

tidbits™

WINTER/SPRING '21 • COMPLIMENTARY

FRESH
FISH
PICKS

Baby
Greens &
Salmon
Salad p. 8



 Roche Bros.

PLUS
A HEALTHY START

CREATIVE
EASTER EATS

AND MORE!

13 GRAMS OF PROTEIN PER SERVING

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to get an extra boost of protein.**



New!





a letter from Rick Roche

Happy 2021! With a continued focus on cooking at home, Roche Bros. is here to feed your imagination with creative recipe ideas that will make home cooking

more fun. In this edition of *Tidbits*, you'll discover ideas for healthy new recipes, twists on old favorites and delicious ways to celebrate special occasions throughout the season.

With health at the forefront of the New Year, we'll help you focus on foods that enhance immunity and keep you healthy. But don't worry – that doesn't mean eating bland, boring foods!

If you're battling home-cooking burnout, you can always rely on Our Kitchen for hearty fare! You can pick up corned beef, soda bread and green treats to make your St. Patty's Day celebration spectacular. Or, put inventive twists on Irish traditions in your own kitchen with our drool-worthy recipes.

Spring is coming! Change up your Easter entrée to give your sides a boost. During Passover, instead of traditional matzos or matzo meal, make something new that can be enjoyed year-round.

Cheers to a healthy, happy and prosperous 2021!

Rick Roche



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A HEALTHY START

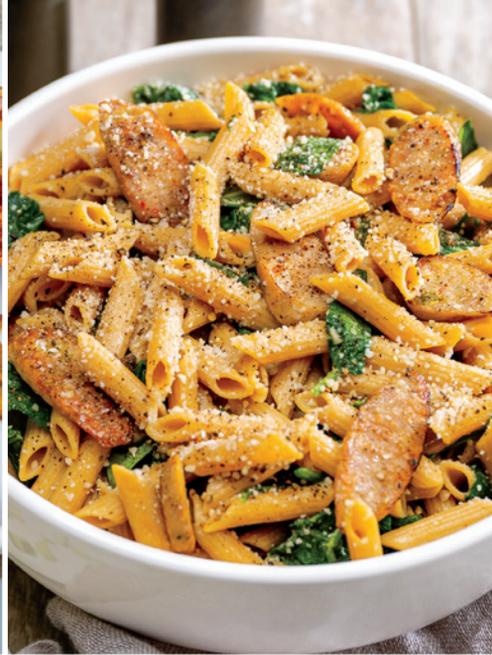
Eat healthier in the New Year with fast, uncomplicated recipes that don't sacrifice flavor! Revamp toast toppings with a savory veggie medley, transform pasta with an Italian twist, or give quesadillas a mouthwatering Greek-inspired makeover. Plus, these recipes are perfect for hectic weeknights, requiring just a few ingredients and 30 minutes or less from prep to plating.

Italian
Chicken
Sausage
Pasta p. 6

Caramelized Onion,
Mushroom & Bell
Pepper Toast p. 6



Open-Faced
Greek
Chicken
Quesadilla
p. 6



Caramelized Onion, Mushroom & Bell Pepper Toast

Prep: 10 minutes • Cook/Broil: 20 minutes
Serves: 4

- Onion:** Thinly slice 1 large yellow onion. Heat 1 tablespoon canola oil in a large skillet over low heat. Add onion and 1 tablespoon water to skillet; cover and cook 10 minutes. Uncover; cook 7 minutes or until very soft and caramelized, stirring occasionally.
- Bell Pepper:** Place oven rack 6 inches from broiler; preheat broiler to high. Thinly slice 1 medium red bell pepper. Heat 1½ teaspoons canola oil in a second large skillet over medium-high heat; add pepper and cook 3 minutes, stirring occasionally.
- Mushrooms:** Add ½ (8-ounce) package sliced white mushrooms to skillet with bell pepper; cook 4 minutes or until tender, stirring occasionally.
- Whole Wheat Bread:** Place 4 slices whole-grain 100% whole wheat bread on rimmed baking pan; spray both sides with canola oil cooking spray. Broil 2 minutes or until bread is toasted and golden brown, turning once. Top toast with onion, bell pepper and mushrooms; sprinkle with ¼ teaspoon black pepper.
- Provolone Cheese:** Cut 4 slices provolone cheese into ½-inch-thick strips; lay over vegetables on toast and broil 2 minutes or until cheese melts.

Approximate nutritional values per serving (1 toast):
285 Calories, 15g Fat (6g Saturated), 19mg Cholesterol, 367mg Sodium, 28g Carbohydrates, 4g Fiber, 14g Protein

Italian Chicken Sausage Pasta

Prep: 15 minutes • Cook: 15 minutes
Serves: 4

- Whole Wheat Penne:** Cook ½ (16-ounce) package 100% whole wheat penne rigate as label directs; reserve ¼ cup pasta cooking water, then drain.
- Chicken Sausage:** Thinly slice 1 (11-ounce) package sweet Italian-style chicken sausage crosswise. Heat 1 tablespoon **Brothers Marketplace Extra Virgin Olive Oil** in a large skillet over medium-high heat; add sausage and cook 3 minutes or until lightly browned, stirring occasionally.
- Garlic:** Mince 2 garlic cloves; add to skillet and cook 30 seconds, stirring frequently.
- Baby Spinach:** Add 1 (5-ounce) container baby spinach to skillet; cook 2 minutes or until wilted, stirring occasionally. Add penne and reserved pasta water to skillet; cook 2 minutes or until heated through, stirring occasionally. Remove from heat.
- Parmesan Cheese:** Stir 3 tablespoons grated Parmesan cheese and ⅛ teaspoon black pepper into pasta. Makes about 7 cups.

Approximate nutritional values per serving (1¾ cups):
374 Calories, 12g Fat (3g Saturated), 58mg Cholesterol, 587mg Sodium, 45g Carbohydrates, 7g Fiber, 22g Protein

Open-Faced Greek Chicken Quesadilla

Prep: 15 minutes • Bake: 8 minutes
Serves: 4

- Whole Wheat Tortillas:** Adjust 2 oven racks to top and bottom position; preheat oven to 400°. Spray 2 rimmed baking pans with olive oil cooking spray; place 4 (8-inch) whole wheat tortillas in single layer on prepared pans.
- Hummus:** Spread tortillas with ⅔ cup plain hummus.
- Chicken:** Top tortillas with 1¾ cups shredded rotisserie chicken breast meat.
- Tomatoes:** Top tortillas with ½ cup drained no salt added diced tomatoes with basil, garlic and oregano.
- Feta Cheese:** Top tortillas with ⅓ cup crumbled feta cheese. Bake quesadillas 8 minutes or until heated through and tortillas are golden brown, rotating pans between upper and lower racks halfway through baking. Serve quesadillas garnished with chopped cucumber and chopped fresh dill, if desired.

Approximate nutritional values per serving (1 quesadilla): 325 Calories, 10g Fat (4g Saturated), 61mg Cholesterol, 545mg Sodium, 35g Carbohydrates, 3g Fiber, 24g Protein



FRESH FISH PICKS

Loaded with heart-healthy omega-3s, protein, vitamins and minerals, fish are vital to a healthy diet. Add fish to your home-cooking menu twice a week to receive plenty of essential nutrients and benefits for heart and brain health. For simple ways to boost your seafood intake, start with our easy recipes incorporating shrimp and salmon in stir-fries and salads.

Thai Red Curry Shrimp & Edamame Stir-Fry p.8



Thai Red Curry Shrimp & Edamame Stir-Fry



Prep: 10 minutes

Cook: 15 minutes • Serves: 4

- 1 cup dry jasmine rice
- 1 pound Foley raw 21-25 count peeled and deveined shrimp, thawed and tails removed, if necessary
- 2 teaspoons Thai red curry paste
- Nonstick cooking spray
- 1 small yellow onion, halved and sliced
- 1 bag (10 ounces) frozen shelled edamame
- Chopped fresh basil and/or lime wedges for garnish (optional)

1. Prepare rice as label directs. Makes about 4 cups.

2. In large bowl, toss shrimp and curry paste. Heat large skillet over medium-high heat 1 minute or until hot; spray with cooking spray. Add onion; cook 3 minutes, stirring frequently. Add shrimp; cook 2 minutes, stirring frequently. Add edamame; cook 2 minutes or until shrimp turn opaque throughout and vegetables are tender-crisp, stirring frequently. Add $\frac{1}{4}$ cup water; cook 1 minute. Makes about 5 cups.

3. Serve stir-fry over rice garnished with basil and/or lime wedges, if desired.

Approximate nutritional values per serving (1 $\frac{1}{4}$ cups shrimp mixture, 1 cup rice): 373 Calories, 7g Fat (1g Saturated), 176mg Cholesterol, 321mg Sodium, 45g Carbohydrates, 7g Fiber, 34g Protein

Baby Greens & Salmon Salad

Prep: 15 minutes plus standing

Bake: 20 minutes • Serves: 4

- 1 skinless Foley salmon boneless fillet (about 24 ounces)
- 2 teaspoons McCormick® Himalayan pink salt with black pepper and garlic all purpose seasoning
- 4 large eggs
- 6 cups packed baby greens such as arugula, red leaf lettuce and baby spinach
- 1 cup sugar snap peas, halved on bias
- $\frac{1}{3}$ cup Stonewall Kitchen lemon Dijon vinaigrette

1. Preheat oven to 375°; line rimmed baking pan with parchment paper. Place salmon on prepared pan and sprinkle with seasoning; bake 20 minutes or until internal temperature reaches 145°. Transfer to cutting board and let stand 10 minutes; flake into 2-inch pieces with fork.

2. Fill medium bowl with ice and cold water. In medium saucepot, heat 6 cups water to a boil over high heat; with spoon, carefully lower eggs into water. Reduce heat to medium; gently simmer 7 minutes. With slotted spoon, transfer eggs to ice water; once cool, peel and cut lengthwise in half.

3. In large bowl, toss greens, snap peas and vinaigrette. Makes about 6 cups.

4. Serve greens mixture topped with salmon and eggs.

Approximate nutritional values per serving (1 $\frac{1}{2}$ cups greens, 6 ounces salmon, 1 egg): 483 Calories, 29g Fat (4g Saturated), 294mg Cholesterol, 682mg Sodium, 6g Carbohydrates, 2g Fiber, 47g Protein



Watch how to make these recipes at: bit.ly/RocheBrosYT







ST. PATTY'S DAY

This St. Patrick's Day, enjoy a fresh twist on Irish traditions. Put a delicious spin on the classic Reuben sandwich by swapping Swiss for white Cheddar and enhancing it with the addition of smoky bacon. Or, try adding a touch of Irish roots to mac and cheese with Irish butter and Irish aged Cheddar, complete with the satisfying crunch of a salt and vinegar chip topping.



White Cheddar & Bacon Kraut Reuben

Prep: 15 minutes

Cook: 12 minutes • Serves: 4

- 2 slices thick-cut hickory smoked bacon, chopped
- 4 cups shredded green cabbage
- 1 cup finely chopped kale
- ¼ cup light mayonnaise
- 1 tablespoon ketchup
- 1 tablespoon malt vinegar
- ¼ teaspoon ground black pepper
- 8 slices marbled rye bread
- ¼ cup softened unsalted butter
- 8 slices **Brothers Marketplace reserve Cheddar cheese**
- 1 pound deli-sliced corned beef and/or pastrami

1. In large skillet, cook bacon over medium heat 5 minutes or until crisp, stirring occasionally. Add cabbage and kale; cook 3 minutes or until tender, stirring frequently. Makes about 2 cups.

2. In medium bowl, whisk mayonnaise, ketchup, vinegar and pepper. Place bread slices on work surface; evenly spread mayonnaise mixture over 1 side of each bread slice.

3. In batches, in large skillet, melt 1 tablespoon butter over medium-low heat; add 2 slices bread, dressing side up. Place 1 slice of cheese on each bread slice and ½ cup beef over cheese on 1 bread slice; cook, covered, 3 minutes or until cheese melts and bread is golden brown. Transfer bread slices, cheese side up, to cutting board; top beef with ½ cup cabbage mixture. Place remaining slice, cheese side down, on top; cut sandwich in half.

Approximate nutritional values per serving:

635 Calories, 38g Fat (19g Saturated), 139mg Cholesterol, 1531mg Sodium, 38g Carbohydrates, 3g Fiber, 33g Protein



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



Irish Cheddar Mac & Cheese

Prep: 15 minutes

Cook: 20 minutes • Serves: 12

- 1 box (1 pound) cavatappi pasta
- ¼ cup unsalted pure Irish butter
- ¼ cup all-purpose flour
- 4 cups **Roche Bros. whole milk**
- 2 teaspoons ground mustard
- 1 teaspoon onion powder
- ¼ teaspoon salt
- ½ teaspoon ground black pepper

- 1½ packages (7 ounces each) Irish aged Cheddar cheese, shredded (about 2 cups)
- 1¼ cups thawed frozen sweet peas
- 1 cup crushed sea salt & vinegar kettle potato chips (about 3 ounces)
- 1½ teaspoons chopped fresh chives for garnish (optional)

1. Prepare pasta as label directs; drain.

2. In medium saucepot, melt butter over medium heat; add flour and cook 1 minute, whisking constantly. Add milk, mustard, onion

powder, salt and pepper; cook 10 minutes, or until slightly thickened, whisking frequently. Gradually add cheese, stirring until smooth and melted; fold in peas and pasta.

3. Serve pasta topped with chips garnished with chives, if desired. Makes about 13 cups.

Approximate nutritional values per serving

(about 1 cup): 479 Calories, 26g Fat (15g Saturated), 63mg Cholesterol, 509mg Sodium, 40g Carbohydrates, 2g Fiber, 21g Protein

PIZZA FOR PASSOVER





If you're seeking creative cooking ideas for Passover, look no further! Try this unique pizza recipe that combines cauliflower, almond flour, garlic and herbs, creating Passover-friendly pizza dough. Top it with smoked salmon, arugula and goat cheese for a Passover pizza that's perfect for breakfast, lunch or dinner!

Smoked Salmon Pizza with Garlic-Herb Cauliflower Crust

Prep: 25 minutes

Bake: 30 minutes • Serves: 4

- 1 small head cauliflower, coarsely chopped (about 3½ cups)
- 4 Roche Bros. cage free large brown eggs
- 1¼ cups almond flour
- ¼ teaspoon kosher salt
- 1 garlic clove
- ½ cup loosely packed fresh dill leaves
- ½ cup loosely packed fresh parsley leaves
- ¼ cup coarsely chopped fresh chives
- 1 tablespoon fresh thyme leaves
- 1 cup baby arugula
- 1 package (4 ounces) sliced smoked salmon, torn into small pieces
- ½ (4-ounce) package goat cheese, crumbled
- 1 tablespoon lemon zest

1. Preheat oven to 400°; line cookie sheet with parchment paper. In food processor, pulse cauliflower 10 times or to rice-like consistency. Makes about 3 cups.

2. In large bowl, whisk eggs; stir in flour, salt and cauliflower. In food processor, pulse garlic, dill, parsley, chives and thyme until finely chopped, scraping bowl occasionally; stir into egg mixture.

3. With hands, shape cauliflower mixture into 12-inch circle (about ½-inch thick) on cookie sheet; bake 30 minutes or until golden brown and crisp.

4. Top crust with arugula, salmon, cheese and lemon zest; cut into 8 slices.

Approximate nutritional values per serving (2 pieces): 380 Calories, 27g Fat (6g Saturated), 201mg Cholesterol, 758mg Sodium, 9g Carbohydrates, 6g Fiber, 20g Protein

CREATIVE EASTER EATS

Shake up your Easter menu with simple modifications that elevate the entire meal! Cook up raisins in a sticky honey-rum glaze that beautifully coats your centerpiece ham. Then complement the main event with lemon-butter potatoes adorned with fresh herbs. Or, using vinegar, sugar, salt and water, make homemade pickled onions to add a boost of probiotics and tangy flavors to a light, spring salad. Cap off the feast with chocolaty Homemade Peanut Butter Eggs.



Lemon-Butter Herbed Potatoes p. 16

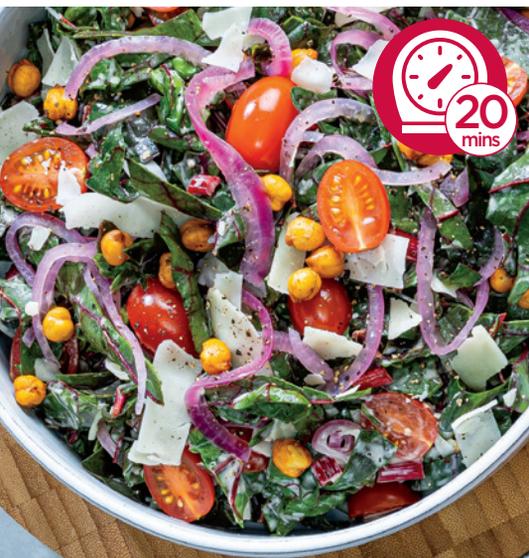




Rainbow Swiss Chard Caesar Salad p. 16



Honey-Rum Glazed Ham with Golden Raisins p. 16



Rainbow Swiss Chard Caesar Salad

Prep: 20 minutes plus standing • Serves: 8

Pickled Red Onion

- ½ cup apple cider vinegar
- 1 tablespoon granulated sugar
- 2 teaspoons kosher salt
- 1 cup thinly sliced red onion

Salad

- 8 cups chopped rainbow Swiss chard
- 2 cups halved grape tomatoes
- ⅔ cup Caesar salad dressing
- ½ teaspoon black pepper

- 1 cup sea salt chickpea snacks
- 1 cup shaved Parmesan cheese

1. Pickled Onion: In medium bowl, whisk vinegar, sugar, salt and 1 cup water until sugar dissolves; stir in onion. Cover and let stand 1 hour; drain. Makes about ¾ cup.

2. Salad: In large bowl, toss Swiss chard, tomatoes, dressing, pepper and pickled onion. Makes about 8 cups.

3. Serve salad topped with chickpeas and Parmesan cheese.

Approximate nutritional values per serving (1 cup): 237 Calories, 17g Fat (4g Saturated), 20mg Cholesterol, 691mg Sodium, 15g Carbohydrates, 4g Fiber, 10g Protein

Lemon-Butter Herbed Potatoes

Prep: 20 minutes

Cook: 15 minutes • Serves: 8

- 4 pounds red new potatoes, halved
- ½ cup unsalted butter (1 stick)
- 1½ tablespoons fresh lemon juice
- 1 tablespoon lemon zest
- ¼ cup chopped fresh chives
- ¼ cup chopped fresh parsley leaves
- 1½ teaspoons salt
- ½ teaspoon ground black pepper
- 4 garlic cloves, minced

1. Heat large covered saucepot with potatoes and enough salted water to cover to a boil over high heat. Uncover and boil 6 minutes or just until potatoes are tender; drain.

2. In same saucepot, melt butter over medium-high heat. Add lemon juice and zest, 3 tablespoons each chives and parsley, salt, pepper and potatoes; cook 8 minutes or until potatoes begin to brown, stirring frequently. Add garlic; cook 1 minute, stirring frequently. Makes about 7 cups.

3. Serve potatoes sprinkled with remaining 1 tablespoon each chives and parsley.

Approximate nutritional values per serving (¾ cup): 275 Calories, 12g Fat (7g Saturated), 30mg Cholesterol, 439mg Sodium, 41g Carbohydrates, 3g Fiber, 5g Protein



Honey-Rum Glazed Ham with Golden Raisins

Prep: 20 minutes plus standing

Bake: 1 hour 45 minutes • Serves: 12

- 1 spiral-sliced ham (7 to 8 pounds)
- 1 cup apple juice
- 1 cup dark rum
- ¾ cup honey
- 1½ cups golden raisins
- ¾ cup brown sugar
- 1 tablespoon Dijon mustard
- ⅛ teaspoon ground cayenne pepper

1. Preheat oven to 325°. Place ham, cut side down, in roasting pan; cover loosely with aluminum foil. Bake 1 hour.

2. In small saucepan, heat juice, rum and

honey to a simmer over medium heat; simmer 10 minutes or until thickened and reduced to about 1½ cups. Remove saucepan from heat; stir in raisins, sugar, mustard and cayenne pepper. Makes about 2 cups glaze.

3. Remove ham from oven; brush ham with some glaze. Bake 45 minutes or until internal temperature reaches 120°, brushing with additional glaze every 15 minutes.

4. Transfer ham to serving platter; cover loosely with foil and let stand 15 minutes before serving. Internal temperature will rise to 140° upon standing. Pour any drippings and raisins from roasting pan into remaining glaze; serve with ham.

Approximate nutritional values per serving: 537 Calories, 9g Fat (1g Saturated), 151mg Cholesterol, 2400mg Sodium, 51g Carbohydrates, 1g Fiber, 55g Protein

4 Fun & Festive Easter Activities

Add fun and excitement to your Easter celebrations with these festive activities!

1. Host an Easter Cooking Competition

If you're unable to be with friends and family this year, keep Easter traditions alive and connect over food through a virtual cooking competition. Choose to make the best appetizer or the most decadent dessert, and assign the little chefs age-appropriate tasks like rolling dough, whisking, mashing or decorating. Get descriptive when it comes time to taste test and have fun with it!

2. Egg Games

Have some fun with the iconic Easter symbol in interactive egg games! For an egg and spoon race, balance an egg on a spoon with one hand and race to see who can get it to the finish line without dropping the egg. Keep the family laughing with an egg roll, placing the egg on the floor and rolling it to the finish line using only your nose, or play the classic hot potato game with an egg. If you're using uncooked eggs, make sure everyone is changed out of their Easter best!

3. Do the Bunny Hop

All of those Easter goodies can lead to quite the sugar rush, so a dance party is a perfect excuse to release all that energy! Whether it's the bunny hop or freestyle, break out in a dance party with your Easter crew to show off your best moves!

4. Decorate an Easter Egg Tree

Symbolizing life and rebirth, Easter egg trees bring an eggs-tra special touch to your holiday ambiance. Fill a Mason jar with foraged branches, decorate an indoor plant or use a tree outside. Get crafty and decorate with dyed or plastic Easter eggs, Easter-themed ornaments and other spring décor such as pastel ribbons, tissue paper, flowers or twinkling string lights. No matter your style, make a bright, beautiful masterpiece that welcomes spring and commemorates Easter in your own way!



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Homemade Peanut Butter Eggs

Prep: 25 minutes plus chilling & freezing

Cook: 2 minutes • Serves: 16

- 8 whole sheets graham crackers, broken into large pieces
- 1 cup powdered sugar
- ½ cup **Roche Bros. creamy peanut butter**
- ½ cup unsalted butter, melted
- 1½ cups milk chocolate chips
- 1 tablespoon vegetable oil

1. Line rimmed baking pan with parchment paper. In food processor, pulse graham crackers, sugar, peanut butter and butter until combined. Makes about 1½ cups.

2. Using 2 small spoons, drop 1½ tablespoons graham cracker mixture into mounds 2 inches apart on prepared pan; refrigerate 30 minutes.

3. With hands, form graham cracker mixture into egg shapes and place on same pan; freeze 30 minutes.

4. In small saucepot, heat chocolate chips over low heat 2 minutes or until most chips are melted, stirring frequently with rubber spatula; remove saucepot from heat and stir until all chips are melted. Stir in oil.

5. With fork, dip eggs into chocolate to completely cover, allowing excess chocolate to drip off; place on same pan. Reheat melted chocolate as necessary if it begins to harden.

Refrigerate eggs 10 minutes or until chocolate hardens. Makes 16 eggs.

*Approximate nutritional values per serving (1 egg):
235 Calories, 15g Fat (7g Saturated), 18mg Cholesterol,
78mg Sodium, 23g Carbohydrates, 1g Fiber, 3g Protein*

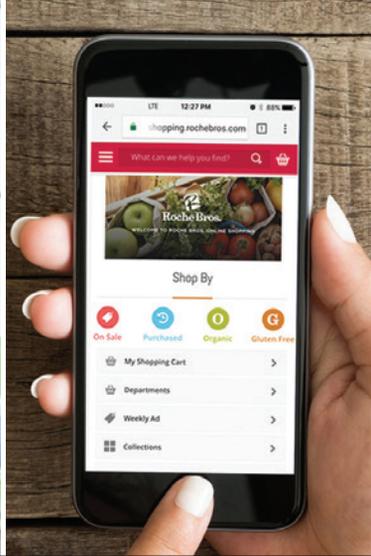
> Facts. Finds. Flavors.

Let the kids have fun decorating the eggs once they have hardened. Drizzle with melted white chocolate, vanilla-flavored candy bark or pastel-colored candy melts; add pastel-colored jimmies/sprinkles.



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