

tidbits™

FALL '20 • COMPLIMENTARY

FALL FAVORITES

Fennel-Crusted Cod
with Sicilian Cannellini
Beans & Eggplant pg. 12

+
PISTACHIO POWER
TASTE THE GRAPENESS
ENTERTAINING EATS

 Roche Bros.

STONEWALL KITCHEN

We're saps for
these fall flavors!



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a letter from **Rick Roche**

Fall is our favorite time of year for many reasons: colorful falling leaves, fresh harvests and the latest *Tidbits*

hitting the shelves! In this edition, you'll find creative meal ideas, seasonal recipes and easy solutions to satisfy you all season long.

If you're prioritizing health and wellness, the Roche Bros. team can assist in your healthy eating quest. On page 4, get inspired by better-for-you breakfasts such as an oatmeal breakfast pizza with wholesome Greek yogurt and fresh berries, or a nutritious quinoa breakfast bowl infused with herbal chai flavors.

These days it's especially important to save valuable time and money by maximizing simple ingredients. Experiment with grapes as a sweet addition to bruschetta, or as a crispy component in a Chicken Salad Wrap. Then, break pistachios out of their shells and into indulgent new recipes like dark chocolate brownies or a savory Grilled Pear Napoleon on page 9.

It's also prime time to enhance your cooking skills while preparing the classics. Bring the steakhouse to your house with delicious pan-seared steaks paired with tasty traditional sides like cheesy potatoes and asparagus. Using our easy prep tips and techniques on pages 10 to 13, create more mouthwatering meals like pork, pasta and cod, featuring warm fall flavors with a gourmet touch.

However the fall sports season turns out, we still love tailgating fare. Enjoy favorite tailgating feasts from Our Kitchen like homemade chips, dips, wings, ribs and much more. The wing recipes on pages 14 and 15 can compete for your cravings.

When there's no dinner plan, use slow cooker or one-pot, nearly effortless recipes on page 18, like hearty Kielbasa & Potato Soup or Spicy Peanut & Sweet Potato Stew; both are sure to become family favorites.

From all of us at Roche Bros., we wish you a wonderful fall season filled with good health and good food!

Rick Roche



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THE NEW BREAKFAST



Forget the breakfast rule book! Get creative with morning meals, and transform traditional oatmeal into a creamy breakfast pizza or create a fruit-filled breakfast bowl that makes a perfect fresh start to any day.

Oatmeal Breakfast Pizza

Prep: 10 minutes

Bake: 25 minutes • Serves: 4

- Nonstick cooking spray
- 1 cup old-fashioned rolled oats
- 2 tablespoons all-purpose flour
- 2 tablespoons ground flaxseed
- 2 tablespoons **Full Circle Organic unsalted butter**, softened
- 2 tablespoons unsweetened coconut flakes
- ½ cup lite whipped topping, thawed if necessary
- ½ cup plain nonfat Greek yogurt
- ½ cup sliced bananas, blueberries and/or strawberries
- 1 tablespoon **Roche Bros. honey**
- 2 tablespoons unsalted roasted sliced almonds

1. Preheat oven to 400°. Line rimmed baking pan with parchment paper; spray with cooking spray. In food processor, process oats, flour, flaxseed, butter, coconut and ¼ cup water on high 1 minute or until a sticky dough forms. On prepared pan, press dough into 9-inch circle; bake 25 minutes or until edges are golden brown. Cool crust slightly; transfer to cutting board.

2. In medium bowl, stir whipped topping and yogurt; spread over crust and top with fruit. Drizzle pizza with honey; sprinkle with almonds and cut into 8 slices.

Approximate nutritional values per serving (2 slices): 307 Calories, 13g Fat (6g Saturated), 17mg Cholesterol, 13mg Sodium, 41g Carbohydrates, 6g Fiber, 10g Protein

> Facts. Finds. Flavors.

Customize the pizzas with other toppings such as kiwi, raspberries, mango, walnuts, pecans and/or chia seeds, or garnish with mint leaves and/or ground cinnamon.

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Chai Quinoa Bowl with Fresh Fruit, Pecans & Coconut Chips

Prep: 10 minutes

Cook/Roast: 20 minutes • Serves: 6

- 1½ ripe small Bartlett or red Anjou pears or 3 apricots, halved and pitted
- 1½ tablespoons packed brown sugar
- 1½ tablespoons Full Circle Organic unsalted butter, melted
- 3 Chai tea bags
- 2¾ cups almond milk
- 1 cup Brothers Marketplace quinoa, rinsed
- 2 tablespoons Full Circle Organic maple syrup
- 1 cup fresh blueberries and/or raspberries
- ¾ cup Roche Bros. organic whole pecans
- ¼ cup coconut chips

1. Preheat oven to 450°. In medium bowl, toss pears, sugar and butter; place pears, cut side up, on rimmed baking pan. Roast pears 20 minutes or until tender; cut pear halves in half.

2. In medium saucepan, heat tea bags and almond milk to a simmer over medium-high heat; remove from heat and steep 6 minutes. Remove tea bags from saucepan; add



quinoa and syrup, and heat to a simmer over medium-high heat. Reduce heat to low; cover and cook 8 minutes or until quinoa is tender and liquid is absorbed. Makes about 4 cups.

3. Serve quinoa topped with blueberries, pecans, coconut chips and pears.

Approximate nutritional values per serving (1 bowl):
347 Calories, 17g Fat (4g Saturated), 8mg Cholesterol,
97mg Sodium, 43g Carbohydrates, 5g Fiber, 6g Protein

> Facts. Finds. Flavors.

Try Honey Roasted Pecans on your bowl: In medium bowl, toss 1 cup whole pecans and 2½ tablespoons warmed honey. Spread pecans on rimmed baking pan lined with nonstick aluminum foil; sprinkle with 1 tablespoon granulated sugar. Bake pecans at 350° for 18 minutes or until dry, stirring once. Store pecans at room temperature in a sealed container between layers of parchment paper up to 3 days.

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TASTE THE GRAPENESS

Grapes lend a refreshing burst of crunch and flavor to various recipes. Explore their vast culinary uses by trying them in a sweet, tangy bruschetta or an easy, flavor-packed wrap. Discover more ways to incorporate these nutritious, juicy gems into your favorite recipes on page 7.



Roasted Grape & Goat Cheese Bruschetta

Prep: 15 minutes

Roast: 8 minutes • Serves: 8

- 3 cups green and/or red grapes
- ¼ cup Roche Bros. olive oil
- ½ teaspoon kosher salt
- 4 fresh rosemary sprigs plus additional chopped for garnish (optional)
- ½ (16-ounce) loaf Roche Bros. rustic multigrain bread, cut into ¾-inch-thick slices
- 8 ounces chèvre (goat cheese), softened
- 1 tablespoon Roche Bros. honey
- ¼ cup chopped pistachios

1. Preheat oven to 450°. On rimmed baking pan, toss grapes, 2 tablespoons oil and salt; top with rosemary. Roast 8 minutes or just until grapes begin to burst; remove and discard rosemary.

2. Heat grill pan over medium-high heat; brush with remaining 2 tablespoons oil. Grill bread 1½ minutes per side or until grill marks appear.

3. In small bowl, stir chèvre and honey. Spread grilled bread with chèvre mixture; top with roasted grapes and sprinkle with pistachios and rosemary, if desired. Cut larger slices diagonally in half.

Approximate nutritional values per serving:
261 Calories, 15g Fat (5g Saturated),
13mg Cholesterol, 438mg Sodium,
29g Carbohydrates, 2g Fiber, 10g Protein

Chicken Salad Wrap

Prep: 20 minutes plus chilling • Serves: 6

- ½ cup nonfat plain Greek yogurt
- ¼ cup olive oil mayonnaise
- 2 tablespoons Roche Bros. honey
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 cups diced boneless, skinless Roche Bros. rotisserie chicken meat (from about 1 chicken)
- 1 cup halved red seedless grapes
- ⅓ cup chopped celery
- ⅓ cup chopped red onion
- ⅓ cup Roche Bros. roasted walnuts, chopped
- 6 (8-inch) whole wheat flour tortillas or sandwich wraps

1. In large bowl, whisk yogurt, mayonnaise, honey, lemon juice, salt and pepper; fold in chicken, grapes, celery, onion and walnuts. Cover and refrigerate at least 2 hours or up to 1 day. Makes about 5 cups.

2. Place about ¾ cup chicken salad in center of each tortilla; fold sides of tortilla over filling, then roll from bottom up to enclose filling.

Approximate nutritional values per serving (1 wrap):
395 Calories, 14g Fat (2g Saturated),
67mg Cholesterol, 709mg Sodium,
41g Carbohydrates, 5g Fiber, 28g Protein

Grapes: From Vine to Plate

Antioxidant- and nutrient-rich grapes add new sensations to any meal with their sweet flavor and crisp texture. As the foundation of wine and jams and just as delicious as a pop-in-your-mouth snack, grapes have remarkable culinary uses. Discover different varieties and easy ideas for adding wholesome flavor and a juicy crunch to any meal.

SELECTION & STORAGE TIPS

Choose grapes that are firm, plump on all sides and tightly attached to pliable green stems. A rich, consistent color also indicates they are ripe, sweet and ready to eat. A whitish coating on the exterior is common – many grapes develop this protective layer called bloom; it prevents moisture loss and decay. Be sure to wash grapes just before serving to keep the bloom intact. Grapes keep well in the refrigerator for a week to 10 days.

PREPARATION TIPS

Grapes shine on their own, in salads, desserts or on cheese platters. They're also a tasty addition to hearty, meat-based meals such as pork, chicken or fish, providing a strong flavor contrast. Give salsa, traditional chicken salad, or bruschetta a delightful twist with the addition of grapes to elevate flavor, appearance and texture. For a healthy, delicious grab-and-go snack, rinse, dry and quick-freeze grapes on a baking sheet before storing in zip-top bags.

Red Globe: Large, round red globes are plump, crunchy with juicy flesh, contain large seeds and have a subtle, sweet flavor.

Flame Seedless: Dark red-colored and medium-sized, flame seedless grapes have a juicy, crisp and tart edge.

Black Seedless: Extremely sweet and juicy, this medium-sized, dark grape has the highest sugar content of any variety.

Thompson Seedless: Green, firm and irresistibly sweet, this variety is the go-to grape for making raisins. Usually unnoticed, they also contain tiny, undeveloped seeds.





PISTACHIO
POWER

Commonly found in trail mix, salads and pesto, pistachios are loaded with protein, fiber and healthy fats. Pistachios and dark chocolate make a powerful duo in decadent brownies, while pistachios paired with smoky bacon give an impressive pear Napoleon a satisfying crunch.

Pistachio, Tahini & Dark Chocolate Brownies

Prep: 15 minutes plus cooling
Bake: 30 minutes • Serves: 16

- Nonstick cooking spray
- 1 package (10 ounces) dark chocolate chips
- ½ cup Full Circle Organic unsalted butter (1 stick), cut into cubes
- 4 Roche Bros. large eggs
- 1 cup brown sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon fine sea salt
- 1 cup all-purpose flour
- ½ cup tahini
- ¼ cup chopped roasted salted shelled pistachios

1. Preheat oven to 350°; spray 9-inch square baking dish with cooking spray.
2. In small saucepan, heat chocolate chips and butter over low heat 4 minutes or until most chips are melted, stirring frequently with rubber spatula; remove from heat and stir until all chips are melted.
3. In large bowl, whisk eggs, brown sugar, vanilla extract and salt; whisk in chocolate mixture, then flour. Pour batter into prepared dish. Using small spoon, drop dollops of tahini over chocolate mixture; with wooden skewer or toothpick, swirl tahini into chocolate mixture to create marbled effect. Sprinkle pistachios over batter; bake 30 minutes or until toothpick inserted in center comes out with a few crumbs. Cool completely in pan on wire rack.
4. Cut brownie into 16 squares. Makes 16 brownies.

Approximate nutritional values per serving (1 brownie): 309 Calories, 18g Fat (8g Saturated), 62mg Cholesterol, 68mg Sodium, 32g Carbohydrates, 2g Fiber, 5g Protein



Grilled Pear Napoleon

Prep: 15 minutes
Grill: 5 minutes • Serves: 4

- 4 slices Roche Bros. center-cut bacon, chopped
- ¼ cup honey mustard
- 1½ tablespoons Brothers Marketplace aged balsamic vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- 4 Bartlett pears, peeled and sliced ¼-inch-thick lengthwise on each side of core
- 1 tablespoon Roche Bros. olive oil
- 2 cups baby arugula
- ½ cup crumbled Gorgonzola cheese
- ¼ cup thinly sliced celery
- ¼ cup thinly sliced red onion
- ¼ cup chopped, roasted salted shelled pistachios

1. Prepare outdoor grill for direct grilling over medium-high heat. In large skillet, cook bacon over medium-high heat 5 minutes or until crisp, stirring occasionally; with slotted spoon, transfer to paper towel-lined plate.
2. In small bowl, whisk honey mustard, vinegar, salt and pepper. Makes about ⅓ cup.
3. In medium bowl, toss pears with oil. Place pears on hot grill rack; cover and cook 5 minutes or until grill marks appear, turning once.
4. On 4 plates, alternately stack pears, arugula, cheese, celery, onion and bacon; drizzle with honey mustard mixture and sprinkle with pistachios.

Approximate nutritional values per serving: 377 Calories, 21g Fat (7g Saturated), 30mg Cholesterol, 825mg Sodium, 35g Carbohydrates, 7g Fiber, 14g Protein

FALL FAVORITES



Take “homemade” to the next level using our recipes that mimic the techniques and flavors of your favorite restaurant meals. Pan sear restaurant-quality steaks at home, adorned with classic, comforting sides. Then enjoy more fall favorites – Italian-style – with pork chops over spaghetti and fennel-crusted cod with Sicilian-inspired flavors.

Pan-Roasted Strip Steaks with Gouda Smashed Redskins & Asparagus

Prep: 15 minutes plus standing
Cook/Roast: 20 minutes • Serves: 4

- 1½ pounds red new potatoes, halved
- ½ cup heavy cream
- ½ cup shredded Gouda cheese
- 1½ teaspoons kosher salt
- 1 teaspoon fresh ground black pepper
- 4 boneless strip steaks (about 8 ounces each)
- ¼ teaspoon garlic powder
- 2 tablespoons Roche Bros. extra virgin olive oil
- 1 tablespoon Full Circle Organic unsalted butter
- 1 medium red onion, thinly sliced
- 3 fresh thyme sprigs
- 16 asparagus spears, trimmed

1. Preheat oven to 400°. Heat large covered saucepot of salted cold water and potatoes to a boil over high heat. Reduce heat to low; simmer, uncovered, 20 minutes or just until potatoes are tender. Drain potatoes; transfer to large bowl. Add cream, cheese, and ½ teaspoon each salt and pepper. With potato masher, gently smash potatoes until slightly chunky; transfer to saucepot and cover to keep warm. Makes about 3 cups.

2. Pat steaks dry with paper towel. In small bowl, stir garlic powder, and remaining 1 teaspoon salt and ½ teaspoon pepper; sprinkle on both sides of steaks.

3. In large, oven-safe skillet, heat oil and butter over medium-high heat 3 minutes or until shimmering, but not smoking. Add steaks; cook 4 minutes or until seared. Turn steaks; sprinkle with onion and thyme. Add asparagus; transfer skillet to oven and roast 6 minutes or until internal temperature of steak reaches 135° for medium-rare. Transfer steaks to cutting board and loosely tent with aluminum foil; let stand 5 minutes. (Internal temperature will rise to 145° upon standing.)

4. Serve steaks with potatoes, onions and asparagus.

Approximate nutritional values per serving (1 steak, ¾ cup potatoes, 4 asparagus spears): 689 Calories, 37g Fat (17g Saturated), 182mg Cholesterol, 957mg Sodium, 36g Carbohydrates, 5g Fiber, 53g Protein

Italian-Style Pork Chops with Pasta

Prep: 20 minutes
Cook: 20 minutes • Serves: 4

- ½ (16-ounce) package spaghetti
- ½ medium green bell pepper, chopped
- ¾ cup sliced white mushrooms
- ¼ cup chopped onion
- 2 tablespoons canola oil
- 2 garlic cloves, crushed with press
- 2 cups Brothers Marketplace pasta sauce
- ¼ cup drained sliced black olives
- 4 boneless pork chops (about 6 ounces each)
- ½ teaspoon salt
- 1 teaspoon ground black pepper
- ½ cup shaved Parmesan cheese (optional)

1. Heat large covered saucepot of salted water to a boil over high heat. Add spaghetti and cook as label directs; drain and return to saucepot.

2. In large skillet, cook bell pepper, mushrooms and onion in 1 tablespoon oil over medium-high heat 3 minutes, stirring occasionally; stir in garlic and cook 1 minute. Add pasta sauce and olives; heat to a simmer and simmer 5 minutes.

3. Sprinkle pork chops with salt and pepper. In large skillet, heat remaining 1 tablespoon oil over medium-high heat; add pork chops and cook 8 minutes or until internal temperature reaches 145°, turning once.

4. To serve, divide spaghetti over 4 serving plates; top with sauce and pork chops. Sprinkle with cheese, if desired.

Approximate nutritional values per serving: 580 Calories, 24g Fat (6g Saturated), 77mg Cholesterol, 1344mg Sodium, 54g Carbohydrates, 3g Fiber, 38g Protein



Fennel-Crusted Cod with Sicilian Cannellini Beans & Eggplant

Prep: 20 minutes

Cook: 15 minutes • Serves: 4

- 3 tablespoons Roche Bros. olive oil
- 1 small eggplant, cut into ½-inch cubes
- 1 can (15.5 ounces) reduced sodium cannellini beans, drained and rinsed
- 1 pint cherry tomatoes, halved
- 4 garlic cloves, minced
- 1 medium fennel bulb, thinly sliced, plus fennel fronds for garnish
- 1 teaspoon Italian seasoning
- 1 teaspoon kosher salt
- 1½ teaspoons fennel seeds
- 1 teaspoon fresh thyme leaves plus additional sprigs for garnish (optional)
- ½ teaspoon fresh ground black pepper
- 4 Foley fresh cod fillets (about 1½ pounds)

1. In large, high-sided skillet, heat 2 tablespoons oil over high heat; add eggplant and cook 8 minutes or until lightly charred, stirring occasionally. Add beans, tomatoes, garlic, fennel bulb, seasoning, ½ teaspoon salt and ½ cup water; cook 7 minutes or until slightly thickened, stirring occasionally. Makes about 5 cups.

2. In large nonstick skillet, toast fennel seeds over medium heat 2 minutes or until fragrant; transfer to small bowl. Stir in thyme, pepper and remaining ½ teaspoon salt; sprinkle over top of cod.

3. In same nonstick skillet, heat remaining 1 tablespoon oil over medium-high heat. Add cod, seasoned side down; cook 4 minutes or until fish turns opaque throughout and internal temperature reaches 145°, turning once.

4. Serve cod over eggplant mixture garnished with fennel fronds and thyme sprigs, if desired.

Approximate nutritional values per serving (1 fillet, 1¼ cups eggplant mixture): 379 Calories, 12g Fat (2g Saturated), 65mg Cholesterol, 925mg Sodium, 35g Carbohydrates, 11g Fiber, 36g Protein







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



ENTERTAINING EATS

The sports season may look a little different this year, but the tailgate fare doesn't have to! Using just five ingredients, create touchdown-worthy wing recipes. Have your own competition to see which wings win over your taste buds, and keep the easy entertaining snacks coming with sweet potato nachos featuring bright, flavorful toppings.



5-Ingredient Grilled Honey-Mustard Drumsticks & Wings

Prep: 10 minutes

Grill: 20 minutes • Serves: 4

- 3 tablespoons favorite barbecue spice rub
- 3 tablespoons Roche Bros. olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 8 pieces bone-in, skin-on Roche Bros. antibiotic-free chicken drumsticks and/or whole wings (about 3.25 pounds)
- ½ cup yellow mustard
- ¼ cup Roche Bros. honey

1. Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, stir spice rub, oil, salt and pepper. Pat chicken dry with paper towel; rub with oil mixture.

2. In separate small bowl, stir mustard and honey.

3. Place chicken on hot grill rack; cover and cook 20 minutes or until internal temperature reaches 165°, turning frequently. About

3 minutes before chicken is done, brush both sides of chicken with half the mustard mixture. Transfer to serving platter; brush with remaining mustard mixture.

Approximate nutritional values per serving (2 pieces chicken): 567 Calories, 35g Fat (8g Saturated), 244mg Cholesterol, 1420mg Sodium, 46g Carbohydrates, 1g Fiber, 44g Protein

> **Facts. Finds. Flavors.**

Chicken can be rubbed with oil mixture, covered and refrigerated up to 1 day in advance.

5-Ingredient Grilled Rosemary-Garlic Drumsticks & Wings

Prep: 15 minutes

Grill: 20 minutes • Serves: 4

- 4 garlic cloves, minced
- 3 tablespoons finely chopped fresh rosemary
- 3 tablespoons Roche Bros. olive oil
- 1 tablespoon lemon zest plus 1 tablespoon fresh lemon juice

½ teaspoon kosher salt

¼ teaspoon pepper

8 pieces bone-in, skin-on Roche Bros. antibiotic-free chicken drumsticks and/or whole wings (about 3.25 pounds)

1. Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, whisk garlic, rosemary, oil, lemon zest and juice, salt and pepper. Pat chicken dry with paper towel; rub with garlic mixture.

2. Place chicken on hot grill rack; cover and cook 20 minutes or until internal temperature reaches 165°, turning frequently.

Approximate nutritional values per serving (2 pieces chicken): 493 Calories, 34g Fat (8g Saturated), 244mg Cholesterol, 444mg Sodium, 2g Carbohydrates, 0g Fiber, 43g Protein

> **Facts. Finds. Flavors.**

Serve with carrot and/or celery sticks and blue cheese dressing.

Chicken can be rubbed with garlic mixture, covered and refrigerated up to 1 day in advance.

You can substitute 1 tablespoon dried rosemary for the 3 tablespoons fresh rosemary.

TIPS FOR SAFE ENTERTAINING



ENCOURAGE SOCIAL DISTANCING

Being outdoors lowers the risk of virus transmission. Host small gatherings outdoors, if weather permits. For keeping warm on brisk days, use a firepit or patio heater. Enjoy cookouts and fun adult- and kid-friendly activities like cornhole and sidewalk chalk art, and be sure to practice social distancing. If you must gather indoors, ensure tables and chairs are spaced out, sanitize surfaces accordingly, and wear a mask when possible.

LIMIT SHARING

Designate one person to prep, serve and handle the shareable food and drink items. If possible, avoid sharing utensils. Prepare meals that you can easily adapt to single servings such as stuffed mushrooms, bruschetta, mini veggie frittatas or quesadillas.

Single-use plates, cups and utensils, as well as contactless garbage cans, are also recommended. If you're hosting, be sure to clean and disinfect frequently touched surfaces including tables, countertops, sinks, handles, doorknobs and faucets, both before and after the gathering.

GET SERIOUS ABOUT HAND HYGIENE

Wash your hands before eating or preparing food and after sneezing, coughing, blowing your nose, using the restroom, cleaning or taking out the trash. If soap and water are not readily available, use alcohol-based hand sanitizer with at least 60% alcohol. Here are some tips for proper hand-washing:

- > Wet hands first and then apply plenty of soap
- > Wash hands for at least 20 seconds (it's longer than you think!)
- > Use the palms of the hands to rub soap over back of the hands, fingers, wrists, and forearms
- > Use fingers to vigorously rub palms and in between fingers, where bacteria and pathogens tend to collect
- > Dry in a sanitary manner using clean, unused paper towels

> Facts. Finds. Flavors.

A mandolin can be used to easily slice the potatoes.



Sweet Potato Nachos

Prep: 20 minutes

Bake: 35 minutes • Serves: 6

- Nonstick cooking spray
- 3 medium sweet potatoes, sliced ¼-inch-thick crosswise (about 2 pounds)
- 2 tablespoons Roche Bros. olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 cup shredded reduced fat Cheddar and/or pepper Jack cheese
- 1 can (10 ounces) diced tomatoes & green chilies, drained

- 1 cup fresh or frozen corn kernels, thawed if necessary
- ¾ cup drained and rinsed no salt added black beans
- 3 green onions, thinly sliced
- 1 avocado, peeled, pitted and thinly sliced
- Coarsely chopped fresh cilantro for garnish (optional)

1. Preheat oven to 450°; line rimmed baking pan with aluminum foil and spray with cooking spray.
2. In large bowl, toss potatoes, oil, cumin, salt and pepper; spread on prepared pan. Bake potatoes 30 minutes or until crisp, stirring

potatoes once. Top potatoes with cheese, tomatoes, corn and beans; bake 5 minutes or until cheese melts. Makes about 8 cups.

3. Serve nachos topped with onions and avocado garnished with cilantro, if desired.

Approximate nutritional values per serving (1¼ cups): 272 Calories, 14g Fat (4g Saturated), 14mg Cholesterol, 431mg Sodium, 29g Carbohydrates, 6g Fiber, 9g Protein



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COMFORTING SOUPS



Soups make meal prepping nearly effortless and fuse simple ingredients into extraordinary flavors. Take advantage of your slow cooker this season to create wow-worthy meals that save you time and energy, like our Spicy Peanut & Sweet Potato Stew. Or, whip up an easy, hearty one-pot soup with our Kielbasa & Potato Soup recipe.

Kielbasa & Potato Soup

Prep: 20 minutes

Cook: 40 minutes • Serves: 10

- 1 tablespoon Roche Bros. olive oil
 - 2 celery stalks, chopped
 - 2 medium carrots, chopped
 - 1 small white onion, chopped
 - 2 cups thinly sliced green cabbage
 - 2 garlic cloves, minced
 - 1 package (14 ounces) Polish kielbasa, thinly sliced crosswise
 - 3 medium russet potatoes, peeled and cut into 1-inch pieces
 - 6 cups Full Circle Organic less-sodium chicken broth
 - 1 cup Roche Bros. whole milk
 - 2 tablespoons cornstarch
 - 1 cup shredded sharp Cheddar cheese plus additional for garnish (optional)
 - ½ cup sour cream plus additional for garnish (optional)
 - ¼ teaspoon ground black pepper
- Chopped fresh parsley for garnish (optional)

1. In large saucepot, heat oil over medium-high heat. Add celery, carrots and onion; cook 4 minutes, stirring occasionally. Add cabbage; cook 2 minutes, stirring occasionally. Add garlic; cook 30 seconds, stirring occasionally. Add kielbasa; cook 3 minutes or until vegetables are almost tender, stirring occasionally. Stir in potatoes and broth; heat to a simmer. Reduce heat to medium-low; cover and cook 20 minutes or until potatoes are tender, stirring occasionally.

2. In medium bowl, whisk milk and cornstarch; stir into soup. Increase heat to medium; cover and cook 5 minutes or until slightly thickened, stirring occasionally. Stir in cheese, sour cream and pepper. Makes about 14 cups.

3. Serve soup garnished with cheese, sour cream and/or parsley, if desired.

Approximate nutritional values per serving (1 ⅓ cups): 251 Calories, 14g Fat (4g Saturated), 46mg Cholesterol, 918mg Sodium, 18g Carbohydrates, 2g Fiber, 11g Protein



Spicy Peanut & Sweet Potato Stew

Prep: 20 minutes

Slow Cook: 4 hours • Serves: 8

- 1 package (32 ounces) diced sweet potatoes
- 2 cans (14.5 ounces each) fire roasted diced tomatoes
- 1 can (13.66 ounces) lite coconut milk
- 4 garlic cloves, minced
- 2 medium jalapeños, diced
- 1 medium yellow onion, diced
- 4 cups unsalted chicken stock
- ½ cup Roche Bros. chunky peanut butter
- 2 teaspoons minced fresh ginger

- 4 cups baby kale
- ¼ teaspoon salt
- ½ cup chopped Roche Bros. dry roasted peanuts for garnish (optional)

1. In 5- to 6-quart slow cooker, add all ingredients except kale and salt; cover and cook on high 4 hours or low 8 hours or until sweet potatoes are tender.

2. Stir in baby kale and salt; cover and let stand 5 minutes or until greens are wilted. Serve stew topped with peanuts, if desired. Makes about 14 cups.

Approximate nutritional values per serving (1 ¾ cups): 273 Calories, 11g Fat (4g Saturated), 0mg Cholesterol, 485mg Sodium, 36g Carbohydrates, 7g Fiber, 10g Protein



SHOW 'EM YOUR GAME PLATE



Bacon Sriracha Football Cheeseball

Servings: 8-10

Ingredients

- 1 pound thick-cut bacon
- 1/4 cup packed brown sugar
- 1 teaspoon crushed red pepper flakes
- 2 cups (8 ounces) shredded Wisconsin Gouda cheese
- 4 ounces Wisconsin cream cheese, softened
- 2 tablespoons softened butter
- 1 green onion, thinly sliced
- 1 teaspoon soy sauce
- 1 teaspoon sriracha
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 slice (1 ounce) Wisconsin mozzarella cheese, cut into thin strips
- Assorted vegetables and pretzels

Directions

Heat oven to 400°F. Place baking rack on an aluminum foil-lined rimmed baking sheet. Place bacon strips in a single layer on rack; rub each strip with brown sugar. Sprinkle with red pepper flakes. Bake 15-20 minutes or until crisp. Cool completely. Crumble bacon; cover and refrigerate.

Beat Gouda, cream cheese, butter, green onion, soy sauce, sriracha, garlic powder and pepper in bowl; mix well. Shape into a ball; wrap in plastic wrap. Refrigerate 1 hour. Remove from refrigerator. Shape cheeseball into a football. Rewrap; refrigerate for at least 1 hour.

Press bacon onto football just before serving. Arrange mozzarella on football for laces. Serve with vegetables and pretzels.



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