

# HARVEYS

## FLAVOR

A MAGAZINE OF RECIPES  
AND SEASONAL INSPIRATION

FREE  
WITH CARD

# Better Burgers!

**20**  
RECIPES  
INSIDE!

**FIRE UP  
THE GRILL!**

Easy cookout tips,  
speedy weeknight  
meals, and more

Find Curtis Stone's  
pimento cheese-topped  
creation, as well as his  
whole guide to all things  
burgers, inside!

**PLUS**  
**MONEY-SAVING  
COUPONS**

MAY 2017



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Welcome

# Get Fired Up!



The days are getting warmer, and we are ready to get grilling! That's why in this issue, we're serving up great grilled dishes for your family, including your guide to **all things burgers from chef Curtis Stone** (page 20). Elsewhere, we've got recipes featuring **in-season melon** (page 8) and ideas for celebrating Mother's Day (page 33). And to make weeknights a breeze, you'll find easy five-ingredient dinners like the **barbecue pork chops with quick collards** on page 14. This month also marks Memorial Day, a day of remembrance. On page 38, we asked you about your favorite ways to honor the occasion.

We'd love to see what you're cooking up from our pages! Send us an email at [flavor@jhharveys.com](mailto:flavor@jhharveys.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](http://HarveysSupermarkets.com/Flavor).

Enjoy!

—Gina Bastiani, **MAGAZINE MANAGER**

## TRY THESE NOW!

My picks for this month's must-try items and recipes.



1

The next time I grill up burgers and dogs, I'll be reaching for our new **SE Grocers ketchup and mustard** (page 31)!

2

For my Cinco de Mayo festivities, I'll be getting creative with the **sweet and savory melon salsa** on page 10.

3

I love our **riff on the classic caprese salad** (page 29)—the watermelon adds bright color and nutritious flavor!

Find ideas for using fresh watermelon on page 7!

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# Stock up on all the essentials for your Summer BBQ



## TRY ONE OF OUR TASTY RECIPES TODAY

### Best Ever Juicy Burger with Broccoli Pickle Slaw

SERVES 8 PREP 25 MIN.  
 COOK 20 MIN.

- 6 Vlasic® Kosher Dill Spears, cut in half crosswise and julienned
- 1 bag (12 oz.) broccoli slaw
- ¾ cup Hellmann's® Real Mayonnaise, divided
- 2 Tbsp. FRENCH'S® Classic Yellow® Mustard
- 1 Tbsp. Wish-Bone® Red Wine Vinaigrette
- Pinch sugar
- ½ cup plain dry bread crumbs
- 1 envelope Lipton® Recipe Secrets® Onion Soup Mix
- 2 lbs. ground beef or ground turkey
- 8 slices cooked bacon
- 8 hamburger buns

**COMBINE** pickles, broccoli slaw, ¼ cup Hellmann's® Real Mayonnaise, mustard, vinegar and sugar in large bowl; toss to coat.

**COVER** and refrigerate until ready to serve.

**COMBINE** remaining ½ cup Mayonnaise, bread crumbs and Soup Mix in bowl. Mix in ground beef, then shape into 8 patties.

**GRILL** or broil until done. Serve burgers with onion topping and bacon on buns.

**TIP** If using ground turkey, oil grill or broiler pan before cooking.

### Farmer's Market Roasted Potato Salad

SERVES 8 PREP 15 MIN.  
 COOK 30 MIN.

- 2 lbs. assorted fingerling or baby potatoes, cut into ½-inch pieces
- ½ cup Wish-Bone® Italian Dressing
- 2 cups baby arugula or spinach
- ½ cup Hellmann's® Real Mayonnaise

- 2 Tbsp. FRENCH'S® Classic Yellow® Mustard

- 4 Vlasic® Kosher Dill Spears, chopped

- ¼ cup finely chopped shallot or red onion

- 2 Tbsp. finely chopped parsley
- ¼ tsp. freshly ground black pepper

**PREHEAT** oven to 425°F. Toss potatoes with ¼ cup Wish-Bone® Italian Dressing and place in shallow roasting pan. Roast 30 minutes or until fork tender.

**PLACE** hot potatoes on top of arugula in a large bowl; let stand.

**MEANWHILE**, blend mayonnaise, remaining Italian dressing, mustard, pickles, shallot, parsley and pepper in medium bowl. Add to potatoes and arugula; toss to coat.

**SERVE** warm or refrigerate covered until ready to serve.



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# Melon

Popping with color and packed with vitamins, fresh melon is the fruit to load up on this month.

## CANTALOUPE ➔

High in vitamin A, as well as potassium (1 cup has as much as a medium banana!), this versatile fruit is delicious on its own, or when paired with a squeeze of lime, a slice of prosciutto, or tossed into a salsa, like the one on page 10.

### BUYING

When it comes to melons, look first—avoid fruits with bruises, cracks, or blemishes—then sniff. Go for melons with sweet, slightly musky scents. They should also feel heavy for their size.

### PREPPING

Before you cut into your melon, be sure to thoroughly wash the rind (cantaloupe's rind in particular is a trap for dirt and bacteria!). To remove it, slice off the bottom and top ends of the melon to create a stable surface. Then, simply halve, remove seeds, and cube, slice, or ball your fruit!

### STORING

Keep whole ripe melons in the fridge for up to five days and cut ones for up to three, leaving the seeds intact for juicier fruit. You can also freeze cut melon or juice for smoothies or slushies later.

## ← WATERMELON

Snack on this ruby-red melon (that comes with seeds or without!) the next time you feel parched—it's about 92 percent water and full of replenishing electrolytes. The juice is a favorite of athletes, who chug it to reduce muscle soreness.


## ↓ HONEYDEW

This pale-hued cousin of the cantaloupe is low in calories and high in fiber, making it a great snack when enjoyed alongside a bit of protein, like yogurt or nuts. Bonus: Just one wedge has more than half of your daily dose of vitamin C.

## No-Churn Melon Sorbet

GLUTEN-FREE

 **MAKES** 4 CUPS  **PREP** 20 MIN., PLUS ABOUT 5 HOURS CHILLING TIME

 **COOK** 5 MIN.

- ½ cup sugar**
- ½ cup water**
- ¼ cup light corn syrup**
- 1 tsp. zest and 1 Tbsp. juice from 1 lemon**
- 2 lb. diced cantaloupe or honeydew melon, chilled**

**HEAT** sugar and water in a medium saucepan over high, whisking occasionally, until sugar dissolves, about 3 minutes. Remove from heat and let cool.

**WHISK** corn syrup and lemon zest and juice into cooled sugar syrup.

**COMBINE** half of the melon and half of the syrup mixture in a food processor and process until well blended, about

2 minutes. Transfer to an 8x8" baking dish and repeat with remaining half of melon and syrup mixture. Transfer second batch of blended melon mixture to baking dish and freeze for 1 hour.

**REMOVE** baking dish from freezer, whisk mixture vigorously, then return to freezer for another hour. Repeat process 3 to 4 times, until mixture is completely frozen. Let sorbet soften slightly before scooping.

Honeydew

Cantaloupe

This easy, refreshing treat is dairy-free!





## Ripe to Perfection

### Melon and Cucumber Salad with Spicy Shrimp

GLUTEN-FREE

**PERSONS** SERVES 4 **CLOCK** PREP 15 MIN.

**CLOCK** COOK 6 MIN.

- 1 lb. peeled and deveined large shrimp, patted dry
- 2 tsp. sugar
- 2 tsp. ground coriander
- ¼ tsp. cayenne pepper
- 3 Tbsp. olive oil
- Salt and pepper
- 1 cucumber, halved lengthwise and sliced into thin half moons
- ½ cup drained Quick-Pickled Vidalia Onions (see recipe)
- ¼ cup chopped fresh mint
- 1½ lb. watermelon, rind removed and thinly sliced into ½"-thick pieces

**PREHEAT** grill over high. In a large bowl, toss shrimp, sugar, coriander, and cayenne with 1 tablespoon oil and season with salt and pepper.

**THREAD** shrimp onto metal or soaked wooden skewers and grill until lightly charred and cooked through, turning halfway, about 3 minutes per side.

**TOSS** cucumber with pickled onions, mint, and remaining 2 tablespoons oil and season with salt and pepper to taste. Transfer watermelon to a platter and top with cucumber salad and shrimp.

Feeling extra creative? Brush the watermelon slices lightly with oil, then grill over high until marks just begin to form, about 2 minutes per side.

### Quick-Pickled Vidalia® Onions

GLUTEN-FREE VEGETARIAN

**PERSONS** MAKES 1 CUP **CLOCK** PREP 35 MIN.

**CLOCK** COOK 0 MIN.

You can refrigerate leftover pickled onions for up to 1 week. Sprinkle them on sandwiches, over salads, or even use them to top off the seven-layer taco cups on page 25.

- ¾ cup white wine vinegar
- 3 Tbsp. sugar
- 2 tsp. salt
- 1 cup warm water
- 1 Vidalia onion, thinly sliced

**WHISK** vinegar, sugar, and salt with water until sugar and salt dissolve.




**TRANSFER** onions to a large jar. Pour vinegar mixture on top, press down with a spoon to submerge, and seal jar. Refrigerate onions for 30 minutes before using.



## Ripe to Perfection

### Melon Salsa

GLUTEN-FREE VEGETARIAN

 **MAKES** 2 CUPS  **PREP** 15 MIN.  
 **COOK** 0 MIN.

- 2 cups finely diced cantaloupe or honeydew melon
- ¼ cup diced red onion
- ¼ cup chopped fresh cilantro
- 1 tsp. minced fresh jalapeño
- 1 tsp. vegetable oil
- ¼ tsp. zest and 1 tsp. juice from 1 lime
- ½ tsp. chili powder
- Salt and pepper

**MIX** together all ingredients in a medium bowl and season with salt and pepper to taste. Serve with tortilla chips.







New!

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## Blueberry Banana Overnight Oats

Add ½ cup milk to ½ cup uncooked Old Fashioned Quaker® Oats.

Layer ¼ cup Greek yogurt, ¼ cup blueberries, ½ of a sliced banana, and ¼ cup of chopped pecans.

Drizzle honey to taste.

Chill overnight. Enjoy cold in the morning.



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# Get Grilling

When it's too hot to toil over the stove, fire up the grill. These quick and easy meals are full of flavor, but use just five ingredients each and are all on the table in about 30 minutes.

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



SE Grocers  
Less-Sodium  
Soy Sauce



Garlic



Boneless, Skinless  
Chicken Breasts



Southern Home  
Instant White Rice



Green Beans



## Soy-Marinated Chicken with Green Beans

**SERVES 4** **PREP 10 MIN.**

**COOK 20 MIN.**

- 1/4 cup plus 1 Tbsp. less-sodium soy sauce**
- 2 Tbsp. vegetable oil**
- 1 Tbsp. minced garlic**
- 1 Tbsp. sugar**
- 4 boneless, skinless chicken breasts**
- 2 cups uncooked instant white rice**
- 1 lb. green beans, trimmed**

**ADD** 1/4 cup soy sauce, 1 tablespoon oil, 2 teaspoons garlic, and sugar to a large resealable plastic bag. Seal bag and shake to combine. Add chicken and refrigerate 15 to 30 minutes.

**COOK** rice according to package instructions. Cover to keep warm and set aside.

**PREHEAT** grill over high. In a large bowl, toss green beans with remaining 1 tablespoon soy sauce, 1 tablespoon oil, and 1 teaspoon garlic until coated.

**POKE** several holes into a 12" piece of aluminum foil and place on grill. Arrange beans on foil and cook until lightly charred on one side, about 3 minutes. Flip beans and continue to cook until tender, about 2 more minutes. Remove chicken from marinade and grill until golden brown and cooked through, 6 to 8 minutes per side.

**TRANSFER** chicken to a platter and serve with green beans and rice.



## Barbecue Pork and Quick Collard Greens

**👤 SERVES 4** **⌚ PREP 5 MIN.**  
**⌚ COOK 25 MIN.**

- 2 Tbsp. olive oil
- 1 garlic clove, minced
- 1/4 tsp. red pepper flakes
- 1 (16-oz.) bag chopped collard greens, thick stems removed
- 1/2 cup water
- 2 Tbsp. apple cider vinegar
- Salt and pepper

- 4 boneless center-cut pork chops
- 1/2 cup barbecue sauce

**HEAT** 1 tablespoon oil in a large nonstick skillet over medium heat until shimmering. Add garlic and red pepper flakes and cook, stirring constantly, for 30 seconds. Add greens and cook, stirring occasionally, until wilted, about 5 minutes.

**REDUCE** heat to medium-low, add water and vinegar, and cook, stirring occasionally, until liquid is mostly

evaporated and greens are tender, about 10 minutes. Season with salt and pepper to taste, cover, and set aside.

**PREHEAT** grill over medium-high. Pat pork chops dry with paper towels, coat evenly with remaining 1 tablespoon oil, and season with salt and pepper. Grill pork chops, basting frequently with barbecue sauce, until well browned and centers register 140°, 5 to 7 minutes per side.

**SERVE** with greens on the side.



## Grilled Steak and Potatoes with Garlic-Herb Butter

GLUTEN-FREE

**SERVES 4** **PREP 5 MIN.**

**COOK 25 MIN.**

- 1½ lb. baby potatoes, halved
- 2 Tbsp. olive oil
- Salt and pepper
- 2 Tbsp. unsalted butter, softened
- 1 Tbsp. minced fresh parsley
- 1 garlic clove, minced
- 1½ lb. sirloin steak, trimmed

**ARRANGE** potatoes cut-side up on a large plate and brush with 1 tablespoon oil. Microwave until potatoes are just tender, 6 to 8 minutes. Let sit until cool enough to handle, about 5 minutes, then thread onto 4 to 6 metal or soaked wooden skewers. Season with salt and pepper and set aside.

**MIX** together butter, parsley, garlic, and pinch salt in a small bowl and set aside.

**PREHEAT** grill over high. Pat steak dry with a paper towel, rub with remaining 1 tablespoon oil, and season all over with salt and pepper.

**GRILL** potato skewers and steak until golden brown and steak registers 130° for medium-rare, 3 to 5 minutes per side. Transfer steak to a cutting board and let sit 5 minutes. Carefully remove potatoes from skewers and place in a serving bowl. Add 1 tablespoon garlic-herb butter to potatoes and toss until melted.

**SLICE** steak into thin pieces and arrange on a serving platter. Spread remaining 1 tablespoon garlic-herb butter over steak and serve with potatoes.



Baby Potatoes



Southern Home  
Unsalted Butter



Parsley



Garlic



Sirloin Steak



# CELEBRATE THE SEASON

BY CURTIS STONE

Whether you're hosting a Mother's Day brunch or celebrating spring with a cookout, chef Curtis Stone has two words of advice: plan ahead. "Make sure you're set up in advance with dressings and salads made early, cool beer on ice, and options for the kids, like homemade lemonade—which they can help make," he says of hosting a backyard bash. "On the day of, enlist help. Give someone a job, and then you get to enjoy the day too." When it comes to impressing the moms in your life, he suggests whipping up a festive German pancake that can be prepped in advance, like the one featured ahead, inspired by his own grandmother. "It's a real showstopper," he says. Stick to his plan laid out here, and you can have a celebration-worthy meal to feed your family for under \$10!







## Pimento Cheeseburgers

**👤 SERVES 4** **⌚ PREP 15 MIN.**,  
PLUS 5 MIN. RESTING TIME  
**⌚ COOK 6 MIN.**

**MAKE-AHEAD** Pimento cheese can be made up to 5 days ahead, covered, and refrigerated. Beef patties can be formed up to 1 day ahead, covered, and refrigerated.

- 4 oz. sharp cheddar cheese, grated on small holes of box grater
- 2 oz. cream cheese, softened
- ⅓ cup mayonnaise, divided
- ¼ cup drained jarred pimentos, finely chopped
- Pinch of cayenne pepper
- 1½ lb. ground beef (73% lean)

- 1 cup shredded green cabbage
- ¼ red onion, thinly sliced
- 1 tbs. buttermilk
- 4 burger buns, toasted

**PREHEAT** grill over medium-high heat. In medium bowl, mix cheddar cheese, cream cheese, 4 tsp. mayonnaise, pimentos, and cayenne. Season with salt and pepper and set aside.

**DIVIDE** meat into 4 patties that are just slightly larger in diameter than buns. Season with salt and pepper. Using your thumb, make ¼"-deep impression into center of each patty.

**GRILL** patties, 3 minutes per side, or until cooked to desired doneness. During the last minute of cooking, place about 3 tbs. pimento cheese

mixture over each patty and cover grill to melt. Transfer patties to plate to rest 5 minutes.

**TOSS** cabbage and onion in a large bowl with remaining ⅓ cup mayonnaise and buttermilk. Season with salt and pepper.

**TOP** bun bottoms with slaw, then top with patties and bun tops. Serve immediately.

### 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 4/26/17 – 5/30/17.





## Pasta with Basil-Spinach Pesto, Asparagus, and Tomatoes

**👤 SERVES 4** **⌚ PREP 10 MIN.**  
**⌚ COOK 8 MIN.**

**MAKE-AHEAD** Pesto can be made up to 3 days ahead, tightly covered, and refrigerated. Bring to room temperature before tossing with pasta.

- ½ cup finely grated Parmesan cheese, divided, plus more for serving**
- 1 small garlic clove, peeled**
- 4 cups lightly packed baby spinach (about 3 oz.), divided**
- 1 cup lightly packed basil leaves**
- ⅓ cup plus 1 tbs. extra-virgin olive oil, divided**
- 12 oz. rotini pasta**
- ½ bunch asparagus, woody ends trimmed, cut into ½" pieces**
- 1 cup grape tomatoes, halved**

**BLEND** ⅓ cup cheese, garlic, and ¼ tsp. salt in a small food processor until chopped. Add 2 cups spinach and basil and pulse until finely chopped. With processor running, stream in ⅓ cup oil to make pesto.

**BOIL** a large pot of salted water over high heat, add pasta, and cook until tender but with a bit of a bite, about 8 minutes. Drain pasta, reserving ¼ cup pasta water.

**HEAT** remaining 1 tbs. oil in a large skillet over medium-high heat. Add asparagus and cook, stirring frequently, for 3 minutes, or until crisp-tender. Add tomatoes and cook 30 seconds. Remove pan from heat and stir in pesto, remaining cheese, and remaining spinach, stirring in reserved pasta water as needed to thicken sauce. Add pasta and carefully toss to coat; season with salt and pepper and serve.

## Chicken Fajita Quesadillas

**👤 SERVES 4** **⌚ PREP 10 MIN.**  
**⌚ COOK 12 MIN.**

**MAKE-AHEAD** Chicken fajita mixture can marinate up to 1 day, covered and refrigerated.

- 3 tbs. plus 4 tsp. olive oil, divided**
- 2 garlic cloves, minced**
- 2 tsp. chili powder**
- 12 oz. boneless, skinless chicken thighs, cut into 1" pieces**

- 1 green bell pepper, halved, seeded, and cut into ¼"-thick strips**
- ½ Vidalia onion, sliced lengthwise into ½"-thick strips**
- 4 (10") flour tortillas**
- 3 cups (12 oz.) shredded Monterey Jack cheese**
- ½ cup fresh cilantro leaves**
- ⅓ cup sour cream**

**WHISK** 3 tbs. oil, garlic, and chili powder in a large bowl. Add chicken, bell pepper, and onions. Season with salt and pepper and toss to coat.

**HEAT** griddle or large nonstick skillet over medium-high heat. Spread chicken and vegetables over hot griddle and cook 7 minutes, turning occasionally, or until chicken is cooked through and vegetables are charred in spots. Transfer to heat-safe bowl. Wash and dry griddle.

**HEAT** griddle over medium heat. Brush one side of each tortilla with 1 tsp. oil. Lay tortillas, oiled side down, on work surface. Sprinkle ½ cup cheese over bottom half of each tortilla. Divide chicken fajita mixture between tortillas, then top with another ¼ cup of cheese. Fold top half of tortillas over filling and press lightly to form quesadillas.

**PLACE** quesadillas on griddle in batches and cook, flipping halfway through cooking, for 5 minutes total, or until golden brown and cheese melts. Transfer quesadillas to cutting board. Open quesadillas and scatter cilantro leaves over filling. Close quesadillas and cut each into 4 wedges and serve immediately with sour cream.







## German Pancake with Mixed Berries

**PERSONS** SERVES 4 **CLOCK** PREP 5 MIN.  
**CLOCK** COOK 20 MIN.

**MAKE-AHEAD** Berry sauce can be made up to 1 day ahead, covered, and refrigerated. Rewarm gently before serving.

- 6 large eggs
- 1 cup heavy cream, divided
- $\frac{3}{4}$  cup whole milk
- $\frac{3}{4}$  cup unbleached all-purpose flour
- $\frac{1}{3}$  cup confectioners' sugar, plus more for dusting
- 5 tbs. unsalted butter, melted, divided
- 1 lemon, zested, juiced
- $\frac{3}{4}$  cup small strawberries, hulled, halved, divided

- $\frac{1}{2}$  cup blackberries, divided
- $\frac{1}{2}$  cup blueberries, divided
- $\frac{1}{2}$  cup granulated sugar
- Pinch ground cinnamon

**POSITION** rack in center of oven, allowing enough room above rack for pancake to rise, and preheat oven to 375°F.

**BLEND** eggs,  $\frac{1}{4}$  cup cream, milk, flour, confectioners' sugar, 3 tbs. butter, and lemon zest in a blender on high speed for 30 seconds, or until batter is smooth and frothy.

**HEAT** 12" cast-iron or ovenproof nonstick skillet over medium-high heat until hot but not smoking. Add 2 tbs. butter and swirl to coat. Pour batter into hot skillet and immediately transfer to oven. Bake 20 to 22 minutes, or until pancake has risen and is golden around edges.

**COMBINE** 2 tbs. lemon juice,  $\frac{1}{2}$  cup strawberries, blackberries, blueberries, granulated sugar, and cinnamon in a medium skillet and bring to simmer over medium heat. Simmer sauce, stirring frequently, for 2 to 3 minutes, or until sugar melts and berries soften slightly. Don't let berries overcook, or they will become mushy and lose their beautiful shape. Transfer mixture to heatproof bowl and cool slightly. Fold remaining strawberries into sauce and keep warm.

**WHIP**  $\frac{3}{4}$  cup cream to soft peaks in a medium bowl. Dust pancake with confectioners' sugar and serve immediately with berry sauce and whipped cream.



# CURTIS' GUIDE TO A PERFECT BURGER



**B**urgers are the perfect way to kick off grilling season! They're quick and simple to prepare, and we have everything you need in-store to dress them up. Here are some of chef Curtis Stone's top tips for building a better burger—whether you prefer beef, poultry, or a veggie patty, we've got you covered. Enjoy!

## FORMING BURGERS



### 1. Choose meat wisely

For the juiciest burgers, use 73 to 80 percent lean ground beef or 85 percent lean ground turkey. Try to keep patties to about 6 oz. each.



### 2. Use very cold ground meat

Cold helps the fat in the meat stay intact until it is cooked. As the fat melts, it bastes the meat while it cooks, resulting in a juicy burger.



### 3. Don't pre-salt

Salt draws moisture from meat and results in a dense texture. Salt both sides of the patties just before grilling.



### 4. Don't overwork the ground meat

Doing so leads to a tough, chewy burger.



### 5. Form wide patties

Patties contract as they cook, so make yours just wider than the buns. The more fat in the meat, the more it will shrink.



### 6. Create an impression

Use your thumb to make a dent in one side of the patty so that the surface is level while it cooks.

## COOKING BURGERS



### 1. Preheat the grill over medium-high or high heat

Strong heat is essential to getting a good char on the burger.



### 2. Prepare the burger for grilling

Once the grill is hot, oil and season each side of the burger with kosher salt and black pepper. Place the burger on the grill.



### 3. Only flip patties once while cooking

This will promote a beautiful, brown, and crusty exterior with lots of flavor.



### 4. Never press down on the patties

This can push out the fat and juices that keep your meat moist and tasty.



### 5. Let the patties rest

After cooking, let patties rest for about half the time they cooked, which allows the juices to redistribute. Buns can be grilled while the burgers rest.



# BUILDING A BETTER BURGER

## TIPS

- *Get ahead! You can form the patties early and keep them in the fridge and pre-slice or prepare your toppings in advance.*
- *Assemble burgers right before serving to avoid soggy buns.*
- *Build your burger from the bottom up for easy assembly.*



## THE BUN

Texture is the key to a good bun. Use a soft burger bun that is a bit pillow-y and tender, and don't forget to toast them! Just spread butter over the cut sides of the buns and grill cut side down until the buns are golden brown and crisp.

*Alternative: instead of a standard bun, try mixing it up with a potato or brioche bun*



## TOMATOES

Fresh tomatoes lend a burst of acidity to burgers.

*Alternatives: roasted red peppers, pico de gallo, fried green tomatoes*



## CHEESE

Use anything from thickly sliced American cheese to shredded cheddar and crumbled blue. Once you flip the patties, top them with your cheese of choice and close the grill lid to trap the heat inside for optimum melting.

*Alternative: pimento cheese (see Curtis' recipe on page 17)*



## SPREADS

Mayonnaise and ketchup are the classics to live by, but don't be afraid to mix it up—if it's spreadable, it's workable!

*Alternatives: avocado, ranch or blue cheese dressing, bbq sauce*



## PICKLES

Classic dill pickles impart a delicious, briny crunch to a rich burger.

*Alternatives: jarred muffuletta spread or pickled jalapeños*



## LETTUCE

Iceberg and romaine lettuce have the good, clean, crisp crunch you want. Place it on top of the patty so it doesn't wilt underneath the heat and juices of the burger.

*Alternatives: coleslaw, arugula, or herbs—try cilantro for Latin- or Asian-style burgers!*



## ONION

Lay a thin slice or two of raw onion on the bottom bun before you put the burger on top. The warm juices will run onto the onion and soften it.

*Alternative: caramelized onions*



## Double Mushroom Burgers

 **SERVES 4**  **PREP 15 MIN.**  
 **COOK 30 MIN.**

**MAKE-AHEAD** Caramelized onions and sautéed mushrooms can be made up to 2 days ahead, cooled, covered, and refrigerated. Rewarm over low heat. Dijon mayo can be made up to 3 days ahead, covered, and refrigerated.

### CARAMELIZED ONIONS

- 1 tbs. butter
- 1 lb. yellow onions, peeled, thinly sliced

### SAUTÉED MUSHROOMS

- 1 tbs. butter
- 8 oz. button mushrooms, trimmed and thinly sliced
- 1 garlic clove, finely chopped

### DIJON MAYO

- $\frac{1}{3}$  cup mayonnaise
- 1 tbs. Dijon mustard

### BURGERS

- 4 portobello mushrooms, stemmed
- 2 tbs. olive oil
- 1 cup grated Gruyère cheese (or other Swiss cheese)
- 2 cups baby arugula
- 4 ciabatta rolls, split, toasted

This hearty, meaty mushroom burger will make you rethink vegetarian dinners!

**MELT** butter in a medium skillet over medium-high heat. Add onions and cook, stirring occasionally, for 5 minutes. Reduce heat to medium and cook, stirring frequently, for 10 to 15 minutes, or until caramelized and tender. Remove pan from heat and season with salt and pepper. Transfer to small bowl and keep in a warm place.

**RETURN** medium skillet to medium-high heat and add butter. As butter is melting, add mushrooms and garlic. Cook, stirring occasionally, for 10 minutes, or until mushrooms are browned and tender. Season with salt and pepper.

**WHISK** mayonnaise and mustard in a small bowl.

**PREHEAT** grill over medium-high heat. Coat portobello mushrooms with oil and sprinkle with salt and pepper. Place mushrooms on grill, rounded side up, and cook 5 minutes. Flip mushrooms and grill 4 minutes. Transfer mushrooms to plate, rounded side down. Divide caramelized onions among mushrooms. Top with sautéed mushrooms and then cheese. Return mushrooms to grill and cook, covered, 1 to 2 minutes, or until cheese has melted.

**PLACE** mushrooms onto roll bottoms and mound arugula on top. Spread Dijon mayo on roll tops and place on arugula. Serve.



### BBQ Turkey Burgers with Homemade Pickles

**⚙️ SERVES 4** **⌚ PREP 10 MIN.**,  
PLUS 5 MIN. RESTING TIME  
**⌚ COOK 13 MIN.**

**MAKE-AHEAD** Pickles can be made up to 1 week ahead, covered, and refrigerated. Barbecue sauce can be made up to 3 days ahead, covered, and refrigerated.

#### PICKLES

- ½ English cucumber, thinly sliced
- ¾ cup apple cider vinegar
- 1 tbs. granulated sugar
- ¼ tsp. red pepper flakes (optional)
- 2 garlic cloves, smashed

#### BARBECUE SAUCE

- ½ cup ketchup
- 2 tbs. Dijon mustard
- 2 tbs. light brown sugar
- 2 tbs. molasses
- 2 tbs. butter
- 2 tbs. Worcestershire sauce

- 1 tbs. apple cider vinegar
- 1 chipotle chile in adobo, finely chopped

#### BURGERS

- 1½ lb. ground turkey (85% lean)
- 1 tbs. olive oil
- 4 hamburger buns, split and toasted
- ¼ white onion, thinly sliced

#### SPECIAL EQUIPMENT

- ¼ cup wood chips (such as hickory)

**PLACE** cucumbers in 1-qt. Mason jar or other tall narrow container.

**COMBINE** vinegar, granulated sugar, red pepper flakes (if using), garlic, 1 cup water, 1 tbs. kosher salt, and ½ tsp. pepper in a small saucepan over medium-high heat and bring to a boil. Whisk to dissolve sugar, then pour hot liquid over cucumbers and leave to cool to room temperature. Refrigerate until ready to serve.

**PREHEAT** covered charcoal grill over medium-high heat. Sprinkle wood chips over charcoal.

**WHISK** ketchup, mustard, brown sugar, molasses, butter, Worcestershire, vinegar, and chipotle in a small, ovenproof saucepan. Place saucepan on grill, cover, and cook sauce, stirring occasionally, for 5 minutes, or until it has thickened slightly. Season with salt and pepper and transfer about 2 tbs. to a bowl.

**DIVIDE** turkey into 4 patties that are just slightly larger in diameter than buns. Brush patties with oil and season both sides with salt and pepper. Using your thumb, make ¼-inch-deep impression into center of each patty. Grill patties 4 minutes. Turn patties over, brush with reserved barbecue sauce, and grill 4 minutes, or until well browned and cooked through. Transfer burgers to plate to rest 5 minutes.

**PLACE** burgers on bun bottoms. Spread more barbecue sauce on burgers, if desired, and top with pickles, onions and bun tops and serve. Save any remaining barbecue sauce for another use.





# THE RECIPE FOR A GREAT TIME

## THE AUTHENTIC MICHELADA

### The Authentic Michelada Recipe

Servings: 1

#### INGREDIENTS:

##### Drink

- 4-6 oz. of Clamato®
- 1 lemon or ReaLemon® (to taste)
- 1 dash Worcestershire sauce
- 2 dashes TABASCO® sauce
- 1 (12 oz.) bottle of beer (TECATE®)
- Ice (as needed)
- 1 lime wheel

##### Rim Spice Blend (Optional)

- 4 tablespoons Kosher salt
- 2 teaspoons chili powder
- Lemon juice or ReaLemon® (as needed)

#### INSTRUCTIONS:

##### Drink

In a shaker with ice, combine lemon juice, Clamato®, Worcestershire sauce and TABASCO® sauce; shake well to chill. Serve in a rimmed tall glass with ice; fill with beer. Garnish with lime wheel.

##### Rim Spice Blend (Optional)

Combine Kosher salt and chili powder onto small plate. Pour lemon juice onto another small plate. Dip rim of glass into lemon juice, then dip carefully into spice blend.



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# Bite-Sized Fiesta

Baked in a muffin tin, this single-serve spin on classic seven-layer dip makes for a festive, portable Cinco de Mayo appetizer.

## Seven-Layer Taco Cups

 MAKES 12 CUPS  PREP 15 MIN.  
 COOK 20 MIN.

- 12 flour tortillas, cut into 5" rounds
- 12 oz. lean ground beef
- 1 (1-oz.) packet taco seasoning
- $\frac{3}{4}$  cup refried beans
- 1 cup shredded Mexican cheese blend
- $\frac{3}{4}$  cup sour cream
- 1 avocado, halved, pitted, and diced
- $\frac{3}{4}$  cup pico de gallo
- $\frac{1}{4}$  cup chopped fresh cilantro

**PREHEAT** oven to 350°. Coat a standard-size muffin tin with cooking spray.

**MICROWAVE** tortilla rounds until warm and softened, about 20 seconds. Gently line each muffin cup with a warmed tortilla round, folding sides in an overlapping pattern as needed to fit. Coat each tortilla cup with cooking spray and pierce all over with a fork to prevent puffing. Bake until golden and crispy, about 10 minutes. (If any of the baked cups have puffed, immediately pierce them again after baking to let the air out.)

**COOK** ground beef in a large nonstick skillet over medium-high, breaking apart with a wooden spoon, until crumbled and no longer pink, about 5 minutes. Drain fat, stir in taco seasoning, and set aside.

**SPOON** 1 tablespoon each of beans, cheese, and cooked beef among taco cups, alternating ingredients. Top each cup with remaining cheese and bake until filling is warmed and cheese is melted, about 5 minutes.

**DIVID**E sour cream, avocado, pico de gallo, and cilantro among taco cups and serve warm.

### Tip

To make this gluten-free, substitute corn tortillas for the flour ones and extend the cooking time to 12 to 14 minutes.



# EASY *potluck* FAVORITES

Whether you're playing host or a guest on side-dish duty, let these easy, flavor-packed dishes take center stage at your next Memorial Day gathering.

★ ★ ★ ★ ★



## EASY TIP!

A tasty side dish can be as simple as doctoring up a store-bought salad from the deli.

### *potato salad*

Chop 2 Vidalia onions and add to a large skillet with 1 Tbsp. oil. Cook over medium, stirring occasionally, until softened, 8 to 10 minutes. Add ½ tsp. each of sugar, salt, and pepper and cook until onions are sticky and caramelized, 15 to 20 more minutes. Toss into 1 lb. store-bought potato salad along with 4 slices cooked, crumbled bacon.

### *coleslaw*

Mix 1 cup finely chopped apple, ¼ cup chopped dried cranberries, and ¼ cup chopped, toasted walnuts with 1 lb. store-bought coleslaw.



Easy Potato Salad



## Slow-Cooker Sweet and Sour Meatballs

**MAKES** 48 MEATBALLS **PREP** 30 MIN.  
 **COOK** 2 HOURS

- 3 (12-oz.) bottles chili sauce, such as Heinz
- 1 cup grape jelly
- ¼ cup soy sauce
- 6 slices white bread, crusts removed and cut into ½" pieces (about 3 cups)
- 3 large eggs, beaten
- ½ cup milk
- 5 garlic cloves, minced
- 1 Tbsp. onion powder
- 1 Tbsp. salt
- 1 Tbsp. pepper
- 1½ lb. ground beef
- 1½ lb. ground pork

**WHISK** together chili sauce, jelly, and soy sauce in a large slow cooker. Cover and cook on high until warmed, 30 minutes to 1 hour.

**POSITION** rack to uppermost part of oven and preheat broiler. Line a baking sheet with foil and coat with cooking spray.

**MIX** together bread, eggs, milk, garlic, onion powder, salt, and pepper in a large bowl and let sit 10 minutes, stirring occasionally. Add beef and pork and gently mix until thoroughly combined.

**ROLL** mixture into 48 meatballs using greased palms (about 2 tablespoons of meat mixture per ball). Transfer 24 meatballs to prepared baking sheet and broil until browned, about 5 minutes. Flip over and broil for another 3 to 5 minutes. Repeat broiling with remaining 24 meatballs.

**STIR** meatballs into slow cooker with warmed sauce, cover, and cook over low until cooked through, 30 minutes to 1 hour. Serve with toothpicks.

Slow-Cooker Sweet and Sour Meatballs

Mozzarella, Basil, and Watermelon Skewers



Great for picnics,  
barbecues,  
or even family  
dinner night!



## Chilled Antipasto Pasta Salad

**PERSONS** SERVES 10 TO 12 **CLOCK** PREP 10 MIN.  
**CLOCK** COOK 12 MIN.

**MAKE-AHEAD** You can make the pasta salad and refrigerate it up to 1 day in advance; stir the basil in just before serving.

- 16 oz.** fusilli or rotini pasta
- ½ cup** extra-virgin olive oil
- 1 pint** cherry tomatoes, quartered

- ½ tsp.** red pepper flakes
- 2** garlic cloves, minced
- Salt and pepper**
- 1 cup** grated Parmesan cheese
- 1 cup** thinly sliced fresh basil
- ½ cup** finely chopped jarred roasted red peppers
- ⅓ cup** chopped fresh parsley
- 3 oz.** sliced salami, cut into thin strips

**COOK** pasta according to package instructions. Drain and rinse under cold water until pasta is cool.



**COMBINE** oil, tomatoes, and red pepper flakes in a large nonstick skillet over medium heat and cook until tomatoes just begin to soften, about 3 minutes. Remove from heat and stir in garlic and season with salt and pepper to taste; transfer to a large bowl to cool.

**STIR** cooled pasta, cheese, basil, roasted red peppers, parsley, and salami into bowl with tomato mixture until combined and well coated. Serve at room temperature.



## Mozzarella, Basil, and Watermelon Skewers

GLUTEN-FREE VEGETARIAN

 MAKES 12  PREP 20 MIN.

 COOK 0 MIN.

- 2 Tbsp. white wine vinegar
- 1 small shallot, minced
- 2 tsp. sugar
- 6 Tbsp. extra-virgin olive oil
- Salt and pepper
- 1 lb. watermelon, cut into 36 (1") cubes
- 1 lb. fresh mozzarella, cut into 36 (1") pieces
- 36 fresh basil leaves

**WHISK** vinegar, shallot, and sugar with 3 tablespoons oil and season with salt and pepper to taste.

**TOSS** watermelon with vinegar mixture until coated. In a medium bowl, toss mozzarella with remaining 3 tablespoons olive oil and season with salt and pepper to taste.

**THREAD** alternating pieces of watermelon, basil, and mozzarella onto 12 skewers, forming three rows of each on every skewer.





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**Theresa's  
Favorite  
Naturally  
Gluten-Free  
Picks**

**1 Dry Black Beans**

Add to soups and homemade chili to boost your fiber intake, or use as a filling for tortillas.

**2 Chunky  
Peanut Butter**

I like to spread this on gluten-free bread or a corn tortilla for a quick breakfast or mid-afternoon snack.

**3 Almond Milk**

Blend with nut butter and frozen fruit for a fast smoothie.

**4 SE Grocers  
Low-Moisture Part-  
Skim Mozzarella  
Cheese**

Add to dinner entrees or sprinkle over soups, casseroles, eggs, and more.

**5 Fresh Fruit  
and Veggies**

Naturally gluten-free!

# Should I Go Gluten- Free?

On a recent trip to the store, you may have noticed the increase in gluten-free products lining the shelves. Does gluten-free mean healthier? "That's a question I always get," says Theresa Logan, a sports dietitian at the University of South Carolina. Since May is Celiac Awareness Month, we spoke with Theresa to get the inside scoop on gluten and whether avoiding it is the best choice for your diet.

**So what is gluten, exactly?**

Gluten is a protein that's found in wheat, rye, and barley, as well as in some ancient grains like farro, kamut, and spelt. It's responsible for the nice, chewy consistency in pizza dough, bread, and other baked goods.

**Going gluten-free seems to be increasingly popular. Why do you think that is?**

There's an autoimmune disorder called celiac disease that makes it hard to digest gluten. Those diagnosed with celiac disease will experience stomach

pains, gastrointestinal (GI) complications, and possible anemia. They have difficulty absorbing key nutrients. Then there are those who are sensitive to gluten and can experience similar GI complications or fatigue, but not as severe. Other individuals maintain a gluten-free diet as a lifestyle choice. There's a misconception that removing gluten from your diet will lead to weight loss and more energy. But there is a balanced way to include whole grains in your diet to feel good and sustain your overall health.

**Is it easy to tell which products contain gluten?**

Gluten can be found as a fermented starch in lunch meat, soups, marinades, and even candy, so be sure to read labels carefully!

**What are some of your go-to swaps when cooking a gluten-free meal?**

I love using brown rice, sweet potatoes, spaghetti squash, or vegetable "noodles." When it comes to baking, you can use almond, potato, or corn flour in recipes. My motto is keep it simple, keep it whole.



## Time for Toppings

It's time to stop the ketchup vs. mustard debate—when it comes to topping our burgers this summer, we say the more, the merrier. After grilling up your own patties (check out the guide on page 20), finish them off with new SE Grocers Tomato Ketchup and Traditional Yellow Mustard. Oh, and don't forget the pickles!

### NEXT-LEVEL SPREADS!

Once you've stocked up on ketchup and mustard, don't stop there! Here are some easy mix-ins you can add to kick these classic condiments up a notch:



#### TO MAKE YOUR KETCHUP...

##### SPICY

Add Sriracha sauce

##### FRAGRANT

Add curry powder

##### SMOKY

Add chipotle powder



#### TO MAKE YOUR MUSTARD...

##### FRUITY

Add raspberry preserves

##### SWEET

Add honey

##### ZESTY

Add minced garlic

SE Grocers  
Traditional  
Yellow Mustard  
is gluten-free!



# Take a Dip

Whether you're headed to a cookout or just grabbing a snack, try whipping up one of these simple dips and pairing them with SE Grocers chips in both fun and traditional flavors.



## Dill Pickle

Stir together 8 oz. **softened cream cheese**, ½ cup **sour cream**, ½ cup **chopped dill pickles**, 2 Tbsp. **chopped fresh dill**, 1 Tbsp. **pickle juice**, and ½ tsp. **garlic salt** until combined. Chill or serve right away.



### PAIR WITH

SE Grocers  
Wavy Potato Chips  
5 oz., \$1 ea.

## Classic French Onion

Stir together 8 oz. **plain low-fat yogurt**, 8 oz. **mayonnaise**, 1 (1-oz.) packet **French onion soup mix**, and 3 Tbsp. **chopped fresh parsley**. Chill before serving.

### PAIR WITH

SE Grocers  
Maui Onion Wavy  
Potato Chips  
5 oz., \$1 ea.







## Bacon-Cheddar

Stir together  $\frac{2}{3}$  cup **finely shredded sharp cheddar cheese**,  $\frac{2}{3}$  cup **mayonnaise**,  $\frac{2}{3}$  cup **sour cream**,  $\frac{1}{2}$  cup **crumbled cooked bacon**, and 1 Tbsp. **minced fresh chives**. Chill or serve right away.



### PAIR WITH

SE Grocers  
Roasted Garlic Wavy  
Potato Chips  
5 oz., \$1 ea.

PHOTOGRAPHS BY DAVE BRADLEY (DIPS), HEATH ROBBINS (ICE CREAM), VIA (STOCK ONION).  
FOOD STYLING BY JESSICA WEATHERHEAD (DIPS), SUNNY RICKS (ICE CREAM)

## Blooms for Mom!

The German pancake on page 19 is perfect for breakfast in bed. To round out mom's breakfast tray, pick up a bright bouquet of hydrangeas from our floral department.



### BEHIND THE PRODUCT

## Prestige Gelato

Although seemingly creamy and decadent, Italian-style gelato has a trick up its sleeve—it actually contains less cream than your standard ice cream. Instead, a combination of extra milk and less air gives this sweet treat its signature texture. But don't take our word for it—try out our new line of Prestige Gelato (in irresistible flavors like vanilla-caramel and tiramisu), which is made by a regional producer with machinery imported right from Italy for the most authentic experience possible.



Prestige Real Gelato Classic  
Vanilla & Golden Caramel

## Did you know?

Late spring in the South means one thing: Vidalia® season. While you may be familiar with this sweet-tasting bulb (try it pickled in the recipe on page 9), you may not know why its flavor is so unique. Named for Vidalia, Georgia, where it was originally grown, the onion takes root in special soil that's low in sulfur. Only 20 counties in the state possess the exact soil characteristics to grow them, and it's this particular blend that's responsible for the Vidalia's sweetness. Some even say the soil is what makes these onions way less likely to make you cry.











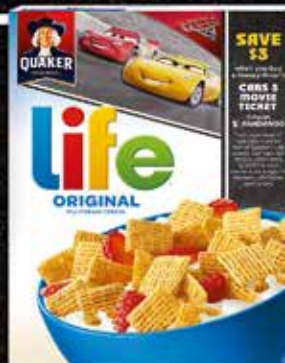
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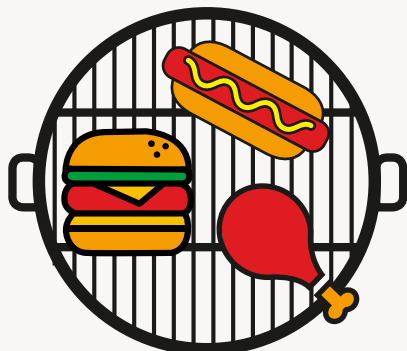


# MEMORIAL DAY

We asked: How do you celebrate and honor the holiday?

## FAVORITE FOODS

HAMBURGERS  
POTATO SALAD  
HOT DOGS  
CORN ON THE COB  
CHICKEN



“Spending time with family and friends. It is a great kickoff to summer.”

—STORE CUSTOMER

## FAVORITE BEVERAGES

- ★ WATER
- ★ SODA
- ★ ICED TEA
- ★ BEER
- ★ WINE



“It’s a day to be thankful for people who gave for our freedom. A time to celebrate with our family.”

—STORE CUSTOMER

## HOW DO YOU CELEBRATE?

1

Cookout with family and friends



2

Picnic with family and friends



3

Go to the beach, river, or lake



**Staycation!**

65%

of respondents stay local for Memorial Day

★★★★★

5%

get away for a long weekend



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# Nutritional Info

May 2017

## Ripe To Perfection

### No-Churn Melon Sorbet

**GLUTEN-FREE**

**PER ½ CUP:** 160 Cal; 0g Fat (0g Sat Fat); 0mg Chol; 40mg Sodium; 43g Carb; 2g Fiber; 41g Sugar; 2g Protein

### Melon and Cucumber Salad with Spicy Shrimp

**GLUTEN-FREE**

**PER SERVING:** 230 Cal; 11g Fat (1.5g Sat Fat); 145mg Chol; 1130mg Sodium; 15g Carb; 1g Fiber; 11g Sugar; 17g Protein

### Pickled Vidalia Onions

**GLUTEN-FREE** **VEGETARIAN**

**PER 1 TBSP.:** 10 Cal; 0g Fat (0g Sat Fat); 0mg Chol; 240mg Sodium; 3g Carb; 0g Fiber; 3g Sugar; 0g Protein

### Melon Salsa

**GLUTEN-FREE** **VEGETARIAN**

**PER ¼ CUP:** 20 Cal; .5g Fat (0g Sat Fat); 0mg Chol; 5mg Sodium; 4g Carb; 0g Fiber; 3g Sugar; 0g Protein

## Fast Five

### Soy-Marinated Chicken with Green Beans

**PER SERVING:** 410 Cal; 7g Fat (1g Sat Fat); 75mg Chol; 370mg Sodium; 53g Carb; 5g Fiber; 3g Sugar; 33g Protein

### Barbecue Pork and Quick Collard Greens

**PER SERVING:** 300 Cal; 11g Fat (2g Sat Fat); 70mg Chol; 440mg Sodium; 21g Carb; 5g Fiber; 12g Sugar; 30g Protein

### Grilled Steak and Potatoes with Garlic-Herb Butter

**GLUTEN-FREE**

**PER SERVING:** 520 Cal; 30g Fat (11g Sat Fat); 115mg Chol; 160mg Sodium; 32g Carb; 3g Fiber; 0g Sugar; 34g Protein

## Feed Your Family

### Pimiento Cheeseburgers

**PER SERVING:** 840 Cal; 57g Fat (21g Sat Fat); 200mg Chol; 680mg Sodium; 25g Carb; 2g Fiber; 5g Sugar; 54g Protein

### Pasta with Basil-Spinach Pesto, Asparagus, and Tomatoes

**PER SERVING:** 590 Cal; 26g Fat (5g Sat Fat); 10mg Chol; 420mg Sodium; 69g Carb; 6g Fiber; 5g Sugar; 20g Protein

### Chicken Fajita Quesadillas

**PER SERVING:** 730 Cal; 44g Fat (20g Sat Fat); 165mg Chol; 1210mg Sodium; 45g Carb; 2g Fiber; 6g Sugar; 40g Protein

### German Pancake with Mixed Berries

**PER SERVING:** 680 Cal; 46g Fat (26g Sat Fat); 405mg Chol; 160mg Sodium; 57g Carb; 3g Fiber; 35g Sugar; 15g Protein

## Curtis' Burger Guide

### Double Mushroom Burgers

**PER SERVING:** 610 Cal; 35g Fat (12g Sat Fat); 55mg Chol; 920mg Sodium; 55g Carb; 5g Fiber; 10g Sugar; 19g Protein

### BBQ Turkey Burgers with Homemade Pickles

**PER SERVING:** 400 Cal; 21g Fat (6g Sat Fat); 90mg Chol; 460mg Sodium; 30g Carb; 1g Fiber; 10g Sugar; 24g Protein

## Fresh Idea

### Seven-Layer Taco Cups

**PER TACO CUP:** 260 Cal; 13g Fat (6g Sat Fat); 40mg Chol; 670mg Sodium; 25g Carb; 4g Fiber; 3g Sugar; 13g Protein

## Party Planner

### Slow-Cooker Sweet and Sour Meatballs

**PER 2 MEATBALLS:** 210 Cal; 7g Fat (2.5g Sat Fat); 60mg Chol; 850mg Sodium; 24g Carb; 1g Fiber; 16g Sugar; 13g Protein

### Chilled Antipasto Pasta Salad

**PER SERVING (FOR 12):** 300 Cal; 15g Fat (3.5g Sat Fat); 15mg Chol; 320mg Sodium; 30g Carb; 2g Fiber; 2g Sugar; 11g Protein

### Mozzarella, Basil, and Watermelon Skewers

**GLUTEN-FREE** **VEGETARIAN**

**PER SKEWER:** 170 Cal; 15g Fat (6g Sat Fat); 25mg Chol; 110mg Sodium; 1g Carb; 0g Fiber; 1g Sugar; 7g Protein

## New & Now

### Dill Pickle Dip

**GLUTEN-FREE** **VEGETARIAN**

**PER 2 TBSP.:** 90 Cal; 8g Fat (5g Sat Fat); 25mg Chol; 160mg Sodium; 1g Carb; 0g Fiber; 1g Sugar; 1g Protein

### French Onion Butter

**GLUTEN-FREE**

**PER 2 TBSP.:** 120 Cal; 11g Fat (3.5g Sat Fat); 20mg Chol; 150mg Sodium; 0g Carb; 0g Fiber; 0g Sugar; 2g Protein

### Classic French Onion Dip

**VEGETARIAN**

**PER 2 TBSP.:** 110 Cal; 11g Fat (2g Sat Fat); 5mg Chol; 210mg Sodium; 2g Carb; 0g Fiber; 1g Sugar; 1g Protein