

tidbitsTM

Fall '19  complimentary

Umami, please!

Whole Grain Linguine with Carrot Top Pesto, Chicken & Grilled Vegetables pg. 11



highlights:

- › Salad for Breakfast
- › Dip Into Game Day
- › Tart & Fruity
- and more!*

 **Roche Bros.**

STONEWALL KITCHEN

Get a taste of the gourd life



STONEWALLKITCHEN.COM



a letter from **Rick Roche**

At Roche Bros., we're welcoming fall with something new: the opening of our fourth Brothers Marketplace store in Duxbury!

In 2014, we launched our first Brothers store as a tribute to the traditional neighborhood market, yet with a modern twist. On the heels of the Duxbury store, we're getting excited to open our fifth Brothers Marketplace this fall in Kendall Square, Cambridge.

It means so much to our family to have you shop with us, and we hope you'll visit our newest stores. But you don't have to go far to try an array of artisan Brothers Marketplace products, now available at your local Roche Bros. store. From creative spice blends and imported pastas, to sauces, dipping oils and balsamic vinegar, find new ways to change up your cooking all season long.

Fall is a great time for warm flavors, local produce and comfort food. In this issue of *Tidbits*, find fresh takes on everything from breakfast to school lunches to tailgating. Make seasonal produce the center of your meal by bringing a familiar bacon-and-eggs breakfast to a fresh salad filled with fall vegetables. You can find the recipe on page 5. Stir pumpkin into risotto or slice potatoes atop cauliflower pizza crust to create comfort food for any fall evening. Check out the recipes on page 18. Balance all those veggies with a rich and sweet trifle, combining the tempting flavors of coffee and chocolate (see page 21).

Bring warm fall flavors into sipping vinegars that also boost health by making a tart, fruity syrup called a shrub. Check out our guide to making your own and see the recipe for a bourbon cocktail made with an apple and herb shrub on page 23.

For this fall's school lunches, get your kids involved in packing foods they are more likely to finish! Have them help make lunchbox kabobs with their choice of meat, veggies and fruit, plus sauces for dipping. See our suggestions for interesting combinations on page 6.

Watching football is one of my favorite things about the season. Feed your home team during the game with a selection of dips, starting on page 13. Make something new at home, such as savory spinach and kale dip with homemade tortilla chips or sweet brownie hummus with graham crackers. Add to your spread with a visit to Our Kitchen for other store-made dips, along with wings, ribs and much more.

We wish you a wonderful fall season filled with family, friends, football and, of course, great food!

Rick Roche

To view our *Tidbits* mobile & tablet-friendly digital magazine, visit us at www.RocheBros.com

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Roche Bros.

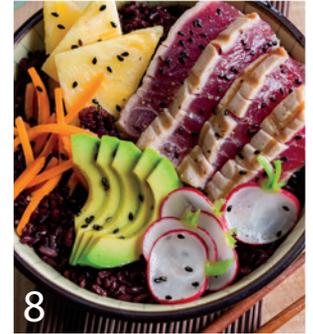
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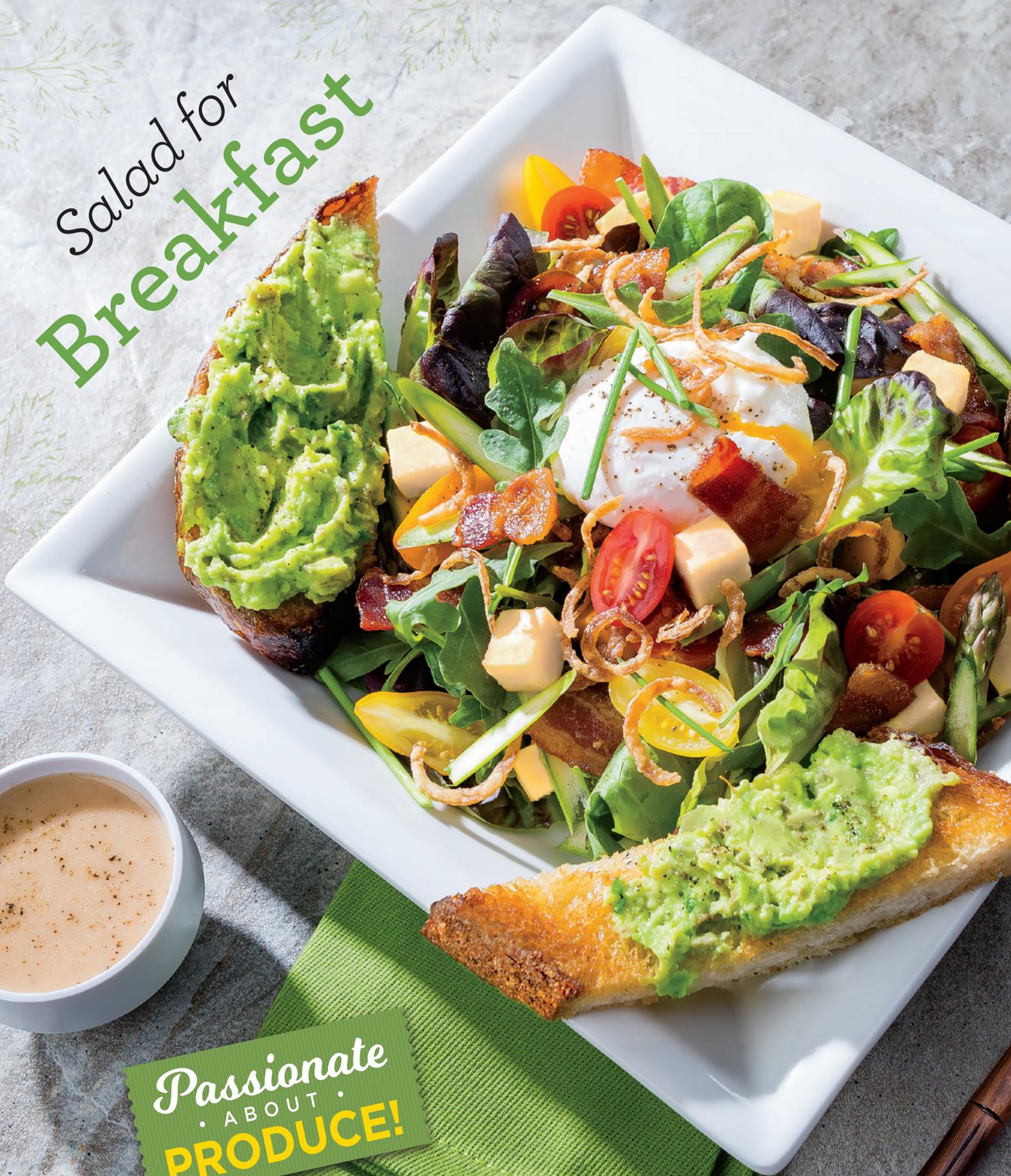
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Salad for
Breakfast



Passionate
• ABOUT •
PRODUCE!

Serve bacon and eggs for breakfast in a brand new way, as a hearty salad paired with on-trend avocado toast. Make the meal your own using peak, in-season produce delivered from more than 15 local growers to the Roche Bros. produce department. As fall settles in, change up the taste and texture with sweet, roasted butternut squash, thinly sliced Brussels sprouts or sautéed wild mushrooms.

Breakfast Salad with Avocado Toast

Prep: 20 minutes

Cook: 10 minutes • Serves: 4

- 4 slices Roche Bros. center cut bacon, cut crosswise into ½-inch pieces
- 2 large ripe avocados, peeled and pitted
- 1 teaspoon fresh lemon juice
- ½ teaspoon plus ⅛ teaspoon salt
- ¾ teaspoon ground black pepper
- 1 tablespoon distilled white vinegar
- 4 Roche Bros. large eggs
- 2 (½-inch-thick) slices sourdough boule or French bread
- 1 package (4- to 5-ounces) Roche Bros. spring mix

- 8 asparagus spears, thinly bias-sliced
- ½ cup lite red wine vinaigrette
- 1 cup halved red and/or yellow grape tomatoes
- ½ cup Brothers Marketplace Reserve Cheddar cheese, cubed
- Crispy fried onions and cut fresh chives for garnish (optional)

1. In large skillet, cook bacon over medium-high heat 5 minutes or until crisp, stirring frequently; transfer to paper towel-lined plate to drain. **2.** In large bowl, mash avocado, lemon juice, ½ teaspoon salt and ½ teaspoon pepper. Makes about 1½ cups. **3.** In large skillet with 2-inch high sides, add water to fill halfway, vinegar and remaining ⅛ teaspoon salt; heat to a boil. Carefully crack eggs, 1 at

a time, into small cup. Slowly slide eggs into water while immersing cup slightly in water. Cover tightly with lid and remove from heat. Let stand 4 minutes or until egg whites are cooked through and yolks are slightly soft or to desired doneness. **4.** Toast bread; cut each slice into 4 pieces and spread with avocado mixture. In large bowl, toss spring mix, asparagus, vinaigrette and bacon; divide onto 4 plates. Top salads with poached eggs, tomatoes and cheese; sprinkle with remaining ¼ teaspoon pepper. Garnish salads with fried onions and chives, if desired; serve with Avocado Toast.

Approximate nutritional values per serving (1 salad, 2 pieces avocado toast): 453 Calories, 32g Fat (8g Saturated), 212mg Cholesterol, 1089mg Sodium, 30g Carbohydrates, 10g Fiber, 19g Protein

Stir Crazy.

Fire up that chicken with DOLE® Pineapple.



Pineapple Firecracker Stir Fry

Prep: 15 min. • Makes: 4 servings

- 1 lb. chicken breast, thinly sliced
- ¼ cup cornstarch
- salt and pepper, to taste
- 3 tablespoons vegetable oil
- ½ cup sweet chili sauce
- 1 ½ teaspoons chili garlic sauce
- 1 package (15 oz.) DOLE® Fridge Pack Pineapple Chunks, drained, reserve juice
- 2 scallions, thinly sliced (optional garnish)

Combine chicken, cornstarch, and salt and pepper in bowl. Toss well to coat.

Heat oil in wok or large skillet over medium-high. Add chicken and stir fry until cooked through.

Add sweet chili sauce, chili garlic sauce, pineapple, and ¼ cup reserved juice to wok. Reduce heat to low and continue to stir until sauce is slightly thickened, about 2 minutes.

Garnish with scallions and serve with rice, if desired.

For more recipes like this, visit dolesunshine.com
Also available in: Mandarin Oranges, Peach Slices, Mixed Fruit



This school year, fill your kids' lunchboxes with real food they will actually be excited to eat. Set up a build-your-own kabob station at home with meats, veggies, and even fruit, and let the kids assemble their own. Add to the fun with mix-and-match mini containers of dipping sauces, such as ranch or pesto.

Next-Level school lunch

Lunch Kabobs 3 Ways

Prep: 20 minutes • Serves: 3

Chicken Cobb

- 4 (1-inch) cubes **Brothers Marketplace Colby Jack** cheese
- 4 (1-inch) cubes **Roche Bros. Kitchen rotisserie chicken breast**
- 4 (1-inch) cubes avocado
- 2 cherry tomatoes, halved
- 1 green leaf lettuce leaf, torn into 4 pieces
- 1 slice fully cooked **Roche Bros. center cut bacon**, cut crosswise into 4 pieces
- 1 refrigerated hard-cooked egg, cut lengthwise in half
- 2 (9¾-inch) wooden skewers, ends trimmed with kitchen scissors
- 2 tablespoons ranch dressing, for dipping

Pepperoni Pizza

- 6 slices pepperoni
- 6 (1-inch) cubes pepper Jack cheese
- 6 (1-inch) pieces pita bread
- 3 cherry tomatoes, halved
- 3 fresh basil leaves, cut lengthwise in half
- 2 (9¾-inch) wooden skewers, ends trimmed with kitchen scissors
- 3 tablespoons **Brothers Marketplace pizza sauce**, for dipping

Turkey Burger

- 4 frozen turkey meatballs, cooked according to package directions
- 4 (1-inch) cubes **Brothers Marketplace Colby Jack** cheese
- 4 (1-inch) pieces iceberg lettuce
- 2 cherry tomatoes
- 2 (1-inch) pieces dill pickles

- 2 (9¾-inch) wooden skewers, ends trimmed with kitchen scissors
- 2 tablespoons pesto, for dipping

For each kabob: Alternately thread half the ingredients, except the egg on the chicken kabobs, onto each skewer in the order listed; end with the egg on chicken kabobs. Serve kabobs with dipping sauces.

Approximate nutritional values per serving (2 Chicken Cobb Kabobs): 372 Calories, 28g Fat (9g Saturated), 240mg Cholesterol, 619mg Sodium, 8g Carbohydrates, 3g Fiber, 21g Protein

Approximate nutritional values per serving (2 Pepperoni Pizza Kabobs): 270 Calories, 15g Fat (7g Saturated), 37mg Cholesterol, 685mg Sodium, 20g Carbohydrates, 2g Fiber, 13g Protein

Approximate nutritional values per serving (2 Turkey Burger Kabobs): 308 Calories, 25g Fat (8g Saturated), 42mg Cholesterol, 894mg Sodium, 8g Carbohydrates, 3g Fiber, 15g Protein

BUILD A BENTO BOX

For perfectly portioned, kid-friendly meals that make lunchtime fun, start packing lunches bento style! Bento, or boxed lunch, originated in Japan and has taken off stateside in a big way. Bento is a particular hit with kids who love the variety of colors, shapes and textures – as well as the kid-sized portions.

The key to a successful bento is a shallow plastic or stainless steel container that seals securely. There are many cute bento boxes available, but you might have a suitable food storage box in your kitchen cabinet that will work just fine. Your box might already have compartments; if not, you can easily create dividers for food by placing things like berries or yogurt in colorful paper or silicone baking cups. And keep in mind that bentos need to be packed fairly full to ensure that the items inside won't move around in transit. Finally, put bento boxes in thermal lunch bags along with a couple of ice packs to keep the food cool until lunchtime.



Mini Waffle Sandwiches:

Toasted Mini Waffles, Pepper Jack Cheese, Sliced Green Olives & Mustard



Mini Waffle Sandwiches:

Toasted Mini Waffles, Turkey, Cheese & Olive Oil Mayo



D.I.Y. Mini Pizza Bagels:

Toasted Mini Bagels, Pizza Sauce, Shredded Cheese & Mini Pepperoni



Watch how to make this fun

Back-to-School Bento Box: bit.ly/RocheBrosYT



Umami, please!



> **Facts. Finds. Flavors.**

Serve with ready-to-eat cooked jasmine rice tossed with edamame and chopped carrots.



Essentially defined as “yummy” in Japanese, umami is that savory, rich boost of flavor that changes something good into something great. It plays a starring role in Asian cooking, especially with dishes that contain soy sauce or fish sauce. Umami also makes its way into other recipes, with ingredients such as dried mushrooms, sundried tomatoes and Parmesan cheese.

Tuna Poke Bowl

Prep: 10 minutes

Grill: 6 minutes • Serves: 4

- 1 cup dry **Brothers Marketplace Chinese black rice**
- ¼ cup less-sodium soy sauce
- ¼ cup rice wine vinegar
- ¼ cup sesame oil
- 4 tuna fillets (about 4 ounces each)
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 medium avocado, peeled, pitted and sliced
- ½ cup matchstick-cut carrots
- ½ cup sliced pineapple
- ¼ cup thinly sliced radishes
- 2 teaspoons black sesame seeds

1. Prepare rice as label directs. In medium bowl, whisk soy sauce, vinegar and 3 tablespoons oil.
2. Prepare outdoor grill for direct grilling over medium-high heat. Rub tuna with remaining 1 tablespoon oil; sprinkle salt and pepper.

Place tuna on hot grill rack; cover and cook 6 minutes or until internal temperature reaches 145° or to desired doneness, turning once.

3. Slice tuna ¼-inch thick. Divide rice into 4 bowls; top with avocado, carrots, pineapple, radishes and tuna. Drizzle with soy sauce mixture; sprinkle with sesame seeds.

*Approximate nutritional values per serving (1 bowl):
579 Calories, 29g Fat (5g Saturated), 47mg Cholesterol,
780mg Sodium, 45g Carbohydrates, 7g Fiber, 37g Protein*

Tangy Thai Shrimp & Apple Salad

Prep: 20 minutes • Serves: 4

- ¼ cup plus 1½ teaspoons fresh lime juice
- 3 tablespoons chopped fresh cilantro
- 1½ tablespoons rice vinegar
- 1 tablespoon fish sauce
- ¾ teaspoon crushed red pepper flakes (optional)
- 1 pound **Roche Bros. large cooked shrimp** (21-25 count), peeled and deveined, tails removed

- ½ cup **Roche Bros. roasted no salt cashews**
- ⅓ cup sweetened coconut flakes
- 2 Granny Smith apples, cored and chopped
- ½ cup coarsely chopped green onions
- ½ cup sliced red onion

1. In large bowl, whisk lime juice, cilantro, vinegar, fish sauce and pepper flakes, if desired; add shrimp and toss. Cover and refrigerate 15 minutes. **2.** In small skillet, toast cashews over medium heat 5 minutes or until fragrant and lightly browned. On small microwave-safe plate, cook coconut in microwave oven on high 1½ minutes or until toasted and golden brown, stirring every 20 seconds; cool. **3.** Add apples, green onions, red onion, cashews and coconut to shrimp mixture; toss to combine. Makes about 7 cups.

*Approximate nutritional values per serving (1¾ cups):
334 Calories, 12g Fat (4g Saturated), 230mg Cholesterol,
707mg Sodium, 23g Carbohydrates, 4g Fiber, 33g Protein*



Sushi "Donuts"

Prep: 20 minutes • Serves: 4

- 2½ cups warm cooked microwaveable sticky rice
- 2 tablespoons rice vinegar
- 2 teaspoons granulated sugar
- ¼ large avocado, mashed
- 6 31-40 count Roche Bros. large cooked shrimp, peeled and deveined, cut lengthwise in half

- 2 tablespoons shredded cucumber
- 2 tablespoons shredded red cabbage
- 2 tablespoons thinly sliced Full Circle Organic carrot
- 1 teaspoon black sesame seeds
- 1 sheet sushi nori, cut into 4 squares

1. In medium bowl, toss warm sticky rice, vinegar and sugar. **2.** Wrap bamboo sushi mat with plastic wrap; spread ¼ of rice mixture into 5 x 8-inch rectangle over prepared mat. Spread

¼ mashed avocado lengthwise down center of rice; starting from long end, use mat to tightly roll rice around avocado. Connect ends of sushi roll to form donut shape; repeat with remaining rice and avocado. Makes 4 donuts. **3.** Evenly arrange shrimp, cucumber, cabbage, carrot and sesame seeds on top of donuts; place each donut on 1 nori square.

Approximate nutritional values per serving (1 "donut"):
215 Calories, 3g Fat (0g Saturated), 43mg Cholesterol,
78mg Sodium, 39g Carbohydrates, 1g Fiber, 9g Protein

Whole Grain Linguine with Carrot Top Pesto, Chicken & Grilled Vegetables

Prep: 25 minutes

Grill: 10 minutes • Serves: 4

- 8 baby potatoes
- ½ (16-ounce) package whole grain linguine pasta
- 1 bunch **Full Circle Organic** carrots, carrots halved lengthwise, green leaves removed and reserved (about ½ pound)
- 1 garlic clove
- ¼ cup fresh basil leaves
- ¼ cup shredded Parmesan cheese
- ¼ cup **Roche Bros.** pine nuts
- 2 tablespoons fresh lemon juice
- ½ cup **Brothers Marketplace** olive oil
- 1 pound boneless, skinless **Roche Bros.** antibiotic-free chicken breasts
- ¾ teaspoon kosher salt
- ½ teaspoon ground black pepper

1 medium zucchini, cut on bias into ½-inch-thick slices

¼ cup crumbled feta cheese

1. Prepare outdoor grill for direct grilling over medium-high heat. Heat large covered saucepot of salted water to a boil over high heat. Add potatoes and cook 10 minutes, adding pasta when necessary and cooking as label directs; drain. Cool potatoes and cut in half; return pasta to saucepot and cover to keep warm. **2.** Coarsely chop carrot leaves (you should have about 1½ cups). In food processor, purée carrot leaves, garlic, basil, Parmesan cheese, pine nuts and lemon juice, scraping down bowl with rubber spatula occasionally; with processor running, slowly add 6 tablespoons oil. Makes about 1 cup. **3.** Coat chicken with 1 tablespoon oil, ½ teaspoon salt and ¼ teaspoon pepper. In large bowl, toss zucchini, potatoes, carrots, remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Place chicken and vegetables on hot grill rack; cover and

cook chicken, potatoes and carrots 10 minutes, and zucchini 8 minutes or until internal temperature of chicken reaches 165° and vegetables are tender, turning once. **4.** Add ½ cup pesto to pasta; toss. Cut carrots crosswise into thirds; slice chicken. Serve chicken and vegetables over pasta sprinkled with feta cheese.

Approximate nutritional values per serving: 594 Calories, 27g Fat (5g Saturated), 73mg Cholesterol, 675mg Sodium, 59g Carbohydrates, 10g Fiber, 36g Protein

> Facts. Finds. Flavors.

Cover and refrigerate remaining pesto up to 2 weeks. Use as a sandwich spread, stir into scrambled eggs, or toss with halved cherry tomatoes and cubed fresh mozzarella cheese.



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



tips from FAMILY

From Our Kitchen to Yours!



Flavor Tip

A lot of people think of coffee as bitter, but when combined with other flavors, coffee becomes an excellent seasoning and marinade. Take 2 tablespoons each ancho chile, ground coffee beans and brown sugar and add 2 teaspoons each smoked paprika, oregano, coriander, mustard powder, ground ginger, salt and red chili flakes. Shake it up and rub onto your favorite cut of steak. To add an extra layer of flavor, marinate your rubbed steaks in a mixture containing a cup of red wine and a cup of coffee to give your steaks a nice punch.

~ Sean M.

Prepared Foods Merchandiser,
Roche Bros. + Brothers Marketplace



UNCOVERING UMAMI

Known as the fifth dimension of flavor, umami provides the palate with meaty, savory tastes. Just one bite of umami triggers salivation and signals to the body that it has consumed protein. This distinctive taste is naturally present in a variety of ingredients and offers numerous ways to give any dish rich bursts of flavor.



With Japanese origins, umami translates to “pleasant savory taste.” It was coined in 1908 by Japanese professor Kikunae Ikeda who uncovered the chemicals responsible for this once indescribable taste. The umami flavor comes from the presence of amino acids (glutamates) or nucleotides (guanylates). These amino acids are found in aged cheeses, shellfish, tomatoes, fish sauce and soy sauce, and nucleotides are present in mushrooms, pickles and cured meats and fish. Studies show

that when we consume foods containing amino acids or nucleotides, the taste receptors in the brain spark light on an MRI. When these two compounds are tasted in combination (also known as synergizing umami), the receptors are fully lit. Whether you want to try basic umami or are looking to create next-level umami tastes, here are some ways to incorporate these mouthwatering qualities into everyday recipes.

Foods with umami are intensely flavored, meaning a little bit can go a long way. Add a splash of fish sauce to veggies, curries or fried rice, or incorporate Gruyère or Parmesan in sandwiches, beef or pasta dishes. Soy-glazed shiitake mushrooms also make for a great burger topping, side or savory snack. Other umami boosters include chicken, potatoes, pork, kombu (edible kelp), anchovies and seaweed. Add these ingredients to soups, salads and sides, or experiment with combining a few to create an umami-packed bite.



A balanced blend of sweet, salty, sour, bitter and umami tastes is what makes any meal undeniably delicious. Sushi contains a diverse range of flavors including umami from nori (edible seaweed), sweet notes from rice vinegar and bitter flavors of black sesame seeds (see page 10). Umami-rich dishes aren't limited to Asian flavors. Try combining chicken, potatoes, garlic and Parmesan cheese in our linguine recipe (see page 11) for a fresh taste of natural umami and fundamental tastes that combine to create a complete flavor bomb.

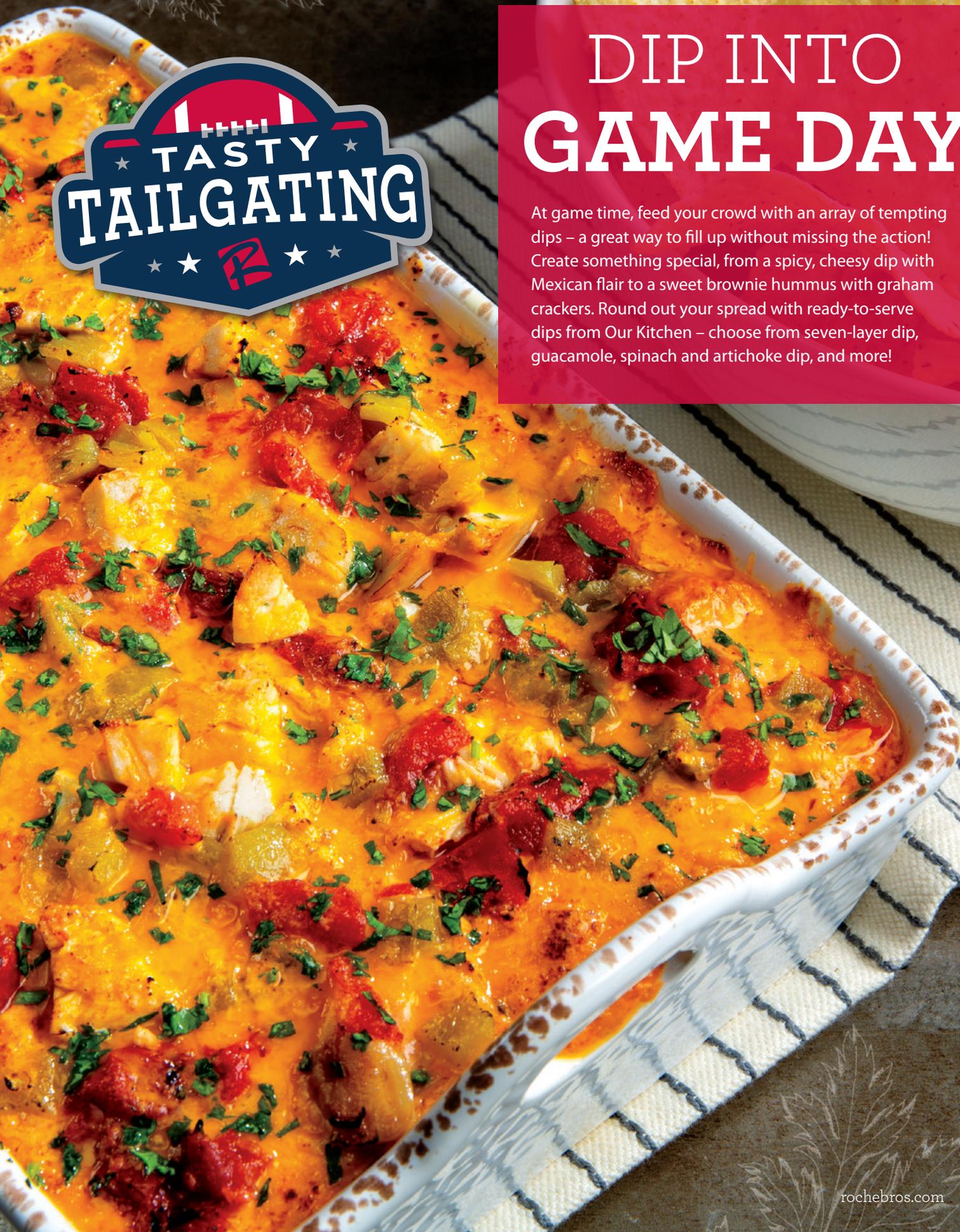


When cooking, consider all of the taste dimensions and how they work together for maximum flavor development. Experimenting with natural umami ingredients and unique taste combinations will help you create a depth of flavor that will make your favorite everyday meals even more sensational.



DIP INTO GAME DAY

At game time, feed your crowd with an array of tempting dips – a great way to fill up without missing the action! Create something special, from a spicy, cheesy dip with Mexican flair to a sweet brownie hummus with graham crackers. Round out your spread with ready-to-serve dips from Our Kitchen – choose from seven-layer dip, guacamole, spinach and artichoke dip, and more!





Cheesy Chicken Enchilada Dip

Prep: 20 minutes

Bake/Broil: 30 minutes • Serves: 12

- 1 can (10 ounces) medium or hot red enchilada sauce
- 1 package (8 ounces) **Full Circle Organic cream cheese**
- 1 cup **Daisy® light sour cream**
- 2 tablespoons fresh lime juice
- 1 can (10 ounces) diced tomatoes with green chiles, drained
- 1 package (8 ounces) fancy shredded sharp Cheddar cheese
- 1 whole **Roche Bros. Kitchen rotisserie chicken**, skin removed, meat shredded (about 3½ cups)
- 1 teaspoon chopped fresh cilantro
- 1 bag (12 ounces) **Full Circle Organic white corn tortilla chips**

1. Preheat oven to 350°. In medium saucepan, cook enchilada sauce and cream cheese over medium heat 3 minutes or until smooth, whisking constantly; remove from heat. Whisk in sour cream and lime juice; fold in tomatoes, 1 cup Cheddar cheese and chicken. Makes about 6 cups. **2.** Transfer chicken mixture to 2-quart baking dish. Bake dip 25 minutes or until edges are bubbly; sprinkle with remaining 1 cup Cheddar cheese and broil 5 minutes or until golden brown. Sprinkle with cilantro; serve with tortilla chips.

Approximate nutritional values per serving:
 411 Calories, 27g Fat (13g Saturated),
 86mg Cholesterol, 661mg Sodium,
 22g Carbohydrates, 1g Fiber, 18g Protein

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

Hot Spinach and Kale Dip with Homemade Tortilla Chips

Prep: 30 minutes

Bake: 1 hour 20 minutes • Serves: 20

- 2 teaspoons dried oregano
- 1 teaspoon garlic salt
- 20 (6-inch) corn tortillas
- Nonstick cooking spray
- 2 tablespoons **Brothers Marketplace extra virgin olive oil**
- 2 bags (5 ounces each) baby kale, coarsely chopped
- 2 containers (5 ounces each) **Roche Bros. baby spinach**, coarsely chopped
- ½ teaspoon salt
- 1 large onion, chopped
- 5 garlic cloves, minced

- 1 package (8 ounces) Neufchâtel cheese, softened
- ½ (8-ounce) package fat-free cream cheese, softened
- ½ cup **Daisy® light sour cream**
- ½ teaspoon fresh ground black pepper
- 1 cup shredded part-skim mozzarella cheese
- ¼ cup grated Parmesan cheese

1. Preheat oven to 350°. In small bowl, combine oregano and garlic salt. Working in batches, place 5 tortillas in single layer on work surface; spray both sides of tortillas with cooking spray; evenly sprinkle with oregano mixture. Stack tortillas; cut into



4 wedges. Repeat with remaining tortillas.

2. On 2 rimmed baking pans, spread half the tortilla wedges in a single layer. Bake 18 to 20 minutes or until golden brown and crisp, rotating pans and turning wedges after 12 minutes. Transfer chips to wire rack to cool. Repeat with remaining tortilla wedges. Makes 80 chips. **3.** Meanwhile, in large saucepot, heat 1 tablespoon oil over medium-high heat. Add kale, spinach and salt; cook 5 to 6 minutes or until wilted, stirring frequently; strain, pressing with back of spoon to remove excess moisture. **4.** In same saucepot, heat remaining 1 tablespoon oil over medium-high heat. Add onion; cook 6 to 8 minutes or until tender; remove from heat. Stir in garlic, Neufchâtel cheese, cream cheese, sour cream and pepper until well combined. Stir in $\frac{3}{4}$ cup mozzarella cheese, 2 tablespoons Parmesan cheese and kale mixture. Spoon kale mixture into $1\frac{1}{2}$ -quart glass or ceramic baking dish. Sprinkle with remaining $\frac{1}{4}$ cup mozzarella cheese and 2 tablespoons Parmesan cheese. Bake 45 to 50 minutes or until bubbly and top is browned. Makes about 5 cups. **5.** Serve dip with tortilla chips or Pita Crisps.

Approximate nutritional values per serving:
 151 Calories, 6g Fat (2g Saturated),
 14mg Cholesterol, 280mg Sodium,
 17g Carbohydrates, 1g Fiber, 6g Protein

> **Facts. Finds. Flavors.**
 Serve along with fresh
 veggies like carrots,
 cucumbers, celery,
 sugar snap peas and/
 or bell peppers.



America's Favorite Light Sour Cream



No spoon required! Our unique and easy-to-use package dispenses the same fresh and creamy Daisy Sour Cream you love – with only half of the fat and $\frac{1}{3}$ fewer calories than regular sour cream. It's perfect for topping all of your favorite recipes. Squeeze a dollop of Daisy!

Brownie Batter Dessert Hummus

Prep: 10 minutes • Serves: 6

- 1 can (15 ounces) reduced sodium chickpeas, drained and rinsed
- $\frac{1}{4}$ cup plus 1 tablespoon cocoa powder
- $\frac{1}{4}$ cup agave nectar
- $\frac{1}{4}$ cup dark chocolate chips
- 2 tablespoons Full Circle Organic almond butter
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup Full Circle Organic unsweetened almond milk
- 1 package (16 ounces) strawberries
- 3 full sheets Full Circle Organic graham crackers, separated

1. In food processor, purée chickpeas, cocoa powder, agave, chocolate chips, almond butter and vanilla extract, scraping bowl with rubber spatula. Add almond milk; process until smooth. Makes about 2 cups. **2.** Serve with strawberries and graham crackers.

Approximate nutritional values per serving ($\frac{1}{4}$ cup hummus, 2 pieces graham crackers): 252 Calories, 10g Fat (3g Saturated), 0mg Cholesterol, 151mg Sodium, 41g Carbohydrates, 8g Fiber, 7g Protein

Comfort Food for Fall

Combine familiar ingredients in unexpected ways to create fresh, elevated comfort food. Celebrate fall flavors with a warm creamy pumpkin risotto or a Tuscan-style cauliflower crust pizza topped with olives, potatoes and egg yolks. Or customize your sandwich on a thick, crusty roll by adding hot horseradish or swapping in pulled pork.



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

Sheet-Pan Balsamic Steak, Onion & Swiss Sandwich

Prep: 15 minutes plus marinating
Broil: 8 minutes • Serves: 4

- 1¼ pounds boneless New York strip steak
- ½ cup balsamic vinaigrette
- ½ medium white onion, thinly sliced
- 2 teaspoons [Brothers Marketplace extra virgin olive oil](#)
- 4 ciabatta rolls, halved lengthwise
- ¼ cup garlic aioli mayo
- 2 tablespoons shredded Parmesan cheese
- 4 slices Swiss cheese
- 1 cup loosely packed baby arugula
- ½ cup drained sliced roasted red peppers

1. Place steak in large zip-top plastic bag; pour vinaigrette over steak. Seal bag, pressing out excess air; refrigerate at least 1 or up to 8 hours. **2.** Preheat broiler on high. Place steak on rimmed baking pan; pour remaining vinaigrette in bag over steak and broil 4 minutes. In small bowl, toss onion and oil. Turn and move steak to 1 side of pan; spread onion on opposite side. Broil 4 minutes or until internal temperature of steak reaches 140° for medium-rare. Transfer steak to cutting board; tent with aluminum foil and let stand 10 minutes. (Internal temperature will rise 5 to 10° upon standing.) **3.** Preheat oven to 400°. Place rolls, cut side up, on second rimmed baking pan; bake 8 minutes or until toasted. In small bowl, stir mayo and Parmesan cheese. **4.** Slice steak against the grain. Spread bottom halves of rolls with mayo mixture; top with steak, onion, peppers, Swiss cheese, arugula and top halves of rolls.

Approximate nutritional values per serving (1 sandwich): 724 Calories, 35g Fat (12g Saturated), 115mg Cholesterol, 784mg Sodium, 51g Carbohydrates, 0g Fiber, 45g Protein

Creamy White Bean-Jalapeño Chicken Chili

Prep: 20 minutes
Slow Cook: 6 hours 15 minutes
Serves: 10

- 1 carton (32 ounces) [Full Circle Organic low sodium chicken broth](#)
- 1 can (14.5 ounces) [Full Circle Organic diced tomatoes](#), undrained
- 1 tablespoon chili powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 3 boneless, skinless [Roche Bros. antibiotic-free chicken breasts](#)
- 3 garlic cloves, minced
- 3 medium jalapeño peppers, seeded if desired, sliced
- 1 medium onion, chopped
- 1 package (8 ounces) [Full Circle Organic cream cheese](#), cut into small pieces, room temperature
- 2 cans (15.5 ounces each) great Northern beans, undrained

- 1 cup frozen corn
 - 2 tablespoons fresh lime juice
 - ½ cup shredded sharp Cheddar cheese
- Optional toppings: crumbled cooked bacon, chopped green onions, chopped cilantro, sliced jalapeño peppers, crushed tortilla chips, sliced radishes

1. In 4½- to 6-quart slow cooker, stir broth, tomatoes, chili powder, coriander, cumin, oregano and salt; add chicken, garlic, jalapeños and onion. Cover; cook on low 6 to 7 hours (high 3 to 4 hours). **2.** Remove chicken; shred with 2 forks. Stir cream cheese into chili, then stir in beans, corn and shredded chicken; cover and cook 15 minutes on low (10 minutes on high) or until heated through. **3.** Stir in lime juice. Serve chili topped with Cheddar cheese and optional toppings, if desired. Makes about 12 cups.

Approximate nutritional values per serving: 290 Calories, 11g Fat (5g Saturated), 52mg Cholesterol, 843mg Sodium, 28g Carbohydrates, 6g Fiber, 19g Protein





Pumpkin Risotto

Prep: 20 minutes

Cook: 30 minutes • Serves: 4

- 6 cups vegetable stock
- 3 tablespoons [Full Circle Organic unsalted butter](#)
- 2 garlic cloves, minced
- 2 cups peeled and diced pumpkin (pie pumpkin variety)
- ¼ cup minced shallot
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 cup [Brothers Marketplace Arborio rice](#)
- 1 tablespoon fresh lemon juice
- ¼ cup heavy cream
- ¼ cup grated Parmesan cheese
- 1 tablespoon minced fresh sage

1. In medium saucepot, heat stock, covered, over medium heat. In large high-sided skillet, heat butter over medium heat. Add garlic, pumpkin, shallot, salt and pepper; cook 5 minutes or until pumpkin is tender, stirring frequently. **2.** Stir in rice; cook 2 minutes or until rice grains begin to turn translucent. Add lemon juice; cook 1 minute. Add stock, 1 ladle at a time, stirring constantly and waiting until all stock has been absorbed before next addition; continue adding stock until rice is al dente. Stir in cream; cook 1 minute or until heated through. Remove from heat; stir in cheese and sage.

Approximate nutritional values per serving: 367 Calories, 16g Fat (10g Saturated), 44mg Cholesterol, 968mg Sodium, 51g Carbohydrates, 3g Fiber, 7g Protein

Tuscan Potato Pizza with Cauliflower Crust

Prep: 30 minutes

Bake: 15 minutes • Serves: 4

- 1 box (9.75 ounces) frozen cauliflower pizza crusts (2 crusts)
- 1½ teaspoons sea salt
- ½ pound red potatoes, very thinly sliced
- 1 tablespoon [Brothers Marketplace extra virgin olive oil](#)
- 1 leek, thinly sliced crosswise
- 1½ tablespoons garlic flavored oil
- ½ cup grated Parmesan cheese and/or Pecorino Romano cheese
- ½ teaspoon ground black pepper
- ¼ cup coarsely chopped pitted kalamata olives
- 1½ teaspoons chopped fresh rosemary
- 2 teaspoons crushed red pepper flakes
- 2 refrigerated peeled hard-cooked [Roche Bros. large egg yolks](#), pressed through fine-mesh sieve

1. Preheat oven to 400°. Place pizza crusts on nonstick cookie sheets; bake 10 minutes and cool. **2.** In medium saucepan, heat 4 cups water to a boil over high heat. Add 1 teaspoon salt and potatoes; boil 5 minutes. Drain potatoes; pat dry with paper towel. **3.** In large skillet, heat olive oil over medium heat; add leek and cook 5 minutes or until tender, stirring occasionally. **4.** Brush garlic flavored oil over crusts; sprinkle each with ¼ cup cheese. Layer potatoes and leeks over cheese; sprinkle with pepper and remaining ½ teaspoon salt, olives, rosemary and red pepper flakes. Bake pizzas 2 minutes or until cheese melts and crust is golden brown; sprinkle with egg yolks. Cut each pizza into 4 slices.

Approximate nutritional values per serving (2 slices): 362 Calories, 26g Fat (8g Saturated), 152mg Cholesterol, 940mg Sodium, 17g Carbohydrates, 3g Fiber, 18g Protein

> Facts. Finds. Flavors.
A mandolin can be used to
cut the potatoes into
approximately
1/8-inch-thick slices.



NO. 3218

Eye-Opening Dessert

Keep your dinner party going by putting a little “pep” in the dessert. The rich flavor of coffee in a light, airy sponge cake pairs with creamy vanilla mousse and sweet chocolate for individually sized trifles everyone will love. Enjoy your evening even more by preparing the components in advance and assembling just before serving.



Coffee, Chocolate-Hazelnut & Vanilla Mousse Trifle

Prep: 45 minutes plus cooling and chilling

Bake: 20 minutes • Serves: 4

Coffee Sponge Cake

- 1 tablespoon **Lavazza Classico medium roast ground coffee**
- $\frac{1}{3}$ cup water
- $1\frac{1}{2}$ teaspoons cocoa powder
- 2 **Roche Bros. large eggs**, separated
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{2}$ cup sifted cake flour
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{1}{8}$ teaspoon salt

Vanilla Mousse

- $\frac{1}{2}$ cup **Roche Bros. whole milk**
- $\frac{1}{4}$ cup granulated sugar
- 1 teaspoon vanilla extract
- $\frac{3}{4}$ teaspoon powdered gelatin
- $\frac{1}{2}$ cup heavy cream

- 1 **Roche Bros. large egg white**
- 1 cup hazelnut spread with cocoa Milano-style cookies, fresh raspberries, dark chocolate and/or toasted hazelnuts for garnish (optional)

1. Prepare Coffee Sponge Cake: Preheat oven to 350°. Line 13 x 9-inch baking dish with parchment paper. In small saucepan, heat coffee and water to a simmer over medium heat; strain through paper coffee filter into small bowl and whisk in cocoa powder.

2. In medium bowl, with mixer on high speed, beat egg whites 3 minutes or until soft peaks form; with mixer running, gradually add 2 tablespoons sugar and beat 2 minutes or until stiff peaks form. In separate medium bowl, with mixer on high speed, beat egg yolks and remaining 6 tablespoons sugar 2 minutes or until thick and pale yellow; stir in coffee-cocoa mixture. Sift flour, baking powder and salt into yolk mixture; fold in to incorporate. Fold in egg white mixture; spread batter in prepared dish. Bake cake 20 minutes or until top springs back lightly when pressed; cool completely on wire rack.

3. Prepare Vanilla Mousse: In small saucepan, heat milk, 2 tablespoons sugar and vanilla extract to a simmer over low heat; whisk in gelatin. Cool; strain through fine-mesh strainer into large bowl. **4.** In medium bowl, with mixer on high speed, beat cream 3 minutes or until soft peaks form. In separate medium bowl, with mixer on high speed, beat egg white 3 minutes or until soft peaks form; with mixer running, gradually add remaining 2 tablespoons sugar and beat 2 minutes or until stiff peaks form. Fold whipped cream and egg white into milk mixture; cover and refrigerate 6 hours or until set. Makes about 2 cups. **5.** With 3-inch round cutter or glass, cut 8 cake circles from cake. In 4 (12-ounce) wide glass jars or dishes, layer 1 cake circle, 2 tablespoons hazelnut spread and $\frac{1}{4}$ cup mousse; repeat layers. Garnish trifles as desired.

Approximate nutritional values per serving (1 trifle): 679 Calories, 37g Fat (16g Saturated), 87mg Cholesterol, 174mg Sodium, 77g Carbohydrates, 2g Fiber, 9g Protein

> Facts. Finds. Flavors.

Use remaining cake scraps in a bread pudding, milkshake, or base of an ice cream sundae.

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Tart & Fruity

The New England tradition of sipping vinegar-based tonics to promote health is back in fashion! This fall, try your hand at making your own seasonal shrub – a tart and fruity, drinkable syrup – and blend it into a warming cocktail. Or use our guide to create your own signature shrub with your favorite flavors!



Passionate
• ABOUT •
PRODUCE!

Fall Apple & Herb Smash

Prep: 10 minutes • Serves: 2

Apple-Herb Shrub

- 6 fresh sage leaves
- 4 thyme sprigs
- 1 cinnamon stick
- 1 medium Honeycrisp apple, grated
- 1/3 cup granulated sugar
- 1/3 cup apple cider vinegar

Fall Apple & Herb Smash

- 3 fluid ounces (6 tablespoons) bourbon whiskey
- 1 fluid ounce (2 tablespoons) simple syrup
- 4 thin slices Honeycrisp apple plus additional for garnish
- 3 thin slices fresh ginger
- 1/4 lemon, cut into wedges
- Ice
- 2 fluid ounces (1/4 cup) lemon sparkling seltzer water
- Sage leaves for garnish

1. Apple-Herb Shrub: Toss sage, thyme, cinnamon, apple and sugar in medium bowl; cover and refrigerate at least 2 or up to 6 days. Strain herb mixture through fine-mesh strainer into small bowl, pressing on solids to extract liquid; whisk in vinegar. Transfer to an airtight container; refrigerate up to 3 months. Makes about 4 fluid ounces (1/2 cup).

2. Fall Apple & Herb Smash: In cocktail shaker, muddle bourbon, simple syrup, apple, ginger and lemon with muddler or wooden spoon handle; add 2 fluid ounces (1/4 cup) Apple-Herb Shrub. Fill shaker halfway with ice; cover and shake vigorously. **3.** Fill 2 (12-ounce) highball glasses with ice; strain bourbon mixture into glasses. Top with seltzer; garnish with apple slices and/or sage leaves.

*Approximate nutritional values per serving:
254 Calories, 0g Fat (0g Saturated),
0mg Cholesterol, 3mg Sodium,
40g Carbohydrates, 2g Fiber, 0g Protein*

> Facts. Finds. Flavors.

To make simple syrup: Stir a 1:1 ratio of sugar to water in a small saucepan (i.e., 1 cup sugar to 1 cup water), and heat to a boil. Reduce the heat and simmer until the mixture is clear; do not stir.

Similar to a pestle, a muddler is a long stick used to mash fruits, herbs and spices in the bottom of a cocktail shaker or glass.



Sensational SHRUBS

Are you looking to add more variety to your beverages? Mix things up with shrubs! A shrub is a tart, non-alcoholic, drinkable vinegar syrup made of fruit, vinegar and sugar. In American colonial times, shrubs were used to preserve fresh fruits. Today, they add loads of flavor to sparkling water, juices, wine, cocktails and mocktails, or they can be enjoyed as a stand-alone refreshment.

For the perfect, delicate balance of sweet and tart, it's essential to use an equal ratio of fruit, sugar and vinegar. The process is simple; toss sliced or gently mashed fruit and desired herbs or spices in a bowl with sugar. Cover and refrigerate for about two days to macerate, then strain the mixture into a bowl. Whisk in an equal amount of vinegar and transfer to an airtight container. Shrubs can be used immediately; however, refrigerating the concoction for a few weeks will soften the strong vinegar taste and allow more fruit flavors to shine.

Incredibly refreshing and versatile, shrubs offer endless flavor possibilities. Choose from granulated, coconut or brown sugar and vinegar options like apple cider vinegar, red wine vinegar, rice vinegar or Champagne vinegar. Any fruit makes for a great creation, and shrubs provide the perfect opportunity to use bruised, overripe or imperfect produce that still offers a bright taste. Extra flavorings like fresh herbs and spices can be added to the basic formula to enhance the shrub's flavor and dimension.

Try an apple-herb shrub in our Fall Apple & Herb Smash recipe, or add a whole new layer of flavor and character to your beverages with these creative shrub combinations!



Pomegranates + Granulated Sugar + Red Wine Vinegar + Cardamom



Pears + Brown Sugar + Champagne Vinegar + Cinnamon



Raspberries + Coconut Sugar + Red Wine Vinegar + Lemon Zest + Mint



Grapefruit + Granulated Sugar + Rice Vinegar + Fresh Ginger



Oranges + Brown Sugar + Champagne Vinegar + Rosemary



SHOW 'EM YOUR GAME PLATE



Bacon Sriracha Football Cheese Ball

Servings: 8-10

INGREDIENTS

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

INSTRUCTIONS

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, garlic powder, pepper and sriracha to taste in bowl; mix well. Shape into a ball; wrap in plastic wrap. Refrigerate 1 hour. Remove from refrigerator. Shape cheese ball into a football. Rewrap; refrigerate for least 1 hour.

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