

tidbitsTM

SUMMER '24 • COMPLIMENTARY

Catches of the Season

CITRUS GRILLED COD
WITH SMOKY HERB
BUTTER p.15





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THE EXCELLENT CHICKEN SINCE 1894



a letter from **Rick Roche**

Ready to make this summer unforgettable? The sun is shining, the flavors are sizzling, and we're here to help you savor every delicious moment. In this edition of *Tidbits*™,

we've packed every page with ideas to keep you cool, satisfied and stress-free all summer long.

Need quick, easy meals for your summer adventures? We've got you covered with travel-friendly recipes perfect for picnics, beach days or busy weeknights. From refreshing pasta salads and hearty sandwiches to no-bake nachos, try these simple, delicious options for a taste of summer anytime, anywhere.

Calling all seafood lovers! Dive into our diverse selection of fresh, flavorful seafood. Whether you're craving succulent shrimp or flaky white fish, learn how our new seafood program brings the freshest catch to your table (page 14).

Is it even summer without the grill? Our "Grilling Game-Changers" section is smoking hot, with recipes guaranteed to wow guests at every backyard barbecue. And if you're hosting a big gathering, check out our BBQ catering options – let us handle the cooking while you soak up the fun.

As summer winds down, we've got your back with ideas to ease the transition back to school. From nutritious bento boxes to fun, creative snacks, our lunch box inspirations and time-saving tips will help you kick off the school year right.

At Roche Bros., we're dedicated to making your culinary journey flavorful and effortless. Grab your shades, head to your nearest Roche Bros. and bring your appetite! Let's make this a summer of unforgettable flavors together!

Rick Roche



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Flavor on the Fly

Craving delicious meals on the go? Whether you're beach-bound or heading to the office, our travel-friendly recipes are your perfect companions. Savor a Caesar-inspired pasta salad, sink your teeth into a hearty salami sandwich, or indulge in no-bake nachos for a finger food feast. We've got your meal adventures covered, no matter where the day takes you.

**Make
It**

Caesar Chickpea Pasta Salad

Prep: 15 minutes plus cooling • Cook: 12 minutes
Serves: 10

- 1 package (16 ounces) rotini or penne pasta
- 1 cup creamy Caesar dressing
- 1½ teaspoons ground black pepper
- 1 can (15.5 ounces) chickpeas, drained and rinsed
- 1 small red onion, halved and chopped
- 1½ cups quartered cherry tomatoes
- ¾ cup shredded Parmesan cheese
- Lemon wedges for garnish (optional)

1. Prepare pasta as label directs; drain, rinse with cold water and cool completely. Makes about 8 cups pasta.

2. In large bowl, whisk dressing and pepper; fold in chickpeas, onion, tomatoes, cheese and pasta. Makes about 10 cups pasta salad.

3. Serve pasta salad garnished with lemon wedges, if desired.

Approximate nutritional values per serving (1 cup): 364 Calories, 17g Fat (4g Saturated), 16mg Cholesterol, 380mg Sodium, 40g Carbohydrates, 4g Fiber, 11g Protein



**Take
It**

Grab and Go Salads at the Deli

No time to cook? We've got you covered! Swing by Roche Bros. for our delicious ready-to-eat pasta salads. Choose from classic macaroni, fresh seafood, cheesy tortellini with mozzarella and more. Grab, go, and savor the flavor – without the fuss!





Salami-Pesto Sandwiches

Prep: 15 minutes • Bake: 10 minutes

Serves: 4

- 4 ciabatta rolls, cut in half horizontally
- 1 tablespoon unsalted butter, melted
- ½ cup basil pesto
- ½ pound thinly sliced salami
- 1 package (8 ounces) fresh mozzarella cheese, thinly sliced
- ¼ cup chopped drained sun-dried tomatoes in oil
- ½ cup packed baby arugula

1. Preheat oven to 425°. Place rolls, cut side up, on rimmed baking pan; brush with butter and bake 5 minutes or until lightly browned.

2. Spread top halves of rolls with pesto; top bottom halves of rolls with salami, cheese and tomatoes. Bake sandwiches 5 minutes or until golden brown and cheese melts.

3. Top bottom halves of rolls with arugula and top halves of rolls, pesto side down.

Approximate nutritional values per serving: (1 sandwich): 757 Calories, 51g Fat (19g Saturated), 117mg Cholesterol, 1842mg Sodium, 40g Carbohydrates, 2g Fiber, 31g Protein

No-Bake Chicken-Hummus Nachos

Prep: 15 minutes • Serves: 10

- ½ cup classic or roasted garlic hummus
- ½ cup **Green Mountain Gringo®** medium salsa
- 1½ bags (8 ounces each) **Green Mountain Gringo®** yellow corn tortilla strips
- 1 cup packed shredded boneless, skinless rotisserie chicken breast meat
- ¾ cup crumbled feta cheese
- ¾ cup drained, chopped giardiniera
- Sliced green onions for garnish (optional)

1. In medium bowl, whisk hummus and salsa. Makes about 1 cup hummus mixture.

2. Spread tortilla strips on large serving platter; top with hummus mixture, chicken, cheese and giardiniera. Makes about 10 cups nachos.

3. Serve nachos garnished with onions, if desired.

Approximate nutritional values per serving (1 cup): 265 Calories, 14g Fat (2g Saturated), 27mg Cholesterol, 479mg Sodium, 26g Carbohydrates, 1g Fiber, 10g Protein



Tropical Refreshers

Beat the heat with cool, quick treats! Whip up a frosty virgin daiquiri bursting with tropical flavors in just five minutes. For a nutritious twist, try our fruity yogurt pops made with protein-packed Greek yogurt and sprinkled with a zesty Tajín® kick. These chilled delights are easy to prep and will keep you cool and satisfied all summer long.

Tropical Daiquiri

Prep: 5 minutes • Serves: 2

- ½ medium avocado
- 1 cup 100% tangerine, guava & mango juice, chilled
- ¼ cup plus 1 tablespoon refrigerated original coconut milk
- 1 teaspoon grated fresh ginger
- 1½ cups ice
- 2 tablespoons honey

In blender, purée avocado, juice, ¼ cup coconut milk, ginger and ice on high until smooth. Pour avocado mixture into glasses; top with remaining coconut milk and drizzle with honey. Makes about 3 cups.

Approximate nutritional values per serving (1½ cups): 233 Calories, 8g Fat (2g Saturated), 0mg Cholesterol, 10mg Sodium, 41g Carbohydrates, 4g Fiber, 2g Protein

> **Facts. Finds. Flavors.**
Serve topped with sweetened shredded coconut.



Mango-Coconut Yogurt Pops with Tajín®

Prep: 10 minutes plus freezing • Serves: 6

- | | | | |
|-----|---|-----|-----------------------------|
| 1 | cup frozen chopped mango | 1/3 | cup coconut whipped topping |
| 3/4 | cup refrigerated unsweetened coconut milk | 6 | wooden craft sticks |
| 1/2 | cup less sugar vanilla Greek yogurt | 1/2 | teaspoon Tajín® seasoning |

1. In blender, purée mango, coconut milk and yogurt on high until smooth; fold in whipped topping. Makes about 2 cups mango mixture.

2. Divide mango mixture into 6 (3-ounce) ice pop molds; insert sticks into molds and freeze at least 5 hours. Run molds under warm water for 10 seconds to release pops; sprinkle with seasoning.

Approximate nutritional values per serving (1 pop): 57 Calories, 2g Fat (1g Saturated), 2mg Cholesterol, 74mg Sodium, 9g Carbohydrates, 0g Fiber, 2g Protein

Grilling game-changers!

It's grilling season! If you're looking for something new to bring to your grates, these eye-catching recipes will transform your BBQ game. From a mouthwatering grilled cheese and cheeseburger fusion to sweet grilled pineapple skewers for dessert, these smoky creations will become new BBQ favorites.

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it's not the best:



Savor the Difference with **Certified Angus Beef® Prime**

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Pimento-Grilled Cheese Burger

Prep: 20 minutes • Grill: 11 minutes
Serves: 4

- 4 **Certified Angus Beef® 85% lean ground beef patties**
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- Nonstick cooking spray
- 8 slices sourdough bread
- 2 tablespoons prepared garlic butter, softened
- ¾ cup pimento cheese spread
- 4 (¼-inch-thick) slices beefsteak tomatoes
- 4 (¼-inch-thick) slices red onion
- ½ cup drained pickled jalapeño slices

1. Prepare outdoor grill for direct grilling over medium-high heat. Sprinkle both sides of patties with salt and black pepper; spray with cooking spray. Place patties on hot grill rack; cover and cook 8 minutes or until internal temperature reaches 160°, turning once.

2. Spread 1 side of bread slices with butter. Place 4 bread slices, buttered side down, on work surface; top with patties, cheese spread, tomatoes, onion, jalapeños and remaining 4 bread slices, buttered side up. Place burgers on hot grill rack; cover and cook 3 minutes or until heated through and grill marks appear, turning once. Makes 4 burgers.

Approximate nutritional values per serving (1 burger): 714 Calories, 36g Fat (14g Saturated), 117mg Cholesterol, 1318mg Sodium, 60g Carbohydrates, 4g Fiber, 39g Protein



Baby Red Potato Skewers with Paprika Aioli

Prep: 15 minutes plus soaking

Grill: 12 minutes • **Serves:** 4

- 8 (10-inch) wooden skewers
- 16 baby red potatoes, halved lengthwise (about 1¼ pounds)
- 2 tablespoons olive oil
- ¼ teaspoon salt

- ¼ teaspoon black pepper
- 1 tablespoon chopped fresh parsley
- 2 garlic cloves, minced
- ⅓ cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1 teaspoon smoked paprika

1. Soak skewers in water 20 minutes. Prepare outdoor grill for direct grilling over medium-high heat. In large bowl, toss potatoes, oil, salt and pepper. Thread potatoes onto skewers; place on hot grill

rack, cover and cook 12 minutes or until tender, turning once. Transfer to large plate; sprinkle with parsley. Makes 8 skewers.

2. In small bowl, stir garlic, mayonnaise, lemon juice and paprika. Makes about ⅓ cup aioli.

3. Serve skewers with aioli.

Approximate nutritional values per serving (2 skewers, 4 teaspoons aioli): 304 Calories, 21g Fat (3g Saturated), 8mg Cholesterol, 279mg Sodium, 26g Carbohydrates, 3g Fiber, 3g Protein

Grilled Pineapple Skewers with Vanilla Sauce

Prep: 15 minutes plus soaking

Grill: 6 minutes • Serves: 8

- 8 (8-inch) wooden skewers
- 2 tablespoons unsalted butter, melted
- 1 tablespoon brown sugar
- ½ teaspoon ground cinnamon
- 1 pineapple, peeled, cored and cut into 8 (1 x 1 x 6-inch) strips

- 2 teaspoons chopped fresh mint
- 1 cup vanilla ice cream, melted

1. Prepare outdoor grill for direct grilling over medium-high heat; soak skewers in water 30 minutes.

2. In small bowl, whisk butter, sugar and cinnamon. Thread pineapple onto skewers; brush with butter mixture. Place skewers on hot grill rack; cover

and cook 6 minutes or until grill marks appear, turning once. Makes 8 skewers.

3. Serve skewers sprinkled with mint along with ice cream for dipping.

Approximate nutritional values per serving (1 skewer, 2 tablespoons ice cream): 123 Calories, 5g Fat (3g Saturated), 15mg Cholesterol, 15mg Sodium, 21g Carbohydrates, 2g Fiber, 1g Protein



Catches of the Season

Dive into the flavors of the sea with our fresh, sustainable seafood selection. From cod and salmon to shrimp and calamari, our seafood department offers top-quality catches handled with care. Let our knowledgeable associates help you select the perfect seafood for your next meal. Start with citrus-kissed cod fillets or sweet and herby shrimp to taste coastal bliss at home.

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Use remaining smoky herb butter stirred into scrambled eggs, or to top grilled chicken, steak, asparagus, bell peppers and/or fresh corn.

Always Top of the Catch: Enjoy peak freshness with our seafood!

Savor the best catches with our seafood! Our fish is always the top of the catch, ensuring you get the last—and best—haul of every trip. From dock to door, we've partnered with trusted local fishermen to bring you seafood at its peak. Not only will you taste the difference, but you'll also feel good knowing your purchase supports sustainable practices that protect our oceans. Experience responsibly caught, premium quality seafood that's as good for you as it is for the environment.

Citrus Grilled Cod with Smoky Herb Butter

Prep: 20 minutes • Grill: 15 minutes

Serves: 4

- 2 garlic cloves, minced
- ½ cup unsalted butter (1 stick), softened
- ½ tablespoon packed finely chopped basil
- ½ tablespoon packed finely chopped parsley
- 1 teaspoon smoked paprika
- ½ teaspoon kosher salt
- 4 cod fillets, thawed if necessary and patted dry (about 5 ounces each)
- ¼ teaspoon ground black pepper
- 4 (½-inch-thick) slices lemon plus additional wedges for garnish (optional)
- 4 (½-inch-thick) slices lime
- 4 (½-inch-thick) slices orange

1. Prepare outdoor grill for direct grilling over medium heat. In medium bowl, stir garlic, butter, basil, parsley, paprika and ½ teaspoon salt. Makes about ½ cup smoky herb butter.

2. Sprinkle both sides of cod with remaining ¼ teaspoon salt and pepper. Alternately place lemon slices, lime slices and orange slices in an 11 x 8-inch rectangle on hot grill rack; place cod on top of fruit slices, cover and cook 15 minutes or until internal temperature reaches 145°.

3. Serve cod topped with ¼ cup smoky herb butter garnished with lemon wedges, if desired.

Approximate nutritional values per serving (1 cod fillet, 1 tablespoon smoky herb butter): 207 Calories, 12g Fat (7g Saturated), 84mg Cholesterol, 258mg Sodium, 1g Carbohydrates, 0g Fiber, 23g Protein



Apricot-Basil Grilled Shrimp Skewers

Prep: 15 minutes plus soaking and standing • Grill: 5 minutes • Serves: 4

- 4 (8-inch) wooden skewers
- 2 garlic cloves, minced
- ½ cup apricot jam
- 2 tablespoons chopped fresh basil plus additional for garnish (optional)
- 1½ tablespoons apple cider vinegar
- 1 tablespoon extra virgin olive oil

- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1¼ pounds raw 16-20 count peeled and deveined shrimp, thawed if necessary

1. Prepare outdoor grill for direct grilling over medium-high heat; soak skewers in water 20 minutes. In large bowl, whisk garlic, jam, basil, vinegar, oil, crushed red pepper, salt and black pepper; reserve ¼ cup. Makes about ¾ cup jam mixture.

2. Add shrimp to jam mixture; toss and let stand 15 minutes. Thread shrimp onto skewers and place on hot grill rack; cover and cook 5 minutes or until grill marks appear and internal temperature reaches 145°, turning once. Transfer skewers to serving platter; brush both sides with reserved jam mixture and garnish with basil, if desired. Makes 4 skewers.

Approximate nutritional values per serving (1 skewer): 273 Calories, 6g Fat (0g Saturated), 244mg Cholesterol, 506mg Sodium, 26g Carbohydrates, 0g Fiber, 31g Protein



Grilled Fish Street Tacos with Watermelon Pico de Gallo

Prep: 20 minutes • Grill: 6 minutes • Serves: 4

- 1 pound haddock fillets, thawed if necessary
- Nonstick cooking spray
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon fresh cracked black pepper
- $\frac{1}{2}$ jalapeño pepper, seeded and minced
- 1 cup chopped seedless watermelon
- $\frac{1}{4}$ cup chopped kiwi
- $\frac{1}{4}$ cup chopped red onion
- $\frac{1}{4}$ cup chopped yellow bell pepper
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped fresh cilantro
- 8 (4-inch) street taco flour tortillas
- $\frac{1}{2}$ cup crumbled queso fresco

1. Prepare outdoor grill for direct grilling over medium-high heat. Spray both sides of haddock with cooking spray; sprinkle with $\frac{1}{2}$ teaspoon salt and black pepper. Place haddock on hot grill rack; cover and cook 6 minutes or until internal temperature reaches 145°, turning once. Transfer haddock to cutting board; cut fillets lengthwise in half, then crosswise in half.

2. In medium bowl, toss jalapeño, watermelon, kiwi, onion, bell pepper, lime juice, cilantro and remaining $\frac{1}{4}$ teaspoon salt. Makes about $1\frac{1}{2}$ cups pico de gallo.

3. On microwave-safe plate, stack tortillas between 2 damp paper towels; heat in microwave oven on high 30 seconds or until warm. Fill tortillas with haddock, pico de gallo and queso fresco. Makes 8 tacos.

*Approximate nutritional values per serving (2 tacos):
323 Calories, 10g Fat (4g Saturated), 69mg Cholesterol,
897mg Sodium, 35g Carbohydrates, 1g Fiber, 25g Protein*

Summer catering: let us grill, you chill!



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CATERING

Back-to-School Bites

As summer fades, the excitement of a new school year begins! Kick off the school year with lunch boxes fueling the body and mind. From protein-packed bento boxes filled with colorful produce and better-for-you snacks to build-your-own pizzas, these quick and easy lunches will be hard for your little ones to resist.

Homemade “Lunchable®” Bento Boxes

Prep: 15 minutes • Serves: 4

- 4 (6-compartment) bento-style lunch boxes
- 24 organic mini chocolate chip cookies
- 16 whole wheat crackers
- 4 slices low sodium turkey, quartered
- 4 slices reduced fat Cheddar cheese, quartered
- ½ cup reduced fat ranch dressing (optional)
- 1 celery stalk, cut into 3 x ½-inch sticks
- 1 medium carrot, peeled and cut into 3 x ½-inch sticks
- 1 medium Fuji apple, cored, halved and thinly sliced

Fill lunch boxes by dividing cookies into 1 compartment, crackers into 1 compartment, turkey into 1 compartment, cheese into 1 compartment, dressing, if desired, celery and carrot into 1 compartment and apple into remaining compartment; cover with lids and refrigerate up to 3 days.

Approximate nutritional values per serving (1 bento box): 425 Calories, 18g Fat (7g Saturated), 37mg Cholesterol, 671mg Sodium, 51g Carbohydrates, 5g Fiber, 18g Protein





DIY Mini Pizza Bento Boxes

Prep: 20 minutes • Serves: 4

- 4 (4-compartment) food storage containers
- 3 light mozzarella cheese sticks, cut crosswise into ½-inch-thick slices
- 1 cup low sodium marinara pasta sauce
- 1 cup chopped cremini mushrooms, bell pepper, red onion and/or small broccoli florets
- 8 plain mini bagels, separated

Fill containers by dividing cheese, sauce, vegetables and 2 bagels into compartments; seal with lids and refrigerate up to 5 days.

Approximate nutritional values per serving (4 mini pizzas): 317 Calories, 6g Fat (1g Saturated), 8mg Cholesterol, 594mg Sodium, 53g Carbohydrates, 2g Fiber, 14g Protein

> Facts. Finds. Flavors.

Additional topping options to include: cooked chicken sausage, diced pineapple, mini pepperoni slices, shredded Cheddar cheese and/or turkey pepperoni.

4 Plan-Ahead Lunch Prep Tips

Crafting healthy lunches is key to keeping kids alert and performing their best at school. Yet, with busy schedules and endless combinations, packing five days of lunches can feel daunting. Simplify lunch prep with these easy tips for tasty, nutritious meals all school year.



1. Create a Master Lunch List

Say goodbye to last-minute lunch panic with a master list of lunch components. Categorize items by protein, fruits and veggies, carbs, and fiber, including options like eggs, beans, berries, brown rice, nuts and seeds. Consider adding your kids' favorites or dividing the list into mains, sides and snacks. This way, you'll have a ready-made guide of nutritious ideas to mix and match throughout the week.

2. Designate a Prep Day

Set aside an hour or two each week for food prep and get the kids involved! They can help mix Greek yogurt, berries, and granola for easy parfaits, or prepare taco components by cooking ground turkey, beef, or chicken and chopping veggies. Prepping ingredients in advance helps you stay organized and makes packing balanced lunches a breeze.

3. Transform Your Leftovers

Dinner leftovers can be lunch saviors. Turn a hot pasta dinner into a cool pasta salad, use leftover rice, quinoa or grilled veggies as sandwich fillers, or create rice bowls topped with leftover protein. Get creative and reduce food waste while making tasty lunches.

4. Pack the Night Before

Prepping lunch components earlier in the week? Perfect. Freeze or refrigerate them until needed, then assemble the lunch box the night before. This simple step saves precious morning time and ensures your child has a ready-to-go meal. Say hello to stress-free mornings!

Summer Sizzles with Wisconsin Cheese



WINE-INSPIRED CHEESE BOARD

Ingredients

Small cantaloupe, peeled and seeded

Thinly sliced prosciutto

Wisconsin Roseate cheese

Wisconsin merlot-soaked
cheddar cheese

Wisconsin chardonnay-soaked
cheese

Wisconsin port wine
cold pack cheese

Green olives

Radishes, quartered

Cornichons

Crackers

Sweet mini bell peppers, halved
lengthwise and seeded

Instructions

Cut cantaloupe into slices; wrap slices with prosciutto. Arrange the roseate, cheddar, chardonnay BellaVitano® and port wine cheese on a serving board. Fill in board with olives, radishes, prepared cantaloupe, cornichons, crackers and bell peppers.

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