

HARVEYS

FREE
WITH CARD

FLAVOR

A MAGAZINE OF RECIPES
AND SEASONAL INSPIRATION

Time
for
Fall

28

RECIPES &
IDEAS FOR
SEASONAL
EATS

Easy
Tailgating
Appetizers

+
COUPONS
INSIDE!

Find this
bacon-wrapped
pork tenderloin on page 18.

SEPT/OCT 2017





IT'S THEIR FAVORITE FOR A REASON.



© 2017 AIPC. All Rights Reserved.

Your best recipes start with the best ingredients. So cook up one of your family's favorites with Mueller's Pasta, an American classic for 150 years and counting. For the Baked Cheddar & Swiss Mac and Cheese and other recipes, visit MuellersPasta.com/recipes

Flavors of Fall



The transition into fall is a beautiful time of year. The weather starts to cool down, there are pumpkin-flavored goodies on store shelves, and, of course, football season kicks off. So whether you're looking for a new, seasonally inspired dish, autumn party ideas, or weeknight meals to feed your family, we've got you covered.

With the school year in full swing, we've filled our regular "Fast Five" feature (page 13) with recipes that take less time than ever before. Our gooey grilled cheese with smoky bacon and sweet Gala apples comes together in just 10 minutes, and the shrimp primavera, which uses only one skillet, takes just 20—they're the perfect meal to put on the table after a long day.

Getting ready for the big game? Throw an epic party with appetizers like our slow cooker brisket sliders and potato bites three ways (page 22)—they're sure to score a touchdown with all your guests!

Finally, with Halloween right around the corner, we've got plenty of frightfully fun treats (page 26)! Check out our easy recipes for mummy dogs, spooky mini pizzas, and Death by Chocolate Graveyard Cupcakes. (They're more delicious than they are scary, we promise.)

We'd love to hear what you're cooking up this fall. Send us an email at 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.

Happy cooking!

—Ashley Lopez

PHOTOGRAPHS BY MICHELLE PAULSEN (ASHLEY); JOSEPH KELLER (HUMMUS); FOOD STYLING BY MONICA MARIANO; PROP STYLING BY SIERRA BASKIND

TRY THESE NOW!

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



1

Before I turn on the game, I'll be throwing our new spicy, cheesy **SE Grocers Classic Crust Pepperoni Pizza** (pictured, above) into the oven.

2

I can't wait to get an extra dose of fall veggies thanks to the **butternut squash fritters** on page 10.

3

The next time I host a gathering, I'll be trying our tip for **doctored-up hummus** on page 33 (pictured, left).

Let's Get Social!



facebook.com/harveys



@harveys1924



pinterest.com/harveysforme



@harveyssupermarket



Deliciously Dunkable.



Our SE Grocers Chocolate Sandwich Crème Cookies are perfect dunked in milk or enjoyed on their own. Made with rich chocolate and a creamy vanilla filling, they stack up in any taste test.

Exclusively at

BILO

HARVEYS

Winn/Dixie

What's Inside

Sept/Oct 2017



7 Ripe to Perfection
Make the most of in-season fruits and veggies



13 Fast Five
Five-ingredient dinners in as little as 10 minutes



18 Weeknight Wonders
Protein-packed family meals featuring fall's bounty



22 Party Planner
Hearty bite-sized appetizers perfect for game-day entertaining



26 Fresh Idea
Spook-tacular party treats



29 Community Ties
How our food rescue program eliminates waste and feeds your community



31 New & Now
Sweet new pumpkin treats, fun toast toppings, and more!



38 You Told Us
Your favorite ways to enjoy Halloween and all things autumn



Published by John Brown Media.
For advertising inquiries, please contact SEG@johnbrownmedia.com.

TRY THIS DELICIOUS

GAME TIME PAIRING:

7-LAYER CHILI DIP

INGREDIENTS

1 (8-ounce) package cream cheese, softened
½ cup milk
3 cups shredded Cheddar cheese
1 (15-ounce) can HORMEL® Chili No Beans, heated
1 cup shredded lettuce
½ cup sliced green onions
1 cup Pearls® Olives to Go!® Sliced Ripe Olives
½ cup chopped tomato
Crackers or chips, if desired

DIRECTIONS

1. In small bowl, blend together cream cheese, milk and 2 cups shredded cheese. Spread mixture onto large serving platter.
2. Spoon warm chili over cheese layer. Continue to layer remaining ingredients (lettuce, remaining cheese, onions, olives and tomatoes). Serve with crackers or chips for dipping.



Taste the Seasons

Not quite summer, not quite fall—this between-season time means double the cooking fun. These fruits and vegetables are perfect for weathering the changing temperatures, and are ripe and ready for enjoying today.

BUTTERNUT SQUASH



Just 1 cup of chopped butternut squash contains over 400 percent of your recommended daily dose of vitamin A! Plus this fall favorite is a rich source of beta-carotene (which promotes healthy skin). At the store, choose a squash that feels heavy for its size with a hard, smooth skin. Store it in a cool, dark place, where it will keep for up to 1 month.

TOMATOES



Whether they're raw or cooked, tomatoes are a great source of vitamin A and antioxidants like lycopene, which can help reduce the risk of cardiovascular disease. Store under-ripe tomatoes at room temperature, and stash fully ripe, peak-season ones in the fridge to prolong freshness (but let them come to room temperature before eating for optimal flavor).

BELL PEPPERS



Did you know a bell pepper's color is to thank for its varying health benefits? Go for green ones to protect your peepers (they're a good source of lutein, which keeps eyes healthy) and red ones to up your vitamin C. No matter the shade, choose firm, brightly colored peppers that feel heavy for their size and store them in a plastic bag in the fridge for up to 5 days.

GALA APPLES



Crisp and juicy, Gala apples are as delicious as they are nutritious. Packed with antioxidants, they're also a good source of fiber, which regulates digestion and helps you feel fuller longer. Store apples in the crisper drawer of your fridge, where they'll last for 2 to 3 weeks.



Italian Sausage, Tomato, and Egg Breakfast Skillet

SERVES 4 PREP 10 MIN.
 COOK 25 MIN.

- 12 oz. hot Italian sausage, casings removed
- 1 red bell pepper, halved, cored, and thinly sliced
- 1 yellow bell pepper, halved, cored, and thinly sliced
- 1 small onion, finely chopped
- 2 garlic cloves, thinly sliced
- ½ tsp. smoked paprika
- 1 pint cherry tomatoes, halved
- 1 cup canned crushed tomatoes
- Salt and pepper
- 4 large eggs
- 2 Tbsp. chopped fresh parsley
- 4 slices French bread, toasted

COOK sausage in a large skillet over medium-high, breaking apart with a wooden spoon, until browned and crumbled, about 5 minutes; transfer to a plate and set aside.

ADD peppers, onion, garlic, and paprika to skillet and cook over medium, stirring occasionally, until softened, about 5 minutes. Add cherry tomatoes and crushed tomatoes and cook, stirring occasionally, until thickened, about 5 minutes.

STIR sausage into skillet mixture and season with salt and pepper to taste. Reduce heat to medium-low. Using the back of a spoon, create 4 shallow indents in the sauce for the eggs.

CRACK an egg into each indent, cover skillet, and cook until egg whites are just set, 4 to 6 minutes. Sprinkle with parsley and serve with bread on the side.





Stuffed Bell Peppers with Shrimp and Grits

GLUTEN-FREE

👤 SERVES 4 TO 6 ⌚ **PREP 10 MIN.**

⌚ **COOK 25 MIN.**

- 4 bell peppers, any color
- 2 Tbsp. olive oil
- 3 cups low-sodium chicken broth
- 1 cup heavy cream or half-and-half
- 1 cup corn grits
- ½ cup shredded sharp white cheddar cheese
- Salt and pepper
- 1 (3-oz.) cooked Andouille sausage link, finely chopped
- 12 oz. peeled and deveined medium shrimp
- ½ cup light beer

- 4 Tbsp. unsalted butter
- 2 scallions, thinly sliced, white and green parts separated
- 1 tsp. Cajun seasoning

PREHEAT oven to 400°. Leaving stems intact, cut peppers in half lengthwise. Remove core and seeds and arrange peppers cut side up on a baking sheet. Brush peppers with 1 tablespoon oil and bake until almost tender, about 10 minutes.

COMBINE broth and cream in a medium saucepan and bring to a boil. Reduce heat to low, whisk in grits, and cook, whisking occasionally, until creamy, about 10 minutes. Stir in cheese and season with salt and pepper to taste; cover and set aside.

HEAT remaining 1 tablespoon oil in a large skillet over medium-high until shimmering. Add sausage and cook, stirring frequently, until browned, 3 to 5 minutes; transfer to a plate using a slotted spoon. Add shrimp and cook until cooked through, about 2 minutes per side; transfer to plate with sausage. Add beer, butter, scallion whites, and Cajun seasoning to skillet, reduce heat to medium, and cook, whisking constantly, until slightly thickened, 2 to 3 minutes. Add shrimp and sausage back to skillet and toss to coat.

SPOON grits evenly into peppers and top with shrimp-sausage mixture and scallion greens before serving.

Ripe to Perfection



Butternut Squash Hush Puppies

VEGETARIAN

MAKES 16 **PREP 15 MIN.**
COOK 20 MIN.

- 4 oz. peeled butternut squash, coarsely grated (1 cup)
- 1 shallot, finely chopped
- 1 large egg, beaten
- 1 Tbsp. plain yogurt or buttermilk
- 1 tsp. minced fresh thyme, plus more for serving
- Salt
- 1 cup cornbread mix
- 3½ cups vegetable oil
- Honey, for serving

STIR together squash, shallot, egg, yogurt, thyme, and ½ teaspoon salt in a large bowl. Add cornbread mix and stir until combined.

HEAT oven to warm. Add oil to a medium saucepan and heat to 350° over medium-high. Working in three or four batches, drop tablespoon-size portions of batter into oil and fry, turning occasionally, until golden brown and crisp, 2 to 3 minutes per batch.

TRANSFER hush puppies to a paper-towel-lined baking sheet using a slotted spoon and place in oven to keep warm. Repeat frying in oil with remaining batter, adjusting heat as needed to maintain 350°.

SPRINKLE hush puppies with salt and more thyme, and drizzle with honey before serving.



Caramel Apple Cheesecake

👤 SERVES 12 **🕒 PREP** 20 MIN.

🕒 COOK 1 HOUR 40 MIN. PLUS CHILLING TIME

CRUST

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

FILLING AND TOPPING

- 1 Tbsp. unsalted butter
- 2 lb. Gala apples (about 5), unpeeled, cored, and sliced into $\frac{1}{4}$ "-thick wedges
- 3 Tbsp. plus $\frac{1}{2}$ cup sugar
- $1\frac{1}{2}$ lb. cream cheese
- 1 cup sour cream
- 4 large eggs
- $\frac{3}{4}$ cup plus 2 Tbsp. caramel sauce, plus more for serving
- $\frac{1}{2}$ cup walnuts, toasted and chopped

FOR THE CRUST:

PREHEAT oven to 325°, with rack in the center. Combine graham cracker crumbs and sugar in a medium bowl, stir in melted butter, and mix well. Pack firmly into the bottom of a greased 9" springform pan and bake until edges begin to darken, about 8 minutes. Transfer pan to a wire rack and let cool completely.

FOR THE FILLING:

REDUCE oven temperature to 250°. Melt butter in a large nonstick skillet over medium. Add apples and 3 tablespoons sugar and cook, stirring frequently, until apples are browned and tender, about 10 minutes. Transfer to a plate and let cool completely.

COMBINE cream cheese, sour cream, and remaining $\frac{1}{2}$ cup sugar in a food processor and purée until smooth, 1 to 2 minutes. With processor running,

add eggs one at a time and purée until fully incorporated. Scrape down bowl of food processor with a rubber spatula, add $\frac{3}{4}$ cup caramel sauce, and purée to combine.

TO ASSEMBLE AND BAKE:

ARRANGE two-thirds of cooked apples in an even layer over crust. Pour filling over apples and smooth top with spatula. Drizzle remaining 2 tablespoons caramel sauce over top and bake until cake is set but center still jiggles slightly when shaken, about 1 hour and 15 minutes.

TRANSFER to a wire rack and let cheesecake cool completely. Once cool, refrigerate until chilled, about 4 hours. To serve, unmold cheesecake and arrange remaining one-third of cooked apples on top. Drizzle with more caramel sauce and sprinkle with nuts before serving.



The Perfect Crunch.



For our SE Grocers Chips, we select only potatoes at the peak of harvest, cook them in pure vegetable oil for an irresistibly crisp crunch, and season with incredible flavors to give you the perfect chip every time.

Exclusively at

BILO

HARVEYS

Winn/Dixie

Dinner in a Dash

Racing against the clock when it comes to weeknight dinners? Don't sweat it: These recipes use just five ingredients and come together in as little as 10 minutes!

10-Minute Harvest Grilled Cheese

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

- 8 slices Swiss cheese
- 8 slices white sandwich bread
- 1 Gala apple, halved, cored, and thinly sliced crosswise
- 4 slices cooked bacon, cut in half crosswise
- 8 thin slices deli turkey
- Salt and pepper
- 2 Tbsp. vegetable oil

DIVIDE 4 cheese slices over 4 slices of bread. Layer apple slices, bacon, turkey, and remaining 4 cheese slices on top. Season with salt and pepper, then top with remaining 4 slices of bread to form sandwiches.

HEAT oil in a large skillet over medium-high until shimmering. Add sandwiches and cook until crisp and golden on both sides, 2 to 3 minutes. Halve and serve.

Pair It!
Serve this sandwich with a side of SE Grocers Crinkle Cut Fries.



SE Grocers Sliced Swiss Cheese



SE Grocers Old Fashioned Round Top Bread



Gala Apple



Hickory Sweet Thick Sliced Bacon



Sliced Deli Turkey

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

20-Minute Skillet Shrimp Primavera

SERVES 4 **PREP 5 MIN.**
COOK 15 MIN.

- 12 oz. bowtie pasta
- 4¾ cups water
- 1½ tsp. salt
- 12 oz. raw peeled and deveined medium shrimp
- 8 oz. asparagus, ends trimmed and cut crosswise into 1" pieces
- ½ cup frozen peas
- ⅓ cup pesto

COMBINE pasta, water, and salt in a large nonstick skillet and bring to a boil. Reduce heat to medium and cook, stirring frequently, until pasta is almost tender, 10 to 12 minutes.

STIR in raw shrimp and asparagus and cook until pasta is tender, water is mostly absorbed, and shrimp are cooked through, about 5 more minutes. Stir in peas and pesto and serve.



Bowtie Pasta



Fisherman's Wharf Raw Shrimp



Asparagus



Southern Home Green Peas



Pesto



RAGÚ

STIR UP EASY SCHOOL NIGHT TRADITIONS

with delicious RAGÚ® meals



ELEVATE YOUR TAILGATE



GREAT BEER
GREAT RESPONSIBILITY®
©2017 COORS BREWING COMPANY, GOLDEN, CO



Pair It!

Pick up a jar of SE Grocers Traditional Pasta Sauce and serve it warm with the calzones.



Southern Home
Broccoli Florets



Lip Lickin'
Rotisserie Chicken



SE Grocers
Fancy Shredded 6 Cheese
Italian Blend



Alfredo Sauce



Pizza Dough

30-Minute Broccoli-Chicken Alfredo Calzones

SERVES 4 **PREP 10 MIN.**

COOK 20 MIN.

- 1 Tbsp. olive oil
- 3 cups frozen broccoli florets, thawed
- 2½ cups shredded rotisserie chicken (about ½ chicken)
- 1½ cups shredded Italian cheese blend (6 oz.)
- ½ cup jarred Alfredo sauce

Salt and pepper

1 lb. pizza dough, divided into 4 pieces

PREHEAT oven to 425°.

HEAT oil in a medium nonstick skillet until shimmering. Add broccoli and cook, stirring occasionally, until tender, about 5 minutes; transfer to a large bowl. Add chicken, cheese, and Alfredo sauce to bowl with broccoli, stir to combine, and season with salt and pepper to taste.

ROLL dough pieces on a lightly floured surface into 4 (7") rounds. Working with one round at a time, spoon a quarter of the broccoli mixture over top half of dough, leaving a ½" border. Pull bottom half of dough over to form a half-moon shape and crimp edges with fingers to seal. Repeat with remaining dough rounds and broccoli mixture.

TRANSFER calzones to a parchment-lined baking sheet and bake until puffed and lightly browned, 18 to 20 minutes.



Falling for Dinnertime

Warm up meaty mainstays like pork tenderloin, ground beef, and chicken drumsticks with the crisp, comforting flavors of autumn.



Bacon-Wrapped Pork Tenderloin with Maple-Roasted Sweet Potatoes

👤 SERVES 4 **🕒 PREP 10 MIN.**
🕒 COOK 30 MIN.

- 1 (1¼-lb.) pork tenderloin, trimmed
- Salt and pepper
- 8 slices bacon
- 2 lb. sweet potatoes, peeled and cut into ½" pieces
- 3 Tbsp. olive oil
- 2 Tbsp. maple syrup, plus more for serving
- 1 Tbsp. molasses
- 1 Tbsp. Worcestershire sauce
- 2 tsp. Dijon mustard
- Pinch ground nutmeg
- Pinch cayenne pepper

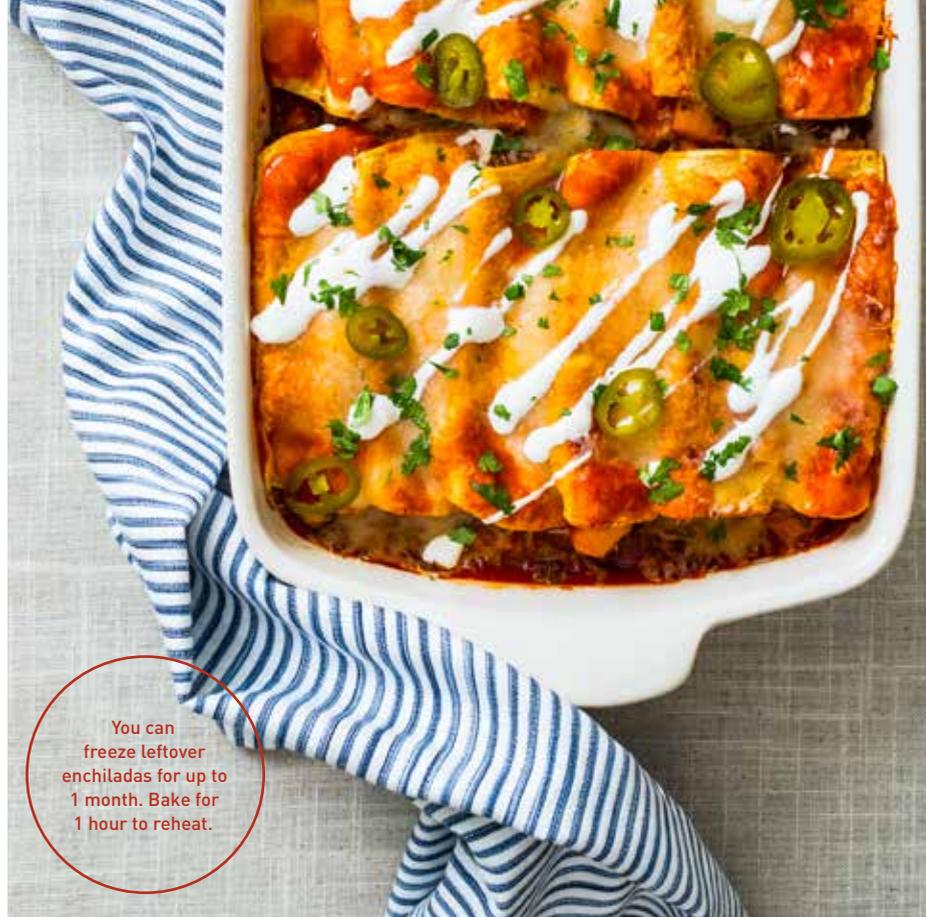
PREHEAT oven to 425°, with racks placed in upper-middle and lower-middle. Pat pork dry with a paper towel and season with salt and pepper.

WRAP bacon around tenderloin, overlapping slightly and tucking ends underneath. Transfer, seam-side-down, to a wire rack set over a foil-lined baking sheet.

TOSS sweet potatoes with oil and maple syrup and season with salt and pepper. Transfer to a parchment-lined baking sheet and place on the upper-middle oven rack. Place pork on the lower-middle rack and roast until center registers 140°, 20 to 25 minutes; remove from oven. Continue to roast sweet potatoes until tender and golden brown, about 5 more minutes.

WHISK molasses, Worcestershire, mustard, nutmeg, and cayenne in a small bowl. Brush mixture over tenderloin, return to upper-middle rack in oven, and broil until crisp, 2 to 3 minutes. Transfer to a cutting board and let rest 5 minutes.

SLICE pork tenderloin and arrange over plates with sweet potatoes. Serve with more maple syrup for drizzling.



You can freeze leftover enchiladas for up to 1 month. Bake for 1 hour to reheat.

Beef and Butternut Squash Enchiladas

👤 SERVES 4 TO 6 **🕒 PREP 20 MIN.**
🕒 COOK 35 MIN.

- 1 (15-oz.) can red enchilada sauce
- 1 Tbsp. vegetable oil
- 1 lb. butternut squash, peeled and cut into ½" pieces (about 3 cups)
- Salt and pepper
- 1 lb. ground beef
- 1 large onion, finely chopped
- 1 (1-oz.) packet taco seasoning
- 12 (6") soft corn tortillas
- 2 cups shredded Monterey Jack cheese (8 oz.)
- ½ cup sour cream
- 2 Tbsp. water
- ¼ cup pickled jalapeño slices
- ¼ cup chopped fresh cilantro

PREHEAT oven to 350°. Pour ½ cup enchilada sauce into a 9x13" baking dish.

HEAT oil in a large skillet over medium-high until shimmering. Add squash and cook, stirring occasionally, until just starting to soften, about 5 minutes; season with salt and pepper and transfer to a large bowl.

COOK beef, onion, and taco seasoning in skillet over medium-high, stirring with a spoon to break into crumbles, until beef is lightly browned and just cooked through, about 5 minutes. Drain grease and stir beef mixture into squash along with ½ cup enchilada sauce.

WRAP tortillas in a clean, damp kitchen towel and microwave until warm and softened, about 20 seconds.

DIVIDE beef mixture and 1½ cups cheese over tortillas, roll into tight cylinders, and transfer, seam-side-down, to prepared baking dish. Pour remaining ¾ cup enchilada sauce over top, brushing to cover tortillas.

COVER tightly with foil and bake until warmed through, about 20 minutes. Remove foil, sprinkle with remaining ½ cup cheese, and broil on top rack until browned, about 3 minutes.

WHISK sour cream with water and drizzle over enchiladas. Sprinkle with jalapeño slices and cilantro and serve.



Cornflakes are the secret ingredient to getting that fried-chicken crunch without all the fuss.

Oven-Fried Drumsticks with Garlic Mashed Potatoes and Saucy Green Beans

SERVES 4 **PREP 15 MIN.**

COOK 35 MIN.

- ½ cup yellow cornmeal
- 1 tsp. onion powder
- Salt and pepper
- 1 cup buttermilk
- 1½ cups finely crushed cornflakes
- ¼ cup grated Parmesan cheese
- ¾ tsp. poultry seasoning
- 8 large chicken drumsticks
- 1½ lb. russet potatoes, peeled and cut into ½" pieces
- 2 Tbsp. olive oil
- 2 garlic cloves, minced
- 1 cup half-and-half
- 1 (14.5-oz.) can Italian-style diced tomatoes
- 12 oz. green beans, trimmed

PREHEAT oven to 400°. Line a baking sheet with foil and transfer to oven.

COMBINE cornmeal and onion powder in a medium bowl with 2 teaspoons salt and 1 teaspoon pepper. Pour buttermilk into a second medium bowl. In a third bowl, stir together cornflakes, cheese, poultry seasoning, and 1 teaspoon pepper. Coat chicken in cornmeal mixture, dip into buttermilk, then roll into cornflake mixture.

REMOVE preheated baking sheet from oven and coat with cooking spray. Transfer chicken to baking sheet, coat with cooking spray, and bake until golden brown and cooked through, about 35 minutes.

COVER potatoes with 1" water in a large saucepan. Add 1 teaspoon salt and bring to a boil over high. Reduce heat

to medium and cook until tender, about 5 minutes; drain and set aside.

HEAT 1 tablespoon oil in a large saucepan over medium until shimmering. Stir in garlic and cook until fragrant, about 30 seconds. Add half-and-half and bring to a simmer. Remove from heat, add potatoes, and mash until creamy; season with salt and pepper to taste and cover to keep warm.

COMBINE tomatoes and remaining 1 tablespoon oil in a medium saucepan over medium until warm, about 5 minutes. Stir in green beans, cover, and cook until crisp-tender, about 10 minutes. Season with salt and pepper to taste and serve with chicken and mashed potatoes.

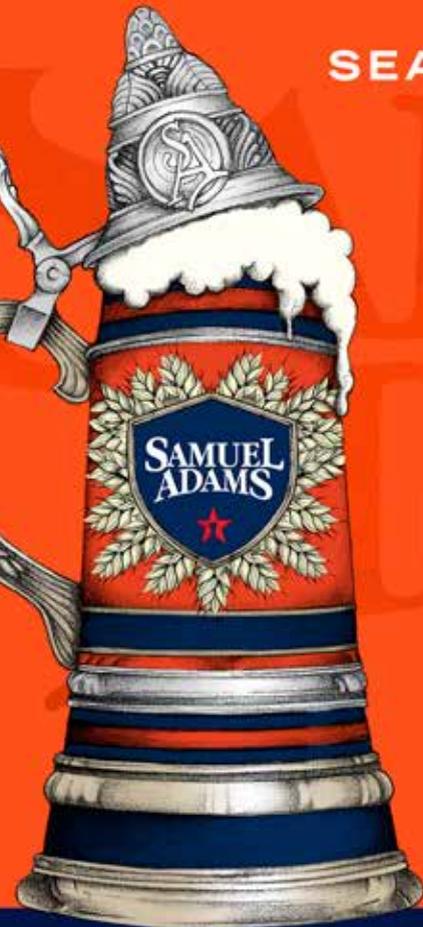
SINCE 1891
Hormel
PEPPERONI



serving
suggestion

**PEP
IT UP!**

© 2017 Hormel Foods, LLC



SEASONAL LIMITED RELEASE



SAMUEL ADAMS®

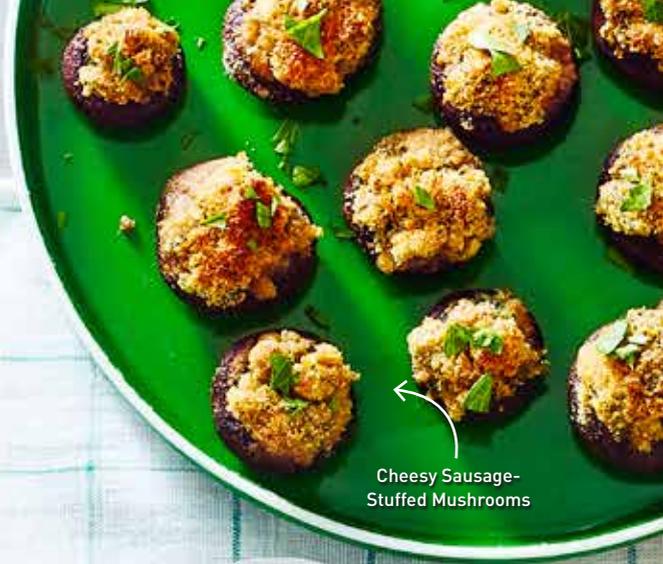
OCTOBERFEST

AMBER MÄRZEN WITH
CAMEL MALT NOTES



It's Game Time!

These bite-sized appetizers—featuring hearty ingredients like brisket, potatoes, and sausage—will help you kick off football season like a pro.



Cheesy Sausage-Stuffed Mushrooms



Mini Pepperoni Pizza, French Onion, and Nacho Cheese Potato Bites



PHOTOGRAPHS BY EMILY KATE ROEMER. FOOD STYLING BY MAGGIE RUGGIERO. PROP STYLING BY COURTNEY DE WET.



2

Slow Cooker Brisket Sliders



Pick up your tailgate favorites in store!
No tailgate is complete without our **1** Lip Lickin' Chicken Wings and our new **2** SE Grocers Classic Crust Pepperoni Pizza—you can find them in the deli or freezer section.



Slow Cooker Brisket Sliders with Red Cabbage Slaw

SERVES 12 ⌚ **PREP 20 MIN.**
⌚ **COOK 8 HOURS**

SLIDERS

- 3¼ lb. beef brisket, trimmed
- Salt and pepper
- 2 Tbsp. vegetable oil
- 1 large onion, halved and thinly sliced
- 2 Tbsp. chili powder
- 1 (14-oz.) can whole peeled plum tomatoes
- ½ cup water
- 3 Tbsp. Worcestershire sauce
- 3 Tbsp. molasses
- 2 (12-oz.) packs Hawaiian rolls, split

SLAW

- 3 Tbsp. red wine vinegar
- 1 Tbsp. vegetable oil
- 1 tsp. sugar
- 2 cups finely shredded red cabbage
- 1 Gala apple, halved, cored, and cut into thin matchsticks
- ½ red onion, halved and thinly sliced

FOR THE SLIDERS:

PAT beef dry with a paper towel and rub all over with 2 teaspoons salt and 2 teaspoons pepper. Heat oil in a large skillet over medium-high until just smoking. Add beef and cook until golden brown, 2 to 4 minutes per side; transfer to a large slow cooker.

ADD onion and chili powder to now-empty skillet and cook over medium, stirring often, until just softened, about 5 minutes. Stir in tomatoes (with juices), water, Worcestershire, and molasses, and bring to a simmer. Using a wooden spoon, crush tomatoes into small pieces.

TRANSFER tomato-onion mixture to slow cooker, cover, and cook on low until brisket is fork-tender, about 8 hours. Transfer brisket to a cutting board and roughly chop into bite-sized pieces; transfer to a large bowl. Place a colander over a second large bowl and pour tomato-onion mixture through it. Stir onions and 1 cup strained liquid into bowl with brisket and season with salt and pepper to taste.

FOR THE SLAW:

WHISK vinegar, oil, and sugar in a medium bowl until sugar is dissolved. Add cabbage, apple, and onion and toss

to coat; season with salt and pepper to taste. Divide brisket among rolls, top with slaw, and serve.

Cheesy Sausage-and-Spinach-Stuffed Mushrooms

MAKES 24 STUFFED MUSHROOMS
⌚ **PREP 15 MIN.** ⌚ **COOK 30 MIN.**

- 24 baby bella mushrooms (about 1 lb.)
- 2 Tbsp. olive oil
- Salt and pepper
- 8 oz. sweet Italian sausage, casings removed
- 2 shallots, finely chopped
- 2 garlic cloves, minced
- 1 cup frozen chopped spinach, thawed and drained
- ¼ cup breadcrumbs
- ¼ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 large egg, beaten
- 3 Tbsp. finely chopped fresh parsley

PREHEAT oven to 400°. Remove stems from mushroom caps and finely chop. Toss together mushroom caps, oil, 1 teaspoon salt, and 1 teaspoon pepper in a large bowl; set aside.

COOK sausage in a large nonstick skillet over medium-high, breaking apart with a wooden spoon, until browned and crumbled, 6 to 8 minutes; transfer to a medium bowl and set aside.

ADD chopped mushroom stems, shallots, and garlic to now-empty skillet and cook, stirring occasionally, until tender, about 5 minutes. Add to bowl with cooked sausage along with spinach, 2 tablespoons breadcrumbs, mozzarella, Parmesan, egg, and 2 tablespoons parsley and stir to combine. Spoon mixture evenly into mushroom caps and transfer to a baking sheet.

SPRINKLE tops with remaining 2 tablespoons breadcrumbs and bake until browned and crispy on top, about 20 minutes. Sprinkle with remaining 1 tablespoon parsley before serving.

Potato Bites Three Ways

SERVES 12 **PREP** 20 MIN.

COOK 50 MIN.

- 12 small red potatoes (about 3 oz. each)
- 3 Tbsp. plus 4 tsp. olive oil
- Salt and pepper

PREHEAT oven to 400°. On a large baking sheet, toss potatoes with 3 tablespoons oil and season with salt and pepper.

BAKE until fork-tender, about 35 minutes; transfer to a cutting board and let cool slightly. Increase oven to 425°.

CUT cooled potatoes in half lengthwise and hollow out flesh using a melon baller or small spoon, leaving a ¼" border all around. Return potato shells to baking sheet, cut side up, and brush tops evenly with remaining 4 teaspoons oil.

SPRINKLE with salt and pepper and bake until crispy and golden at the edges, 12 to 15 minutes. Continue recipe using chosen toppings at right.



Pick Your Flavor!

Pepperoni Pizza

Coarsely chop 1 pint **cherry tomatoes** and spoon evenly into the center of each **potato shell**. Sprinkle with 1¼ cups **shredded mozzarella cheese** and top with **pepperoni slices**. Broil on top rack until browned in spots, about 2 minutes. Sprinkle with **chopped fresh basil**.

French Onion

Finely chop a **large onion** and add to a medium skillet with 1 tablespoon **butter**. Cook over medium-low, stirring occasionally, until onions are sticky and caramelized, about 30 minutes. Sprinkle **potato shells** evenly with 1¼ cups **shredded Swiss cheese** and broil on top rack until browned in spots, about 2 minutes. Top with onions and sprinkle with **minced fresh thyme**.

Nacho Cheese

Sprinkle **potato shells** with 1¼ cups **shredded cheddar cheese** and broil on top rack until browned in spots, about 2 minutes. Top evenly with 1 cup **guacamole**, ¾ cup drained **pico de gallo salsa**, and chopped fresh **cilantro**.

++++



SPONSORED KEY INGREDIENT

Hormel
Original Pepperoni





No Tricks, Just Treats!

This Halloween, fill your party table with easy treats that are frightfully fun.



1 Mummy Dogs

Preheat oven to 375°. Unroll 1 (8-ounce) can **refrigerated crescent rolls**.

Separate dough at perforations to form four rectangles. Cut each rectangle crosswise into 10 strips and wrap around 36 **cocktail franks** to create a mummy effect (leave ½" from top unwrapped). Transfer to a greased baking sheet and bake until puffed and golden, 10 to 15 minutes. Let cool, then dot **mustard**

on unwrapped spaces to make eyes.

MAKES 36 mummy dogs

2 Assorted Mini Pizzas

Preheat oven to 400°. Unroll 2 (13.8-ounce) tubes **refrigerated pizza crust** and press each into a 12x8" rectangle. Using a 3" biscuit cutter, cut out eight rounds of dough from each rectangle and transfer to a baking sheet. Top with **pizza sauce, cheese,**

HOW-TO: Make Spooky Pizza Shapes!

For Mummies: Peel off strips of **string cheese** and layer over **dough** in a mummy-like pattern. Top with 2 **black olive slices** for eyes.

For Spiders: Scatter **shredded mozzarella cheese** over **sauced pizza dough** to form a web and top with 2 **black olive halves**. Arrange 8 thin olive slivers around olive halves to create a spider.

For Ghosts: Cut a ghost shape from a thin slice of **mozzarella cheese** and dot with minced **black olives** for eyes.



PHOTOGRAPH BY EMILY KATE ROEMER. FOOD STYLING BY MAGGIE RUGGIERO. PROP STYLING BY COURTNEY DE WET

and **black olives** and bake 10 to 12 minutes. **MAKES** 16 pizzas

3 Cauldron Dip

Preheat oven to 375°. Cut 1" off the top of 1 (16-ounce) loaf of **round pumpernickel bread** and hollow out the inside, leaving a ½" border all around; transfer to a baking sheet. Cut removed bread into 1" pieces, lightly toast in oven, and set aside for serving. Transfer 3 cups **spinach-**

artichoke dip to hollowed-out loaf, top with ¼ cup **grated Parmesan cheese**, and bake until heated through, about 30 minutes. Serve with **sliced carrots and bell peppers** and reserved bread cubes for dipping. **SERVES** 8 to 10

4 Death by Chocolate Graveyard Cupcakes

Prepare 24 chocolate cupcakes from 1 (15.25-ounce) box **chocolate cake mix**

and let cool. Frost cooled cupcakes with 1 (16-ounce) container **chocolate frosting** and decorate tops with **crushed chocolate crème sandwich cookies** and **gummy worms**. To make tombstones, split open 12 chocolate crème sandwich cookies, scrape out filling, and trim three sides off each cookie, leaving one rounded edge. Use an **icing pen** to write "R.I.P." on the cookies, then insert into cupcakes. **MAKES** 24 cupcakes





A Better Way To Start The Day.



Wake up to a better breakfast. SE Grocers Cereals are a tasty way to start any day, like our Frosted Flakes with golden, toasted flakes in every delicious spoonful. Free from preservatives, artificial flavors, and high fructose corn syrup, it's a better way to start your family's day.

Exclusively at

BILO

HARVEYS

Winn/Dixie

Fighting Hunger

Across our stores, we take pride in helping you provide wholesome and nutritious meals for your families. But our efforts extend beyond just your dinner tables. To date, Southeastern Grocers has donated over 174 million pounds of food to our local communities through our partnership with the national nonprofit Feeding America, which helps feed people in need. Read on to learn more about how our food rescue program is aiding in the fight against hunger.

Making a Difference

Through our partnership with Feeding America, our food rescue program's impact extends deep into our communities. We spoke with Dan Roun, a store manager, and Jayci Peters, a representative from Feeding Tampa Bay (a member of the Feeding America network), to learn more about the role grocery stores play—and the impact food rescue programs have—in helping to end food insecurity.

Dan Roun Southeastern Grocers

"In the grocery business, our jobs are to feed people. If we can feed people who are in great need of food, it makes our job even more important. We're sparing good, unsold food from landfills by donating to causes like Feeding America. We want customers to know that quality food is not going to waste."

Jayci Peters Feeding Tampa Bay

"Food donation programs like Southeastern Grocers' put more than just a meal on the table—they provide children with focus for school, give seniors strength, and bring families peace of mind. At Feeding Tampa Bay, our job is to find partners who are willing to take a leading role in helping our communities. Grocery stores take on that role by helping get food through food banks' doors and out into the community. Donations from Southeastern Grocers alone have helped us take a stand on hunger and move our mission forward."

Interviews have been edited and condensed.

Through our partnerships with **25** different Feeding America food banks, our stores have donated more than **174 million** pounds of food since **2005**.

HOW WE DONATE

Each week, our stores round up fresh produce, meat, bakery goods, frozen foods, and shelf-stable items that Feeding America food banks distribute to local communities. Here's how it works:



STEP 1

Three to four days a week, local Feeding America food banks pick up the food we've gathered to donate.



STEP 2

Next, the food bank brings the food to local partner agencies for distribution into local communities.



STEP 3

Once distributed, the food from our stores helps provide families with wholesome, nutritious meals needed for a balanced lifestyle.



NO
ARTIFICIAL
COLORS & FLAVORS
★

SE GROCERS

Prestige

REAL PREMIUM
ICE CREAM



Swirled with crunchy cinnamon
pie crust for an authentic taste

LIMITED EDITION

Exclusively at

BILO

HARVEYS

Winn/Dixie

New
&
Now

Pumpkin Perfection

It's finally here! We have pumpkin-flavored treats galore throughout our stores—including doughnuts, cupcakes, and cookies—so pick up all your favorites in this limited-time seasonal flavor while it lasts!

Pumpkin doughnut holes

White-chocolate chip pumpkin cookies

Pumpkin buttercream cupcakes

PHOTOGRAPHY BY JOSEPH VELLER, FOOD STYLING BY MONICA MARIANO,
PROP STYLING BY SIERRA BASKIND

Toast Time

Forget butter and jam. Liven up your morning (or anytime!) toast with these fun and filling toppings.



Strawberry-Walnut

Spread **whipped cream cheese** over **toast**. Top with a few **sliced strawberries**, **chopped toasted walnuts**, and a drizzle of **honey**.



Guacamole-Bacon

Spread **guacamole** over **toast**. Top with **cooked crumbled bacon** followed by a **fried egg**. Garnish with **chopped fresh cilantro** and drizzle with **hot sauce**.

A Sweet Tradition

The irresistible combo of apples and honey is a snack that works any time of year, but on the Jewish holiday of Rosh Hashanah (which this year begins at sunset on Sept. 20), the treat symbolizes hope for a sweet New Year. So pick up your favorite apple variety and some rich, golden honey, and let the celebrations begin!



Hack Your Hummus

Turn ready-made hummus (find it in the deli!) into an instant appetizer with some Italian-inspired mix-ins.



Tomato-Pesto Hummus

In a small bowl, mix together 1 (10-ounce) container **plain hummus** and 3 tablespoons store-bought **pesto**. Top with $\frac{1}{4}$ cup **halved cherry tomatoes** and 2 tablespoons **grated Parmesan cheese**. Serve with **crostini**.

Pro Tip:

To make crostini, grab a \$1 baguette from our bakery, cut it into $\frac{1}{2}$ "-thick slices, and toast until golden.



PB & C

Spread **peanut butter** over **toast**. Arrange **banana slices** on top and sprinkle with **mini chocolate chips**.



Pick up a loaf of **SE GROCERS OLD FASHIONED ROUND TOP BREAD**, and 5 cents will go toward Feeding America (learn more about the organization on page 29).



glutino[®]
always gluten free



GLUTEN FREE JOY FULL

feel good with every bite

available in select stores

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



Save when you Shop!

Check out these exclusive store coupons.



Buy any 2 Ragu,
SAVE \$1



SE GROCERS

Stuffed Crust Pizza.

SAVE \$1

when you buy one package

BI•LO HARVEYS Winn/Dixie

NO ARTIFICIAL FLAVORS

SE GROCERS

Naturally Aged, Naturally Delicious.

SAVE \$1

when you buy one package

BI•LO HARVEYS Winn/Dixie

NO ARTIFICIAL FLAVORS

ALWAYS GLUTEN FREE

glutino[®]
always gluten free

SE GROCERS

LIMITED EDITION

SAVE \$1

when you buy one carton

BI•LO HARVEYS Winn/Dixie

NO ARTIFICIAL COLORS & FLAVORS

KEEP IT REAL WITH A DEAL.

love, svol.

SE GROCERS

Naturally Aged, Naturally Delicious.

SAVE \$1

when you buy one package

BI•LO HARVEYS Winn/Dixie

NO ARTIFICIAL COLORS & FLAVORS

udi's
Gluten Free

FULL OF TASTE

FREE OF GLUTEN

SE GROCERS

The Perfect Crunch.

SAVE \$1

when you buy one bag

BI•LO HARVEYS Winn/Dixie

Store Coupon

8/30/17 - 10/24/17

\$1 off

**any one SE Grocers
Stuffed Crust Pepperoni Pizza**
32.7 oz. • **With card**



The following exclusions apply. Limit one coupon per transaction. Coupon must be presented at time of purchase. Plenti Card Required. Visit windixie.com/plenti to sign up or manage your account. Cannot be combined with any other Winn-Dixie in-store coupon. Excludes alcohol, tobacco, gift cards, money orders, postage stamps, pharmacy prescriptions, fees, FTD, charitable donations, Western Union, shipping, utility payments, fuel, service departments, vending machine, bottle deposits/refunds, tax, event tickets, prepaid products or lottery purchases.

BILO HARVEYS Winn/Dixie

Store Coupon

8/30/17 - 10/24/17

\$1 off

**any one SE Grocers
Sharp Cheddar Chunk Cheese**
8 oz. • **With card**



The following exclusions apply. Limit one coupon per transaction. Coupon must be presented at time of purchase. Plenti Card Required. Visit windixie.com/plenti to sign up or manage your account. Cannot be combined with any other Winn-Dixie in-store coupon. Excludes alcohol, tobacco, gift cards, money orders, postage stamps, pharmacy prescriptions, fees, FTD, charitable donations, Western Union, shipping, utility payments, fuel, service departments, vending machine, bottle deposits/refunds, tax, event tickets, prepaid products or lottery purchases.

BILO HARVEYS Winn/Dixie

Store Coupon

8/30/17 - 10/24/17

\$1 off

**any one Prestige
Grandma's Pumpkin Pie Ice Cream**
1.5 quart • **With card**



The following exclusions apply. Limit one coupon per transaction. Coupon must be presented at time of purchase. Plenti Card Required. Visit windixie.com/plenti to sign up or manage your account. Cannot be combined with any other Winn-Dixie in-store coupon. Excludes alcohol, tobacco, gift cards, money orders, postage stamps, pharmacy prescriptions, fees, FTD, charitable donations, Western Union, shipping, utility payments, fuel, service departments, vending machine, bottle deposits/refunds, tax, event tickets, prepaid products or lottery purchases.

BILO HARVEYS Winn/Dixie

Store Coupon

8/30/17 - 10/24/17

\$1 off

**any one SE Grocers
Reduced Fat Sliced Swiss Cheese**
6.67 oz. • **With card**



The following exclusions apply. Limit one coupon per transaction. Coupon must be presented at time of purchase. Plenti Card Required. Visit windixie.com/plenti to sign up or manage your account. Cannot be combined with any other Winn-Dixie in-store coupon. Excludes alcohol, tobacco, gift cards, money orders, postage stamps, pharmacy prescriptions, fees, FTD, charitable donations, Western Union, shipping, utility payments, fuel, service departments, vending machine, bottle deposits/refunds, tax, event tickets, prepaid products or lottery purchases.

BILO HARVEYS Winn/Dixie

Store Coupon

8/30/17 - 10/24/17

\$1 off

**any one SE Grocers
Sour Cream & Onion Potato Chips**
10 oz. **With card**



The following exclusions apply. Limit one coupon per transaction. Coupon must be presented at time of purchase. Plenti Card Required. Visit windixie.com/plenti to sign up or manage your account. Cannot be combined with any other Winn-Dixie in-store coupon. Excludes alcohol, tobacco, gift cards, money orders, postage stamps, pharmacy prescriptions, fees, FTD, charitable donations, Western Union, shipping, utility payments, fuel, service departments, vending machine, bottle deposits/refunds, tax, event tickets, prepaid products or lottery purchases.

BILO HARVEYS Winn/Dixie



Save when you Shop!

Check out these
exclusive store coupons.



VALID 8/30/17 - 10/24/17

Buy any 2 Ragú,
Save \$1

Some exclusions apply. No cash value. Limit one coupon per transaction at time of purchase. Cannot be combined with any other offer. Cannot be reproduced.

glutino
always gluten free

Manufacturer's Coupon | Expires 12.31.17

SAVE \$1.00

SAVE \$1.00 ON ANY ONE (1)
GLUTINO® PRODUCT

Retailer: Send to Boulder Brands USA, Inc.; INMAR Dept. #54100; One Fawcett Drive; Del Rio, TX 78840. Boulder Brands USA, Inc. will reimburse you for face value of this coupon plus 8¢ handling provided coupon is redeemed in accordance with our coupon redemption policy (available upon request). Cash value 1/100¢. Do not double. Consumer: One coupon per item purchased. Consumer pays sales tax. Void if reproduced, transferred, restricted or prohibited. ©2017 Boulder Brands USA, Inc.

evol.

Manufacturer's Coupon | Expires 12.31.17

SAVE \$1.00
ON THE PURCHASE OF ANY ONE
EVOL PRODUCT.

Retailer: Send to Boulder Brands USA, Inc.; INMAR Dept. #54100; One Fawcett Drive; Del Rio, TX 78840. Boulder Brands USA, Inc. will reimburse you for face value of this coupon plus 8¢ handling provided coupon is redeemed in accordance with Boulder Brands USA, Inc.'s coupon redemption policy (available upon request). Cash value 1/100¢. Do not double. Consumer: One coupon per item purchased. Consumer pays sales tax. Void if reproduced, transferred, restricted or prohibited. ©2017 Boulder Brands USA, Inc.



Manufacturer's Coupon | Expires 12.31.17

SAVE \$1.00
ON ANY ONE (1) UDI'S PRODUCT

Retailer: Send to Boulder Brands USA, Inc.; INMAR Dept. #54100; One Fawcett Drive; Del Rio, TX 78840. Boulder Brands USA, Inc. will reimburse you for face value of this coupon plus 8¢ handling provided coupon is redeemed in accordance with Boulder Brands USA, Inc.'s coupon redemption policy (available upon request). Cash value 1/100¢. Do not double. Consumer: One coupon per item purchased. Consumer pays sales tax. Void if reproduced, transferred, restricted or prohibited. ©2017 Boulder Brands USA, Inc.

Looking for Nutritional Information?



Nutritional information for all *Flavor* recipes is just a click away!

You Told Us

HAPPY FALL!

Your favorite ways to enjoy Halloween and all things autumn.



It's pumpkin season! What's your favorite pumpkin-flavored treat?

- #1 Pie
- #3 Muffins
- #2 Cheesecake
- #4 Cookies

FUNNIEST KIDS' COSTUMES?

- HOT DOG
- "CEREAL" KILLER
- A "SAND WITCH"
- BANANA

CANDY CORN IS YOUR

#1

FAVORITE HALLOWEEN CANDY!



"They are allowed one piece of candy a day, after quiet time, in the afternoon."

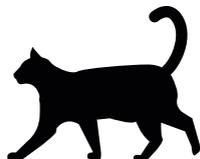
"When we get home, after I make sure it is safe!"



WHEN DO YOUR KIDS GET TO DIG INTO THEIR TRICK-OR-TREATING HAUL?

"We donate our Halloween candy to our local fire department."

"On Friday or Saturday evening, as a treat."



Email **SE Grocers Listens** at SEGrocerslistens@segrocers.com to share ideas, opinions, and experiences during your weekly shop!

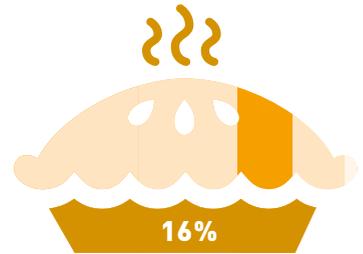
HOW DO YOU GET YOUR PUMPKIN PIE FIX?



I buy a pre-made pie from the supermarket bakery.



I make it myself, but use a pre-made pie crust.



I buy one from the freezer section of the supermarket.



I make it myself from scratch.



I don't serve pumpkin pie.



SEG CUSTOMER EXPERIENCE TRACKER CONDUCTED THIS SURVEY



Naturally Aged, Naturally Delicious.



When it comes to cheese, we take our time. SE Grocers new range of cheese is proudly crafted by an award-winning, family-owned producer. Unlike the leading national brand, our cheese is naturally aged for that unmistakable full, rich cheese flavor.

Exclusively at

BILO

HARVEYS

Winn/Dixie

STOCK UP FOR GAME DAY.

**BUD
LIGHT**
FOOTBALL



Nutritional Info

Sept/Oct 2017

Ripe to Perfection

Italian Sausage, Tomato, and Egg Breakfast Skillet

PER SERVING: 420 Cal; 18g Fat (6g Sat Fat); 210mg Chol; 920mg Sodium; 41g Carb; 7g Fiber; 16g Sugar; 22g Protein

Stuffed Bell Peppers with Shrimp and Grits

GLUTEN-FREE

PER SERVING (FOR 6): 600 Cal; 35g Fat (18g Sat Fat); 215mg Chol; 1340mg Sodium; 45g Carb; 5g Fiber; 6g Sugar; 26g Protein

Butternut Squash Hush Puppies

VEGETARIAN

PER 4 HUSHPUPIES: 310 Cal; 17g Fat (1.5g Sat Fat); 45mg Chol; 540mg Sodium; 37g Carb; 1g Fiber; 9g Sugar; 5g Protein

Caramel Apple Cheesecake

PER SERVING: 490 Cal; 35g Fat (18g Sat Fat); 155mg Chol; 310mg Sodium; 39g Carb; 2g Fiber; 20g Sugar; 8g Protein

Fast Five

10-Minute Harvest Grilled Cheese

PER SERVING: 510 Cal; 30g Fat (13g Sat Fat); 75mg Chol; 850mg Sodium; 32g Carb; 2g Fiber; 10g Sugar; 28g Protein

20-Minute Skillet Shrimp Primavera

PER SERVING: 520 Cal; 9g Fat (1.5g Sat Fat); 185mg Chol; 980mg Sodium; 72g Carb; 6g Fiber; 6g Sugar; 34g Protein

30-Minute Broccoli-Chicken Alfredo Calzones

PER SERVING: 590 Cal; 22g Fat (10g Sat Fat); 120mg Chol; 1300mg Sodium; 51g Carb; 3g Fiber; 6g Sugar; 48g Protein

Weeknight Wonders

Bacon-Wrapped Pork Tenderloin with Maple-Roasted Sweet Potatoes

PER SERVING: 530 Cal; 21g Fat (5g Sat Fat); 70mg Chol; 830mg Sodium; 57g Carb; 7g Fiber; 19g Sugar; 29g Protein

Beef and Butternut Squash Enchiladas

PER SERVING (FOR 6): 480 Cal; 21g Fat (10g Sat Fat); 90mg Chol; 1340mg Sodium; 47g Carb; 7g Fiber; 12g Sugar; 28g Protein

Oven-Fried Drumsticks with Garlic Mashed Potatoes and Saucy Green Beans

PER SERVING: 710 Cal; 35g Fat (12g Sat Fat); 135mg Chol; 1360mg Sodium; 68g Carb; 8g Fiber; 12g Sugar; 34g Protein

Party Planner

Slow Cooker Brisket Sliders with Red Cabbage Slaw

PER 2 SLIDERS: 440 Cal; 20g Fat (6g Sat Fat); 75mg Chol; 630mg Sodium; 37g Carb; 2g Fiber; 13g Sugar; 27g Protein

Cheesy Sausage-and-Spinach-Stuffed Mushrooms

PER 2 STUFFED MUSHROOMS: 100 Cal; 6g Fat (2g Sat Fat); 25mg Chol; 200mg Sodium; 5g Carb; 1g Fiber; 1g Sugar; 6g Protein

Pepperoni Pizza Potato Bites

PER SERVING: 150 Cal; 8g Fat (2.5g Sat Fat); 10mg Chol; 170mg Sodium; 15g Carb; 2g Fiber; 2g Sugar; 6g Protein

French Onion Potato Bites

PER SERVING: 160 Cal; 9g Fat (3.5g Sat Fat); 15mg Chol; 25mg Sodium; 16g Carb; 2g Fiber; 3g Sugar; 5g Protein

Nacho Cheese Potato Bites

PER SERVING: 180 Cal; 11g Fat (4g Sat Fat); 15mg Chol; 260mg Sodium; 17g Carb; 2g Fiber; 3g Sugar; 5g Protein

Fresh Idea

Mummy Dogs

PER 3 MUMMY DOGS: 180 Cal; 14g Fat (6g Sat Fat); 20mg Chol; 470mg Sodium; 8g Carb; 0g Fiber; 1g Sugar; 6g Protein

Assorted Mini Pizzas

PER PIZZA: 160 Cal; 3.5g Fat (1.5g Sat Fat); 5mg Chol; 500mg Sodium; 25g Carb; 1g Fiber; 4g Sugar; 7g Protein

Cauldron Dip

PER SERVING (FOR 10): 250 Cal; 11g Fat (5g Sat Fat); 25mg Chol; 660mg Sodium; 26g Carb; 3g Fiber; 0g Sugar; 10g Protein

Death by Chocolate Graveyard Cupcakes

PER CUPCAKE: 220 Cal; 11g Fat (2.5g Sat Fat); 25mg Chol; 180mg Sodium; 30g Carb; 1g Fiber; 21g Sugar; 2g Protein