What’s on your menu this fall?
Great ideas!
Weekly family meal plan
Lunchbox lunches for grown-ups
The chocolate chip cookie throw-down

EVERYBODY COOKS®
on TV Monday,
September 5,
7:30 p.m.
KMOV-TV
Channel 4
**Dierbergs’ family meal solutions for a busy fall**

As a father, son and brother, I have definitely learned the traditions and values of having a family dinner. Looking back on my childhood, I remember all the stories and laughter we shared at our dinner table. Sharing a meal brought us together. It was important to my family back then, and it’s still important to all of us today.

At Dierbergs, we know you’re searching for healthy and satisfying meals to serve your family. We want to make your experience in the kitchen and at the dining table full of lasting memories and, of course, great food.

To help, we have a week’s worth of family meal suggestions. Quick. Easy. Delicious. A couple of our suggestions even make two meals out of one. How simple is that?

Let us help with delicious recipes and time-saving suggestions to make family meals that will create your own lasting memories.

From the Dierberg family to yours.

---

**We want to make your experience in the kitchen and at the dining table full of lasting memories and, of course, great food...”**

---

**Greg Dierberg**

---

**Recipe Index**

**APPETIZERS/DRINKS**
- Candy Corn Punch
- Smoked Gouda Cheese Straws
- Sticky Bat Wings

**DESSERTS**
- Every-Night Apple Crisp
- Maple Ginger Cookies
- Pumpkin & Stout Bread Pudding
- Southwestern Chocolate Chip Cookies
- Trick or Treat Cake

**ENTRÉES**
- Chilaquiles Casserole
- Skillet Chicken Tetrazzini

**SIDES/SALADS**
- Caprese Eyeballs
- Cheese ’n Chives
- Smashed Red Potatoes

**SOUPS/SANDWICHES**
- Chutney, Chicken, & Cheese Sandwich
- Italian Chicken Soup
- Marbled Beef and Blue Sandwich

**MISCELLANEOUS**
- Grilled Cheese Croutons
- Make-Ahead Angel Rolls
- Porter Sauce
- Stout Caramel Sauce

**RECIPE INDEX**

**APPETIZERS/DRINKS**
- Candy Corn Punch
- Smoked Gouda Cheese Straws
- Sticky Bat Wings

**DESSERTS**
- Every-Night Apple Crisp
- Maple Ginger Cookies
- Pumpkin & Stout Bread Pudding
- Southwestern Chocolate Chip Cookies
- Trick or Treat Cake

**ENTRÉES**
- Chilaquiles Casserole
- Skillet Chicken Tetrazzini

**SIDES/SALADS**
- Caprese Eyeballs
- Cheese ’n Chives
- Smashed Red Potatoes

**SOUPS/SANDWICHES**
- Chutney, Chicken, & Cheese Sandwich
- Italian Chicken Soup
- Marbled Beef and Blue Sandwich

**MISCELLANEOUS**
- Grilled Cheese Croutons
- Make-Ahead Angel Rolls
- Porter Sauce
- Stout Caramel Sauce

---

**Southwest Beef Roast**

2 tablespoons chili powder  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
2 Dierbergs sirloin tip Angus beef roasts (about 2 pounds each)  
2 to 3 teaspoons Dierbergs vegetable oil  
1 can (14.5 ounces) Dierbergs petite diced tomatoes  
1 can (4.4 ounces) chopped green chiles  
1 cup diced onion  
2 tablespoons cornstarch, dissolved in 1/4 cup cold water

In small bowl, combine chili powder, cumin, and salt. Sprinkle 2 teaspoons of the spice mixture over roasts; reserve remaining spice mixture. In large skillet, heat oil over medium-high heat. Add roasts, cook until browned on all sides, about 4 minutes. Transfer roasts to 5- to 6-quart slow cooker. In medium bowl, combine tomatoes, green chiles, onion, and reserved spice mixture; pour over roasts. Cover and cook until meat is tender, about 6 to 8 hours on low heat setting, or for 4 to 5 hours on high heat setting.

Remove roasts; cover and let stand 15 minutes. Stir cornstarch mixture into hot liquid in slow cooker. Cook on high heat setting stirring frequently until slightly thickened, about 15 minutes. Slice one of the roasts; serve with sauce and noodles.

*Use two forks to shred the remaining roast (you need 4 cups shredded beef) and reserve for Chilaquiles Casserole (recipe on page 4). Makes 6 servings.

**Prep Time:** 10 minutes  
**Cook Time:** 4 to 5 hours on high heat setting (or 6 to 8 hours on low heat setting)  
**Yield:** 6 servings

---

**Marbled Beef and Blue Sandwich**

- Chutney, Chicken, & Cheese Sandwich
- Italian Chicken Soup
- Marbled Beef and Blue Sandwich

*Per serving (without noodles): Calories 216  
Protein 31 g  
Fat 5 g  
Carbohydrate 9 g  
Cholesterol 70 mg  
Fiber 2 g

---

**Everybody Cooks®** is published quarterly and distributed free to all customers of Dierbergs Markets, Inc.  
© 2021 Dierbergs Markets, Inc.

---

**As a father, son and brother, I have definitely learned the traditions and values of having a family dinner. Looking back on my childhood, I remember all the stories and laughter we shared at our dinner table. Sharing a meal brought us together. It was important to my family back then, and it’s still important to all of us today.**
what’s for dinner...this week

MONDAY

Italian Chicken Soup

2 tablespoons Dierbergs olive oil
1/3 cup chopped onion
2 cloves garlic, minced
1 teaspoon dried oregano
2 cups cooked and cubed chicken
2 cups (15 ounces) cannellini beans, rinsed and drained
1 package (5 to 6 ounces) baby spinach, coarsely chopped
Salt and freshly ground black pepper

In large saucepan or Dutch oven, heat olive oil over medium-high heat. Add onion, garlic, and oregano; cook stirring often until onion wilts, about 2 to 3 minutes. Add chicken, stock, and tomato; bring to a boil. Add beans; reduce heat and simmer stirring occasionally for 5 minutes. Add spinach, salt, and pepper. Ladle into serving bowls. Sprinkle parmesan over top. Makes 6 servings.

Per serving: Calories 232 ❖ Carbohydrate 13 g ❖ Cholesterol 47 mg

READY IN 30 MINUTES

TUESDAY

Chilaquiles Casserole

10 white corn tortillas
4 cups cooked and shredded Southwest Beef Roast (recipe on page 3)
1 can (15 ounces) black beans, rinsed and drained
1 can (14.5 ounces) Dierbergs petite diced tomatoes, drained
1/2 cup Dierbergs frozen corn, thawed
1 jar (16 ounces) salsa verde
1 package (7 to 8 ounces) finely shredded 2% Mexican-style cheese
Light dairy sour cream (optional)

Chilaquiles (chee-la-KEE-lehs) is Mexico’s version of lasagna. Layer the rest of Sunday’s shredded beef (recipe on page 3), vegetables, salsa, and cheese for a satisfying meal-in-one.

Place 5 tortillas in bottom of 9x13-inch baking dish that has been lightly coated with no-stick cooking spray. In large bowl, combine shredded beef, beans, tomatoes, and corn. Place half of the meat mixture over tortillas; top with 1 cup of the salsa verde and 1 cup of the cheese. Repeat layers. Cover and bake in 375°F oven for 45 minutes. Uncover and bake until center is bubbly and cheese is lightly browned, about 5 to 10 minutes. Serve with sour cream, if desired. Makes 8 servings.

Per serving: Calories 262 ❖ Fat 9 g ❖ Cholesterol 47 mg ❖ Carbohydrate 13 g ❖ Fiber 4 g ❖ Protein 22 g

READY IN 30 MINUTES

WEDNESDAY

Skillet Chicken Tetrazzini

2 tablespoons Dierbergs butter
1 package (8 ounces) sliced baby bella mushrooms
2 cloves garlic, minced
1 can (14 ounces) reduced-sodium chicken broth
1 cup water
1 tablespoon dry sherry
8 ounces Dierbergs spaghetti, broken in half
2 cups cooked and cubed chicken or turkey (see sidebar on page 4)
1 tablespoon minced fresh parsley
1/2 teaspoon coarse salt
1/4 teaspoon crushed dried sage
1/2 teaspoon minced fresh rosemary, OR
3 cups cubed butternut squash, coarsely chopped

These are rich, creamy, and quick to fix. Place potatoes in large saucepan; cover with cold water. Bring to a boil over medium-high heat. Reduce heat and simmer until tender, about 8 to 10 minutes. Drain well. In a medium glass measure, combine milk and butter. Microwave (high) for 30 seconds or until warm. Pour over potatoes; smash with potato masher until well mixed. Add cream cheese; stir until well mixed. Sprinkle chives over top and season with salt and pepper. Makes 4 servings.

Per serving: Calories 287 ❖ Cholesterol 89 mg ❖ Carbohydrate 12 g ❖ Fat 4 g ❖ Protein 1 g

READY IN 30 MINUTES

THURSDAY

Roasted Butternut Squash

3 cups cubed butternut squash
1/2 teaspoon minced fresh rosemary, OR
1/4 teaspoon crushed dried thyme
1/2 teaspoon salt

Great with pork chops, this quick and colorful side couldn’t be easier. Pre-cut squash and a few simple pantry ingredients are all you need.

Place squash on foil-lined jellyroll pan that has been lightly coated with no-stick cooking spray. Drizzle with olive oil and season with rosemary, salt, and pepper; toss until well mixed. Spread squash into single layer. Roast in 375°F oven, stirring halfway through cooking time, until tender and lightly browned, about 12 to 15 minutes. Makes 4 servings.

Per serving: Calories 77 ❖ Fat 4 g ❖ Cholesterol 0 mg ❖ Carbohydrate 3 g ❖ Fiber 1 g ❖ Protein 1 g
what’s for dinner...this week

Seasoned with Italian herbs and topped with a tangy citrus pan sauce, these turkey fillets are simply sensational. Dress up quick-cooking couscous with colorful veggies for a last-minute side.

Meanwhile, place skillet with drippings and add vegetables; cook stirring often until browned, about 2 minutes per side. Meanwhile, place skillet with drippings and add vegetables; cook stirring often until browned, about 2 minutes per side.

Keep Fresh Packaged Turkey Fillets

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

Pastries

Angel Rolls

Angel Rolls

Every-Night Apple Crisp

Every-Night Apple Crisp

FILLING In large bowl, combine all filling ingredients; stir until well mixed. Pour into 8-inch square baking dish that has been lightly coated with no-stick cooking spray. Topping In medium bowl, combine flour, oats, brown sugar, nuts, apple pie spice, and salt until well mixed. Add butter; stir until mixture resembles coarse crumbs. Crumble evenly over apples. Bake in 350°F oven until topping is brown and filling is bubbly, about 30 to 35 minutes. Serve warm with vanilla ice cream.

Keep Fresh Packaged Turkey Fillets

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.

Turkey Breast Fillets

Turkey Breast Fillets with Orange Sauce

2 Dierbergs turkey breast fillets (about 1 pound each)

2 Dierbergs turkey breast fillets (divided)

Rub 1 teaspoon of the Italian seasoning over turkey and Couscous.
what’s for dinner...this week
(continued from page 7)

Short on time?
These two easy recipes, with
our kitchen side dishes, can
stand in any day.

Turkey Breast Scampi
Cut turkey breast fillet into
8 medallions. Season as desired.
Sear both sides of meat in 1 table-
spoon of Scampi Butter over
medium-high heat. Add White Wine
Lemon Butter Sauce to skillet, reduce
heat, cover and cook until
meat has an internal temperature
of 165°F. Remove turkey
medallions, toss hot cooked
pasta with sauce. Steam
Vegetable Medley and top with
dollop of Scampi Butter.

Creamy Tomato Soup
The classic Grilled Cheese and Tomato
Soup goes portable!

1 tablespoon Dierbergs butter
1 cup finely diced onion
2 cloves garlic, minced
1 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon hot pepper sauce
1 can (28 ounces) crushed tomatoes
1 can (14 ounces) Dierbergs tomato sauce
1 cup half-and-half
Grilled Cheese Croutons (recipe follows)

In large saucepan, melt butter over
medium-high heat. Add onion, garlic,
basil, salt, pepper, and hot pepper sauce;
cook stirring often until onion wilts, about
2 to 3 minutes. Add tomatoes and tomato
sauce; bring to a boil. Reduce heat and
simmer stirring occasionally for 10 minutes.
Use immersion blender to purée mixture,
or transfer mixture to work bowl of food
processor fitted with steel knife blade;
process until puréed. Return to pan; stir
in half-and-half; cook until heated through.

Ladle into serving bowls. Sprinkle Grilled
Cheese Croutons over top.

Makes 5 servings
Per serving:
Calories 302 ❖
Fat 16 g ❖
Cholesterol 42 mg ❖
Sodium 837 mg ❖
Carbohydrate 36 g ❖
Fiber 5 g ❖
Protein 9 g ❖

Grilled Cheese Croutons
2 tablespoons Dierbergs butter, softened
½ teaspoon dried basil
4 slices Dierbergs Bakery artisan bread or
French baguette
¼ cup Dierbergs finely shredded cheddar
cheese

In small bowl, stir together butter and
basil. Spread over both sides of bread
slices; place on parchment-lined baking
sheet. Broil 6 inches from heat source until
lightly toasted, about 1 minute per side.
Sprinkle cheese over top; broil until
cheese melts, about 30 seconds. Cool
slightly before cutting into 1-inch squares.
Sprinkle over Creamy Tomato Soup.

Makes about 36 croutons

Idea:
Italian Chicken Soup
(recipe on page 4) is just as
delicious for lunch as it is
for dinner. When you’re
making the soup, set aside
a portion or two minus
the spinach. Pack soup
and spinach separately
so it’s bright and fresh
tasting when you
reheat it for lunch.

(cont. on page 10)
Carbohydrate 42 g
Cholesterol 40 mg

Try a free sample in our Deli today!

– Over 25 Eat Hearty  heart-healthy choices
– Only premium whole cuts
– No MSG, gluten, soy or artificial ingredients
– All our hams are natural juice (no water added)
– All our deli meats are at least 95% fat-free
– All our beef is USDA Choice

Know the Facts
national brands with exceptional value. Check it

Great Sandwiches Start with
Premium Meats
Dierbergs Signature Deli Meats stack up to
national brands with exceptional value. Check it
out and compare!

Supermarket

Swap Your
Sandwich Add-Ons

Mayo, mustard, pickles…yawn!
Spread the bread with a little hummus, chutney, or apple butter instead. Or, mix mayo with a little pesto, smoked paprika, or chipotle puree to keep things interesting. Ditch the lettuce for fresh arugula or spinach leaves. Forget the pickles and tuck in thin apple or pear slices, roasted red peppers, jared jalapenos, or sliced fresh cucumbers for a change.

Maple Ginger Cookies
These moist, cake-like cookies taste like a big bite of fall! Tuck a few into your lunchbox for a very special treat.

Maple Glaze


In medium bowl, stir together flour, baking soda, salt, and spices; set aside. In a large mixer bowl, beat butter and sugars at medium speed until light and fluffy. Add egg, buttermilk, and syrup, beat at low speed until well mixed (mixture may look curdled). Add flour mixture, beat at low speed just until combined.

Drop dough 1 heaping tablespoon at a time onto parchment-lined baking sheets, about 2 inches apart. Bake in 375°F oven until edges are lightly browned, about 10 to 12 minutes. Cool completely on wire racks.

Using small spoon, drizzle Maple Glaze over cookies. Leave uncovered until Glaze is set. Store in airtight container. Makes about 2 dozen

Per cookie: Calories 153  Fat 4 g  Cholesterol 19 mg  Sodium 138 mg  Carbohydrate 23 g  Fiber 1 g  Protein 2 g

TIP If desired, 1 1/2 teaspoons pumpkin pie spice or apple pie spice may be substituted for the individual spices.

Maple Glaze

1/2 cups Dierbergs powdered sugar
1/2 cup pure maple syrup

In medium bowl, stir together powdered sugar and syrup until smooth. Makes 1 cup

(continued from page 9)

Marbled Beef and Blue Sandwich
Lunch will never be the same once you sink your teeth into our updated version of the classic roast beef and cheese sandwich.

2 slices marbled eye bread
1 tablespoon spicy brown mustard
4 ounces thinly sliced Dierbergs Signature Angus Roast Beef
2 slices (1 ounce each) Dierbergs marbled Monterey Blue Cheese
12 baby spinach leaves
2 pieces roasted red bell pepper, well drained

Spread cut sides of bread slices with mustard. Layer roast beef and cheese over mustard side of one bread slice; top with remaining bread slice mustard-side down. Wrap sandwich in plastic wrap. Place spinach and roasted bell pepper in resealable plastic bag. Refrigerate sandwich and toppings until ready to place in lunch bag. Add spinach and roasted bell pepper to sandwich just before eating.

Per sandwich: Calories 321  Fat 9 g  Cholesterol 110 mg  Sodium 1195 mg  Carbohydrate 33 g  Fiber 2 g  Protein 23 g

(continued from page 10)

Chutney, Chicken, and Cheese Sandwich
We tucked in crisp apple slices to give this light and satisfying sandwich a little extra crunch.

1 honey wheat Sandwich Thins® roll
(Arnold)
1 tablespoon Major Grey’s chutney
2 ounces thinly sliced Dierbergs Signature
Oven Roasted Chicken Breast
1 slice (1 ounce) smoked gouda cheese
4 thin slices apple
1 red lettuce leaf

Spread cut side of bottom half of Sandwich Thins roll with chutney. Layer chicken and cheese over chutney; top with remaining bread slice mustard-side down. Wrap sandwich in plastic wrap. Place spinach and roasted bell pepper in resealable plastic bag. Refrigerate sandwich and toppings until ready to place in lunch bag. Add apple and lettuce to sandwich just before eating.

Per serving: Calories 289  Fat 8 g  Cholesterol 120 mg  Sodium 651 mg  Carbohydrate 38 g  Fiber 3 g  Protein 23 g

(continued on page 12)
Salads

Salads are a great way to re-style leftovers. Start with a bed of greens. Add chopped, slivered, or shredded cooked meat, assorted fresh or roasted vegetables, and a splash of low-fat dressing for a light but satisfying lunch.

Idea: Re-Styled Southwest Salad
Start with a wedge of iceberg lettuce, and put slivered red onion, grape tomatoes, black beans, and corn in a small plastic container. Pack a portion of our shredded Southwest Beef Roast (recipe on page 3) and a few tortilla strips separately. For dressing, mix individual packets of ranch dressing and guacamole, or add a little salsa. Assemble just before lunch.

Idea: Re-Styled Turkey and Couscous Salad
Start with a portion of Turkey Breast Fillet with Orange Sauce and Couscous (recipe on page 6) omitting the sauce. Chop the turkey and mix it with the couscous along with some mandarin orange segments and sliced green onion. Toss with a splash of orange juice and a drizzle of olive oil. Top with toasted slivered almonds or sesame seeds.

What’s For Lunch?

You’ll save money, time, calories, and always have something delicious for lunch when you have a plan. It’s really not difficult!

Pack quickly by setting aside space to store lunch-making supplies, like plastic bags, containers with lids, and lunch boxes. A lunch shelf in the fridge and/or pantry makes it easy for everyone to grab and go.

Take 20 minutes one day each week to assemble lunch box add-ins. Cut a week’s worth of veggie sticks or grape clusters, tuck into plastic bags, and stash in the fridge. Do the same with ½ cup portions of nuts or dried fruit, 1-ounce handfuls of chips or pretzels, or other take-alongs.

Re-style last night’s dinner into a satisfying lunch. (See salad ideas.)

Pack a little extra protein with individually-wrapped cheese sticks or rounds.

Add color, crunch, or both to salads and yogurt with sunflower seeds, raisins, dried cranberries or crisp tortilla strips.

Add a healthy crunch with cool, crisp vegetables. Try cauliflower slices, cucumber or zucchini spears, jicama sticks, bell pepper strips, and tiny tomatoes.

Take a dip to keep plain veggies from being just too…plain. Just keep portions small and watch out for empty calories. High-protein peanut butter and hummus, fat-free ranch dressing mixed with a little salsa, or zero-calorie salt-free seasonings keep things interesting and delicious.

Dierbergs Kitchen Salad-To-Go

Many freshly prepared choices, conveniently packaged in our produce department.

NEW this fall: Harvest Butternut Squash Salad with Craisins and Walnuts

---

Dierbergs signature boxed lunches

You’re going to love what’s in the box. Premium sandwiches and delicious soups, salads and sides, made from scratch with fresh wholesome ingredients. Enjoy fresh-baked gourmet breads. Dierbergs signature deli meats, made from pure premium whole cuts and fresh, award-winning cheeses. Did we mention huge, moist Triple Chocolate Chunk Cookies? Enjoy the best of our best!

FIVE BOXED LUNCH STYLES.

More than 50 fresh choices! Starting at $8.99.

1. Classic Boxed Lunches
   (Includes Sandwich, Side Salad, Chips and Dessert)…$8.99 each

2. Bistro Boxed Lunches
   (Includes Bistro Sandwich, Gourmet Side Salad, Chips and Dessert)…$11.99 each

3. Entrée Salad Boxed Lunches
   (Includes Entrée Salad, Triple Berry Whole Grain Muffin and Dessert)…$9.49 each

4. Lite-Side Boxed Lunches
   (Under 600 calories)
   (Includes Skinny Sandwich, Vegetable Crudités with Dip and Fresh Fruit)…$8.99 each

5. Pick-Two Combo Boxed Lunches
   (Choice of Two: 1/2 Sandwich, Entrée Salad or Soup, plus Chips and Dessert)…$9.99 each

All orders are conveniently packaged individually with everything you’ll need…napkins, utensils and condiments.

Order in-store or online at Dierbergs.com

Place your lunch order 48 hours in advance and let us handle all the details.
host a haunted halloween boo-fet

Halloween is just for kids, right? Don't be ghoul-ish! You’re never too old to have a little fun on this special night. The trick? Treat your friends to our fabulous feast, guaranteed to ward off evil spirits.

Sriracha (sir-RAH-cha) a.k.a. rooster sauce, is garlicky, slightly sweet, and delightfully hot. This Thai chile sauce is positively addictive. Look for the bottle’s bright green cap and rooster on the label in Dierbergs ethnic food aisle.

Candy Corn Punch
We’ve found a way to love candy corn! The Halloween staple gives vodka a beautiful orange glow and a sweet flavor that makes this punch irresistible.

1 1/2 cups Dierbergs vodka
1/3 cup candy corn
1/3 cup orange liqueur (Grand Marnier, Cointreau), chilled
1 bottle (2 liters) carbonated lemon-lime soda, chilled

In airtight container, combine vodka and candy corn. Let stand at room temperature stirring occasionally for 24 hours. Stir vodka to dissolve any remaining candy corn. Just before serving, stir in the liqueur and soda. Makes twelve 6-ounce drinks

PARTY TIP Rim glasses with Dierbergs Bakery coarse yellow sugar and garnish each drink with additional candy corn.

Sticky Bat Wings
Sink your teeth into these sweet, sticky, and slightly spicy wings, and it’s love at first bite. Everyone will be hanging around the table waiting for more, guaranteed!

2 to 2 1/2 pounds fresh chicken wingettes
2/3 cup Dierbergs ketchup
1/4 cup reduced-sodium soy sauce
1/4 cup honey
4 cloves garlic, minced
2 tablespoons Dierbergs brown sugar
2 tablespoons white wine vinegar
1 tablespoon hot chili sauce (Sriracha)
1 teaspoon Chinese five-spice powder

Place chicken in large freezer-weight reclosable plastic bag. In 2-cup glass measure, combine remaining ingredients. Reserve 1/4 cup. Pour remaining mixture over chicken; seal bag and turn to coat wings. Place bag on plate and marinate in refrigerator overnight. Remove chicken from bag and place on foil-lined jellyroll pan; discard marinade. Bake in 375°F oven for 20 minutes. Brush reserved marinade over wings; bake until browned and thoroughly cooked, about 20 to 25 minutes. Serve additional hot sauce on the side. Makes 8 servings

Per serving: Calories 257 • Fat 18 g • Cholesterol 85 mg • Sodium 135 mg • Carbohydrate 2 g • Fiber 0 g • Protein 21 g

WEB BONUS
Learn how to create this spooky ghost at Dierbergs.com
Yummy Mummy Pork Tenderloin

Talk about being dressed for dinner! Wrap pork tenderloin in layers of crisp fillo pastry for a deliciously spooky entrée. A cloak of creamy Dijon sauce is the perfect finishing touch.

2 pork tenderloins (about 1 pound each)
1/2 cup heavy whipping cream
1/2 cup Dierbergs grated parmesan cheese
1/4 teaspoon ground black pepper
1/2 teaspoon salt
4 cloves garlic, minced
1 can (15 ounces) pure pumpkin
1 box (32 ounces) reduced-sodium chicken broth
1 can (15 ounces) pure pumpkin
1/2 cup heavy whipping cream
1/2 cup Dierbergs grated parmesan cheese
1/2 cup heavy whipping cream

Trim and discard fat and silver skin from tenderloins. Sprinkle seasoning over tenderloins in large skillet, melt butter over medium heat. Add pork, cook until browned on all sides, about 2 to 3 minutes. Remove pork from skillet, set aside. In same skillet, combine cream, mustard, and thyme; bring to a boil. Reduce heat and simmer stirring often until slightly thickened, about 4 to 5 minutes.

Unroll fillo onto work surface. Cover completely with plastic wrap. Place 1 fillo sheet on clean dry surface; coat with cooking spray. Repeat with 3 to 6 more fillo sheets. Spray. Repeat with 3 to 6 more fillo sheets.

In 9x13-inch baking dish that has been lightly coated with no-stick cooking spray, combine squash, rice, and onion. In 2-quart batter bowl, stir together broth, pumpkin, garlic, salt, and pepper. Pour over rice mixture; stir until well mixed. Tightly cover with foil. Bake in 375°F oven until internal temperature of pork is 145°F and fillo is crisp and golden brown, about 25 to 30 minutes. Place 2 dried cranberries on each mummy to form eyes. Let stand 5 minutes. Place unsliced mummies on cutting board. Slice to form eyes. Let stand 5 minutes. Place unsliced mummies on cutting board. Slice to form eyes. Let stand 5 minutes. Place unsliced mummies on cutting board. Slice as you serve. Serve with warm sauce.

Makes 8 servings

Per serving:
Calories 257 
Fat 8 g
Cholesterol 8 mg
Sodium 699 mg
Carbohydrate 40 g
Fiber 1 g
Protein 8 g

The Great Pumpkin Risotto

Stirring…and stirring…and stirring risotto for a party can be pretty scary. You’ll love our baked version with mellow pumpkin and rich parmesan. It’s much simpler, and simply wicked!

2 cups peeled and cubed butternut squash (about 3/4 cup)
1/2 cups arborio rice
1 cup diced onion
1 box (12 ounces) reduced-sodium chicken broth
1 can (15 ounces) pure pumpkin
4 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup Dierbergs grated parmesan cheese
1/2 cup heavy whipping cream

In 9x13-inch baking dish that has been lightly coated with no-stick cooking spray, combine squash, rice, and onion. In 2-quart batter bowl, stir together broth, pumpkin, garlic, salt, and pepper. Pour over rice mixture; stir until well mixed. Tightly cover with foil. Bake in 375°F oven stirring occasionally until rice is tender and most of the liquid is absorbed, about 50 to 60 minutes. Stir in cheese and cream. Makes 8 servings.

Per serving:
Calories 297 
Fat 16 g
Cholesterol 156 mg
Sodium 110 mg
Carbohydrate 21 g
Fiber 1 g
Protein 26 g

Caprese Eyeballs

Here’s looking at you! This delectable salad of creamy mozzarella, tomatoes, and fresh basil is ready as quick as a wink.

8 large basil leaves
8 Campari or Roma tomato slices
6 fresh ciliegine mozzarella balls
8 pimiento-stuffed green olives

Balsamic vinaigrette dressing

Cracked black pepper

Place 1 basil leaf on large serving platter. Center tomato slice on leaf. Top with cheese ball. Cut bottom off olive and place on cheese. Repeat with remaining basil, tomato, cheese balls, and olives. Drizzle dressing over top and season with cracked pepper.

Makes 8 servings

Per serving without vinaigrette:
Calories 43 
Fat 1 g
Cholesterol 8 mg
Sodium 6 mg
Carbohydrate 1 g
Fiber <1 g
Protein 2 g

TIP

Make one Caprese Eyeball for each guest. To make extra salad, combine additional mozzarella balls and olives with chopped tomato and basil. Toss with vinaigrette and season with pepper.

Trick or Treat Cake

Recipe on back cover. Try the new Duncan Hines Triple Chocolate Decadent Cake Mix, or use your favorite chocolate cake mix.
Thin and Crisp Chocolate Chip Cookies

- 4 cups Dierbergs flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 cups Dierbergs granulated sugar
- 1 cup firmly packed Dierbergs brown sugar
- 2 cups Dierbergs butter, softened
- 2 large Dierbergs eggs
- 2 teaspoons vanilla extract
- 2 packages (12 ounces each) semisweet chocolate chips

In medium bowl, stir together flour, baking powder, baking soda, and salt; set aside.

In large mixer bowl, beat sugars and butter until light and fluffy. Add eggs and vanilla; beat at low speed until well combined. Add flour mixture; beat at low speed just until combined. Stir in chocolate chips and nuts.

Drop dough 1 heaping tablespoon at a time onto parchment-lined baking sheets, about 2 inches apart. Bake in 350°F oven until edges are lightly browned, about 9 to 10 minutes. Cool on baking sheets for 1 minute. Cool completely on wire racks.

Makes about 7 dozen

Per cookie: Calories 246 • Fat 14 g • Cholesterol 29 mg • Sodium 146 mg • Carbohydrate 30 g • Fiber 1 g • Protein 2 g

Thick and Chewy Chocolate Chip Cookies

- 4 1/2 cups Dierbergs flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 3/4 cups firmly packed Dierbergs brown sugar
- 1 cup solid vegetable shortening
- 1/2 cup Dierbergs butter, softened
- 3 large Dierbergs eggs
- 2 teaspoons vanilla extract
- 2 packages (12 ounces each) semisweet chocolate chips
- 1 cup chopped pecans or walnuts, toasted

In medium bowl, stir together flour, baking powder, baking soda, and salt; set aside. In large mixer bowl, beat sugars, shortening, and butter until light and fluffy. Add eggs and vanilla; beat at low speed just until combined. Stir in chocolate chips and nuts.

Drop dough 1 heaping tablespoon at a time onto parchment-lined baking sheets, about 2 inches apart. Bake in 375°F oven until edges are lightly browned, about 9 to 10 minutes. Cool on baking sheets for 1 minute. Cool completely on wire racks.

Makes about 7 dozen

Per cookie: Calories 184 • Fat 10 g • Cholesterol 15 mg • Sodium 80 mg • Carbohydrate 24 g • Fiber 1 g • Protein 2 g
a beer lover’s fall feast

When you invite friends over for a simple but stylish Saturday night dinner, give them something unexpected – beer instead of wine with every course – even dessert! Just fire up the grill, set the table, and raise a glass to delicious pairings shared with good friends.

Dan Kopman on everybody COOKS
Monday, Sept. 5
7:30 p.m.
KMOV Channel 4

Dan Kopman
Co-Founder and Chief Operations Officer
Schlafly Beer

St. Louis native Dan Kopman moved to Scotland to attend Edinburgh University and thought he had found his new home. But after working in Young’s Brewery in London and Scottish Brewers in Edinburgh, Tom Schlafly asked him to return to St. Louis to open a brewery. What started with a batch of Schlafly Pale Ale has evolved to offering up to 50 styles of beer every year – a wide variety of classics, seasonal favorites, and flagship staples.

Smoked Gouda Cheese Straws

Serve with Schlafly Pale Ale

These crisp puff pastry straws twisted with mellow smoked gouda and salty parmesan are addictive. They’re terrific as an appetizer or served alongside a salad.

1 package (17.3 ounces) frozen puff pastry sheets, thawed in refrigerator overnight
1 large Dierbergs egg, beaten with 1 tablespoon water
8 ounces Dierbergs smoked gouda cheese, shredded (about 2 cups) (divided)
1/2 cup grated parmesan cheese (divided)
1/2 teaspoon coarse salt

TIP: These are best the day they are baked. To crisp leftovers, place on baking sheet in 400°F. oven for 2 to 3 minutes.

Recipies

A Beer Lover’s Fall Feast

Smoked Gouda Cheese Straws
Grilled Portabella Spinach Salad
Schlafly Hefeweizen
Spice-Rubbed Flank Steak
Harvest Vegetable Hash
Pumpkin and Stout Bread Pudding
Schlafly Oatmeal Stout

Grilled Portabella Spinach Salad

Serve with Schlafly Hefeweizen

A classic wilted salad gets a stylish make-over. Toss together slices of warm grilled mushrooms and tender spinach, then finish with crumbled blue cheese.

2 tablespoons white balsamic vinegar
1 tablespoon dry sherry
1/2 teaspoon Dierbergs sugar
1 clove garlic, minced
1/4 teaspoon dried oregano
1/4 teaspoon coarse salt
1/4 cup Dierbergs olive oil
2 portabella mushrooms, stems and gills removed
7 cups baby spinach, rinsed and drained
5 cups to 6 ounces)
1/2 cup toasted red bell pepper strips
1/2 cup slivered red onion
1 tablespoon Dierbergs blue cheese crumbles
Freshly ground black pepper

In large serving bowl, combine spinach, roasted bell pepper, red onion, and sliced mushrooms. Drizzle reserved dressing. Place mushrooms on oiled grill rack. Cook, basting with dressing until tender and nicely browned, about 4 to 5 minutes per side. Thinly slice mushrooms.

In large serving bowl, combine spinach, roasted bell pepper, red onion, and sliced mushrooms. Drizzle reserved dressing over salad, toss until well mixed. Sprinkle cheese over top and season with pepper. Makes 4 servings.

Per serving: Calories 215 • Fat 18 g
Cholesterol 10 mg • Sodium 390 mg
Carbohydrate 8 g • Fiber 3 g • Protein 5 g

continued on page 22
In 2-cup glass measure, combine beer, grain. Serve with Porter Sauce.

4 to 5 minutes per side. Cover and let stand until temperature is 145°F. for medium, about 3 to 5 minutes.

Place steak on oiled grid over medium-high heat. Reduce heat and simmer until crisp-tender, about 5 minutes. Drain well. (Potatoes may be covered and refrigerated, then uncovered and baked, until tender; about 20 minutes.)

Drain well. (Potatoes may be covered and refrigerated, then uncovered and baked, until tender; about 20 minutes.)

Serve with Schlafly Oatmeal Stout or Pumpkin Ale.

Serve with Schlafly Oatmeal Stout or Pumpkin Ale.

Pour into 8-inch square baking dish that has been lightly coated with no-stick cooking spray. Let stand 15 minutes for bread to absorb moisture, pressing on bread often to evenly moisten. Bake in 350°F. oven until knife inserted in center comes out clean, about 25 to 30 minutes. Let stand 15 to 20. Serve warm with Stout Caramel Sauce. Makes 8 servings

Per serving with 2 tablespoons Sauce:
Calories 150 • Fat 16 g • Cholesterol 115 mg
Sodium 385 mg • Carbohydrate 51 g • Fiber 1 g • Protein 5 g

Stout Caramel Sauce

1/2 cups Dierbergs granulated sugar
1/3 cup Schlafly Oatmeal Stout
1 cup heavy whipping cream
1/2 teaspoon vanilla extract

In heavy 2-quart saucepan, combine sugar and stout over low heat; cook stirring often until sugar dissolves. Bring mixture to a boil over medium heat; cook stirring occasionally until mixture is amber colored and thick enough to coat back of spoon, about 5 minutes. Reduce heat to very low, slowly add cream (mixture will bubble up) and stir until smooth. Cool slightly, stir in vanilla. Serve with Bread Pudding. Makes 2 cups

Per 2 tablespoons:
Calories 120 • Fat 5 g
Cholesterol 23 mg • Sodium 690 mg
Carbohydrate 20g • Fiber 0g • Protein 1g

THE LAGER FAMILY

These top-fermented beers are an ale yeast that produces more complex fruity, spicy aromas and flavors.

• Hefeeweizen is a light, unfiltered wheat ale. It's a little cloudy and very refreshing - perfect with salads, seafood, sushi, Key lime pie, and strawberry shortcake.

• Porter is dark brown and full-bodied with notes of caramel and chocolate. Try it alongside roasted or smoked foods like barbecue, sausages, and blackened fish, or with chocolate or peanut butter cookies for dessert.

• Stout is very dark and full-bodied with a hint of coffee and raisins. A classic pairing is stout and oysters, but it's also great with rich barbecued beef or spicy Szechuan dishes. A must-try - stout and chocolate or caramel.

THE ALE FAMILY

Top-fermented beers use an ale yeast that produces more complex, fruity, spicy aromas and flavors.

• Porter is dark brown and full-bodied with notes of caramel and chocolate. Try it alongside roasted or smoked foods like barbecue, sausages, and blackened fish, or with chocolate or peanut butter cookies for dessert.

• Stout is very dark and full-bodied with a hint of coffee and raisins. A classic pairing is stout and oysters, but it's also great with rich barbecued beef or spicy Szechuan dishes. A must-try - stout and chocolate or caramel.

THE BREW FAMILIES

These top-fermented beers are an ale yeast that produces more complex fruity, spicy aromas and flavors.

• Hefeeweizen is a light, unfiltered wheat ale. It's a little cloudy and very refreshing - perfect with salads, seafood, sushi, Key lime pie, and strawberry shortcake.

• Porter is dark brown and full-bodied with notes of caramel and chocolate. Try it alongside roasted or smoked foods like barbecue, sausages, and blackened fish, or with chocolate or peanut butter cookies for dessert.

• Stout is very dark and full-bodied with a hint of coffee and raisins. A classic pairing is stout and oysters, but it's also great with rich barbecued beef or spicy Szechuan dishes. A must-try - stout and chocolate or caramel.

THE LAGER FAMILY

These top-fermented beers are an ale yeast that produces more complex fruity, spicy aromas and flavors.

• Hefeeweizen is a light, unfiltered wheat ale. It's a little cloudy and very refreshing - perfect with salads, seafood, sushi, Key lime pie, and strawberry shortcake.

• Porter is dark brown and full-bodied with notes of caramel and chocolate. Try it alongside roasted or smoked foods like barbecue, sausages, and blackened fish, or with chocolate or peanut butter cookies for dessert.

• Stout is very dark and full-bodied with a hint of coffee and raisins. A classic pairing is stout and oysters, but it's also great with rich barbecued beef or spicy Szechuan dishes. A must-try - stout and chocolate or caramel.
Trick or Treat Cake

1 box (21 ounces) chocolate cake mix
(see TIP on page 17)
2 cups heavy whipping cream
1/4 cup Dierbergs powdered sugar
1/4 cup unsweetened cocoa powder
3/4 cup coarsely chopped Dierbergs dry roasted no-salt peanuts
3/4 cup Reese’s Pieces candies
3/4 cup candy corn

Prepare cake mix according to package directions. Pour into 10x15-inch jellyroll pan that has been lightly coated with no-stick cooking spray and lined with parchment paper. Bake in 350°F. oven until wooden pick inserted in center comes out clean, about 25 to 28 minutes. Cool in pan on wire rack. Remove cake from pan; remove parchment paper. Trim 1/4 inch from edges of cooled cake. Cut cake crosswise into three even strips, each about 5 x 10 inches.

In large chilled mixer bowl, beat whipping cream, powdered sugar, and cocoa powder at medium speed until well mixed. Beat at high speed until stiff enough to spread.

Place one cake layer on serving plate; spread 1/2 cup of the whipped cream mixture over top and sprinkle with 1/4 cup of the peanuts. Repeat layers. Place remaining cake layer on top. Spread remaining whipped cream over top and sides of cake. Chill for several hours.

In small bowl, combine remaining 1/4 cup peanuts, Reese’s Pieces, and candy corn; sprinkle over top of cake. Store cake in refrigerator for up to 24 hours.

Makes 10-12 servings

Per serving: Calories 582 ❖ Fat 36 g
Cholesterol 108 mg ❖ Sodium 424 mg
Carbohydrate 59 g ❖ Fiber 2 g ❖ Protein 8 g

host a
haunted halloween boo-fet

What’s Halloween without a fistful – or two – of candy? You’ll find plenty of your favorites on this luscious chocolate cake layered with chocolatey whipped cream and crunchy peanuts. Now that’s a treat! Complete boo-fet menu on pages 14-17.