EVERYBODY COOKS®
on TV Monday, September 3, 7:30 p.m.
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Dierbergs Long-Time Commitment to Cooking Flourishes at New Des Peres Store

While every new Dierbergs store opens with a unique set of products and features, a handful of stores stand out historically for their impact on the company’s future and, in some cases, the industry. We think our new Des Peres store can be added to that notable list. Certainly that list includes the original Creve Coeur store purchased by my great grandfather in 1914. And the Four Seasons store, opened by my father in 1967, that was heralded by Progressive Grocer magazine for its modern design.

When Dierbergs Manchester store opened in 1978, it boasted not only St. Louis’ first supermarket FTD florist, but the first supermarket cooking school in the U.S.

My dad’s belief then, that cooking starts in the supermarket, thrives at Des Peres in the form of a one-of-a-kind Culinary Event Center with cooking classes, wellness programs, interactive wine tastings and events, and group programs.

Plus, we’re meeting the needs of busy contemporary families with our largest selection of prepared foods to date, for carryout or enjoyment on our mezzanine. That menu includes Bob’s BBQ, Bento Asian Grill and Sushi Bar, and made-to-order pizzas, paninis, sandwiches and salads.

As we learn more about what customers love about our new store, you can be assured plenty of these Des Peres-inspired products and features will make their way to existing Dierbergs locations.

Dierbergs Des Peres is a place to homie your culinary skills or to share food with family and friends, in addition to everything you’ve come to expect of Dierbergs super markets.

I hope you’ll stop by for a visit!

Laura Dierbergs Padovano

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On the cover: Chicken Pot Pie with Cheddar Pastry

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Good Morning Parfait

Leese was studying nutrition at Oklahoma State University when she met her husband, St. Louis Cardinals left-fielder Matt Holliday. Sunday nights were always spent around the dinner table with Matt’s parents and extended family — a tradition Leese promised herself that she would one day do with her own family.

Now as busy parents of three young children, Leese and Matt’s philosophy is that when you put good things into your body, you feel good, too. Eating one home-cooked meal together every day is a must at the Holliday’s house, and that’s usually breakfast during baseball season.

Blueberry Applesauce

In medium saucepan, combine apple, blueberries, apple juice, and brown sugar over medium-high heat; bring to a boil stirring occasionally. Reduce heat, cover, and simmer stirring occasionally until blueberries are tender about 15 minutes. Use immersion blender or transfer mixture to work bowl of food processor fitted with steel knife blade; process until pureed. Place in bowl; stir in lemon juice and cinnamon. Cover and chill until ready to serve.

Makes about 3 cups

Per 1/4 cup: Calories 220 • Fat 4g Cholesterol 0mg • Sodium 27mg Carbohydrate 39g • Fiber 5g • Protein 9g

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Blueberry Applesauce

3 cups peeled, cored, and chopped apple
1 cup blueberries
3/4 cup apple juice
3 to 4 tablespoons Dierbergs brown sugar
1 teaspoon fresh lemon juice
Pinch ground cinnamon

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Kids BEE Healthy Snack Recipes at DierBerger.com

- Apple ‘N Oat Cookies
- Cool As A Cake Veggie Dip
- Creamy Peanut Butter Fruit Dip
- PLUS a list of September BEE activities

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Getting to know... Leslee Holliday!

Leslee is on the Board of Governors at Sinn's Cardinal Glennon’s Children’s Medical Center. “When we moved to St. Louis, we were so impressed with Cardinal Glennon’s commitment to helping kids in all areas of their lives that we wanted to be involved with their organization.” Matt Holliday and teammate David Freese are the faces of Homers for Health which allows fans to make a pledge to support Cardinal Glennon.

For more information, go to glennon.org/programs/homersforhealth

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Blueberry Applesauce

1 cup fat-free vanilla Greek yogurt
1 cup Blueberry Applesauce (recipe follows)
1 cup low-fat granola ( Uns)
1 apple, cored and chopped
3/4 cup blueberries

Spoon about 2 tablespoons yogurt into 4 medium glasses. Top each with about 2 tablespoons Blueberry Applesauce and 2 tablespoons granola. Repeat layers. Sprinkle apples and berries over top.

Makes 4 servings

Per serving: Calories 220 • Fat 4g Cholesterol 0mg • Sodium 27mg Carbohydrate 39g • Fiber 5g • Protein 9g

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Blueberry Applesauce

3 cups peeled, cored, and chopped apple
1 cup blueberries
3/4 cup apple juice
3 to 4 tablespoons Dierbergs brown sugar
1 teaspoon fresh lemon juice
Pinch ground cinnamon

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Roasted Chicken with Root Vegetables

Whether it’s dinner for company or just Sunday with the family, you can’t go wrong with a perfectly roasted chicken.

1 whole chicken (about 4 to 4½ pounds)
½ lemon, sliced
Fresh parsley sprigs
3 cloves garlic
Dijon mustard
Italian herb seasoning
Coarse salt
3 medium turnips, peeled and cut into 1-inch cubes
1 sweet potato, peeled and cut into 1-inch cubes
1 red onion, cut into wedges
2 tablespoons Dijon mustard (divided)
3 medium beets, peeled and cut into 1-inch cubes
1 teaspoon coarse salt
1 teaspoon coarsely ground black pepper
1 tablespoon pure maple syrup

Remove and discard giblets from chicken cavity. Place lemon slices, parsley, and garlic cloves inside chicken cavity. Rub outside of chicken with olive oil, season with Italian seasoning and salt. Use kitchen twine to tie legs together. Place chicken in center of roasting rack placed in shallow roasting pan. In large bowl, combine turnips, sweet potato, and onion; drizzle 1 tablespoon of the olive oil over top and toss until well mixed. Place on one end of rack. Place beets in same bowl; drizzle remaining 1 tablespoon olive oil over top and toss until well mixed. Place beets on opposite end of rack. Season vegetables with the 1 teaspoon coarse salt and pepper. Roast in 400°F oven until internal temperature of thigh meat is 180°F and vegetables are tender, about 1½ hours. Place chicken on cutting board; cover and let stand 20 minutes before carving.

Chickens Pot Pie with Cheddar Pastry

Chock full of tender chicken, plenty of veggies, and velvety smooth sauce, this is comfort food like it should be. Mellow cheddar cheese makes the tender crust even more delicious.

½ cup Dijon mustard
1 cup chopped carrot
1 cup sliced celery
1 cup chopped onion
1 cup sliced baby bella mushrooms
1 cup peeled and diced red or Yukon Gold potato
1 can (14.5 ounces) reduced-sodium chicken broth
2 cups half-and-half (divided)
½ cup Dijon mustard
2 tablespoons dry sherry
½ teaspoon dried thyme
½ teaspoon dried tarragon
½ teaspoon salt
Freshly ground black pepper
1 cup sliced cooked chicken
1 cup Dijon/Herbes de Provence cheddar Cheddar Pastry (recipe follows)

In large saucepan, melt butter over medium heat. Add carrot, celery, onion, mushrooms, and potato; cook stirring occasionally for 3 minutes. Add broth, cook stirring occasionally until vegetables are crisp-tender, about 5 to 7 minutes. Reserve 1 tablespoon half-and-half. In 4-cup glass measuring cup, whisk together remaining half-and-half and flour until smooth. Stir mixture into vegetables. Add thyme, tarragon, salt, and pepper; cook over medium-high heat stirring often until mixture comes to a boil. Boil for 1 minute stirring constantly. Stir in chicken and peas. Divide mixture evenly among eight 10-ounce custard cups or ramkins that have been lightly coated with non-stick cooking spray.

On lightly floured surface, roll out Cheddar Pastry. Use 3-inch cookie cutter to cut 8 rounds. Pierce crust several times; brush reserved 1 tablespoon half-and-half over tops. Place on top of filling. Place on foil-lined jelly roll pan. Bake in 400°F oven until crust is golden brown and edges bubble, about 25 minutes. Let stand 10 minutes before serving.

Makes 8 servings

Per serving: Calories 359 • Fat 31g
Cholesterol 110mg • Sodium 63mg
Carbohydrate 25g • Fiber 3g • Protein 30g

Tip: Prepare filling according to recipe directions and place in 9 x 13-inch baking dish that has been lightly coated with non-stick cooking spray. Roll out Cheddar Pastry into rectangle slightly larger than baking dish. Place over filling tucking edges to fit. Bake as directed.

Cheddar Pastry

½ cup Dijen mustard
¾ cup Dijen shredded sharp cheddar cheese
1/2 teaspoon salt
1/2 cup solid vegetable shortening, cut into cubes and chilled
1 to 3 tablespoons cold water

In work bowl of food processor fitted with steel knife blade, combine flour, cheese, and salt; pulse to combine. Add shortening; pulse until mixture is evenly combined and resembles coarse meal. Sprinkle water over dough; pulse just until dough begins to cling together. Shape dough into 5-inch disc; wrap in plastic wrap and chill at least 30 minutes. Roll out crust and bake according to recipe directions.

Makes 1 pastry crust

(continued on page 6)
a chicken in every pot
(continued from page 5)

Roasted Chicken Noodle Soup

Homemade chicken noodle soup is like a big hug — it just makes you feel good! Homemade Roasted Chicken Stock makes ours extra special.

11 to 12 cups Homemade Roasted Chicken Stock (see recipe)
1 cup chopped celery
1 cup chopped carrot
1 cup chopped onion
1 tablespoon chicken base
(Better Than Bouillon) (optional)
1 teaspoon herbes de Provence
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
3 cups wide homestyle noodles
4 cups diced cooked chicken

In stockpot or Dutch oven, combine all ingredients except noodles and chicken over medium heat; cover and cook until vegetables are crisp-tender; about 15 minutes. Add noodles; cook until tender, about 15 minutes. Stir in cooked chicken; cook until heated through. Ladle into serving bowls.

Makes 8 servings

Per serving (using reduced-sodium chicken broth): Calories 220 • Fat 6g • Cholesterol 74mg • Sodium 11pfmg • Carbohydrate 15g • Fiber 2g • Protein 27g

Homemade Roasted Chicken Stock

Time to bone up on your soup-making skills! Making stock from roasted chicken with bones gives it a deep, rich flavor you just can’t get from a can.

Carcass from roasted chicken (see TIP)
2 to 2 1/2 pounds bones-in, skin-on chicken thighs
1 medium onion, quartered
1 cup chopped celery
1/2 cup chopped carrot
1 bay leaf
3 whole black peppercorns
12 cups water

In stockpot or Dutch oven, combine all ingredients over medium-high heat; bring to a boil. Reduce heat, cover, and simmer until chicken and vegetables are tender; about 1 hour. Remove thighs and carcasses from stock. Remove skin and bones from chicken; discard skin and bones. Cover and chill chicken until ready to use. Strain stock discarding solids. Chill stock overnight. Skim and discard fat from stock before using.

Makes 11-12 cups stock and 4 cups diced cooked chicken

Nutrition information not available.

TIP Using roasted chicken bones to make stock gives a much richer color and flavor. Reserve the carcasses from our Roasted Chicken with Root Vegetables (recipe on page 5), or purchase a Dierbergs Kitchen Rotisserie Chicken and save the carcass to make stock.

Spicy Thai Chicken and Vegetables

Swap one of your mid-week dinner staples for a jolt of Thai flavors instead. For the perfect backdrop for this quick and colorful one-dish meal, try a platter of yellow or jasmine rice.

2 cups (15 ounces) lite coconut milk
3 to 4 tablespoons red curry paste
3 tablespoons reduced-sodium soy sauce
1 can (15 ounces) baby corn, drained and cut into thirds
1 red bell pepper, quartered, seeded, and cut into strips
1/2 pound snow peas, trimmed and cut in half
2 cups fresh shredded cabbage
1 cup slivered onion
1 to 1 1/2 pounds boneless, skinless chicken breast halves, cut into bite-size pieces
Hot cooked rice

Heat oven to 400°F. In large skillet, whisk together coconut milk, curry paste, and soy sauce; cook over medium heat stirring often until bubbly, about 2 minutes. Add baby corn, bell pepper, snow peas, carrot, and onion; cook stirring often for 2 minutes. Add chicken; cook stirring often until chicken is no longer pink, about 4 to 5 minutes. Serve over hot cooked rice with basil sprinkled over top. Makes 4-6 servings

Per serving: Calories 260 • Fat 12g • Cholesterol 30mg • Sodium 360mg • Carbohydrate 25g • Fiber 3g • Protein 16g

Spicy Thai Chicken and Vegetables

Lite Coconut Milk

Coconut milk, made from the pressing of fresh, ripe coconut, is a staple ingredient in many cuisines. Lite coconut milk is significantly lower in calories than regular coconut milk. It’s not the same thing as cream of coconut. Look for coconut milk in Dierbergs international foods aisle.

Red Curry Paste

Thai and Indian kitchens rely on curry paste to spice up all sorts of dishes. Tomatoes, ginger, turmeric, tamarind, paprika, and other spices give it a beautiful color and rich flavor. Different brands can be mild or wild, so we chose Patak’s for our family-friendly stir-fry. It’s delicious stirred into soups, sauces, and rice dishes. Unused curry paste keeps indefinitely in the refrigerator. Look for curry paste in Dierbergs international foods aisle.
let the flames begin!

A chilly fall evening is the perfect time to take your party outside for a toasty fireside treat. No fire pit? Fire up the grill instead. Then set out bowls and bunches of your favorite goodies, arm your guests with skewers, and watch everyone create their own special sweet and savory treats. We came up with a few ideas to get you started.

**Smoked Gouda**
Place smoked gouda cheese cube on end of skewer; heat over flame until cheese softens. Slide cheese onto baguette slice. Top with crumbled cooked bacon, sun-dried tomato half, and another baguette slice.

**Fried Bologna**
Fold 1 slice snack bologna in half and place on end of skewer; heat over flame until heated through. Slide bologna onto baguette slice that has been spread with mustard. Top with 2 dill pickle slices and another baguette slice.

**Cheddar and Chutney**
Place cheddar cheese cube on end of skewer; heat over flame until cheese softens. Slide cheese onto baguette slice. Top with a dab of chutney and another baguette slice.

**Italian Hero**
Place provolone cheese cube on end of skewer; heat over flame until cheese softens. Slide cheese onto 1/4 slice sourdough bread. Top with sun-dried tomato half, 1 slice salami (folded to fit), and another 1/4 slice sourdough.

**Jalapeno Popper**
Cut top off jalapeno. Leaving popper whole, remove seeds. Stuff pepper with crumbled cooked bacon and 1-ounce strip monterey jack cheese. Place on skewer; heat over flame holding pepper upright to keep cheese in pepper until skin is blistered.

**Meatball Caprese**
Place meatball half, grape tomato, mozzarella cube, grape tomato, and meatball half on skewer; heat over flame until cheese softens. Serve with or without bread.

**Baked Brie-guette**
Place brie cheese cube on end of skewer; heat over flame until cheese softens. Slide cheese onto baguette slice. Top with a drizzle of honey, stemmed fresh or dried Mission fig, and another baguette slice.

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**Take A Stab At Savory S’Mores**

Think S’Mores, but savory. A melty cheese cube stands in for a toasted marshmallow. Then add a few key extras to create some tasty, fireside snacks.

- Shop for a variety of cheeses that will stay on a skewer. Avoid fresh mozzarella. It gets rubbery and watery when toasted.
- Cut cheese into 1-inch cubes.
- To prevent cheese from sliding off skewer, do NOT use no-stick cooking spray on skewer.
- Heat cheese over flames just until it begins to melt.
- Have ingredients at room temperature so they heat evenly.
- Use frozen prepared meatballs (homemade meatballs will fall apart).

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**Diabolos S’Mores**

Think S’Mores, but spicy. A melty cheese cube stands in for a toasted jalapeno. Then add a few key extras to create some tasty, fireside snacks.

- Shop for a variety of cheeses that will stay on a skewer. Avoid fresh mozzarella. It gets rubbery and watery when toasted.
- Cut cheese into 1-inch cubes.
- To prevent cheese from sliding off skewer, do NOT use no-stick cooking spray on skewer.
- Heat cheese over flames just until it begins to melt.
- Have ingredients at room temperature so they heat evenly.
- Use frozen prepared meatballs (homemade meatballs will fall apart).
Sweet S’Mores!
It’s hard to improve upon a classic, but it was our duty to look beyond the plain chocolate bar. We think you’ll like some of our grown-up variations!
- Place marshmallow on end of skewer, heat over flame until marshmallow softens and begins to toast.
- To prevent marshmallows from sliding off skewer, do NOT use no-stick cooking spray on skewer.
- Have ingredients at room temperature so they melt evenly.
- Use fun-size candy bars, or cut full-size candy bars into fourths and use one piece per S’More to get the most variety.
- Flatten candy bar pieces slightly with heel of hand before assembling S’More.
- Toast, build, and enjoy!

S’More, S’More, S’More!
- Caramel-kazi S’More: Slide toasted marshmallow onto graham cracker half. Top with Snickers candy bar and remaining graham cracker half.
- Linzer S’More: Slide toasted marshmallow onto chocolate graham cracker half that has been spread with raspberry jam. Top with Hershey candy bar and remaining chocolate graham cracker half.
- Elvis S’More: Slide toasted marshmallow onto graham cracker half that has been spread with peanut butter. Top with 2 banana slices and remaining graham cracker half.
- Fat Mint S’More: Slide toasted marshmallow onto chocolate graham cracker half. Top with York Peppermint Patty and remaining chocolate graham cracker half.
- Sachertorte S’More: Slide toasted marshmallow onto cinnamon graham cracker half that has been spread with apricot jam. Top with Hershey candy bar and remaining cinnamon graham cracker half.
- Slice of Paradise S’More: Slide toasted marshmallow onto chocolate graham cracker. Top with Mounds candy bar, thin slice from pineapple chunk, and another chocolate graham cracker.
the best dressed wursts

Can we be frank? Brats on the grill are always a hit. And you surely can’t go wrong with a good hotdog. But sometimes you’re looking for something extra special, and we have the missing links. Dierbergs introduces its new line of Signature Loaded Sausages in an exciting array of bold new flavors.

Red Onion Jam
2 tablespoons Dierbergs vegetable oil
do not hold up or release
1 teaspoon garlic, minced
1 teaspoon dried thyme
1 cup dry red wine (Cabernet, Merlot, or Zinfandel)
1/4 cup finely packed Dierbergs brown sugar
2 teaspoons Dijon mustard
In medium skillet, heat oil over medium heat. Add onion, garlic, and thyme; cook stirring occasionally until onion wilts, about 4 to 5 minutes. Add wine and brown sugar; simmer stirring often until thick and syrupy, about 25 to 30 minutes. Stir in Dijon. Serve warm or at room temperature. Makes about 2 cups

Per serving with 2 tablespoons Jam:
Calories 450 • Fat 24g
Cholesterol 87mg
Sodium 924mg • Carbohydrate 33g • Fiber 1g
Protein 24g

Chicken Spinach Sausage-Stuffed ’Shrooms
You can indulge in these easy-to-make appetizers anytime.
1 Dierbergs Signature Chicken Spinach Mozzarella Loaded Sausage link (4 ounces)
1 package (8 ounces) button or baby bella mushrooms, stems removed
1 tablespoon dry bread crumbs
1/4 cup spaghetti sauce, warmed
Remove casing from sausage link; break sausage into small pieces. Place about 1 tablespoon into each mushroom cap. Place caps on foil-lined baking sheet; sprinkle bread crumbs on tops. Lightly coat with no-stick cooking spray. Bake in 375°F oven until internal temperature is 165°F and tops are lightly browned, about 10 to 15 minutes. Top each cap with 1 teaspoon sauce. Makes about 8-10 appetizers

Jalapeño Cheddar Sausage Burritos
Adios, boring burritos! These bundles of hot and spicy sausage and tangy corn salsa will be a hit at your next tailgate.
8 Dierbergs Signature Jalapeño Cheddar Loaded Sausage links (2 pounds)
8 large flour tortillas, warmed (6-inch diameter)
2 cups Grilled Corn Salsa (recipe follows)
Place sausage links on oiled grid over medium-high heat; cover and grill turning links often until golden brown and internal temperature is 155°F, about 20 to 25 minutes.
Place sausage link in center of tortilla; top with 1/4 cup Corn Salsa. Fold in sides of tortilla, fold over sausage, and roll up tightly. Makes 8 servings

Per serving with 2 tablespoons Salsa:
Calories 437 • Fat 27g
Cholesterol 81mg • Sodium 1282mg • Carbohydrate 28g • Fiber 1g
Protein 13g

Grilled Corn Salsa
Dierbergs olive oil
3 ears corn-on-the-cob, tassels and husks removed
1 red bell pepper, quartered and seeded
2 to 3 jalapeños, halved, seeded, and deveined
1 medium onion, cut into wedges from top to root, leaving root intact
2 tablespoons Dierbergs olive oil
1 tablespoon honey
1 tablespoon fresh lime juice
1 tablespoon shredded fresh cilantro or parsley
Salt and freshly ground black pepper
Brush corn, bell pepper, jalapeños, and onion with olive oil. Place vegetables on grid over medium heat; cover and grill turning occasionally until crisp-tender and lightly charred, about 6 to 10 minutes. Cool slightly.
Cut kernels from cob with serrated knife. Finely chop jalapeños; chop bell pepper and onion. Place vegetables in medium bowl. In small bowl, stir together the 2 tablespoons olive oil, honey, lime juice, and cilantro. Drizzle over vegetables; toss until well mixed. Season with salt and pepper. Let stand 15 minutes to develop flavors. Makes about 4 cups

Per 2 tablespoons:
Calories 47 • Fat 1g
Cholesterol 0mg • Sodium 0mg
Carbohydrate 0g • Fiber 0g
Protein 1g
Recipe from Dierbergs School of Cooking Grilling Cookbook

Sausage and Broccoli Lasagna Roll-Ups
Instead of layers, roll up sweet sausage, tender broccoli, and cheese in lasagna noodles for a fun change of pace.
1 pound Dierbergs Signature Bulk Sweet Italian Sausage
8 ounces (16 ounces) Dierbergs House-Made Creamy Alfredo Sauce
1 carton (15 ounces) light ricotta cheese
1 bag (12 ounces) frozen chopped broccoli, thawed
1/4 cup diced onion
2 large cloves garlic, minced
1 teaspoon dried basil
8 lasagna noodles, cooked and drained
2 tablespoons grated parmesan cheese
Freshly ground black pepper
Chopped fresh parsley

Crumble sausage into large skillet; cook over medium-high heat stirring often until no longer pink, about 4 to 5 minutes. Drain on paper towel-lined plate; cool completely.
Lightly coat 9 x 13-inch baking dish with no-stick cooking spray. Spread 1/4 cup Alfredo Sauce in bottom of dish; set aside. In medium bowl, combine ricotta, broccoli, onion, garlic, and basil; stir in sausage. Spread a generous 1/2 cup sausage mixture down each noodle; roll noodle up jellyroll-style. Place seam-side down in prepared baking dish. Top with remaining sauce. Cover and bake in 350°F oven for 40 minutes. Uncover; sprinkle parmesan over top and season with pepper. Continue baking until hot and bubbly, about an additional 15 minutes. Sprinkle parsley over top. Makes 6 servings

Per serving:
Calories 464 • Fat 23g
Cholesterol 810mg • Sodium 822mg
Carbohydrate 35g • Fiber 3g
Protein 29g
mmm...donuts!

It’s Saturday morning — time to go get donuts. Don’t change out of your pj’s and fuzzy slippers just yet. It’s super easy and way more fun to whip up a batch of donuts at home. Whether sugar-sprinkled or dipped in creamy glaze, our tender cake donuts and poppers are warm, fresh, and made for dunking.

Homemade Popcorn

Don’t wait for movie night. Fresh, homemade popcorn is a cinch to make and ready in minutes.

1/2 cup Diebers popcorn kernels
2 tablespoons Diebers vegetable oil
1 tablespoon Diebers butter, melted

In a large heavy saucepan, combine popcorn and oil over medium-high heat. Cover and cook shaking pan occasionally until popping stops, about 5 minutes. Place popcon in serving bowl. Drizzle butter over top; toss until well mixed.

Makes about 12 cups

Per 1 cup: Calories 79 • Fat 5g
Cholesterol 0mg • Sodium 0mg
Carbohydrates 6g • Fiber 0g • Protein 1g

Chocolate Popcorn

Studded with colorful candy corn, this treat is a must-have Halloween fun!

1 cup Diebers sugar
3/4 cup light corn syrup
2 tablespoons Diebers butter
1 cup semisweet chocolate chips
1 teaspoon vanilla extract
12 cups Homemade Popcorn (see recipe)
1 cup candy corn

In large saucepan, bring sugar, corn syrup, and butter to a boil stirring constantly. Remove from heat; stir in chocolate chips and vanilla until chocolate is melted and smooth. Place popcorn in coating pan that has been lightly coated with no-stick cooking spray. Drizzle chocolate mixture over popped corn; toss until well mixed. Bake in 350°F, even stirring every 20 minutes for 1 hour. Stir in candy corn. Spread onto foil-lined tray and cool completely. Store in airtight container.

Makes about 12 cups

Per 1 cup: Calories 350 • Fat 15g
Cholesterol 20mg • Sodium 90mg
Carbohydrates 60g • Fiber 4g • Protein 2g

Recipe from Diebers School of Cooking Appetizers Cookbook

Easy Sugar ‘n Spice Donut Poppers

Kids of all ages will love making and shaking a bag of these hot, fresh, and fun donut poppers. Keep biscuit dough well chilled for easier handling.

1 package (16 ounces) Diebers Jumbo Buttermilk Biscuits
6 cups Diebers vegetable oil for frying

Cinnamon-Sugar (recipe follows)

Separate dough into 8 biscuits. Cut each biscuit into quarters; roll each dough piece into ball.

In large, deep, heavy skillet, heat oil over medium-high heat to 370°F to 375°F. Carefully drop Poppers, a few at a time, into hot oil; fry until golden brown and cooked through, about 1 minute. Using slotted spoon, place Poppers on paper towel-lined plate. Let cool 5 minutes. Place Poppers in paper bag containing Cinnamon-Sugar and shake to coat.

Makes 32

Per 1 donut and 1 donut hole: Calories 220 • Fat 9g • Cholesterol 27mg • Sodium 137mg
Carbohydrates 34g • Fiber 3g • Protein 5g

TIP: For an easy jelly donut, melt seedless raspberry jam in the microwave. Dip Donut Poppers into melted jam.

Pumpkin Spice Cake Donuts

Recipe on back cover.

VARIATION
Chocolate Cake Donuts

Omit pumpkin pie spice and canned pumpkin. Decrease flour to 2 1/4 cups. Add 1/2 cup unsweetened cocoa powder to flour mixture. Increase milk to 1 cup. Proceed as directed on back cover.

Per 1 donut and 1 donut hole: Calories 220 • Fat 9g • Cholesterol 27mg • Sodium 137mg
Carbohydrates 34g • Fiber 3g • Protein 5g

Vanilla Glaze

2 cups Diebers powdered sugar
2 tablespoons Diebers milk
1/3 teaspoon vanilla extract

In small bowl, whisk together all ingredients until smooth. If needed, slowly whisk in additional 1 tablespoon milk to desired consistency.

Makes 1 cup

VARIATION
Vanilla Spice Glaze

Add 1/8 teaspoon pumpkin pie spice to Vanilla Glaze.

Cinnamon - Sugar

1/2 cup Diebers sugar
1/2 teaspoon ground cinnamon

In small bowl, stir together sugar and cinnamon until well combined. Makes about 1/2 cup
not your grandma’s apples

Crunch! Crunch! Crunch! What’s that sound? We’re apple lovers, so it sounds like fall to us! There’s a bushel of new apple varieties in town and they’re at their very best right now. So to celebrate, we baked a batch of terrific fall desserts and treats that you’ll find hard to resist.

Caramelized Apple Upside-Down Cake
You’ll flip for this tender, moist cake, topped with sweet caramelized apples, crunchy pecans, and a dollop of Spiced Whipped Cream.

TOckIPPING 4 tablespoons Dierbergs butter 6 cups (2 pounds) peeled, cored, and thinly sliced baking apples (Granny Smith, Pink Lady) 1/2 cup firmly packed Dierbergs brown sugar 2 teaspoons fresh lemon juice 1 package (2 ounces) pecan halves

CAKE 1/4 cup Dierbergs flour 1 teaspoon baking powder 1 teaspoon apple pie spice 1/2 teaspoon salt 3/4 cup Dierbergs granulated sugar 1/2 cup firmly packed Dierbergs brown sugar 2 large Dierbergs eggs 6 tablespoons Dierbergs butter, melted and cooled 1 container (7 ounces) reduced-fat plain Greek yogurt 1 teaspoon vanilla extract Spiced Whipped Cream (recipe follows)

FOR TOPPING In a large skillet, melt butter over medium heat. Add apples; cook stirring occasionally until apples are lightly browned and fork-tender; about 12 to 15 minutes. Add brown sugar and lemon juice; cook stirring constantly until sugar dissolves and apples are coated, about 1 minute. Stir in pecans. Transfer apples to 9½-inch deep-dish pie plate that has been coated with no-stick cooking spray; set aside.

FOR CAKE In medium bowl, whisk together flour, baking powder, pie spice, and salt; set aside. In large mixer bowl, beat sugars and eggs at low speed until thick, about 30 seconds. Slowly beat in butter until well mixed. Beat in yogurt and vanilla. Beat in flour mixture just until moistened. Spread batter evenly over apples in pie plate. Bake in 350°F oven until wooden pick inserted in center comes out clean, about 35 to 40 minutes. Cool on wire rack 20 minutes. Loosen sides of cake with thin knife; invert onto serving plate. Serve with Spiced Whipped Cream. Makes 8 servings

Per serving with 2 tablespoons Spiced Whipped Cream: Calories 459 | Total Fat 21g | Cholesterol 21mg | Sodium 277mg | Carbohydrates 73g | Fiber 3g | Protein 7g

Spiced Whipped Cream
1 cup heavy whipping cream 2 tablespoons Dierbergs powdered sugar 1 teaspoon apple pie spice or ground cinnamon
In large mixer bowl, beat cream, powdered sugar, and cinnamon at high speed until stiff peaks form. Makes about 2 cups

TIP To make 1 teaspoon of your own apple pie spice, combine 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1/4 teaspoon ground allspice, and 1/4 teaspoon apple pie spice or ground cardamom.

Dutch Apple Cheesecake
Can’t decide between tempting apple crumb pie and creamy cheesecake? This luscious dessert has everything you love about both – caramelized apples, creamy filling, and a sweet crumb topping (see photo on page 18).

CRUST 1 cup Dierbergs flour 1/2 cup Dierbergs powdered sugar 1/2 teaspoon salt 1/2 cup Dierbergs butter, cut into pieces and chilled

CARAMELIZED APPLES 1/4 cup Dierbergs butter 6 cups peeled, cored, and sliced apple (Juniata, Golden Delicious) 1/4 cup Dierbergs granulated sugar

FILLING 3 packages (8 ounces each) cream cheese, softened (cut light or fat-free) 1/4 cup Dierbergs granulated sugar 3 tablespoons brandy 1 teaspoon ground cinnamon 1/2 teaspoon vanilla extract Freshly grated nutmeg 3 large Dierbergs eggs 1/4 cup chunky applesauce

TOckIPPING 1/2 cup firmly packed Dierbergs brown sugar 1 egg Dierbergs flour Dierbergs butter, melted 1 teaspoon salt

FOR CRUST Wrap foil under bottom and around outside of 9-inch springform pan to collect any drips during baking; set aside. In work bowl of food processor fitted with steel knife blade, combine flour, powdered sugar, and salt; pulse until well mixed. Add butter; pulse until mixture is evenly combined and resembles coarse meal. Press mixture firmly into bottom of prepared pan. Bake in 375°F oven until golden brown, about 15 minutes.

FOR CARAMELIZED APPLES In large skillet, melt butter over medium heat. Add apple and sugar; cook stirring often until apples begin to caramelize and are fork-tender, about 12 to 15 minutes. Remove from heat; cool slightly. Arrange apples in cooled crust.

FOR FILLING In large mixer bowl, beat cream cheese and sugar at high speed until smooth. With mixer at low speed, beat in brandy, cinnamon, vanilla, and nutmeg. Scrapping bowl occasionally until well mixed. Add eggs one at a time beating at low speed just until blended. Beat in applesauce. Pour over apples in prepared crust. Bake in 325°F oven until edges are set and center is almost set, about 45 to 50 minutes.

FOR TOPPING In medium bowl, stir together all ingredients; sprinkle over cheesecake. Bake until golden brown, about an additional 15 minutes. Turn oven off. Leave cheesecake in oven with doorajar for 30 minutes. Loosen edges of cake from pan with sharp knife. Cool on wire rack to room temperature. Cover and chill overnight before removing springform ring. Makes 12-16 servings

Per serving: Calories 425 | Total Fat 21g | Cholesterol 21mg | Sodium 276mg | Carbohydrates 67g | Fiber 1g | Protein 5g

(continued on page 18)

Whole Nutmeg
The flavor of freshly grated nutmeg is beyond compare. A microplane grater makes it easy to grate just what you need for a recipe. Store whole nutmeg indefinitely in a tightly sealed container. Look for whole nutmeg in Dierbergs Produce Department.

Have you heard about these sweet new apples? You’re going to try...

Ambrosia If you like Golden Delicious, you’ll love this crisp and pleasantly sweet apple.

Lady Alice A round, pretty red and yellow apple, that’s sweet, with a hint of tartness, and dense flesh. It’s ideal for salads and fruit tarts because it doesn’t brown quickly.

Jazz™ This cross between Braeburn and Gala is aromatic, with crisp, dense flesh, and a sweet-tart flavor.

Juniata Aromatic and sweet-tart, this apple has a crunchy bite and is great for snacking!

Honeycrisp The name says it all – sweet and crisp!

Pink Lady® A cross between Golden Delicious and Lady Williams, Pink Lady apples have a crisp flesh and a sweet, tangy flavor.

SweeTango® Crunchy, juicy, and sweet with a hint of fall spice, SweeTango has it all!
Spiced Apple Cupcakes

Studded with apples and topped with a swirl of creamy maple frosting, these moist cupcakes will be a bake sale – and family dessert – favorite.

2 cups Driebergs flour
1 teaspoon baking soda
1 teaspoon salt
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon ground cloves
3 cups peeled, cored, and diced apple (Jazz)
4 large Driebergs eggs
2 cups Driebergs sugar
1 tablespoon vanilla extract
3/4 cup Driebergs canola oil
3/4 cup unsweetened applesauce
Maple Cream Cheese Frosting (recipe follows)

In medium bowl, combine flour, baking soda, salt, cinnamon, nutmeg, and cloves. In large bowl, toss apples with 1/2 cup of the flour mixture until apples are well coated; set aside.

In second medium bowl, whisk together eggs, sugar, and vanilla. Whisk in oil and applesauce until well mixed. Stir in remaining flour mixture just until combined. Stir in apples. Line 24 muffin cups with paper baking cups. Spoon batter into muffin cups, filling about 2/3 full. Bake in 350° oven until wooden pick inserted in center comes out clean, about 18 to 22 minutes. Let cupcakes stand in pans 5 minutes. Remove from pans; place on wire racks and cool completely.

Spread Frosting over cooled cupcakes. Store in refrigerator. Makes 2 dozen

Per cupcake: Calories 220 • Fat 15g
Cholesterol 52mg • Sodium 299mg
Carbohydrate 45g • Fiber 1g • Protein 3g

Maple Cream Cheese Frosting

8 tablespoons Driebergs butter (divided)
1/4 cup firmly packed Driebergs brown sugar
1 package (8 ounces) Driebergs cream cheese, softened
1/2 teaspoon maple extract
Pinch salt
3 cups Driebergs powdered sugar

In small saucepan, melt 4 tablespoons of the butter over medium heat. Add brown sugar; bring to a boil stirring constantly until sugar dissolves. Remove from heat; cool to room temperature.

In large mixer bowl, beat cream cheese, remaining 4 tablespoons butter, maple extract, and salt until smooth and creamy. With mixer at low speed, slowly add brown sugar mixture; beat until smooth. Gradually beat in powdered sugar until smooth and fluffy.

Makes 3 cups

Petite Apple Puffs with Almond Custard Sauce

Wrapped in puff pastry, these mini apple delights are perfect for a brunch buffet.

2 tablespoons Driebergs sugar
1 teaspoon ground cinnamon
2 medium to large apples (SweetTango, Golden Delicious), peeled, cored, and each cut into 8 wedges
1 sheet (17.3-ounce box) frozen puff pastry, thawed in refrigerator overnight
1 egg white, beaten with 1 tablespoon water
2 tablespoons sliced almonds, toasted

Almond Custard Sauce (recipe follows)

In small bowl, stir together sugar and cinnamon; set aside.

On microwave-safe plate, arrange apple wedges in single layer. Microwave (High) whisking every 30 seconds until mixture thickens and coats back of spoon, about 1 1/2 to 2 minutes. Makes about 1 cup

Per 2 tablespoons: Calories 60 • Fat 4g
Cholesterol 4mg • Sodium 25mg
Carbohydrate 8g • Fiber 1g • Protein 1g

Maple Cream Cheese Frosting

8 tablespoons Driebergs butter (divided)
1/4 cup firmly packed Driebergs brown sugar
1 package (8 ounces) Driebergs cream cheese, softened
1/2 teaspoon maple extract

Pinch salt
3 cups Driebergs powdered sugar

In small saucepan, melt 4 tablespoons of the butter over medium heat. Add brown sugar; bring to a boil stirring constantly until sugar dissolves. Remove from heat; cool to room temperature.

In large mixer bowl, beat cream cheese, remaining 4 tablespoons butter, maple extract, and salt until smooth and creamy. With mixer at low speed, slowly add brown sugar mixture; beat until smooth. Gradually beat in powdered sugar until smooth and fluffy.

Makes 3 cups

Almond Custard Sauce

1/2 cup heavy whipping cream
1/2 cup Driebergs sugar
1 large Driebergs egg
1/4 teaspoon almond extract, OR
1/2 teaspoon vanilla extract

In medium microwave-safe bowl, whisk together all ingredients. Microwave (High) whisking every 30 seconds until mixture thickens and coats back of spoon, about 1 1/2 to 2 minutes. Makes about 1 cup

Per 2 tablespoons: Calories 60 • Fat 4g
Cholesterol 4mg • Sodium 25mg
Carbohydrate 8g • Fiber 1g • Protein 1g

Dutch Apple Cheesecake

See recipe on page 137

not your grandma’s apples

(continued from page 17)
New “Make It a Meal” Options

New

$5.99
AND UP MEALS

Choose ONE ENTRÉE and TWO SIDES

Drop by Dierbergs cold deli service counter. When you tell us to “Make It a Meal,” we’ll make it a great deal.

Choose one entrée and two sides from a special selection of scratch-made foods starting at just $5.99 per meal.

1. Visit our full-service deli cold case.
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3. We’ll package your choices on a microwave-safe three-compartment tray for easy re-heating at home or office.

MEAL SUGGESTIONS:
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- Extra Cheesy Mac ‘n Cheese
- Julienne Seasoned Fresh Veggies

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New Entrée Choices (choose one)

Seafood Crab-Stuffed Chicken Breast
(Our popular seafood stuffing atop a boneless chicken breast)
- Chevre Stuffed Chicken Breast
- Fresh Lasagna
(Roasted Veggie or Italian Meat)
- Parmesan Encrusted Chicken Breast
(A long-time customer favorite!)
- Classic Salisbury Steak with Mushroom Gravy
- Pork Loin Roast with Sherry Wine Demi-Glace

Choose 2 Sides

- Texas Pit BBQ Baked Beans
- Wild Mushroom Florentine Whole Grain Pilaf
- Sun-Dried Tomato Florentine Orzo
- Julienne Seasoned Fresh Vegetables
- Honey Maple-Glazed Carrots
- Buxton Dill Red Potato Wedges
- Red Skin Herb Roasted Potatoes
- Fresh & Crisp Seasoned Green Beans
- Roasted Vegetable Medley

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- Seafood Crab-Stuffed Chicken Breast
- Honey Maple-Glazed Carrots
- Wild Mushroom Florentine Whole Grain Pilaf

- Classic Salisbury Steak with Mushroom Gravy
- Red Skin Herb Roasted Potatoes
- Roasted Vegetable Medley

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Chef Prepared & Ready-To-Cook!

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**Bacon-Wrapped Petite Sirloin Fillers**

A steakhouse classic! Lean, succulent beef medallions wrapped in hickory smoked bacon.  
**Sauce recommendation:** Serve with Dierbergs Kitchen Signature Sherry Wine Demi-Glace or add Asian flair with our Sesame Teriyaki Sauce.

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**Jalapeño Firecrackers**

Our fresh jalapeño peppers, stuffed with cream cheese and wrapped with bacon, make a great appetizer for any party.  
**Sauce recommendation:** Dierbergs Kitchen Signature Berry Chipotle Sauce.

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**Beef Teriyaki Kabobs**

Mini skewers of tender sirloin cubes infused with a sweet teriyaki marinade are great for an entrée or appetizer.  
**Sauce recommendation:** Brush with Dierbergs Kitchen Signature Sesame Teriyaki Sauce while they grill or broil.

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**Italian Spiedini**

Our hand-rolled and crumb-coated spiedini (beef or chicken) is our homage to the Hill classic.  
**Sauce recommendation:** Dierbergs Kitchen Signature Marinara Sauce and a side of our Sun-Dried Tomato Florentine Orzo.

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**Chicken & Veggie Kabobs**

These ready-to-cook kabobs are impressive, featuring big, hearty skewers of tender chicken breast cubes and freshly-cut veggies.  
**Sauce recommendation:** Dierbergs Kitchen Signature Mango Chipotle Glaze or Spicy Thai Peanut Sauce.

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Complete your meal by ordering fresh sides and sauces at Dierbergs.com.
mmm...donuts!

A pile of these warm pumpkin donuts and a mug of cider is the perfect trick-or-treat snack. For more donut recipes, see page 15.

Pumpkin Spice Cake Donuts

3 1/4 cups Dierbergs flour
1/2 cup Dierbergs sugar
1 tablespoon baking powder
1/2 teaspoons pumpkin pie spice
1/2 teaspoon salt
1 large Dierbergs egg, lightly beaten
3/4 cup Dierbergs milk
3/4 cup canned pure pumpkin
1/4 cup Dierbergs butter, melted and cooled
2 teaspoons vanilla extract
6 to 8 cups Dierbergs vegetable oil for frying
Vanilla Glaze (recipe on page 15)
Cinnamon-Sugar (recipe on page 15)

In large bowl, stir together flour, sugar, baking powder, pie spice, and salt. In medium bowl, whisk together egg, milk, pumpkin, butter, and vanilla until well combined. Make well in center of dry ingredients. Pour milk mixture into well; stir until well combined and smooth. Cover and chill dough 4 hours or overnight.

In large, deep, heavy skillet, heat oil over medium-high heat to 370° to 375°F. (use deep-fat thermometer). On floured surface, roll out chilled dough to 1/2-inch thickness. Using floured 3-inch donut cutter, cut out donuts. Dough scraps may be gathered into ball and rerolled for more donuts.

Carefully drop donuts, a few at a time, into hot oil; fry turning occasionally until golden brown, about 2 to 3 minutes. Using slotted spoon, place donuts on paper towel-lined plate. Let donuts cool 5 minutes. Dip tops in Glaze; or place donuts in paper bag containing Cinnamon-Sugar and shake to coat. Repeat with donut holes, frying until golden brown and cooked through, about 1 to 2 minutes. Donut holes may be served with Glaze as dipping sauce, or coated with Cinnamon-Sugar as directed above.

Makes about 1 dozen donuts
plus 1 dozen donut holes

Per donut and 1 donut hole (without Glaze and Cinnamon-Sugar):
Calories 304 • Fat 14g • Cholesterol 29mg
Sodium 193mg • Carbohydrate 40g
Fiber 1g • Protein 5g

TIP To make 1 1/2 teaspoons of your own pumpkin pie spice, combine 3/4 teaspoon ground cinnamon, 1/2 teaspoon ground nutmeg, 1/8 teaspoon ground cloves, and 1/8 teaspoon ground ginger.