EVERYBODY COOKS®
on TV Monday, September 1
7:30 p.m.
KMOV-TV • Channel 4

VIRGINIA KERR
Great Day St. Louis Host
and self-proclaimed non-cook,
learns the basics

C’MON, BABY!
Light the fire pit for an instant party

GOT GRAINS?
We do, and lots of tasty
ways to fix ‘em!

Dierbergs®
IT’S FRESH. IT’S FRIENDLY. IT’S DIERBERGS®! 
I grew up in the supermarket business. I work in the supermarket business. I don’t cook very often. In fact, my husband and kids really wish I would cook more.

There I said it. Not that it’s a closely held secret among my family and friends where it’s become a popular joke, acknowledging my grocery irony: life in the food industry with an admittedly limited recipe repertoire.

That’s why I had to smile when I read KMOV personality Virginia Kerr’s efforts to sharpen her own cooking skills (pg. 5). While she’s not in the grocery business, she is a busy parent with an active career, and she’s found herself in a place that is quite familiar to me. I bet many of you recognize that place as well (or did at one point in your life!)

Let’s call it the safety zone. You’ve mastered some dishes, but rarely venture beyond. Maybe you never learned kitchen basics to give you the confidence to try something new. Maybe it’s just hard finding time to cook. For me, and I expect many, it’s a combination of the three.

Yes, Virginia (and others), there is hope. On pages 5-7, our culinary pros gave Virginia simple tips and recipes for easy, affordable entrees any night of the week.

Even better than tips in our magazine, our Cooking Schools have developed a new series, “The Basics: Cooking 101,” to give you the tools and the right ingredients to master cooking for your friends and family.

I’m going to take advantage, and invite you to do the same. My husband and kids will be eternally grateful if I become a master in the kitchen. You too can make your family happy by registering online at Dierbergs.com.

Happy cooking,

Laura Dierberg Padousis
the chili throwdown

Think you make great chili, do ya”? Last March, we put out the call for the best chili cooks in St. Louis to enter their favorite recipe for a chance to win a $500 Dierbergs Gift Card. The gloves came off and the chili pots went on. Four finalists cooked their way to fame before a panel of chili-loving celebrity judges at Dierbergs Culinary Event Center in Des Peres.

NON-TRADITIONAL CHILI CATEGORY
mexican turkey chili with just the right kick

1/2 pound ground turkey
1/2 pound chorizo sausage
2 tablespoons cornmeal
6 tablespoons chili powder
1 teaspoon salt
1 teaspoon dried oregano
1 teaspoon paprika
1 teaspoon ground cumin
1/2 teaspoon turmeric
1/4 teaspoon cayenne pepper
2 bell peppers (green, red, or yellow), seeded and chopped
1 red onion, chopped
2 ribs celery, chopped
2 cloves garlic, minced
1 jalapeño pepper
2 cans (15.25 ounces each) S&W® kidney beans, rinsed and drained
1 can (15 ounces) S&W® black beans, rinsed and drained
1 can (46 ounces) tomato juice
1/4 cup chopped fresh cilantro (optional)

In large skillet, cook turkey and chorizo over medium heat stirring often to break into small pieces until no longer pink. Stir in cornmeal and spices. Add bell peppers, onion, celery, and garlic; cook stirring often until tender.

To determine the amount of kick
For least amount of heat, cut slit in jalapeño and add to chili. For a bit of kick, add half of a diced jalapeño to chili. For chili with a kick, dice entire jalapeño and add to chili.

Add beans and tomato juice; simmer stirring occasionally for 20 minutes. Taste and season with additional salt and/or jalapeño as needed. Cook an additional 10 to 15 minutes. Stir in cilantro. Serve with crushed nacho chips or crackers and cheese.

Makes 8 servings

Per serving: Calories 217 • Fat 7g • Cholesterol 40mg • Sodium 1170mg
Carbohydrate 26g • Fiber 8g • Protein 16g

Make this hearty turkey chili as mild or as wild as you like, and serve it with all of your favorite chili fixin’s on the side.

Maria V. Martinez BonDurant

Congratulations!
Our Grand Prize winner: Maria V. Martinez BonDurant with her Mexican Turkey Chili with Just the Right Kick. Her fierce competitors are chili champs in their own rite, each taking the top spot in the remaining categories.

BONUS RECIPES
• CLASSIC CHILI CATEGORY
Strike Force Chili
Sarah Thompson

• WHITE CHILI CATEGORY
Sauer’s Sweet & Savory White Chili
Mark William Sauer

• VEGGIE CHILI CATEGORY
Sweet Potato Chili
Vicki Amsinger

Click. Search. Cook! at Dierbergs.com/recipes
For the novice, cooking something from scratch can be overwhelming. Culinary terms are a foreign language and those helpful kitchen gadgets aren’t much help if you don’t know what to do with them. Well, you’ve gotta start somewhere, so how about an affordable weeknight dinner entrée that the whole family will enjoy? We’ll show you how and explain why every step of the way to help you build kitchen skills you’ll use again and again.

**Batches** Cook a few pieces at a time so moisture evaporates allowing the surface to brown.

**Cross-contamination** This happens when bacteria from raw food is transferred to cooked or ready-to-eat food.

**Deglaze** Stir a small amount of liquid into a hot skillet to loosen browned bits from bottom and make pan sauce.

**Dredge** Lightly coat both sides of food to be fried with flour, cornmeal, or breadcrumbs.

**Fond** The browned bits remaining in pan after browning food.

**Instant Read Thermometer** Inserted in food near the end of cooking time. Takes the reading in just a few seconds. Do not leave in food while in the oven.

**Nonstick Skillet** A special coating on the interior surface prevents food from sticking, making cleanup easy.

**Oven-proof Skillet** A skillet with a metal or coated handle that can withstand temperatures up to 400°F, and can be placed directly in the oven.

**Partially Frozen** When raw meat is frozen until firm to the touch but not solid, it’s much easier to cut.

**Sear** Quickly cook meat without moving to allow the surface to brown. Raw meat will stick to a hot pan, but will release easily when it has seared.

**Silverskin** The thin membrane that covers pork tenderloin should be removed before cooking to make it more tender and prevent the meat from curling. Use a sharp knife to remove the silverskin.

**Slurry** Make a thin paste of flour or cornstarch with a small amount of cold liquid. Whisk into hot mixture to thicken it without creating lumps.

**Tongs** Use tongs instead of piercing meat with a fork which allows juices to escape and makes meat dry.

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**5 Things to know about Virginia Kerr**

1. **What’s your favorite thing to eat?**
   A BIG salad with grilled chicken that someone else makes...mine never tastes right!

2. **If you could cook like a pro, you would make...**
   Pulled Pork

3. **What scares you most about the kitchen?**
   Failure...that my food won't taste good.

4. **Any cooking disasters?**
   I've blocked them from memory except for my husband’s face after the first bite!

5. **How do you stay healthy?**
   I only eat when I'm hungry.

You know Virginia Kerr as the intrepid host of KMOV’s Great Day St. Louis. But you may not know that this busy mom and TV veteran is also a self-proclaimed non-cook!
quick chicken club sandwiches

Happiness is having your sandwich your way. Cook the chicken, set out all the fixin’s, and let everybody build their own.

Lemon Pepper Chicken Cutlets
12 slices bacon
1/2 cup light mayonnaise
1 teaspoon Dijon mustard
1 teaspoon honey
6 Dierbergs Bakery Ciabatta or Kaiser rolls, split
6 lettuce leaves
1 ripe avocado, halved, pitted, peeled, and sliced
12 tomato slices

Prepare Lemon Pepper Chicken Cutlets as directed above.

Place chicken in single layer on jellyroll pan; cover with plastic wrap. Place pan in freezer until chicken is partially frozen, about 30 minutes.

1 Using sharp knife, split each chicken breast horizontally into two thinner pieces (a.k.a. cutlets). This allows chicken to cook quickly, yet thoroughly. If needed, place each piece between 2 sheets of plastic wrap and lightly pound with smooth side of meat mallet to even thickness.


In large nonstick skillet, heat 1 tablespoon of the olive oil over medium-high heat. 2 Sear the chicken in batches until lightly browned, about 4 minutes.

Using tongs, turn chicken; 3 cook until instant read thermometer reads an internal temperature of 165°F., about 4 to 5 minutes. Transfer chicken to plate; cover with foil to keep warm. Repeat with remaining chicken and olive oil.

Serve warm, or use in Quick Chicken Club Sandwiches or Chicken Piccata (recipes follow).

Makes 4-6 servings

Per serving: Calories 210 • Fat 7g • Cholesterol 83mg • Sodium 137mg • Carbohydrate 4g • Fiber <1g • Protein 26g

chicken piccata

Our simple chicken cutlet returns all dressed up for company! But it’s still easy enough for Wednesday night with the family.

Lemon Pepper Chicken Cutlets
1/2 cup reduced-sodium chicken broth
1/2 cup Chardonnay, Pinot Grigio, or other dry white wine
1 clove garlic, minced
1/2 teaspoon salt
2 tablespoons fresh lemon juice
1 tablespoon Dierbergs flour

Prepare Lemon Pepper Chicken Cutlets as directed above.

Carefully slide rubber spatula between bacon slices to separate. Place bacon in single layer in cold, large skillet; cook over medium heat turning often until crisp. Drain well on paper towel-lined plate; set aside.

In small bowl, combine mayonnaise, Dijon, and honey; stir until mixed. Spread on cut sides of each roll. Top with chicken and remaining ingredients as desired.

Makes 6 sandwiches

Per serving: Calories 541 • Fat 25g • Cholesterol 103mg • Sodium 998mg • Carbohydrate 40g • Fiber 4g • Protein 39g

lemon pepper chicken cutlets

This tender, juicy chicken is simple and delicious all by itself. Or use it as a starting point for other terrific recipes.

3 boneless, skinless chicken breast halves (about 1 1/2 pounds)
1/4 cup Dierbergs flour
1 tablespoon lemon pepper seasoning
2 tablespoons Dierbergs olive oil (divided)

Carefully slide rubber spatula between bacon slices to separate. Place bacon in single layer in cold, large skillet; cook over medium heat turning often until crisp. Drain well on paper towel-lined plate; set aside.

In small bowl, combine mayonnaise, Dijon, and honey; stir until mixed. Spread on cut sides of each roll. Top with chicken and remaining ingredients as desired.

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1/2 cup light mayonnaise
1 teaspoon Dijon mustard
1 teaspoon honey
6 Dierbergs Bakery Ciabatta or Kaiser rolls, split
6 lettuce leaves
1 ripe avocado, halved, pitted, peeled, and sliced
12 tomato slices

Prepare Lemon Pepper Chicken Cutlets as directed above.
honey orange chicken thighs

Chicken thighs are moist and tender, affordable, and have a rich chicken flavor. The sauce is absolutely scrumptious!

Remove and discard excess fat from chicken. Pat dry with paper towels (see Browning Meat on page 7). In small bowl, combine salt, pepper, and orange peel. 1 Carefully loosen skin on chicken with your fingers. 2 Rub seasoning mixture under skin and over outside of thighs.

In oven-proof skillet, heat oil over medium-high heat. Add chicken skin-side down; sear the chicken in batches until well browned, about 5 to 6 minutes on each side, using tongs to turn chicken.

FOR GLAZE  In 1-cup glass measure, combine all glaze ingredients until well mixed. Reserve 1/2 cup for serving with cooked chicken. Brush remaining glaze over chicken in skillet. Discard any remaining glaze into which you have dipped a brush that has touched the raw chicken to avoid cross-contamination.

Place skillet with chicken in 400°F. oven; roast until instant read thermometer reads an internal temperature of 165° to 170°F. (see Temperature Check), about 20 minutes. Transfer chicken to plate; cover loosely with foil to keep warm.

3 Keep handle of skillet covered with pot holder while making sauce. Add the reserved 1/2 cup Glaze to drippings in skillet; cook over medium heat 5 minutes stirring to scrape fond from bottom of pan. Add any accumulated juices from chicken on plate to skillet. Spoon sauce over chicken.  
Makes 4-6 servings

Per serving: Calories 373 • Fat 23g • Cholesterol 129mg • Sodium 642mg Carbohydrate 18g • Fiber <1g • Protein 22g

**LESSON:**

**TEMPERATURE CHECK**

- Thermometers inserted into thinner cuts of meat from the top may go all the way through. For an accurate reading, insert the thermometer about 1 inch into the side of the meat rather than through the top. Be careful not to touch the bone (if applicable), which will be a higher temperature.

- Cook chicken breasts to 165°F., chicken thighs and drumsticks to 170°F., and pork to 150°F.
pan-roasted pork tenderloin

Tender pork and a fabulous pan sauce are guaranteed to impress.

1 pork tenderloin  
(about 1 1/4 pounds)  
1/3 cup Dierbergs olive oil  
1/4 cup red wine vinegar  
1 tablespoon minced shallot  
1 tablespoon honey  
1 teaspoon Dijon mustard  
Coarse salt and freshly ground black pepper  
1 tablespoon Dierbergs olive oil

Trim fat and silverskin from pork. Place pork in large freezer-weight reclosable plastic bag. In 1-cup glass measure, whisk together the 1/3 cup olive oil, vinegar, shallot, honey, and Dijon. Reserve and refrigerate 1/4 cup of the marinade; pour remaining marinade over pork. Seal bag and turn to coat meat. Place bag on plate and marinate in refrigerator several hours or overnight. Remove pork from bag; discard marinade.

Pat pork dry with paper towels; season with salt and pepper. In 10-inch oven-proof skillet (NOT nonstick), heat the 1 tablespoon olive oil over medium-high heat. Add pork; sear until pork releases from skillet and is lightly browned on bottom, about 2 minutes. Continue to cook pork turning with tongs as needed until browned on all sides.

Transfer skillet with pork to 400°F. oven. Roast until instant read thermometer reads an internal temperature of 150°F, about 5 to 10 minutes. Transfer pork to plate; cover with foil to keep warm. Let stand 5 minutes before slicing.

Keep handle of skillet covered with pot holder while making sauce. Place skillet with drippings over medium-high heat. Deglaze skillet with reserved 1/4 cup marinade; cook stirring to scrape fond from bottom of pan until reduced in volume and slightly thickened, about 2 minutes. Drizzle sauce over pork.

Makes 4 servings

Per serving: Calories 248 • Fat 13g  
Cholesterol 87mg • Sodium 70mg  
Carbohydrate 2g • Fiber 0g • Protein 28g

LESSON: BROWNING MEAT

Golden brown meat is inviting and delicious; gray or white is not. Meat or poultry that has been browned on the surface tastes better because you have caramelized the meat’s natural sugars. To create a perfectly browned exterior:

• Pat the surface of the meat dry. Excess moisture prevents browning.
• Brown the meat in a preheated skillet on top of the stove. Skipping this step and going straight to the oven may not create a well-browned surface.
• Brown the meat in batches if needed to avoid overcrowding the skillet.
• Leave the meat alone for a few minutes to sear before turning.

The Basics... Cooking 101

Come to Dierbergs School of Cooking to use simple tools and the right ingredients to master key tricks of the trade!

• Slice and dice with knife skills
• Give a toast to roasting just about anything
• Noodle on all the pasta-ilities

Search class schedules at Dierbergs.com/school
You’ve heard that they’re good for you. You’ve stared at the boxes and bulk bins. And you probably still don’t know exactly what to do with all of those whole grains. That’s where we come in. Our recipes for whole grains are anything but Plain Jane. Nutty flavors and chewy textures play well with lots of your favorite ingredients and seasonings so there’s never a dull dinner when you...go with the grain.

**AMARANTH**
This tiny grain is high in protein and gluten-free with a very mild flavor. Cooked amaranth keeps a little of its crunch. Toss it with minced fresh herbs and olive oil or butter for a side dish, or serve it as a hot cooked cereal.

**FARRO**
This nutty grain is an ancient form of wheat and popular in Italy as a pasta substitute. Top it with pasta sauce or toss it with butter or olive oil for a side dish. While warm, stir in a vinaigrette dressing along with olives and toasted nuts.

**ISRAELI (PEARLED) COUSCOUS**
Israeli couscous comes in larger pearls and takes longer to cook than regular fine-grained couscous. Whole wheat couscous contains the whole grain and all the fiber and nutrients. Top cooked Israeli couscous with your favorite stew or stir-fry.

**MILLET**
This tiny grain is high in protein and gluten-free with a mild, slightly grassy flavor. Toast millet in a dry skillet over medium heat for 3 to 4 minutes before cooking to deepen its nutty flavor. Use it in stuffings, stir into muffin or quick bread batter, or add it to soups or stews. It’s also great for a breakfast cereal.

**WHEAT BERRIES**
Cooked wheat berries are nutty and slightly sweet with a crisp-chewy texture. Toss still-warm wheat berries with grilled veggies and a tangy vinaigrette for a terrific salad. Stir cooked wheat berries into soups and stews.
harvest wheat berry salad

Potatoes too predictable? Rice too routine? Try this colorful dish instead of the same old side. Or spoon it into lettuce leaves and roll up for a quick and tasty lunch.

In large saucepan, combine wheat berries and water; cover and let stand overnight. Place pan with berries and soaking water over medium-high heat; bring to a boil. Cook uncovered over low heat, stirring occasionally and adding additional water as needed to keep wheat berries covered, until tender, about 50 to 60 minutes. Drain well and chill.

In large bowl, combine chilled wheat berries and remaining ingredients until well mixed. Let stand at least 15 minutes to develop flavors.

Makes 8-10 servings

Per serving: Calories 192 • Fat 6g • Cholesterol 0mg • Sodium 115mg • Carbohydrate 31g • Fiber 4g • Protein 5g

1 cup wheat berries (about 1/2 pound)
3 cups water
1 1/2 cups chopped celery
3/4 cup chopped walnuts, toasted
3/4 cup coarsely chopped dried apricots
1/2 cup tart dried cherries
1/2 cup finely chopped fresh Italian parsley
2 tablespoons thinly sliced green onion
3 tablespoons fresh lemon juice
1 tablespoon agave nectar or honey
1/2 teaspoon coarse salt
1/4 teaspoon coarse black pepper

moroccan meatballs

Millet makes these savory meatballs moist, while the fragrant Moroccan spice blend, Ras el Hanout, infuses them with warm, complex flavors. Serve with pita or Naan bread to get every drop of the amazing sauce.

MEATBALLS
1/2 cup millet
1 carton (8.25 ounces) beef stock
1/4 cup water
1 pound lean ground beef
3/4 cup finely chopped onion
3 cloves garlic, minced
2 teaspoons Ras el Hanout Seasoning (recipe follows)
1/2 teaspoon salt

SAUCE
1 tablespoon Dierbergs olive oil
1 cup chopped onion
3 cloves garlic, minced
1 can (14.5 ounces) Dierbergs petite diced tomatoes
1 can (14.5 ounces) crushed tomatoes
2 tablespoons finely chopped fresh Italian parsley
2 teaspoons Ras el Hanout Seasoning (recipe follows)
1/2 teaspoon coarse salt
1/4 teaspoon ground black pepper

FOR MEATBALLS In medium saucepan, bring millet, stock, and water to a boil over medium-high heat. Reduce heat, cover, and simmer stirring occasionally until liquid has been absorbed, about 20 minutes. Remove from heat; cool completely. Fluff millet with fork.

In medium bowl, gently mix cooled millet, ground beef, onion, garlic, Seasoning, and salt just until combined. Form mixture into 18 meatballs, a scant 1/4 cup each; place on foil-lined jellyroll pan. Bake in 350°F oven until cooked through and lightly browned, about 25 minutes.

FOR SAUCE In large saucepan, heat olive oil over medium-high heat. Add onion and garlic; cook stirring often until onion wilts. Add remaining ingredients. Reduce heat and cook stirring occasionally until reduced and slightly thickened, about 20 to 30 minutes. Taste and season with additional Ras el Hanout Seasoning or salt and pepper, if desired.

TO SERVE Place meatballs in large serving bowl; top with Sauce.

Makes 6 servings

Per serving: Calories 246 • Fat 8g • Cholesterol 36mg • Sodium 740mg • Carbohydrate 27g • Fiber 5g • Protein 18g

ras el hanout seasoning

4 teaspoons Hungarian sweet paprika
3 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons ground ginger
1 teaspoon ground cinnamon
1 teaspoon ground black pepper
Freshly grated nutmeg

In small bowl, combine all ingredients. Makes about 4 tablespoons

ras el hanout seasoning

4 teaspoons Hungarian sweet paprika
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2 teaspoons ground coriander
2 teaspoons ground ginger
1 teaspoon ground cinnamon
1 teaspoon ground black pepper
Freshly grated nutmeg

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4 teaspoons Hungarian sweet paprika
3 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons ground ginger
1 teaspoon ground cinnamon
1 teaspoon ground black pepper
Freshly grated nutmeg

In small bowl, combine all ingredients. Makes about 4 tablespoons
israeli couscous with roasted broccoli

Toss big, plump pearls of Israeli couscous with briny feta and olives and tender roasted broccoli for a fabulous Mediterranean-style dish.

- 6 cups broccoli florets (about 1 pound)
- 2 tablespoons Dierbergs olive oil
- 1/2 teaspoon coarse salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup sliced kalamata olives, drained
- 1 can (14.5 ounces) broth (beef, chicken, or vegetable)
- 1 cup whole wheat Israeli (pearled) couscous
- 1/2 cup Dierbergs crumbled feta cheese
- 1/4 cup chopped fresh Italian parsley
- 2 tablespoons fresh lemon juice

Place broccoli on foil-lined jellyroll pan that has been lightly coated with no-stick cooking spray. Drizzle with olive oil; toss until well mixed. Season with salt and pepper. Roast in 375°F oven 5 minutes. Add olives; toss until well mixed. Roast until broccoli is tender and lightly browned, about 10 minutes.

Meanwhile, in large saucepan, bring broth to a boil over medium-high heat. Stir in couscous. Reduce heat, cover, and simmer stirring occasionally until couscous is tender and liquid is absorbed, about 12 to 15 minutes.

In large bowl, combine couscous, broccoli/olive mixture, cheese, parsley, and lemon juice. Season with additional pepper, if desired. Serve warm or at room temperature. Makes 6 servings

Per serving: Calories 221 • Fat 10g • Cholesterol 5mg • Sodium 731mg 
Carbohydrate 26g • Fiber 4g • Protein 9g

***smoky amaranth black bean sliders***

Take a break from your usual burger. Smoked paprika gives these meatless minis rich flavor.

- 1/2 cup water
- 1/3 cup dry amaranth
- 1 can (15 ounces) black beans, rinsed and drained
- 1/2 cup Dierbergs shredded sharp cheddar cheese
- 1/4 cup panko bread crumbs
- 1/4 cup chopped red bell pepper
- 1/4 cup sliced green onion
- 1/2 teaspoon ancho chile pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon smoky paprika
- 1/4 teaspoon ground cumin
- Dierbergs Bakery slider buns or dollar rolls
- Lettuce leaves
- Red onion slices

In small saucepan over medium heat, bring the 1/2 cup water to a boil. Add amaranth; return to a boil. Reduce heat, cover, and simmer stirring occasionally until tender and liquid is absorbed, about 10 to 12 minutes. Let stand covered 5 minutes. Fluff amaranth with fork; cool slightly.

In work bowl of food processor fitted with steel knife blade, combine cooled amaranth, beans, cheese, panko, bell pepper, green onion, and seasonings; pulse to combine (mixture will be slightly chunky).

Form mixture into 8 patties, about 1/4 cup each. Lightly coat both sides of patties with no-stick cooking spray. In preheated skillet, cook patties in batches over medium heat until browned and edges are crispy, about 3 to 4 minutes per side. Serve on buns with lettuce leaf and onion slice. 

Makes 8 Sliders

Per Slider: Calories 100 • Fat 3g 
Cholesterol 8mg • Sodium 280mg 
Carbohydrate 13g • Fiber 2g • Protein 5g

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**BONUS RECIPES**

• Lentil Quinoa Tacos
• Grilled Mexican Turkey Burgers
• Garden Tabbouleh Salad
• Creamy Barley Pilaf
• Vegetable Beef Barley Soup

Click, Search, Cook! at Dierbergs.com/recipes
butternut and farro risotto

Farro is plump and a little bit chewy, and makes a nice foil for this rich, creamy entrée.

1 carton (18 ounces) cubed butternut squash (Produce Department)
3 tablespoons Dierbergs olive oil (divided)
Coarse salt and freshly ground black pepper
1 cup chopped onion
2 cloves garlic, minced
1 1/2 cups pearled farro, rinsed and drained
1/2 cup dry white wine
1 carton (32 ounces) vegetable broth
1/2 cup chopped walnuts, toasted
1/3 cup chopped fresh Italian parsley
1/4 cup Dierbergs grated parmesan cheese
1 teaspoon snipped fresh rosemary or dried rosemary, crushed

Place squash on foil-lined jellyroll pan that has been lightly coated with no-stick cooking spray. Drizzle with 2 tablespoons of the olive oil; toss until well mixed. Season with salt and pepper. Roast in 400°F oven, stirring halfway through cooking time, until squash is tender, about 15 minutes.

Meanwhile, in large saucepan, heat remaining tablespoon olive oil over medium heat. Add onion and garlic; cook stirring often until onion wilts, about 3 to 4 minutes. Add farro; stir until well mixed. Add wine; cook stirring often until wine is absorbed, about 2 minutes.

Add broth 1 cup at a time, cooking and stirring often until liquid is absorbed before adding additional broth, about 45 to 50 minutes total cooking time. When farro is tender and very creamy, stir in remaining ingredients. Gently fold in roasted squash. Garnish with rosemary sprig or additional parsley, if desired.

Makes 4 servings

Per serving: Calories 592 • Fat 22g • Cholesterol 8mg • Sodium 712mg • Carbohydrate 74g • Fiber 9g • Protein 20g

Got GRAINS?

Quick cooking? Well, no. Worth the wait? Absolutely! Protein-packed and full of fiber, whole grains do a whole lot of great things, like help you feel full longer. They also steady your blood pressure and blood sugar levels.

- Check expiration dates and storage recommendations on the package. Shelf life varies greatly among varieties. Store grains in tightly sealed containers in a cool, dark, dry place.
- Fresh grains have a slightly sweet aroma or none at all. Discard grains that have a musty or oily aroma.
- Follow cooking directions on the package. Amounts of liquid and cooking times will vary.
- Cook grains in a large heavy pot to prevent scorching and boiling over. Stir frequently while cooking to create a creamy texture. For a chewier texture, leave them alone and fluff with a fork after cooking.
- Cooked grains will keep up to 5 days in the refrigerator, or up to 6 months in the freezer.
NEW! Already Cooked Recipe-Ready Whole Grains

CREATE HEALTHY DISHES IN MINUTES WITH OUR ALREADY COOKED RECIPE-READY WHOLE GRAINS.

• No soaking
• No cooking grains for up to one hour
• Use recipe-ready whole grains with fully prepared foods from our Deli and Seafood departments for super easy and fast recipes

IT COULDN'T BE EASIER TO GET ALL THE BENEFITS OF WHOLE GRAINS:

• Great source of antioxidants, vitamins, minerals and natural disease fighting substances
• Source of B vitamins, vitamin E, magnesium, iron and fiber
• Reduces the risks of heart disease, stroke, cancer, diabetes and obesity

Source: Whole Grains Council

EASY TO ASSEMBLE RECIPE

GREEK SALAD WITH GRILLED PORTABELLA & QUINOA

FROM DIERBERGS DELI
• Recipe-Ready Red & White Quinoa
• Signature Greek Vegetable Salad
• Grilled Marinated Portabella Mushroom

FROM DIERBERGS PRODUCE DEPARTMENT
• Baby spinach or field greens
• Greek or Italian salad dressing

FROM DIERBERGS GROCERY DEPARTMENT
• Balsamic glaze

Spread greens on large platter. Drizzle dressing over greens. Top with quinoa and Greek Vegetable Salad. Slice portabella and arrange over top. Drizzle Balsamic glaze over salad.

“MAKE IT”-EASY! Ready-to-Eat Ingredients

RECIPE-READY GRAINS

• Already cooked and ready to add to any recipe
• Keep-fresh vacuum sealed packaging
• Freezer-safe
• Microwave-safe

RED & WHITE QUINOA

ANCIENT FARRO GRAIN

Find in our deli self-service case.
NEW! RECIPE-READY WHOLE GRAINS

FROM DIERBERGS DELI
• Recipe-Ready 6-Grain Medley
• Grilled Veggies

FROM DIERBERGS SEAFOOD DEPARTMENT
• Wild or Farm-Fresh Salmon Fillets with Lemon Pepper Seasoning
• Signature Scampi Butter

Let Dierbergs Seafood Department cook the Salmon while you shop. Coarsely chop Grilled Veggies; combine with 6-Grain Medley in microwave-safe dish. Top with part of the Scampi Butter. Microwave (medium) until heated through, stirring every 2 minutes. Season to taste with salt, pepper, or Lemon Pepper Seasoning. Arrange on platter. Top with Salmon. Melt additional Scampi Butter in microwave; drizzle over Salmon.

“MAKE IT”-EASY!
Ready-to-Eat Ingredients
ASIAN CHICKEN & GRAIN MOCK STIR-FRY

FROM DIERBERGS DELI
- Recipe-Ready Grains (any variety)
- Grilled Veggies
- Naked Chicken Bites with Thai Chili or Sesame Teriyaki Sauce
- Thai Chili Sauce or Sesame Teriyaki Sauce

Coarsely chop Grilled Veggies; place in microwave-safe dish with grains. Microwave (medium) stirring every 2 minutes until heated through. Heat Chicken Bites and extra Sauce in microwave. Arrange as shown; drizzle additional Sauce over top.

"MAKE IT"-EASY!
Ready-to-Eat Ingredients

EASY TO ASSEMBLE RECIPE

POWER BREAKFAST CEREAL

FROM DIERBERGS DELI
- Recipe-Ready Grains (Ancient Farro, Barley, or 3-Grain Medley)
- Cinnamon Caramel Cream Sauce

FROM DIERBERGS PRODUCE DEPARTMENT
- Dried fruits and nuts of your choice

FROM DIERBERGS DAIRY DEPARTMENT
- Soy, almond or desired milk

Stir all ingredients together in individual serving bowl. Microwave (high) 3 to 5 minutes, stirring every 2 minutes until mixture boils and becomes creamy. Add additional milk and sugar as desired.

"MAKE IT"-EASY!
Ready-to-Eat Ingredients
This easy combination of Deli-prepared foods can be used for tacos, enchiladas, burritos, nachos, or any Mexican or Southwest-style dish. The whole grains add great texture and blend beautifully with Southwest flavors!
Italian Wine Weekend

Good friends and no-fuss Italian food make for the perfect weekend get-together at your house. The only thing missing is great wine, but how do you choose what to pour? We had the pleasure of hosting Ruffino Brand Ambassador Beppe d’Andrea at Dierbergs Culinary Event Center in Des Peres, who helped us create perfect pairings featuring some of their most popular and affordable Tuscan wines.

It was all about wine at Dierbergs Des Peres Culinary Event Center for Beppe d’Andrea, Ruffino Brand Ambassador, and Barb Ridenhour, Dierbergs Culinary Director.

**First Course**
- **CLASSIC ANTIPIASTO**
Start the evening with a glass of Ruffino Prosecco. This sparkling wine’s acidity and minerality are a great match with Italian Antipasto.

**Second Course**
- **ARANCINI**
Balance the creamy richness of Arancini with the light fruitiness of Ruffino Unoaked Chardonnay.

**Third Course**
- **STUFFED JUMBO PASTA SHELLS**
- **THAT’S ITALIAN SALAD**
There is no better companion to a hearty tomato pasta than a glass of Ruffino Chianti DOCG. Chianti is the second largest wine region in the world and home of the quintessential Tuscan red. DOCG signifies it comes from a region of strict control.

**Dessert Course**
- **DECONSTRUCTED CANNOLI**
Artfully arrange cannoli components, and pair each dessert with a flute of Ruffino Prosecco. Magnifico!
classic antipasto

Simple and elegant, a tray of Italian meats, cheeses, and olives is quite possibly the world's easiest appetizer. Just shop, arrange, and mangia!

1 wedge Sartori SarVecchio Aged Parmesan Cheese, sliced
1 package (7 ounces) Sartori MontAmoré Cheese, sliced
1 container (8 ounces) Dierbergs Deli Garlic-Stuffed Green Olives
1 carton (10 ounces) grape tomatoes
1 package (4 ounces) Volpi Hot Sopressata Salame
Dierbergs Bakery French baguette, thinly sliced

Arrange all ingredients except baguette on large serving platter. Serve with sliced baguette.

Makes 10-12 servings

Per serving: Calories 345 • Fat 24g • Cholesterol 64mg • Sodium 1383mg • Carbohydrate 6g • Fiber 2g • Protein 22g

stuffed jumbo pasta shells

Savory sausage and spinach-stuffed shells topped with a creamy red sauce and a blanket of melted cheese make this entrée perfect for feeding a crowd.

FOR FILLING

Heat large skillet over medium-high heat. Crumble sausage into skillet. Add onion and garlic; cook stirring occasionally and breaking sausage into small pieces until browned, about 6 to 7 minutes. Drain off any fat; cool completely.

In large bowl, combine cooked sausage mixture, spinach, 1 cup of the cheese, eggs, basil, and pepper until well mixed; set aside.

FOR SAUCE

In medium saucepan, melt butter over medium heat. Add garlic; cook stirring often until fragrant, about 30 seconds. Add flour; cook stirring constantly until smooth and bubbly, about 1 minute. Slowly whisk in milk; cook whisking constantly until thickened, about 2 minutes. Remove from heat; stir in pasta sauce, salt, and ground red pepper.

Cook 24 pasta shells according to package directions until al dente (see The Shell Game). Rinse under cold water; drain well. Reserve remaining shells for other uses.

TO ASSEMBLE

Spread half of the sauce in 9 x 13-inch baking dish that has been lightly coated with no-stick cooking spray. Place 2 tablespoons sausage mixture into each shell; place shells in single layer in prepared baking dish. Pour remaining sauce over top of shells; cover and let stand 30 minutes, or refrigerate overnight.

TO BAKE

Bake in 375°F. oven 35 minutes. Uncover, top with remaining 1 cup cheese, and bake until sauce is bubbly and cheese melts, about 10 minutes.

Makes 8 servings

Per serving: Calories 490 • Fat 19g • Cholesterol 118mg • Sodium 806mg • Carbohydrate 45g • Fiber 3g • Protein 27g

TIP

Choose cooked shells that are more open for easier filling.
Cook a few extra pasta shells as a backup in case any tear.

BONUS RECIPES

That’s Italian Salad

Click. Search. Cook! at Dierbergs.com/recipes
**arancini**

Aracini (ah-rahn-CHEE-neh), little rice balls stuffed with cheese, are baked in a hot oven until golden and crisp...no frying needed.

1 can (14.5 ounces) chicken broth
1 cup Ruffino Unoaked Chardonnay
1/2 cup water
2 tablespoons Dierbergs butter
1 cup arborio rice
1/4 cup finely chopped shallot
1/3 cup Dierbergs grated parmesan cheese
1 teaspoon dried basil
Freshly ground black pepper
1 package (8 ounces) fresh mozzarella cheese ball
1/2 cup Dierbergs flour
1 cup Italian-seasoned panko bread crumbs
2 large Dierbergs eggs, lightly beaten, OR 1/2 cup egg substitute
Olive oil no-stick cooking spray
1 lemon, cut into wedges (optional)

In medium saucepan, heat broth, wine, and water over medium heat until hot. In large saucepan, melt butter over medium heat. Add rice and shallot; cook stirring constantly for 1 minute. Add 1 cup hot broth mixture; cook stirring often until broth is absorbed. Add remaining broth mixture 1 cup at a time, cooking and stirring often until liquid is absorbed before adding additional broth, about 30 to 35 minutes total cooking time.

When rice is tender and creamy, stir in parmesan, basil, and pepper. Place risotto in shallow dish or jellyroll pan; let cool 30 minutes.

Slice half of the mozzarella ball into twelve 1/2-inch cubes; reserve remaining cheese for other uses.

Form rice into 12 balls, about 1/4 cup each. Push 1 mozzarella cube into center of each rice ball, completely enclosing cheese.

Cover and chill until firm, at least 30 minutes or overnight.

Place flour on sheet of waxed paper. Place panko on second sheet of waxed paper. Place eggs in shallow dish. Coat rice balls with flour, dip into egg, then coat with panko. Place on foil-lined jellyroll pan; lightly coat with olive oil cooking spray.

Bake in 425°F oven turning once until golden brown and heated through, about 25 minutes. Serve with lemon wedges, if desired.

Makes 12 Arancini

**Per Arancini:** Calories 163 • Fat 5g
Cholesterol 25mg • Sodium 255mg
Carbohydrate 19g • Fiber 1g • Protein 5g

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**deconstructed cannoli**

Here’s an elegant and easy way to enjoy the flavors of this classic Italian dessert.

1 carton (15 ounces) ricotta cheese
2/3 cup Dierbergs powdered sugar
1/2 teaspoon almond extract
1/2 cup whipping cream, whipped
1/4 cup finely chopped maraschino cherries, drained

1/4 cup mini semisweet chocolate chips
1/4 cup roasted and salted shelled pistachios, chopped
Pirouette cookies or biscotti

In large bowl with hand mixer, beat ricotta, powdered sugar, and extract at medium speed until well mixed. Gently fold in whipped cream.

Scoop 1/4 cup ricotta mixture onto each of 12 dessert plates; top with 1 teaspoon cherries. Place 1 teaspoon chocolate chips and pistachios on each plate. Serve with cookies.

Makes 12 servings

Per serving without cookies: Calories 166 • Fat 11g • Cholesterol 32mg • Sodium 45mg
Carbohydrate 13g • Fiber <1g • Protein 5g
CAULIFLOWER

POWER

MOVE OVER, KALE.

Cauliflower’s got the power!

This understated cabbage cousin is the new It vegetable. This darling of low-carb cooking is so much more than a vehicle for cheese sauce!

• A head of cauliflower consists of bunches of tiny florets (a.k.a. curds) on clusters of stalks.

• It comes in a rainbow of colors: white, orange, green, and purple, each with a slightly different flavor and nutrition profile.

• Refrigerate unwashed, wrapped cauliflower up to 1 week.

• It’s loaded with vitamins, low in carbohydrates, high in fiber, and has anti-inflammatory compounds that may help prevent cancer, heart disease, and diabetes.

• Add a splash of lemon juice or white vinegar to the cooking water to keep florets snowy white.

• Avoid cooking cauliflower in an aluminum pot which turns it yellow or an iron pot which turns it turquoise.

Totally Veggie Pizza pictured on cover. Recipe on page 20.
CAULIFLOWER POWER
(continued from page 19)

totally veggie pizza
(pictured on page 19)

Give in to your pizza cravings! Cauliflower makes an amazing low-carb and gluten-free substitute for a traditional crust.

4 cups cauliflower florets
1 large Dierbergs egg, lightly beaten
1 package (8 ounces) Dierbergs finely shredded six-cheese Italian blend (divided)
Salt and freshly ground black pepper
Easy Pizza Sauce (recipe follows), or 1 cup prepared pizza sauce
Fresh or roasted veggie toppings

Place cauliflower in work bowl of food processor fitted with steel knife blade; process until very finely chopped. Place chopped cauliflower in microwave-safe bowl; cover and microwave (high) 6 to 8 minutes or until cooked. Drain. When cool enough to handle, wrap cauliflower in clean kitchen towel; twist ends of towel in opposite directions to remove excess moisture.

In medium bowl, stir together cauliflower, egg, 1 cup of the cheese, salt, and pepper until well mixed. Press mixture onto 12-inch pizza pan that has been lightly coated with no-stick cooking spray. Bake on bottom rack in 425°F oven until lightly golden brown, about 20 to 25 minutes.

Top with pizza sauce, remaining 1 cup cheese, and toppings of your choice. Bake until cheese is melted and lightly browned, about 10 minutes.

Makes 4 servings

Per serving without toppings:
Calories 226 • Fat 11g • Cholesterol 77mg
Sodium 649mg • Carbohydrate 11g
Fiber 3g • Protein 16g

easy pizza sauce

1 can (8 ounces) Dierbergs tomato sauce
2 tablespoons Dierbergs tomato paste
1 teaspoon Italian herb seasoning
1 clove garlic, minced

In small bowl, combine all ingredients. Makes about 1 cup

loaded mashed cauliflower

Cauliflower pinch-hits for potatoes in this flavor-packed side dish.

8 cups cauliflower florets
1 carton (8 ounces) light dairy sour cream
6 slices bacon, diced and cooked crisp
1 cup (4 ounces) Dierbergs shredded cheddar cheese
1/3 cup very thinly sliced green onion
Salt and freshly ground black pepper
Additional shredded cheddar cheese for garnish

Pour 1 inch water into large saucepan; place steamer basket over water. Place cauliflower in basket. Bring water to a boil; cover and steam until very tender, about 10 minutes. Drain well.

Place cooked cauliflower in work bowl of food processor fitted with steel knife blade; add sour cream and process until very smooth. Place mixture in large bowl; stir in bacon, cheese, and green onion. Season with salt and pepper. Sprinkle additional cheese over top, if desired. Serve warm.

Makes 8 servings

Per serving:
Calories 144 • Fat 10g
Cholesterol 31mg • Sodium 240mg
Carbohydrate 7g • Fiber 2g • Protein 8g
buffalo wing-style roasted cauliflower

This meatless version of a classic appetizer is a great way to enjoy those hot, spicy flavors.

8 cups large cauliflower florets  
1/2 cup Dierbergs butter, melted  
Coarse salt and freshly ground black pepper  
1/3 to 1/2 cup hot pepper sauce  
1/3 cup crumbled blue cheese

Divide cauliflower between 2 foil-lined jellyroll pans that have been lightly coated with no-stick cooking spray. Drizzle with melted butter; toss until well mixed. Spread into single layer; season with salt and pepper. Roast in 450°F. oven stirring halfway through cooking time until cauliflower is tender and lightly browned, about 15 to 20 minutes.

Drizzle hot pepper sauce over cauliflower; toss until well mixed. Spread into single layer; roast until lightly browned, about 5 minutes. Cool slightly. Sprinkle blue cheese over top; toss until well mixed.

Makes 6-8 servings

Per serving: Calories 144 • Fat 13g  
Cholesterol 35mg • Sodium 150mg  
Carbohydrate 4g • Fiber 2g • Protein 3g

light and creamy cauliflower soup

Perfect for a chilly day, this light yet satisfying soup will warm you all the way through.

2 tablespoons Dierbergs olive oil  
1 cup finely chopped onion  
1 cup finely chopped carrot  
1 cup finely chopped celery  
2 cloves garlic, minced  
8 cups cauliflower florets, coarsely chopped  
1 box (32 ounces) reduced-sodium chicken broth  
2 cups water  
1/2 cups half-and-half  
Coarse salt and freshly ground black pepper  
Hungarian sweet paprika

In large stockpot, melt butter over medium-high heat. Add onion, carrot, celery, and garlic; cook stirring often until vegetables soften, about 3 minutes. Add cauliflower, broth, and water; bring to a boil. Cook stirring occasionally until cauliflower is tender, about 8 to 10 minutes. Use slotted spoon to remove half of the vegetables; set aside.

Use immersion blender to purée remaining vegetables in stockpot. (Or transfer vegetables to work bowl of food processor fitted with steel knife blade; process until puréed. Return to stockpot). Add reserved cooked vegetables. Bring to a boil; reduce heat and cook stirring occasionally until slightly thickened, about 10 minutes.

Stir in half-and-half and season with salt and pepper. Ladle into serving bowls. Lightly sprinkle paprika over top.

Makes 8 servings

Per serving: Calories 135 • Fat 9g  
Cholesterol 17mg • Sodium 353mg  
Carbohydrate 11g • Fiber 3g • Protein 5g
friday night fire pit

Get the fire pit going and before you know it, you have a patio or driveway full of neighbors and friends, and they could probably go for a snack. So why not turn a chilly fall evening into a full-fledged party with a few tasty fireside snacks that are a cinch to make...indoors or out.

srichelada

In small pitcher, combine orange juice, soy sauce, hot sauce, and Worcestershire. Slowly add beer; stir gently. Serve immediately with orange wedge.

Makes 2 cocktails

savory ‘shroom dip

This rich and creamy dip is loaded with buttery sautéed mushrooms.

1 tablespoon Dierbergs butter
1 package (8 ounces) mushrooms, diced
1 cup diced onion
2 large cloves garlic, minced
2 tablespoons dry sherry
1 package (8 ounces) Dierbergs light cream cheese, softened
1 can (4.5 ounces) chopped green chiles

2 tablespoons thinly sliced green onion
1/4 teaspoon ground black pepper
1 cup (4 ounces) Dierbergs shredded sharp cheddar cheese
Dierbergs Bakery French baguette, thinly sliced and grilled (see TIP)

In medium skillet, melt butter over medium-high heat. Add mushrooms, onion, garlic, and sherry; cook stirring frequently until liquid evaporates, about 8 to 10 minutes. Stir in cream cheese until smooth. Stir in chiles, green onion, and pepper. Spread mixture in 8-inch square disposable foil pan that has been lightly coated with no-stick cooking spray. Sprinkle cheddar cheese over top. Cover and chill up to 24 hours.

Place disposable foil pan with dip on grid over indirect heat; cover and grill until bubbly and cheese is melted, about 10 minutes. (Dip may be grilled immediately after mixing until bubbly, about 5 minutes.) Let stand 10 minutes. Serve with grilled bread slices.

Makes 2 cups

Per 1/4 cup: Calories 163 • Fat 12g • Cholesterol 39mg • Sodium 234mg
Carbohydrate 7g • Fiber 1g • Protein 7g

1 bottle (12 ounces) Belgian-style wheat ale brewed with citrus peels and coriander (Shock Top or Blue Moon)
2 orange wedges
**smoke bacon tots**

Kids of all ages will love these tasty little bacon bundles. The kicked-up dipping sauce is a must.

1 jalapeño pepper, halved, seeded, deveined, and minced
1/2 cup Dierbergs ketchup
1/2 cup Dijon mustard
1/3 of 32-ounce bag frozen onion tater tots
1/2 of 14-ounce package little smokies
2 boxes (2.52 ounces each) fully cooked bacon

In small bowl, stir together jalapeño, ketchup, and Dijon until well mixed. Let stand at least 30 minutes, or cover and chill.

Place tater tots on jellyroll pan lined with no-stick foil. Bake in 425°F. oven 18 to 20 minutes; cool slightly.

Pat smokies dry with paper towels. For each tot, lay 1 bacon strip on flat surface; place 1 tater tot and 1 smokie on one end of bacon and roll up. Secure bacon with wooden pick.

Uncover Tots and place pan on grid over medium-high indirect heat; cover and grill until smokies are heated through, about 10 minutes.

Serve with sauce.

**Makes about 2 dozen**

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**grilled chutney chicken skewers**

Chicken-on-a- stick gets a kick from a sweet and sassy chutney marinade.

1 pound chicken tenders
Wooden skewers, soaked in water 30 minutes
1/3 cup Major Grey's chutney (available in the condiment aisle)
1/3 cup reduced-fat mayonnaise
4 large cloves garlic, minced
2 tablespoons fresh lemon juice
2 tablespoons fresh lime juice
1 teaspoon chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1/4 teaspoon salt

If desired, remove tendons from chicken. Grasp tendon with paper towel. Use knife to scrape meat away from tendon. Weave 1 chicken tender onto each skewer. Place skewers in 9 x 13-inch baking dish; set aside.

In small bowl, whisk together remaining ingredients. Pour mixture over skewers; cover and marinate in refrigerator several hours or overnight.

Remove skewers from marinade; discard marinade. Place skewers on oiled grid over medium-high heat; cover and grill turning often until cooked through and browned, about 8 minutes.

Makes about 8 appetizers

**Per appetizer**:
Calories 83 • Fat 2g
Cholesterol 14mg • Sodium 91mg
Carbohydrate 3g • Fiber <1g • Protein 1g

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**cinnamon turtle bars**

These bars are make-ahead, rich, gooey, portable, and **mmm**!

**BASE**
2 cups Dierbergs flour
1 cup firmly packed Dierbergs brown sugar
1/2 cup Dierbergs butter

**FILLING**
1/2 cup Dierbergs butter
1/2 cup firmly packed Dierbergs brown sugar
1/2 teaspoon vanilla extract
1 cup Dierbergs coarsely chopped pecans
1/2 cup cinnamon chips
1/2 cup semisweet chocolate chips

Line 9 x 13-inch baking pan with foil, extending about 1 inch above sides of pan; set aside.

**FOR BASE**

In work bowl of food processor fitted with steel knife blade, combine flour and brown sugar; pulse until combined, about 30 seconds. Add butter; process until mixture resembles coarse crumbs. Press mixture into prepared pan. Bake in 350°F. oven until lightly browned, about 10 minutes.

**FOR FILLING**

In small saucepan, cook butter and brown sugar over medium heat stirring often until butter melts. Bring to a boil; cook stirring constantly for 1 minute. Remove from heat; whisk in vanilla. Pour over partially baked base; sprinkle nuts over top. Bake until edges are lightly browned, about 12 minutes.

Sprinkle chips over top; bake until slightly melted, about 2 to 3 minutes. Cool in pan on wire rack.

Use edges of foil to lift from pan onto cutting board. Cut into bars.

**Makes 3 dozen**

**Per bar**:
Calories 160 • Fat 9g
Cholesterol 14mg • Sodium 13mg
Carbohydrate 19g • Fiber 1g • Protein 1g
MAPLE PECAN PUMPKIN CAKE

Every slice of this moist, tender cake is loaded with your favorite fall flavors.

CAKE
3 cups Dierbergs flour
1 tablespoon ground cinnamon
2 teaspoons pumpkin pie spice
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 cup Dierbergs butter, softened
1 cup Dierbergs granulated sugar
3/4 cup firmly packed Dierbergs brown sugar
5 large Dierbergs eggs
1 can (15 ounces) pure pumpkin
1 1/2 teaspoons vanilla extract
3/4 cup whipping cream

FOR CAKE In large bowl, combine flour, cinnamon, pumpkin pie spice, baking powder, baking soda, and salt; set aside.

In large mixer bowl, beat butter and sugars at medium speed, scraping bowl often, until light and fluffy. Add eggs one at a time beating well after each addition. Beat in pumpkin and vanilla, scraping bowl often. Beat in flour mixture alternately with cream, beginning and ending with flour mixture. Pour batter into 12-cup Bundt pan that has been lightly coated with non-stick cooking spray. Bake in 325°F. oven until wooden pick inserted in center comes out clean, about 50 minutes. Cool in pan 10 minutes. Invert onto wire rack; cool completely.

PECANS
1 cup Dierbergs pecan pieces
2 tablespoons Dierbergs granulated sugar

FOR PECANS In medium skillet, combine pecans and granulated sugar over low heat; cook stirring constantly until sugar is melted and nuts are glazed. Place nuts on plate and cool completely.

GLAZE
5 tablespoons Dierbergs butter
1/4 cup pure maple syrup
1/4 cup whipping cream
2 cups Dierbergs powdered sugar

FOR GLAZE In small saucepan, combine butter, maple syrup, and cream over medium-high heat; bring to a boil and cook 1 minute. Remove from heat; slowly whisk in powdered sugar until smooth. Let cool until slightly thickened, about 10 minutes. Drizzle over cooled cake. Immediately sprinkle Pecans over top.

Makes 12-16 servings

Per serving: Calories 518 • Fat 27g
Cholesterol 119mg • Sodium 290mg
Carbohydrate 65g • Fiber 2g • Protein 6g