

HARVEYS

FLAVOR

A MAGAZINE OF RECIPES
AND SEASONAL INSPIRATION

FREE
with card

Sensational Seafood

COOKING WITH
FRESH BERRIES

+
COUPONS
INSIDE!

FEED YOUR
FAMILY FOR
UNDER \$10 WITH
CURTIS STONE
ON PAGE 14



12
NEW
RECIPES TO
TRY NOW

MARCH 2017





THE NEW TRIPLE THREAT



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Find both sweet and savory spring berry recipes on page 11.

Step into Spring

Spring is just around the corner, and we could not be more excited. Get in the seasonal spirit with **easy—and affordable!—meals the whole family will love** (page 14) from chef Curtis Stone, like cinnamon-y French toast topped with bright strawberries. Also from Curtis, we've got your ultimate **guide to cooking with seafood** (page 20). Get inspired, then dig into our easy, **five-ingredient seafood recipes** on page 25. Inside you'll also find ideas for what to do with **seasonal berries** (page 7) and your thoughts on **all things spring** (page 37).

We'd love to see what you're cooking up from our pages! Send us an email at flavor@jharveys.com or post a photo with the hashtag **#HarveysFlavor**. We'll be sure to retweet, like, and share your pics. And for even more recipes, head to HarveysSupermarkets.com/Flavor.

Enjoy!

—Gina Bastiani, **MAGAZINE MANAGER**

Welcome

MEET OUR PARTNERS



CURTIS STONE

Curtis Stone is an award-winning chef, *New York Times* best-selling author, and busy dad of two young boys. His two critically acclaimed restaurants, Maude and Gwen, have received rave reviews from the media, and he has appeared on a number of top-rated cooking programs.



Kayli Hrdlicka

Kayli Hrdlicka is a registered dietitian and certified sports specialist dietitian, and the director of sports nutrition at Florida State University.

An avid runner, she enjoys training for half marathons with her husband, Justin.

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NEW TO FLAVOR

Nutritional Information

You asked and we listened! Head online to find the nutritional information for *Flavor's* recipes before you start cooking.

For each recipe, find: calories, sugar, sodium, protein, & more!

Nutritional Info		
January 2017		
ONE TO PERFECT™	LEAD FOOD FAMILY	PARTY PLANNED
Orange Beef Per Serving: 388 Cal, 11g Fat, 21g Sat Fat, 150mg Cholesterol, 27g Carbs, 1g Fiber, 17g Sugar, 47g Protein	Paired Chicken with Soppin' Inks and Gravy Per Serving: 480 Cal, 20g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein	Cuban Milder Per Serving: 200 Cal, 10g Fat, 15g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 15g Protein
Chickito Line Shrimp Per Serving: 230 Cal, 10g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein	Hearty Milder Soup Per Serving: 130 Cal, 10g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein	Chicken and Noodle Bites Per Serving: 45 Cal, 1g Fat, 1g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein
Creek Salmon and Chicken Soup Per Serving: 300 Cal, 10g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein	Turkey Burgers with Parmesan Sauce Per Serving: 700 Cal, 30g Fat, 15g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein	Cook-Offed Adobo Peppers Per Serving: 110 Cal, 10g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein
PALEO	Chili Verde Per Serving: 130 Cal, 10g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein	Italian Tub Strata Per Serving: 400 Cal, 10g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein
Slow-Cooker Chicken Manzanilla Per Serving: 350 Cal, 10g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein	Zucchini "Lasagna" with Turkey Bolognese Per Serving: 400 Cal, 10g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein	
Slow-Cooker Cherry Taco Dip Per Serving: 100 Cal, 10g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein	Chocolate-Covered Banana Bites Per Serving: 40 Cal, 1g Fat, 1g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein	
Slow-Cooker Steak Fajitas Per Serving: 350 Cal, 10g Fat, 10g Sat Fat, 100mg Cholesterol, 27g Carbs, 1g Fiber, 1g Sugar, 27g Protein		

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Ripe to Perfection

IN SEASON NOW

Very Berrylicious

Bursting with flavor, packed with nutrients, and popping with color, bright berries are this month's ingredient spotlight.



BLUEBERRIES

Top your yogurt with antioxidant-packed blueberries or toss them into a healthy salad, like the one on page 11.



BLACKBERRIES

Muddle or mash these sweet and sour gems (which have the highest antioxidant levels of any fruit!) into a glass of lemonade or iced tea for a refreshing, immune-boosting beverage.



RASPBERRIES

With 8 grams of fiber per cup, these bright red fruits are perfect for healthy snacking, but they also shine when baked into the buttery blondies on page 13.



STRAWBERRIES

Famous for starring in shortcakes, milkshakes, and jam, this versatile, low-cal berry works well in many dishes, like the French toast on page 15. And unlike many fruits, strawberries—which are packed with vitamin C and potassium—don't continue to ripen once picked, so look for deep red ones with a shiny hue.



BUYING

Look for firm berries with vibrant hues and avoid those that are blemished, bruised, or mushed—they tend to rot faster.

PREPPING

Wash berries right before eating and serve at room temp for the best flavor.

STORING

Keep berries in the fridge (just avoid the high-humidity crisper!) and eat within a few days. Alternatively, freeze them in a single layer on a baking sheet, then transfer to a resealable plastic bag.



Farm-Fresh Berries

While strawberries are often associated with summertime, our stores get the fresh, local fruit as early as March, straight from the winter strawberry capital of the world: Florida's Plant City. With a distinctively sandy soil and plentiful sunshine, the region is home to a slew of quality strawberry producers. Get to know some of our favorite farms here.



SIZEMORE FARMS

Charlie Sizemore started this family-run farm in 1931 with a goal of supplying the freshest berries to families across the region. "I enjoy seeing our product on the local store shelves, and the fact that our strawberries go to the tables of our friends and neighbors," says Charlie's great-grandson John, who runs the over 600-acre farm along with his brother, Jeff.

Ripe to Perfection



ASTIN FARMS

The Astin Strawberry Exchange turns out over 40 million pounds of strawberries each season. Member growers Mathis Farms manages 200 of its 1,400 acres. "We want to make sure the product gets to the consumer in the best way. That means good safety, good harvesting procedures, and managing good food safety practices beforehand," owner Steve Mathis says.



WISH FARMS

Wish Farms started as a modest pushcart in the 1920s, and today is recognized nationally for both quality and innovation. With a focus on both conventional and organic berries, this third-generation owned and operated farm has earned nods as one of the best in Plant City.

"Quality and responsiveness are at the heart of our mission. After all, we're growing food, and food is supposed to taste good."

—GARY WISHNATZKI, OWNER, WISH FARMS



BBI PRODUCE, INC.

With over 60 years of experience, BBI, also known as the Berry Boss, is a leader in the Florida strawberry industry. Company founders Marvin and Linda Brown, along with partners Ronnie and Pam Young, rely upon the latest production techniques to provide customers with some of the juiciest berries around.



SWEET LIFE FARMS

For the past 45 years, the McDonald family has grown strawberries on 380 acres, maintaining a dedication to quality in the process. "It means a lot when you hear neighbors say, 'I ate your strawberries, and they were really good,'" co-owner Andrew McDonald says. "That makes you happier than anything."



NEW!



- No calories
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- No sodium
- No artificial colors or flavors

JUST NATURALLY REFRESHING

SE GROCERS

EXCLUSIVELY AT **BI•LO HARVEYS Winn/Dixie**

Triple Berry Salad

 SERVES 4

 PREP 10 min.

 COOK 5 min.

GLUTEN-FREE **VEGETARIAN**

INGREDIENTS

- ¼ cup crumbled feta cheese
- ¼ cup plain yogurt
- 1 Tbsp. plus 2 tsp. extra-virgin olive oil
- 1 tsp. lemon zest and 2 tsp. juice from 1 lemon
- Salt and pepper
- 2 cups mixed berries
- 2 tsp. white wine vinegar
- 5 cups spring lettuce mix (about 5 oz.)
- ⅓ cup chopped pistachios or pecans

→ **WHISK** together feta, yogurt, 1 tablespoon oil, and lemon zest and juice in a small bowl to make dressing; season with salt and pepper to taste and set aside.

→ **TOSS** berries with vinegar and remaining 2 teaspoons oil and season with salt and pepper to taste; set aside.

→ **COMBINE** lettuce with half of berry mixture in a large bowl and divide among plates. Drizzle salads evenly with yogurt dressing, sprinkle with nuts and remaining berry mixture, and serve.

PHOTOGRAPHS BY SARAH ANNE WARD. FOOD STYLING BY MAGGIE RUGGIERO.
PROP STYLING BY PAOLA ANDREA RAMIREZ. RECIPES (SALAD AND BLONDIES) BY ALEXA WEIBEL

No-Bake Berry Cheesecake

PERSONS SERVES 12

PREP 50 min., plus 6 ½ hours chilling time

COOK 0 min.

Crust

- 1 cup graham cracker crumbs
- 2 Tbsp. granulated sugar
- 5 Tbsp. unsalted butter, melted

Filling

- ¼ cup lemon juice
- 1 envelope unflavored gelatin
- 1½ lb. cream cheese, softened
- 1 cup granulated sugar
- 1 cup heavy cream
- 1½ cups strawberries, hulled
- ¾ cup blueberries
- ¾ cup raspberries

Topping

- 2 cups strawberries
- ¼ cup blueberries
- ¼ cup raspberries

FOR THE CRUST:

→ **COMBINE** graham cracker crumbs and sugar in a medium bowl. Stir in melted butter and mix well to combine. Pack firmly into the bottom of a greased 9" springform pan and freeze for 15 minutes.

FOR THE FILLING:

→ **WHISK** lemon juice and gelatin in a small bowl and let sit for 5 minutes. Microwave until gelatin dissolves, about 30 seconds.

→ **BEAT** together cream cheese and sugar in a large bowl with an electric mixer on medium-high until very smooth, about 2 minutes. With mixer on low, slowly add gelatin mixture and cream and beat until combined. Increase to medium-high and beat until stiff peaks form, about 2 minutes, scraping down bowl halfway through. Divide batter into 3 bowls.

→ **PURÉE** berries in a food processor until smooth, about 30 seconds. Strain mixture to remove any larger seeds, then stir ¾ cup purée into first bowl of batter. Pour into frozen crust, spread into an even layer, and freeze until just set, about 15 minutes.

→ **STIR** ¼ cup more purée into second bowl of batter, then carefully spread over first layer and freeze until just set, about 10 minutes. Stir remaining 1 tablespoon purée into third bowl of batter, then carefully spread over second layer. Cover pan with plastic wrap and refrigerate until fully set, at least 6 hours and up to 24.

TO SERVE:

→ **RUN** a knife around edges of cake and remove sides of pan. Arrange berries over top and serve.



Raspberry Blondies

PERSONS SERVES 8 to 10

CLOCK PREP 10 min., plus 20 min. cooling time

CLOCK COOK 25 min.

INGREDIENTS

- ¾ cup raspberries
- 1 cup all-purpose flour
- ½ tsp. baking powder
- ¼ tsp. salt
- 8 Tbsp. unsalted butter, melted
- 1 cup packed light brown sugar
- 1 large egg
- 2 tsp. vanilla extract
- 1 cup white chocolate chips
- ¼ cup sliced almonds
- 2 Tbsp. confectioners' sugar

→ **PREHEAT** oven to 350°. Cut ¼ cup raspberries in half lengthwise and set aside.

→ **WHISK** together flour, baking powder, and salt in a medium bowl. In a large bowl, beat together butter and sugar with an electric mixer or wooden spoon until combined. Slowly beat in egg and vanilla, followed by flour mixture, and mix until just combined. Fold in chocolate chips and reserved raspberry halves.

→ **TRANSFER** batter to a greased 8x8" baking pan and sprinkle surface with almonds and remaining ½ cup whole raspberries. Bake until top is golden and just set, about 25 to 30 minutes. Let cool 20 minutes, then cut into squares. Sprinkle with confectioners' sugar and serve.

STORE IT!

You can store these buttery blondies in an airtight container at room temperature for up to 3 days.





Family Meals *with a Twist*

BY CURTIS STONE



Even chefs can get stuck in a rut when it comes to putting food on the table for family. “You get used to cooking the same dishes, and it can feel a little boring,” says chef (and dad) Curtis Stone. For inspiration, Curtis recommends taking cues from recent travels or trying to recreate a memorable restaurant meal. Ahead, you’ll find his own fun twists on family meal classics, like this French toast with strawberries (why not try breakfast for dinner?), a wedge salad capturing all the fun flavors of game day, and a gumbo that features catfish instead of classic meat or shellfish. “One thing I try to do is to create a unique version of classic dishes,” Curtis says—though not at the expense of keeping it simple: “I want to get all that authentic flavor that will put a smile on your face, but do it in half the time.”

Cinnamon French Toast with Maple Strawberries

- 👤 SERVES 4**
- 🕒 PREP 15 min.**
- 🕒 COOK 10 min.**

MAKE-AHEAD Cream mixture can be made up to 1 day ahead, covered, and refrigerated.

INGREDIENTS

- ½ cup sugar
- 2 tsp. ground cinnamon
- 6 large eggs, whisked to blend
- ¼ cup heavy cream
- ¼ cup whole milk
- 4 (¾-inch-thick) slices brioche bread
- 2 tbs. unsalted butter, divided
- ½ cup pure maple syrup
- 8 oz. small strawberries, hulled, halved
- ½ orange

METHOD

- 1.** Preheat oven to 200°F. Line a baking sheet with a wire rack. On a large plate, mix sugar and cinnamon and set aside.
- 2.** In large baking dish, whisk eggs, cream, and milk. Place 2 slices of brioche in cream mixture and let stand 5 minutes, or until cream mixture is absorbed, turning brioche slices once.
- 3.** In large skillet over medium heat, melt 1 tbs. butter. Add soaked brioche slices and cook 2 minutes per side, or until golden brown and heated through. Meanwhile, soak remaining 2 brioche slices in remaining cream mixture.
- 4.** Immediately place hot French toast in cinnamon-sugar and turn to coat completely. Transfer to prepared baking sheet and keep warm in oven. Wipe out skillet. Cook remaining brioche slices in 1 tbs. butter and coat in remaining cinnamon-sugar.
- 5.** Meanwhile, in a small saucepan over medium-high heat, bring maple syrup to a boil. Reduce heat and simmer 2 minutes, or until slightly reduced. Transfer syrup to



medium bowl and cool slightly. Add strawberries and toss to coat.

- 6.** Divide French toast among 4 plates and top with strawberries and syrup. Finely grate zest of ½ orange over French toast and serve.

Buffalo Chicken with Iceberg Wedge Salad

- 👤 SERVES 4**
- 🕒 PREP 10 min.**
- 🕒 COOK 50 min.**

GLUTEN-FREE

MAKE-AHEAD Dressing can be made up to 2 days ahead, covered, and refrigerated.

INGREDIENTS

- 6 chicken thighs (about 7 oz. each)
- 1 tbs. olive oil
- ½ cup blue cheese crumbles
- ¼ cup buttermilk
- ¼ cup mayonnaise
- ¼ cup sour cream
- 1 tbs. fresh lemon juice
- ¼ cup Frank's hot sauce
- 2 tbs. melted salted butter
- 1 head iceberg lettuce, cut into 4 slabs

- 1 celery stalk, thinly sliced
- 2 radishes, thinly sliced

METHOD

- 1.** Position oven rack in center of oven and preheat oven to 425°F.
- 2.** Line a baking sheet with a wire rack. Coat chicken with oil and season with salt and pepper. Place chicken, skin side up, on roasting rack and roast 50 to 55 minutes, or until skin is crisp and chicken is cooked through.
- 3.** Meanwhile, in medium bowl, whisk blue cheese, buttermilk, mayonnaise, sour cream, and lemon juice. Season with salt and pepper.
- 4.** In large bowl, whisk hot sauce and butter. Add hot cooked chicken and toss to coat.
- 5.** Divide iceberg slabs among 4 plates and sprinkle with salt and pepper. Spoon blue cheese dressing over lettuce. Top with celery, radishes, and chicken pieces and serve.

Crispy Corned Beef Hash Brown Cakes

-  SERVES 4
-  PREP 10 min.
-  COOK 20 min.

MAKE-AHEAD Hash brown cakes can be held in 300°F oven for up to 20 minutes before serving.

INGREDIENTS

- 1 large egg (for hash brown cakes)
- 2 tbs. fine dried breadcrumbs
- ½ tsp. baking powder
- 1 lb. russet potatoes, peeled
- 4 oz. cooked corned beef, diced
- 3 green onions, thinly sliced, divided
- 4 tbs. canola oil, divided
- 4 to 8 large eggs, cooked to your preference (for serving)
- ¼ cup sour cream (for serving)
- Hot sauce, for serving (optional)

METHOD

1. In medium bowl, whisk 1 egg, breadcrumbs, baking powder, and 1 tsp. kosher salt. Using large holes on box grater, shred potatoes. Place grated potatoes into center of kitchen towel, gather corners of towel, and squeeze mixture, extracting as much liquid as possible.

2. Stir potatoes into egg-breadcrumb mixture. Mix in corned beef and all but 1 tbs. green onions.

3. Preheat oven to 300°F. In medium heavy frying pan over medium-high heat, heat 2 tbs. oil. Add four ¼-cup mounds of potato mixture and flatten slightly. Cook 3 minutes per side, or until golden brown and crisp. Transfer to paper towels to drain briefly and sprinkle with salt and pepper; keep warm in oven. Discard oil. Heat remaining 2 tbs. oil and cook 4 more hash brown cakes.

4. Divide hash brown cakes among 4 plates. Top with cooked eggs, sour cream, and reserved green onions. Serve with hot sauce, if desired.





USING YOUR PANTRY

Items commonly found in the pantry such as salt, pepper, vinegar, oil, and butter are not included in the total cost of each recipe. All other ingredients are calculated based on the portion used in the recipe. However, we know some recipes may call for items not commonly used, so the full price of those unique items will be added to the recipe cost—and we'll still keep it under \$10! Cost is valid from 2/22/2017-3/28/2017.



Feed Your Family



Quick Blackened Catfish Gumbo

- SERVES 4
- PREP 10 min.
- COOK 25 min.

MAKE-AHEAD Spice mixture can be made 1 week ahead, stored airtight at room temperature. Gumbo can be made 1 day ahead, cooled, covered, and chilled. Rewarm, covered, over low heat.

INGREDIENTS

- 2 tsp. each freshly ground black pepper, kosher salt, and sweet paprika
- ½ tsp. each cayenne, celery seed, dried thyme, garlic powder
- 12 oz. catfish fillets, cut crosswise into 1½-inch pieces
- 4 tbs. canola oil, divided
- 3 tbs. all-purpose flour
- 2 celery stalks, sliced
- ½ green bell pepper, sliced
- 2 green onions, sliced, white and green parts separated
- 2 tbs. tomato paste
- 3 cups low-sodium chicken broth
- 8 oz. collard greens, stemmed, rinsed, drained, coarsely chopped
- 1 tsp. hot sauce
- 2 cups cooked long-grain rice

METHOD

1. In small bowl, mix pepper, salt, paprika, cayenne, celery seed, dried thyme, and garlic powder. (Alternatively, substitute with 2 tbs. purchased blackening spice.) Sprinkle catfish with all but 2 tsp. spice mixture.
2. Place large cast-iron skillet over medium-high heat. Add 1 tbs. oil and catfish and sear each side 3 minutes, or until fish is blackened and just cooked through. Remove catfish from pan and set aside. Pour off oil from pan.
3. Return pan to medium-high heat. Add remaining 3 tbs. oil and flour and cook, stirring frequently, 3 minutes, or until mixture is brick red in color. Carefully stir in celery, bell pepper, white parts of onions, tomato paste, and remaining spice mixture. Cook 1 minute, or until vegetables are wilted.
4. Stir in broth, greens, and hot sauce and bring to a boil. Reduce heat to medium-low and simmer 10 to 12 minutes, or until slightly thickened. Season with salt and pepper, if necessary. Remove gumbo from heat and gently stir in seared catfish pieces to rewarm.
5. Divide rice and gumbo among bowls. Sprinkle with green parts of onions and serve.

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A St. Patty's Mash-Up

With St. Patrick's Day arriving March 17, shake up your spuds with this Reuben-inspired twist on the classic corned beef and cabbage pairing.

Twice-Baked Reuben Potatoes

-  SERVES 4
-  PREP 10 min.
-  COOK 1 hour 15 min.
- GLUTEN-FREE**

INGREDIENTS

- 4 large baking potatoes, scrubbed
- 2 tsp. vegetable oil
- Salt and pepper
- ½ cup sour cream
- 6 Tbsp. unsalted butter
- 3 Tbsp. chopped chives, plus extra for garnish
- 8 oz. thinly sliced corned beef, roughly chopped
- ¾ cup shredded Swiss cheese
- ¾ cup drained sauerkraut
- ⅓ cup Russian dressing

→ **PREHEAT** oven to 400°. Place potatoes on a foil-lined baking

sheet, rub evenly with oil, and season with salt and pepper. Bake until tender, about 1 hour; let cool slightly.

→ **SPLIT** open the tops of each potato lengthwise with a paring knife. Gently pull potato open while keeping it attached at the bottom. Scoop out potato flesh, leaving a ½" shell.

→ **STIR** together potato flesh, sour cream, butter, chives, 1 teaspoon salt, and ½ teaspoon pepper until combined; stuff potato skins with filling.

→ **DIVIDE** corned beef, cheese, and sauerkraut over stuffed potatoes and bake until cheese is melted and filling is warmed, about 10 minutes. Drizzle with Russian dressing, sprinkle with extra chives, and serve.

SAVE A STEP!

Don't have homemade corned beef on hand? Pick some up at the deli.

Curtis' Guide to Fresh Seafood



Spring is a spectacular time of year for seafood. And, with so many great options in store (which have been sourced responsibly), we truly have something to please every palate! I've selected some of my favorites like salmon, catfish, stone crabs, and

oysters, and paired them with handy tips to best prepare them—plus a recipe for an easy, seasonal dinner perfect for holidays or weeknights.

Curtis Stone

FLAVOR PROFILE KEY

MILD

Lightest and most delicately flavored seafood.

SWEET

Mild, salty ocean flavor balanced with fresh, subtly sweet undertones.

MEDIUM

Richer, fuller flavor than mild seafood, yet more delicate than strongly flavored seafood.

COOKING LEGEND



Broiling



Poaching



Deep-Frying



Pan-Searing



Steaming



Grilling



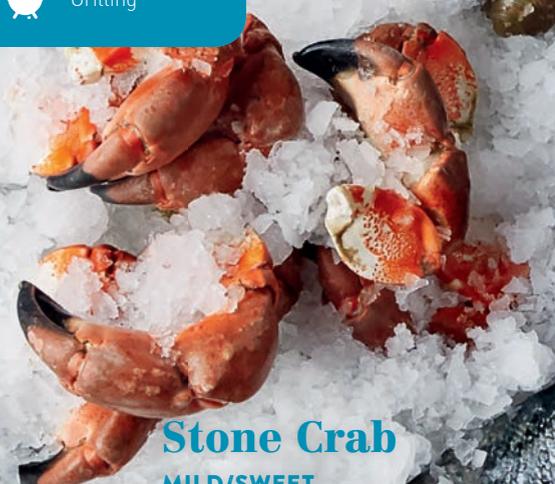
Lobster

SWEET



Clams

MILD



Stone Crab

MILD/SWEET



Oysters

MILD



*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

STAR-QUALITY SEAFOOD

The Global Aquaculture Alliance's Best Aquaculture Practices (BAP) program rates seafood for quality and sustainability. Aquafarms with BAP ratings promote quality habitat, social well-being, protected hatcheries, and balanced nutrition.

Curtis' Seafood Guide



Tilapia

MILD - 4-STAR BAP



Yellowfin Tuna

MEDIUM  

Atlantic Salmon

MEDIUM - 4-STAR BAP



Catfish

MILD - 3-STAR BAP



Steelhead Trout

MEDIUM - 4-STAR BAP



Locally Harvested Shrimp

MILD/SWEET



We can season and steam seafood in-store, just ask!

Did You Know?



TIPS FOR COOKING SEAFOOD



Grilling

- To prevent fish from sticking, pat fish dry just before cooking, then brush oil over both fish and grill grates.
- To turn fish, run a thin metal spatula along grill grates.
- Thread small shrimp onto skewers for easier flipping.

BEST CHOICES:

Clams, oysters, shrimp, lobster, catfish, cod, grouper, kingfish, salmon, snapper, steelhead trout, tilapia, tuna



Deep-Frying

- Fry at 350°F in oil with a high smoke point, such as peanut or canola oil.
- Cut fish into similar-sized pieces to cook evenly.
- Sprinkle fried seafood with salt and pepper when it comes out of hot oil so seasonings will adhere better.

BEST CHOICES:

Oysters, shrimp, catfish, cod, grouper, snapper, tilapia



Broiling

- Avoid fillets thicker than 1 inch, as outside may dry out before center is cooked.
- Serve with pesto or toasted breadcrumbs.
- Position oven rack about 2 to 4 inches away from broiler for optimum cooking.

BEST CHOICES:

Clams, oysters, shrimp, catfish, cod, grouper, kingfish, salmon, snapper, steelhead trout, tilapia



Pan-Searing

- Before cooking, pat fish dry with paper towels to prevent it from sticking to pan.
- Lightly coat skillet with oil, then heat just until oil is hot and shimmering. Add fish, being careful not to overcrowd the pan.
- Cook fish a few minutes on one side before flipping. If it sticks, give a little more time to brown; it should release when ready.

BEST CHOICES:

Shrimp, catfish, cod, grouper, salmon, snapper, steelhead trout, tilapia, tuna



Steaming

- Steam on rack over water or other flavorful liquids, such as wine or stock. Season liquids with aromatics, such as lemon zest, garlic, herbs, or ginger.
- Keep liquid at a constant, rolling boil and the steamer lid firmly closed.

BEST CHOICES:

Clams, crawfish, lobster, stone crab, mussels, shrimp, catfish, cod, grouper, salmon, snapper, steelhead trout, tilapia



Poaching

- As with steaming, use poaching liquid that's well-seasoned with herbs, spices, wine, stock, and aromatics.
- Unlike steaming, keep heat low to simmer liquid gently: Boiling will dry out seafood.
- Serve a bit of the poaching liquid with fish or save for soups and chowders.

BEST CHOICES:

Shrimp, lobster, stone crab, catfish, cod, grouper, salmon, snapper, steelhead trout, tilapia

TIPS FOR

Determining Doneness

- Bivalves like clams and oysters will open, and their flesh will be warmed through, tender, and succulent.
- Shellfish will turn bright red, orange, or pink on the outside. Their flesh will become opaque and slightly translucent in thicker center parts. Their texture will remain tender yet slightly toothsome.
- Like shellfish, the flesh of finfish will turn opaque while remaining slightly translucent in thicker center parts. The flesh will remain tender and moist, and will just begin to flake away when gently pulled apart with a fork.



“The great thing about seafood is how fast it is to prepare!”

—CURTIS STONE

Pan-Seared Salmon with Asparagus and Ginger-Soy Sauce

- SERVES 4
- PREP 10 min.
- COOK 20 min.

MAKE-AHEAD Ginger-soy sauce can be made up to 1 day ahead, covered, and refrigerated. Bring to room temperature before serving.

INGREDIENTS

- 1/3 cup soy sauce
- 1 1/2 tbs. fresh lemon juice
- 1/2 tsp. toasted sesame oil
- 1 (1-inch) piece fresh ginger, peeled

- 1 lb. medium asparagus, tough ends trimmed
- 3 tbs. olive oil, divided
- 4 skinless salmon fillets (5 oz. each)
- 1 1/2 cups freshly steamed brown rice, for serving
- 1 tbs. sesame seeds, toasted

METHOD

1. Preheat oven to 450°F. In small serving bowl, whisk soy sauce, lemon juice, and sesame oil. Using fine grater, grate ginger into soy mixture. Set ginger-soy sauce aside.
2. Toss the asparagus with 2 tbs. olive oil on baking sheet and season with salt and pepper. Spread

asparagus in single layer over baking sheet. Roast, turning as needed, 8 minutes, or until crisp-tender.

3. Meanwhile, add 1 tbs. oil to large heavy nonstick skillet and heat over medium-high heat until oil shimmers. Add salmon and cook 3 minutes, or until salmon is golden. Turn salmon over and cook 3 minutes, or until it is mostly opaque, with rosy center.

4. Divide rice, salmon, and asparagus among four plates. Sprinkle with sesame seeds and serve with ginger-soy sauce.

FOR HAPPY AND HEALTHY PETS



Whiskers & Tails

Whiskers & Tails is committed to using only high quality protein and ingredients that are perfectly balanced, with just the right amount of vitamins and minerals, available at an everyday low price.



EXCLUSIVELY AT BILO HARVEYS Winn/Dixie

SEAFOOD CLASSICS

Work these five-ingredient seafood dinners—from an easy spin on fish and chips to low-country boil packets done in the oven—into your weeknight routine.

Potato Chip-Crusted Fish Fillets

-  SERVES 4
-  PREP 5 min.
-  COOK 15 min.

GLUTEN-FREE

INGREDIENTS

- 1½ cups finely crumbled salt and vinegar potato chips
- 1 Tbsp. finely chopped fresh parsley
- 4 (6-oz.) skinless cod fillets
- 8 tsp. tartar sauce, plus more for serving
- Lemon wedges, for serving

→ **PREHEAT** oven to 400°. Combine crumbled chips and parsley in a medium bowl.

→ **BRUSH** top of each fish fillet with 1 teaspoon tartar sauce and gently press, sauce-side down, into the chip mixture; transfer to a parchment-lined baking sheet, crust-side down. Brush top and side of each fillet with 1 teaspoon tartar sauce, then gently press into remaining chip mixture to coat.

→ **BAKE** until crust is golden and fish is flaky, 10 to 15 minutes. Serve with tartar sauce and lemon wedges.

EASY PAIRING!
SE Grocers
Waffle Fries



Prestige
Salt & Vinegar
Potato Chips



Parsley



Fisherman's Wharf
Cod Fillets



Fisherman's Wharf
Tartar Sauce



Lemon

Salt, pepper, and oils are considered pantry staples and aren't counted as one of the five ingredients.

SE GROCERS

NO
ARTIFICIAL
COLORS & FLAVORS
★

Sweet Tea

SOUTHERN STYLE



This Southern sweetness comes naturally.
No artificial ingredients, preservatives,
or added colors.

EXCLUSIVELY AT BILO HARVEYS Winn/Dixie

Low-Country Boil Packets

- 👤 SERVES 4**
- 🕒 PREP 10 min.**
- 🕒 COOK 20 min.**
- GLUTEN-FREE**

INGREDIENTS

- 12 oz. kielbasa, sliced into ½"-thick rounds
- 12 oz. medium peeled and deveined shrimp
- 4 pieces frozen mini corn on the cob, thawed and cut into thirds

- 12 oz. small red potatoes, sliced ¼" thick
- ¼ cup vegetable or olive oil
- 4 tsp. Cajun-style seasoning
- Salt and pepper

→ **PREHEAT** oven to 425°. Cut four 16" pieces of aluminum foil.

→ **TOSS** kielbasa, shrimp, corn, and potatoes with oil, Cajun seasoning, and ¼ teaspoon each salt and pepper.

→ **ARRANGE** ingredients evenly in center of each piece of foil, then pull two shorter sides up to meet and crimp edges together to seal and form a packet.

→ **TRANSFER** packets to a baking sheet and bake until shrimp is cooked through and potatoes are tender, about 20 minutes.



↓
Kielbasa



↓
Fisherman's Wharf Raw Shrimp



↓
Southern Home Cob Corn



↓
Red Potatoes



↓
Cajun-Style Seasoning

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EXCLUSIVELY AT **BI•LO** HARVEYS Winn/Dixie

PHOTO TK TK TK

Crispy Shrimp Po' Boys

-  **SERVES** 4
-  **PREP** 5 min.
-  **COOK** 10 min.

TIP You can find popcorn shrimp and prepared coleslaw in the deli section. Fresh baguettes are available in the bakery. To add more zip, serve po' boys with hot sauce.

INGREDIENTS

- 12 oz. popcorn shrimp
- 1 (18"-long) baguette
- 3/4 cup prepared coleslaw
- 3/4 cup bread and butter pickle chips, coarsely chopped
- 1 large tomato, thinly sliced

→ **PREHEAT** oven to 400°. Line a baking sheet with parchment paper and coat with cooking spray. Bake shrimp until crisp, turning halfway through, 10 to 12 minutes.

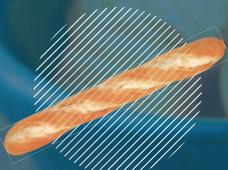
→ **CUT** baguette crosswise into 4 equal pieces, then split each piece lengthwise. Transfer to oven for 1 minute to warm.

→ **TOSS** together coleslaw and pickles until combined and season with salt and pepper to taste.

→ **FILL** baguette pieces evenly with coleslaw mixture, top with shrimp and tomato slices, and serve.



Popcorn Shrimp



Fresh Baguette



Coleslaw



Bread and Butter Pickle Chips



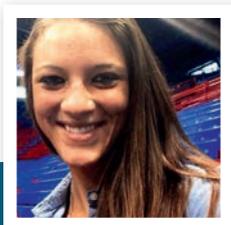
Tomato



THE NUTRITIONAL BREAKDOWN OF **Seafood**



PHOTOGRAPHS VIA ISTOCK



We sat down with **Kayli Hrdlicka**, nutritionist at Florida State University, to get the inside scoop on why seafood can be a great staple in your diet.

Seafood helps you...



DIVERSIFY YOUR PROTEIN INTAKE.

Many people think the only way to achieve the daily protein requirements the body needs is to rely on red or white meat like steak or chicken. But seafood provides the same nutrients found in other varieties of meat, and then some! It's packed with vitamins B and D and is a great source of iron. Just be sure to steer clear of butter when preparing, opting instead for healthy seasonings like citrus, fresh herbs, or extra-virgin olive oil.



SAVE TIME. Seafood cooks very quickly, providing the vitamins and amino acids that you need in a fraction of the time it takes to cook white or red meat.



STICK TO YOUR BUDGET. If you think fresh seafood is not within your budget, try frozen! It offers the same health benefits as fresh, and many times is available at a more cost-effective price point. Plus, our local grocery stores often run amazing specials on fresh and frozen seafood, making both available to everyone.



STAY HEART HEALTHY. The omega-3 fatty acids found in fish like salmon, cod, and mahi-mahi can lower your risk of heart disease and help fight inflammation by lowering heart rates and cholesterol. Omega-3s help arteries maintain proper blood flow, ensuring the body is able to properly function.



Make It a Meal!

With every meal, you have the opportunity to fill up on essential nutrients to stay healthy and strong. Here, Kayli shares her favorite, vitamin-packed ways to serve seafood with other all-star ingredients like whole grains, healthy fats, and fresh veggies.

FOR EASY TACOS:

- Pan-fry fish in heart-healthy olive oil over medium, then flake and place in whole-grain tortillas.
- Top with fresh salsa and a squeeze of fresh lime.
- Serve with an easy homemade slaw—just mix shredded cabbage with plain Greek yogurt, lime, and chili powder.

FOR A WELL-ROUNDED PLATE:

- Brush fish with olive oil, then bake, grill, or broil until fish flakes with a fork.
- Serve with a whole grain like brown rice or a potassium-rich baked potato.
- Fill up the rest of your plate with veggies like steamed broccoli, green beans, or Brussels sprouts, or sauté them in olive oil with some salt and pepper.

Slam Dunk Dogs

For a fun, budget-friendly way to feed a crowd, let the humble hot dog take center stage. Simply set out a platter of your favorite franks and buns with a slew of toppings on the side, and let your guests do all the assembling. For some flavor-packed inspiration, check out our five creative combinations.

HAWAIIAN DOG

Grilled pineapple
+
Grilled red onion
+
Diced hamsteak
+
Teriyaki sauce



PIZZA DOG

Tomato sauce
+
Shredded mozzarella
+
Fresh basil



**KEY
INGREDIENT:**
SE Grocers
Hot Dog Buns

Party Planner

ALL-AMERICAN

Pickle relish
+
Ketchup
+
Yellow mustard



TACO DOG

Avocado
+
Salsa
+
Shredded Mexican
cheese blend
+
Jalapeño



BBQ DOG

Pulled pork
+
Coleslaw
+
Barbecue sauce



COMING NEXT MONTH...



All About Eggs

Make sure to pick up next month's issue of *Flavor* for recipes to take your meals to the next level.



PLUS

An Easter feast
Campfire treats
In-season corn



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SAVE \$4.00

on any ONE (1) 4 lb. bag or larger of PEAK from Rachael Ray™ Nutrish® Dry Dog Food

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BILO HARVEYS Winn/Dixie

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\$4.00**

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Rachael Ray™ Nutrish®
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2/22/17-3/28/17



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BI-LO HARVEYS Winn/Dixie

hello spring!

Your top ways to welcome the change in season.

HOW DO YOU KICK OFF THE NEW SEASON?

#1

Spring cleaning



#2

BBQs with family



#3

Gardening



#4

Going to the beach



WHAT'S YOUR APPROACH TO SPRING-CLEANING?

32%

clean the whole house top to bottom

28%

don't clean more than usual

25%

dust and clean behind furniture

15%

great intentions, don't get too far

WHAT'S THE BEST PART OF SPRING?

"fresh flowers and barbecues"

"everything is new again"

"more fresh fruits and vegetables"

"picnics in the park"

WHAT'S YOUR FAVORITE SEASON?

spring
31%

autumn
28%

summer
25%

winter
16%



GROCERS

Prestige

KETTLE COOKED CHIPS



A top-down view of a dark, textured bowl filled with golden-brown, ridged potato chips. The chips are piled together, showing their irregular shapes and textures. The background is dark and slightly out of focus.

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