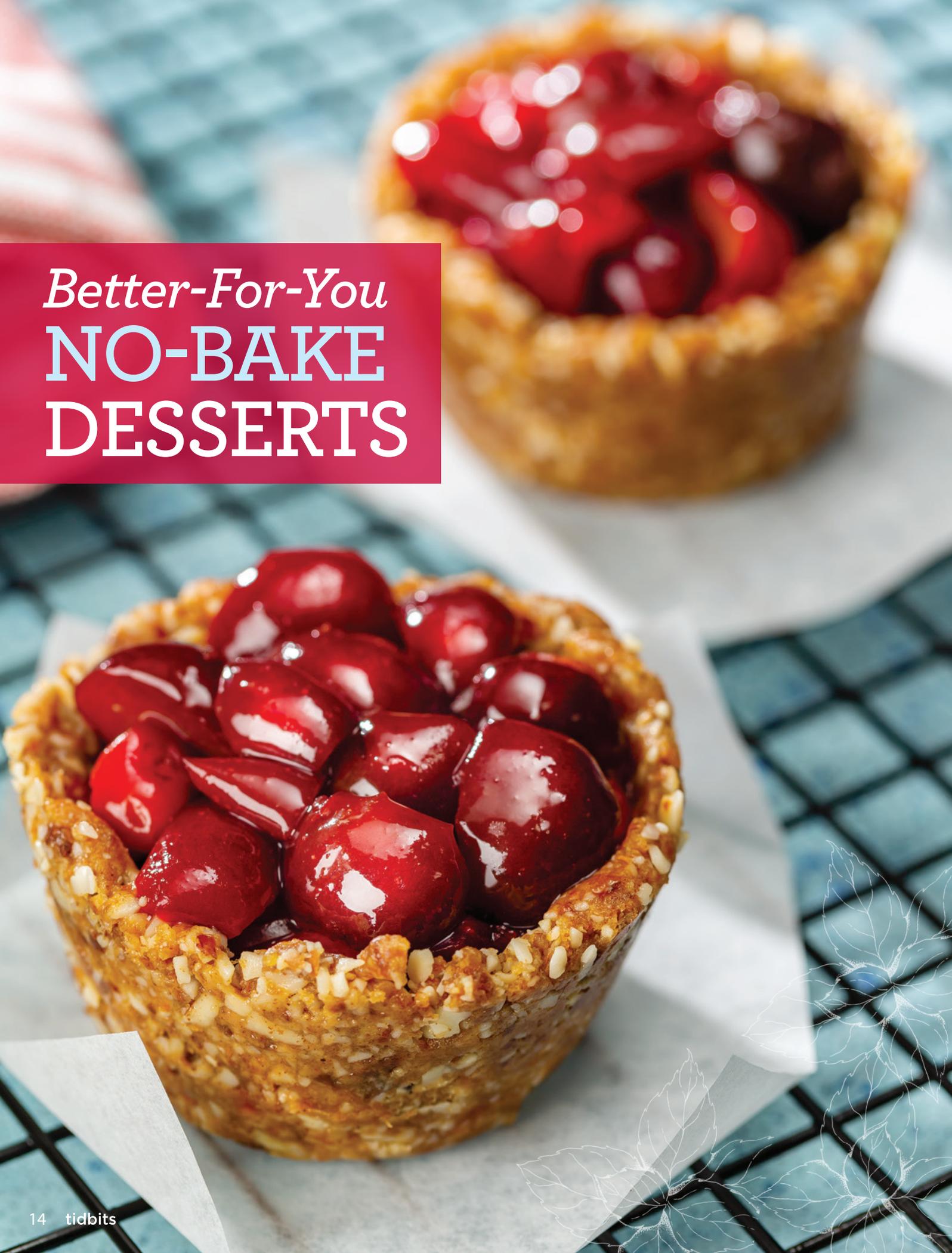
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Better-For-You
**NO-BAKE
DESSERTS**



Showcase juicy summer fruit with these naturally gluten-free, dairy-free desserts in perfectly sized portions. Give them your own spin by swapping in your favorite fruit, changing up the pie filling, or adding fresh whipped cream. Have fun making them with the kids, without turning on the oven!

No-Bake Mini Cherry Pies

Prep: 25 minutes plus chilling
Serves: 12

- 2 cups sliced almonds
- 1 cup packed no sugar added dates
- ¼ teaspoon salt
- 2 tablespoons Full Circle Organic almond butter
- 3 cups chopped pitted and quartered fresh sweet cherries (about 1¼ pounds)
- 2 tablespoons Full Circle Organic honey
- 2 teaspoons fresh lemon juice

1. Spray standard 12-cup muffin pan with cooking spray. **2.** In food processor, pulse 1½ cups almonds, dates and salt on high until small crumbs form; add almond butter and process on high 1 minute or until incorporated. Press almond mixture into bottom and up sides of prepared cups. Makes about 2 cups. **3.** In large bowl, toss cherries, honey and lemon juice; divide into cups over almond mixture. Cover and refrigerate 1 hour. **4.** Run knife around edges of pies to loosen; serve pies sprinkled with remaining ½ cup almonds.

Approximate nutritional values per serving:
178 Calories, 9g Fat (1g Saturated),
0mg Cholesterol, 54mg Sodium,
23g Carbohydrates, 4g Fiber, 4g Protein

Raspberry-Mocha Mug Cake

Prep: 5 minutes
Cook: 1 minute • Serves: 1

- 1 Roche Bros. large egg
- ¼ cup Full Circle Organic unsweetened almond milk
- 1 tablespoon Roche Bros. maple syrup
- ¼ teaspoon instant coffee
- 2 tablespoons unsweetened cocoa powder
- ¼ teaspoon baking powder
- 5 fresh raspberries plus additional for garnish

- 1½ teaspoons mini semisweet chocolate chips
- ⅛ teaspoon powdered sugar

1. In 12-ounce microwave-safe mug, whisk egg, milk, syrup and coffee; whisk in cocoa powder and baking powder. Fold in raspberries and chocolate chips. **2.** Heat egg mixture in microwave oven on high 1 minute or until internal temperature reaches 160°. Top cake with raspberries; dust with powdered sugar.

Approximate nutritional values per serving:
212 Calories, 10g Fat (3g Saturated), 187mg Cholesterol,
113mg Sodium, 27g Carbohydrates, 5g Fiber, 9g Protein



Persian Picks



Packed with fresh vegetables and herbs, Persian cuisine offers new flavor profiles and recipes that can flex with your favorite picks of the season. Try different greens in a humble peasant salad, or substitute other crunchy root vegetables for the radishes. As we move from summer to fall, try fresh heirloom tomatoes in your Shakshuka in place of canned, or add summer squash or diced eggplant for a heartier version. And pile on your fresh herbs of choice – basil, parsley and dill each bring a different nuance.

Fattoush Salad

Prep: 25 minutes • Serves: 6

- 2 garlic cloves, minced
- 1 cup whole buttermilk
- 3 tablespoons **Brothers Marketplace olive oil** plus additional for serving (optional)
- 2 tablespoons lemon juice
- 2 teaspoons **Brothers Marketplace za'atar seasoning** plus additional for serving (optional)
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 bag (7.33 ounces) plain pita chips, coarsely crushed
- 3 medium heirloom tomatoes or 4 tomatoes on the vine, cut into 1-inch pieces
- 3 mini cucumbers, chopped
- 2 green onions, thinly sliced
- 1 cup thinly sliced radishes
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh mint

1. In large bowl, whisk garlic, buttermilk, oil, lemon juice, seasoning, salt and pepper. Add chips, tomatoes, cucumbers, onions, radishes, parsley and mint; toss. Makes about 10 cups.

2. Serve salad drizzled with oil and sprinkled with seasoning, if desired.

Approximate nutritional values per serving (1 2/3 cups): 273 Calories, 15g Fat (2g Saturated), 4mg Cholesterol, 589mg Sodium, 32g Carbohydrates, 3g Fiber, 6g Protein



Shakshuka

Prep: 20 minutes

Cook: 25 minutes • Serves: 4

- 2 tablespoons **Brothers Marketplace extra virgin olive oil**
- 1 green bell pepper, chopped (about 1 cup)
- 1 small yellow onion, chopped (about 1 cup)
- 2 garlic cloves, minced (about 1 tablespoon)
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- ½ teaspoon crushed red pepper flakes

- ⅛ teaspoon salt
- 1 can (28 ounces) **Full Circle Organic crushed tomatoes**
- 2 tablespoons chopped fresh basil plus additional for garnish (optional)
- 4 **Roche Bros. large eggs**
- ¼ cup crumbled feta cheese
- 8 (1-inch) slices baguette bread
- Fresh parsley for garnish (optional)

1. In large skillet, heat oil over medium-high heat. Add bell pepper and onion and cook 8 minutes or until onion is tender, stirring occasionally. **2.** Add garlic, paprika, cumin, crushed red pepper and salt; cook 1 minute or until garlic is fragrant and golden brown,

stirring frequently. **3.** Add tomatoes; heat to a boil. Reduce heat to medium-low; cook 10 minutes or until mixture is slightly thickened, stirring occasionally. Stir in basil. Makes about 4 cups. **4.** With back of large spoon, make 4 wells in tomato mixture. Crack 1 egg into small bowl and gently pour into a well; repeat with remaining eggs. Increase heat to medium; cover and cook 5 minutes or until egg whites are cooked through and yolks are slightly soft. **5.** Serve shakshuka sprinkled with cheese along with bread; garnish with parsley, if desired.

Approximate nutritional values per serving:
 429 Calories, 17g Fat (4g Saturated), 195mg Cholesterol,
 983mg Sodium, 55g Carbohydrates, 7g Fiber, 18g Protein

Cooking with **Fresh** **Herbs**



Enhance any dish, from breakfast to dessert, with fresh herbs using these ideas to infuse bold new flavors.



DILL

A member of the celery family, these feathery fronds taste like a cross between celery and fennel. Popular across Europe and Asia, dill brings depth to pickled vegetables like “dilly beans,” pairs wonderfully with poached or smoked salmon, and adds flavor and volume to fresh salads like the Fattoush on page 16. You can even garnish dishes with dill’s edible yellow flowers!



BASIL

With fresh, clove-like flavor, the Greeks referred to this versatile herb as the “Herb of Kings.” From pasta sauces to seafood and vegetables, and an essential in Mediterranean sauces like pesto, this herb enhances the taste without overwhelming. Try making your own infused olive oil – tear the leaves off and purée in a blender with the oil until smooth. Store in an airtight jar or bottle for up to 1 week.



PARSLEY

More than just a vibrant garnish, this flowering plant native to the Mediterranean is a staple of European, Middle Eastern, and Brazilian cuisine. Mildly bitter, parsley brightens the other flavors in savory dishes. Use as a garnish for potato or rice recipes, or combine with capers, anchovies, garlic and vinegar for Italian Salsa Verde – delicious on grilled meat.



MINT

Cool, refreshing and easy to grow, this sweet herb enlivens lamb, fruit dishes, baked goods and desserts. Its invigorating flavor can also be experienced in drinks such as the classic mint julep or mojito. For an easy, fun summer snack, toss a mixture of chopped fresh mint, feta cheese, olive oil and lime juice with fresh-cut watermelon.



CILANTRO

This herb is widely used in Asian, Caribbean and Latin American cuisines because its distinctive lemony flavor meshes well with spicy dishes. Use the leaves for fresh salsas and Indian curries, and save the stems for infusing cocktails! Blend stems and leaves with water, fresh lime juice and honey, then mix in a shaker with tequila for the perfect margarita accent.

Passionate
• ABOUT •
PRODUCE!

Red, White & Blue Summer Gatherings



Stars & Stripes Cheeseboard

This patriotic cheeseboard features skewers of fresh fruit and Wisconsin cheeses to create a flag design. Try a mix of Wisconsin cheese curds, cubed feta, white cheddar and fresh mozzarella balls (ciliegine). Add blueberries, strawberries and watermelon.



WisconsinCheese.com

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