everybody COOKS

EVERYBODY COOKS®
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KMOV-TV
Channel 4

IT'S FRESH. IT'S FRIENDLY. IT'S DIERBERGS®
A legacy of kitchen lessons from mom

When I was growing up, eating meals as a family always brought us together. My mom was (and still is) a fantastic cook; she always had dinner ready for us in the evenings after school or sports.

Now that I am a mom, I try to replicate some of the dishes we enjoyed as kids. However, the art of cooking has changed so much through time. In the past, children often cooked alongside their mothers, gaining a world of experience, great memories and an opportunity to experiment in the kitchen. Today, in the busy world of activities and fast food, cooking alongside our mothers has become a lost art.

This spring, I thought it would be fun to highlight recipes that have survived a generation between moms and their grown-up children. Some of the foods I most enjoy cooking today are ones I enjoyed as a child. In this fast-paced world, I encourage you to take time to share the recipes you have always loved with your own children. While eating as a family is always important, sharing recipes from one generation to the next connects us together through time.

Laura Dierberg Padousis
generations of cooking lessons from mom
The kitchen is home to some of our warmest memories and favorite traditions. Food has a wonderful way of bringing – and keeping – people together. And it’s no surprise that many of those good times are connected with recipes from Mom. We asked some local daughters and sons to share recipes they make with their moms and tell us why these specialties still taste like home.

You might say that a way with words runs in Julie Buck Brooks’ family. When you’re the daughter of Hall of Fame Broadcaster Jack Buck and entertainer Carole Buck, a career in broadcasting is only natural.

But the family affair goes beyond the microphone. “Ever since I can remember, my grandma, my mom and I have made my great-grandma’s stuffing recipe on Thanksgiving. No men allowed in the house – just us girls.

“My dad always liked to eat simple things, and that’s what my mom enjoyed cooking,” says Julie. But when her dad took his turn in the kitchen, he made his famous bean soup, a recipe he picked up from his Army days. “I’m not a big fan,” says Julie, “but I make it for my husband and sons who love it.”

The baking tradition has been passed along successfully. Her three sons love to hang out in the kitchen baking cookies, cupcakes, and brownies...and then devouring them as quickly as possible!

Brooks’ Banana Bread
Julie makes this moist, tender loaf as often as she can. “This recipe is from my late mother-in-law, and it’s my husband’s favorite!”

2 cups Dierbergs flour
1 teaspoon salt
3/4 teaspoon baking soda
2 large Dierbergs eggs, lightly beaten
1 cup mashed, ripe banana (2 large)
1 cup Dierbergs sugar
1/2 cup Dierbergs butter, melted
1 tablespoon fresh lemon juice
1 teaspoon vanilla extract
1/2 cup pecans or walnuts, chopped and toasted

In medium bowl, stir together flour, salt, and baking soda; set aside. In large mixing bowl, combine eggs, banana, sugar, butter, lemon juice, and vanilla until well mixed. Stir in flour mixture and nuts just until moistened. Place batter in 9x5-inch loaf pan that has been coated with non-stick cooking spray. Bake in 350°F oven until wooden pick inserted in center comes out clean, about 45 to 50 minutes. Cool in pan on wire rack 15 minutes. Remove from pan; cool completely. Makes one 9-inch loaf (12 slices)

Per slice:
- Calories 270
- Fat 12g
- Cholesterol 51mg
- Sodium 286mg
- Carbohydrate 38g
- Fiber 2g
- Protein 4g

Julie’s Baked Veggies
Julie says, “This tastes so good that it feels like you’re cheating, but it’s really a healthy dish. For a quick entrée, add 1 cup diced, cooked chicken.”

1 cup chopped zucchini
1 cup chopped tomato
1/2 cup chopped onion
2 cloves garlic, minced
1 teaspoon Italian herb seasoning
1/2 teaspoon coarse salt
1/2 teaspoon ground black pepper
2/3 cup shredded Dierbergs Italian four-cheese blend
2 large Dierbergs eggs, lightly beaten
1 cup Dierbergs milk
1/2 cup regular or reduced-fat buttermilk baking mix (Bisquick)

In medium bowl, combine zucchini, tomato, onion, and garlic. Gently stir in Italian seasoning, salt, and pepper. Place mixture in 8-inch square baking pan that has been coated with no-stick cooking spray. Sprinkle cheese over top.

In medium bowl, whisk together eggs, milk, and baking mix; pour over cheese and vegetables. Bake in 400°F oven until knife inserted in center comes out clean, about 35 to 40 minutes. Let stand 10 minutes before serving.

Makes 6 servings

Per serving:
- Calories 147
- Fat 7g
- Cholesterol 76mg
- Sodium 477mg
- Carbohydrate 13g
- Fiber 1g
- Protein 9g

(continued on page 4)
The Allen family kitchen was always a busy place. Chaos is how Josh Allen describes the scene most days. “The family and our six dogs were always in the kitchen.”

His family owned Allen Foods, a food distribution company with a long St. Louis history. “I remember my dad always bringing home six kinds of something - mustard, cheese, bread. We'd taste them side-by-side so he'd know which products to carry. We still do that! Cooking defines who we are, and the kitchen is still the center of our house.”

That passion for cooking is definitely a family trait. “My mom brought that sense of enjoyment and wonder that happens when you cook... the ‘what's going to happen to these ingredients when you put them all together?' I bake bread every day, and I still have that sense of wonder when I open the oven door...I can't believe the bread rose. I try to share that same feeling at work and at home.”

Companion Egg Casserole

Bacon, eggs, potatoes, cheese - this hearty dish has all of your breakfast favorites in every bite.

2 pounds red potatoes, cut into 1/2-inch cubes
2 tablespoons Dierbergs olive oil
1 to 2 teaspoons chopped fresh rosemary
1 teaspoon onion powder
Coarse salt and freshly ground black pepper
8 ounces gruyère cheese, shredded
(about 2 cups)
1/4 cup Dierbergs butter
1/4 cup Dierbergs flour
2 cups Dierbergs milk
1 cup heavy whipping cream
1/2 cup Dierbergs grated parmesan cheese
2 tablespoons snipped fresh chives
1 tablespoon Dijon mustard
1 teaspoon coarse salt
1/2 teaspoon ground black pepper
9 large Dierbergs eggs
8 slices bacon, diced and cooked crisp

Place potatoes on foil-lined jellyroll pan that has been lightly coated with no-stick cooking spray. Drizzle olive oil over potatoes. Sprinkle rosemary and onion powder over top and season with salt and pepper; toss until well mixed. Roast in 375°F oven stirring occasionally until tender and browned, about 30 to 35 minutes. Place potatoes in single layer in 9x13-inch baking dish that has been lightly coated with no-stick cooking spray. Sprinkle gruyère over top; set aside.

In medium saucepan, melt butter over medium-high heat. Whisk in flour; cook stirring constantly for 1 minute. Whisk in milk and cream; cook stirring constantly until slightly thickened, 4 to 5 minutes. Remove from heat; whisk in parmesan, chives, mustard, salt, and pepper. In large bowl, whisk eggs until well blended; slowly whisk in some of the hot milk mixture. Whisking constantly, slowly add remaining hot milk mixture to eggs. Pour over potatoes; sprinkle bacon over top. Bake in 350°F oven until eggs are set, about 45 to 50 minutes. Let stand 10 minutes before cutting.

Makes 12 servings

Per serving:
Calories 389  •  Fat 28g  •  Cholesterol 212mg  •  Sodium 565mg  •  Carbohydrate 17g  •  Fiber 2g  •  Protein 18g

MAKE-AHEAD TIP Casserole can be assembled and refrigerated overnight.

Almond Toast Spread

Josh uses this Almond Toast Spread to create a best-ever breakfast treat. It can be refrigerated for up to 10 days.

4 ounces (1/2 of 8-ounce can) almond paste
1/2 cup Dierbergs sugar
1/2 cup heavy whipping cream (divided)
1/2 cup Dierbergs butter, softened


Makes about 1 3/4 cups

Per 1 tablespoon:
Calories 76  •  Fat 6g  •  Cholesterol 15mg  •  Sodium 39mg  •  Carbohydrate 6g  •  Fiber <1g  •  Protein 1g

TIP Slice this rich, sweet spread on slices of your favorite bread, sprinkle with sliced almonds, and bake in 375°F oven until golden brown and fragrant, about 8 to 10 minutes.
Growing up in the grocery business, it comes as no surprise that good food is important to Laura and her family. “My mom has always enjoyed cooking and is a wonderful cook,” says Laura. “I remember baking cookies together for tea parties and helping do the prep for holiday meals, but I rarely prepared a meal with her from start to finish. She spoiled us by doing most of the work!”

“My mom loves to experiment and use a handful of this and that. I need it all written down with precise measurements. When I got married, a group of my mom’s friends put together a cookbook for me. It was like having 30 moms share their best recipes. It’s my go-to cookbook and emphasizes the importance of documenting family recipes – they are always the best!”

“My mom’s cooking definitely set the tone for the foods we enjoy now. We chose to share these recipes because we make these same foods for our families today. There is comfort in enjoying food that’s familiar and delicious.”

Sharon’s Company Chicken

This chicken is easy enough for a family dinner, yet special enough for guests.

- 1/3 cup Dierbergs flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 6 boneless, skinless chicken breast halves (about 7 ounces each)
- 1/4 cup Dierbergs butter
- 1 package (8 ounces) mushrooms, sliced
- 1/4 cup dry white wine
- 6 slices Dierbergs Swiss cheese

On sheet of waxed paper, combine flour, salt and pepper. Lightly coat both sides of chicken in flour mixture, shaking off excess. In large skillet, melt butter over medium-high heat. Add chicken; cook until browned on both sides. Place chicken in single layer in 9x13-inch baking dish that has been lightly coated with no-stick cooking spray. In same skillet, cook mushrooms until browned. Add wine; bring to a boil stirring to scrape brown bits from bottom of pan. Pour mixture over chicken; cover top with cheese slices. Bake in 350°F oven until internal temperature is 165°F, about 30 minutes.

Makes 6 servings

Per serving:
Calories 363  Fat 19g  Cholesterol 129mg  Sodium 372mg  Carbohydrate 8g  Fiber 1g  Protein 37g

Apple Bread Pudding

The cozy aroma of apples and cinnamon will certainly get everyone’s attention!

13 to 14 slices white bread, torn into small pieces (Pepperidge Farm) (about 8 cups)
2 gala or other red baking apples, peeled
1/2 cup Dierbergs granulated sugar
1 1/2 teaspoons ground cinnamon
1/2 cup chopped walnuts
3 cups Dierbergs milk
2 large Dierbergs eggs
2 teaspoons vanilla extract
1 tablespoon butter, cut into small pieces

Dierbergs powdered sugar
Sharon’s Caramel Sauce
Dierbergs vanilla ice cream

Place bread pieces in large bowl. Cut apples into thick slices; cut each slice into 3 pieces and place in medium bowl. In small bowl, combine granulated sugar and cinnamon; toss with apples until well mixed. Add walnuts; stir into bread.

In medium bowl, whisk milk, eggs, and vanilla until well mixed. Pour over bread mixture; gently toss until well mixed. Place in 9-inch square baking dish that has been lightly coated with no-stick cooking spray. Dot top with butter. Bake in 350°F oven until knife inserted in center comes out clean and top is lightly browned, about 45 to 50 minutes. When cooled, dust top with powdered sugar. Serve with Sharon’s Caramel Sauce and ice cream.

Makes 8 servings

Per serving with 2 tablespoons Sauce:
Calories 456  Fat 20g  Cholesterol 82mg  Sodium 202mg  Carbohydrate 62g  Fiber 3g  Protein 10g
keep it simple

spring celebration

Spring is here…well, almost. Plenty of long-awaited and well-deserved nice weather is surely on the way as are many special occasions to celebrate. So how do you get to enjoy the best of both? Start with our fast, fresh, and fabulous menu that’s perfect for spring entertaining. Simple ingredients, high-impact flavors, and easy prep let you entertain in style and leave plenty of time to smell the roses, the daisies, the tulips, the daffodils...

Panko Crusted Beef

Horseradish, mustard, and a coating of crumbs add an elegant touch to this special beef entrée.

2 Dierbergs beef petite top sirloin (about 3/4 pound each)
Salt and freshly ground black pepper
2 tablespoons finely chopped shallot
2 tablespoons horseradish sauce
1 teaspoon stone ground mustard
1/2 to 1/3 cup Italian-style panko bread crumbs
Chopped fresh parsley

To make medallions, cut each sirloin into 3 pieces; cut each piece in half crosswise to within about 1/4 inch of the other side. Open book-style and press firmly with heel of hand to create a larger, thinner medallion. Lightly season with salt and pepper; set aside.

In small bowl, stir together shallot, horseradish sauce, and mustard. Spread thin coat over meat; sprinkle panko over top. Place in shallow roasting pan. Roast in 425°F oven until internal temperature is 145°F, about 12 to 14 minutes. Let stand 5 minutes. Sprinkle parsley over top.

Makes 6 servings

Per serving:
Calories 197  Fat 6g  Cholesterol 55mg
Sodium 181mg  Carbohydrate 9g  Fiber 1g  Protein 24g

Roasted Potatoes with Tomato Basil Feta

A crumble of tangy seasoned feta and a squeeze of fresh lemon juice make these simple roasted potatoes extra special.

1 bag (24 ounces) red creamer potatoes (Melissa’s), halved
2 tablespoons Dierbergs extra virgin olive oil
Coarse salt and freshly ground black pepper
1 tablespoon fresh lemon juice
1/3 cup Dierbergs Kitchen Signature Crumbled Tomato Basil Feta Cheese
3 tablespoons chopped fresh parsley

Place potatoes on foil-lined jellyroll pan that has been lightly coated with no-stick cooking spray. Drizzle olive oil over potatoes. Season with salt and pepper; toss until well mixed. Roast in 375˚F oven stirring halfway through cooking time until tender and browned, about 25 to 30 minutes. In large serving bowl, combine potatoes and lemon juice; gently toss until well mixed. Sprinkle feta and parsley over top.

Makes 6 servings

Per serving:
Calories 129  Fat 5g  Cholesterol 3mg
Sodium 58mg  Carbohydrate 21g  Fiber 2g  Protein 4g

Green Beans with Smoked Almonds

Our tasters couldn’t get enough of these delectable green beans, studded with smoky almonds and crispy bacon.

1 pound fresh green beans, trimmed
3 slices bacon, chopped
1 tablespoon Dierbergs vegetable oil
3/4 pound shiitake mushrooms, stemmed and sliced
1/4 cup slivered onion
2 teaspoons liquid smoke
Coarse salt and freshly ground black pepper
3/4 cup smoked almonds, coarsely chopped

In medium saucepan, bring 4 cups water to a boil. Add green beans and cook for 7 minutes; drain.

In large skillet over medium heat, cook bacon stirring often until crisp. Remove with slotted spoon and drain well on paper towels; set aside. Reserve bacon drippings in skillet.

In same skillet, heat reserved bacon drippings with vegetable oil over medium heat. Add mushrooms and onion; cook stirring often until tender, about 6 to 8 minutes. Stir in green beans. Season with liquid smoke, salt, and pepper. Place in serving dish. Sprinkle crumbled bacon and almonds over top.

Makes 6 servings

Per serving:
Calories 131  Fat 10g  Cholesterol 6mg
Sodium 138mg  Carbohydrate 8g  Fiber 3g  Protein 5g

(continued on page 8)
Spring Salad with Raspberry Poppy Seed Dressing

Juicy fruit and tender spring greens topped with crispy ramen noodles and toasted almonds make this pretty salad perfect for your spring table.

1 package (6.5 ounces) sweet butter salad greens
1 package (3 ounces) ramen noodles, crushed (discard seasoning packet)
Raspberry Poppy Seed Dressing (recipe follows)
1 can (11 ounces) mandarin oranges, drained
1 cup sliced fresh strawberries
1/3 cup sliced almonds, lightly toasted

In large serving bowl, toss together greens, ramen noodles, and 1/4 cup of the Dressing. Divide greens evenly among 6 individual serving plates. Top with oranges, strawberries, and almonds. Drizzle remaining dressing over salads. Makes 6 servings

Per serving:
- Calories 224
- Fat 15g
- Cholesterol 0mg
- Sodium 165mg
- Carbohydrate 22g
- Fiber 2g
- Protein 3g

Raspberry Poppy Seed Dressing

1/4 cup Dierbergs vegetable oil
2 tablespoons raspberry vinegar
1 tablespoon agave nectar or honey
2 tablespoons chopped onion
1/4 teaspoon dry mustard
1/4 teaspoon salt
3/4 teaspoon poppy seed

In work bowl of food processor fitted with steel knife blade or in blender container, combine oil, vinegar, agave, onion, dry mustard, and salt; process until smooth. Add poppy seed; blend just until combined. Makes about 1/2 cup

Per 1 1/2 tablespoons:
- Calories 112
- Fat 11g
- Cholesterol 0mg
- Sodium 117mg
- Carbohydrate 7g
- Fiber <1g
- Protein <1g

TIP Dierbergs Kitchen Signature Poppy Seed Dressing or Four-Berry Poppy Seed Dressing are also tasty with this salad.
**Lemon Tart with Kiwi and Fresh Berries**

This creamy lemon tart is a show-stopper. Make it the day before guests arrive, then top with fruit just before serving.

**CRUST**
- 1½ cups Dierbergs flour
- 1/3 cup Dierbergs powdered sugar
- 1 teaspoon vanilla or almond extract
- 1/2 cup Dierbergs butter, melted

**FILLING**
- 3/4 cup Dierbergs granulated sugar
- 1/4 cup cornstarch
- 3/4 cup water
- 1 tablespoon Dierbergs butter
- 1 tablespoon grated lemon peel
- 1/4 cup fresh lemon juice
- 5 large Dierbergs egg yolks
- 1 package (3 ounces) cream cheese, cubed and softened
- 3 kiwi fruit, peeled and thinly sliced
- 1 1/2 cups fresh berries (blueberries, blackberries, raspberries)
- Dierbergs powdered sugar

**FOR CRUST** In large bowl, stir together flour, powdered sugar, and vanilla until well mixed. Stir in melted butter until well combined. Press crust into bottom and up sides of 9-inch tart pan with removable bottom. Pierce bottom of crust with fork. Bake in 350°F oven until light golden brown, about 20 to 25 minutes. Cool completely on wire rack.

**FOR FILLING** In large microwave-safe bowl, whisk together granulated sugar and cornstarch. Gradually whisk in water. Microwave (high) for 3 minutes, stirring every minute, until sugar dissolves and mixture thickens. Add butter, lemon peel, and juice; stir until well mixed. In medium bowl, whisk egg yolks until well blended; slowly whisk in some of the hot sugar mixture. Whisk egg mixture back into hot sugar mixture. Microwave (high) until mixture comes to a boil and coats back of spoon, about 1 minute. Whisk in cream cheese. Spread filling in prepared tart crust. Cover and chill several hours or overnight.

**TO SERVE** Arrange kiwi slices around outside edge of tart. In medium bowl, gently combine berries. Arrange berries in center of tart. Remove ring from pan and cut into wedges. Dust with powdered sugar just before serving.

Makes 8 servings

**Per serving:**
- Calories 398
- Fat 20g
- Cholesterol 161mg
- Sodium 44mg
- Carbohydrate 51g
- Fiber 3g
- Protein 5g
The Faroe Islands lie in the middle of the North Atlantic, northwest of Scotland and halfway between Iceland and Norway. It’s this precise location that contributes to the salmon’s prized reputation. The Faroese people, cultivating a centuries-long respect for the ocean and the environment, are committed to preserving the quality and availability of this salmon for generations.

ALMOST WILD!
It’s true. The flavor and texture of this farm-raised salmon is as close to a wild salmon as you can get – and it’s available year-round. The salmon are raised in uncrowded ocean cages and fed a natural diet of grains and fish meal, an eco-friendly feed made from food fish caught in the salmon’s native waters.
MANGO CHIPOTLE-GLAZED SALMON

6 Faroe Island salmon fillets (6 ounces each)
½ cup Dierbergs Signature Mango Chipotle Glaze
1 tablespoon soy sauce
1 tablespoon Dierbergs brown sugar
2 teaspoons rice or white wine vinegar
2 teaspoons Dierbergs butter, melted
2 teaspoons snipped fresh chives
Pinch crushed red pepper flakes
Salt and freshly ground black pepper

Place salmon on foil-lined jellyroll pan that has been lightly coated with no-stick cooking spray. In small bowl, stir together remaining ingredients until well mixed.

TO BAKE  Brush top of salmon with thin coat of glaze mixture. Bake in 400°F oven basting once with glaze until salmon is just opaque throughout and internal temperature is 145°F, about 10 to 12 minutes.

TO GRILL  Place salmon flesh-side down on oiled grid over medium-high heat; cover and grill for 4 minutes. Place sheet of heavy-duty foil on grid; turn salmon skin-side down on top of foil. Brush salmon with glaze. Cover and grill basting occasionally until salmon is just opaque throughout and internal temperature is 145°F, about 4 to 5 minutes. Slide metal spatula between flesh and skin. (Skin will stick to foil; discard foil.)

Makes 6 servings

Per serving:
Calories 408  ∙  Fat 24g  ∙  Cholesterol 96mg  ∙  Sodium 370mg
Carbohydrate 11g  ∙  Fiber <1g  Protein 35g
FAROE ISLANDS SALMON

HEALTH BENEFITS
Among farmed salmon, fish from the Faroe Islands boast the highest content of rich, flavorful Omega 3 fatty acids, which offer significant health benefits.

FLAVOR
The high oil content of Faroe Island salmon yields a succulent meat perfect for sushi and prized by fine-dining chefs.

SUSTAINABILITY
The islands' salmon industry is committed to the highest levels of fish welfare and sustainability. For example, Faroe Island salmon farmers boast a biological feed conversion ratio (BFCR) of 1:1, the lowest among the world’s major salmon-producing countries. The BFCR – the measurement of how many pounds of feed it takes to produce one pound of salmon – is a key indicator of sustainability.

MANGO CHIPOTLE-GLAZED SALMON WITH RICE PILAF

Follow directions for reheating the Whole Grain Brown Rice Pilaf and Seasoned Julienned Vegetables. Place grilled salmon on top of the warm rice pilaf and drizzle Mango Chipotle-Glaze over the grilled salmon. Serve the vegetables on the side.

Find Dierbergs Signature Glaze Options ready-to-go to enhance, and not hide, the mild salmon flavor.

Sweet Bourbon • White Wine Butter • Berry Chipotle • Asian Sesame Teriyaki

Dierbergs Signature butters and glazes are available in Dierbergs Deli self-service entrée/side-dish cases. We have designated a single spot in every Deli to allow you to easily choose the items you need to create memorable meals.
NATURALLY PERFECT GROWING CONDITIONS

COLD CLEAN WATER
Remotely located in the middle of the North Atlantic Ocean, the Faroese fjords and sounds are protected from the harsh sea, yet benefit from a circulation of fresh sea water.

STRONG CURRENTS
The North Atlantic Ocean surges around and through the Faroe Islands, continuously renewing the sea water flow through salmon pens, effectively cleaning and rejuvenating the sites and creating a naturally perfect environment for salmon to thrive.

COOL & STEADY TEMPERATURE
The North Atlantic drift surrounding the Faroe Islands mingles with the cool Arctic current for steady sea temperatures essential for the highest quality farmed salmon.

CHILLED SALMON SPRING GREEN SALAD

RECIPE

1 package (10 ounces) spring mix (Earthbound Farms Organic)
2 cooked and chilled Mango Chipotle-Glazed Salmon fillets (6 ounces each), flaked into 1-inch pieces (see recipe page 11)
1/2 cup Dierbergs Signature Goat Cheese Crumbles
1/4 cup sweetened Ocean Spray dried cranberries
1/4 cup shelled Wonderful Pistachios, coarsely chopped

DRESSING:
1/2 cup Dierbergs Signature Mango Chipotle Glaze
1/3 cup rice or white wine vinegar
1/4 cup Dierbergs olive oil


Per serving:
Calories 348 ✦ Fat 22g ✦ Cholesterol 42mg ✦ Sodium 377mg
Carbohydrate 25g ✦ Fiber 2g ✦ Protein 15g

IN A HURRY? Use one of these exceptional Dierbergs Signature Finishing Butters to add fabulous flavor to your grilled or broiled seafood. Just add a dollop on top of the cooked fillet and let it melt for a perfectly balanced flavor profile.

Chardonnay Herb • Honey Maple • Sun-dried Tomato • Scampi
meatless mondays

Monday, Thursday, or any other day for that matter – reserving one night a week for a meatless meal is an old idea that we’re happy to say is new once again. Afraid you’ll miss the meat? Don’t be. Going meatless with these hearty and satisfying entrées is anything but boring. It’s the perfect opportunity to play with your food – in a good way!

**Blackened Tilapia with Toasted Pecan Quinoa**

Dust mild white fish with a blast of Cajun flavors and watch what happens! Swap your usual rice for protein-packed quinoa for a satisfying meal.

1 to 1 1/4 pounds frozen tilapia, swai, or other white-fleshed fish fillets, thawed
4 teaspoons Blackened Seasoning (recipe follows)
1 tablespoon Dierbergs olive oil
1 tablespoon chopped fresh parsley

Rub Seasoning over both sides of fish. In large nonstick skillet, heat oil over medium-high heat. Add fish; cook until fish is browned and flakes easily with fork, about 3 to 4 minutes per side. Sprinkle parsley over top. Serve with Quinoa.

Makes 4 servings

**Per serving without Quinoa:**
- Calories 144
- Fat 5g
- Cholesterol 56mg
- Sodium 170mg
- Carbohydrate 1g
- Fiber 1g
- Protein 23g

**Toasted Pecan Quinoa**

1 can (14 ounces) vegetable broth
1 cup quinoa
1/2 cup chopped pecans, toasted
1/2 teaspoon Blackened Seasoning (recipe follows)
2 tablespoons chopped fresh parsley

In large saucepan, bring broth to a boil. Stir in quinoa. Reduce heat, cover, and simmer until quinoa is soft and translucent and liquid is absorbed, about 10 to 15 minutes. Stir in pecans and Seasoning. Sprinkle parsley over top. Makes 4 servings

**Per serving:**
- Calories 259
- Fat 12g
- Cholesterol 0mg
- Sodium 428mg
- Carbohydrate 31g
- Fiber 4g
- Protein 7g

**Blackened Seasoning**

1 1/2 teaspoons Hungarian sweet paprika
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/2 teaspoon dried oregano
1/2 teaspoons dried thyme
1/4 teaspoon coarse salt
1/8 teaspoon ground red pepper

In small bowl, combine all ingredients. Makes about 41/2 teaspoons

**TIP** You can substitute 4 1/2 teaspoons of your favorite prepared blackened seasoning spice blend. We especially like Paul Prudhomme Blackened Redfish Magic.

**Quinoa**

Quinoa (KEEN-wah) is a protein-packed grain that has been a very important part of South American cuisine since the time of the ancient Incas.

Available in Dierbergs rice aisle, tiny quinoa beads have a very delicate flavor and cook just like rice but in about half the time. Quinoa is the perfect foundation for a meatless meal. Serve it any way that you would rice.
Southwest Risotto

Hang onto your tumbleweeds! The classic Italian rice dish gets a lively southwest spin from plenty of colorful veggies, spices, and a sprinkle of monterey jack cheese.

1 1/2 cups arborio rice
1 1/2 cups Dierbergs frozen corn
1 can (15 ounces) black beans, rinsed and drained
1 cup diced red bell pepper
1 cup finely diced onion
1 tablespoon chili powder
1/2 teaspoon ground cumin
1 box (32 ounces) reduced-sodium chicken broth
1 box (32 ounces) reduced-sodium chicken broth
4 ounces (1 cup) shredded monterey jack cheese

In 9x13-inch baking dish that has been lightly coated with no-stick cooking spray, combine rice, corn, beans, bell pepper, onion, and seasonings. Pour broth over rice mixture; stir until well mixed. Tightly cover with foil. Bake in 375°F oven stirring occasionally until rice is tender and most of the liquid is absorbed, about 50 to 60 minutes. Stir in cheese. Serve immediately.

Makes 8 servings

Per serving:
Calories 245  Fat 5g  Cholesterol 13mg
Sodium 447mg  Carbohydrate 42g  Fiber 3g
Protein 10g

Roasted Vegetables with Parmesan Polenta

From a rustic staple of northern Italy to trendy restaurant fare, creamy polenta is so easy to make at home. Serve it with savory roasted vegetables for a hearty and delicious entrée.

1 can (14 ounces) quartered artichoke hearts, drained
1 medium onion, cut into 1/2-inch wedges
2 cups Dierbergs frozen corn, thawed and drained
1 package (8 ounces) sliced baby bella mushrooms
1 red bell pepper, cut into 2-inch-long strips
2 tablespoons Dierbergs olive oil
1 tablespoon lemon pepper seasoning
Parmesan Polenta (recipe follows)

In medium bowl, combine vegetables, olive oil, and seasoning; toss to coat. Divide vegetables among 2 foil-lined jellyroll pans. Roast in 400°F oven, stirring occasionally until vegetables are tender and lightly browned, about 35 minutes. Serve over Polenta.

Makes 8 servings

Per serving:
Calories 487  Fat 17g  Cholesterol 22mg
Sodium 924mg  Carbohydrate 67g  Fiber 7g
Protein 12g

Parmesan Polenta

4 1/2 cups water
1/2 teaspoon salt
1 1/2 cups polenta corn grits (Bob’s Red Mill)
1 cup Dierbergs shredded parmesan cheese (divided)
1 tablespoon Dierbergs butter

In large saucepan, bring water and salt to a boil over medium-high heat. Stir in polenta. Reduce heat and simmer until cooked through and thick, about 15 minutes. Stir in 3/4 cup of the parmesan and butter. Serve immediately topped with Roasted Vegetables and remaining parmesan sprinkled over top.

Makes 4 servings

Per serving:
Calories 303  Fat 9g  Cholesterol 22mg
Sodium 638mg  Carbohydrate 41g  Fiber 3g
Protein 8g

Polenta

Polenta is a thick corn meal mixture cooked with water or milk, butter, and sometimes cheese. Serve it in place of pasta with sauce and other toppings. Look for polenta in the Whole Life or baking aisle at Dierbergs.
Eggplant Lasagna

Eggplant stands in for pasta sheets in this lusciously layered entrée.

2 eggplants (about 1 pound each), peeled and sliced lengthwise 1/4 inch thick
1 teaspoon coarse salt
3 tablespoons Dierbergs olive oil
Freshly ground black pepper
1 container (15 ounces) ricotta cheese
1 large Dierbergs egg, lightly beaten
1 teaspoon dried basil
1 container (10 ounces) Dierbergs Kitchen House Made Marinara Sauce (divided)
5 ounces (1 1/4 cups) Dierbergs finely shredded Italian six-cheese blend (divided)

Place eggplant slices in single layer on paper towels. Sprinkle salt over top; let stand 30 minutes. Using paper towel, blot moisture from eggplant. Place eggplant slices in single layer on foil-lined jellyroll pan. Brush olive oil over both sides of eggplant; lightly season with pepper. Broil 3 inches from heat source until tender and slightly charred, about 3 to 5 minutes per side.

In medium bowl, stir together ricotta cheese, egg, and basil. Lightly coat 9-inch square baking pan with no-stick cooking spray. Spread 1/2 cup of the marinara sauce on bottom of pan. Place 3 eggplant slices over sauce in pan. Top with 3 tablespoons shredded cheese, half of the ricotta mixture, and 3 tablespoons shredded cheese. Repeat layers with eggplant, cheese, ricotta mixture, and cheese. Top with remaining 3 eggplant slices, marinara sauce, and remaining shredded cheese. Cover and bake in 375°F oven for 40 minutes. Uncover and bake until sauce is bubbly, about 20 minutes. Let stand 10 minutes before serving.

Makes 6 servings

Per serving:
Calories 345  Fat 25g  Cholesterol 81mg
Sodium 585mg  Carbohydrate 14g  Fiber 5g
Protein 16g

TIP For best results, use a thick marinara. Dierbergs Kitchen Signature Marinara is thick and rich – and ideal for this recipe.

Creamy Asparagus Soup

This rich and creamy soup is a special weeknight treat. A sprinkle of mellow parmesan cheese adds a fun finish.

1 pound asparagus, trimmed (about 3 cups)
1/2 cup chopped onion
1 can (14 ounces) reduced-sodium chicken broth
1/2 cup water
1/2 cup half-and-half
1 1/2 tablespoons Dierbergs flour
1 tablespoon Dierbergs butter
1 teaspoon hot pepper sauce (optional)
1/2 teaspoon salt
1/8 teaspoon ground white pepper
1/4 cup Dierbergs grated parmesan cheese

Cut asparagus into bite-size pieces. Place asparagus tips in medium microwave-safe bowl; add 1 tablespoon water. Microwave (high) for 1 minute; set aside.

In medium saucepan, combine the remaining asparagus, onion, broth, and water; bring to a boil over medium-high heat. Reduce heat and simmer stirring occasionally until tender, about 7 to 8 minutes. Do not drain. Stir in broth and half-and-half; bring to a boil. In small bowl, stir together flour and butter to make paste. Stir into soup a little at a time until well mixed. Reduce heat and simmer stirring often until thickened, about 10 minutes.

Use immersion blender to purée soup mixture, or transfer mixture in batches to work bowl of food processor fitted with steel knife blade; process until puréed. Return to pan; stir in reserved asparagus tips, hot sauce, salt, and white pepper. Ladle into serving bowls. Sprinkle parmesan over top. Makes 4 servings

Per serving:
Calories 125  Fat 8g  Cholesterol 23mg
Sodium 625mg  Carbohydrate 8g  Fiber 2g
Protein 6g
pizza goes global

Who doesn’t love pizza? Nobody we know! Since American soldiers brought the idea back from Italy in World War II, we just can’t seem to get our fill of these piping hot pies smothered in gooey cheese. But if the usual toppings are leaving you a little flat, think outside the pizza box. We’ve traveled the globe and translated flavors from around the world into terrific toppings for your next pizza night. And that’s delizioso, any way you slice it!

Steve’s Cherry Tomato and Arugula Pizza

We asked our favorite pizza guru, Steve Adams, about trends in Italian pizza, and he shared ideas that inspired this fresh-flavored combination.

1 container (10.5 ounces) cherry tomatoes, halved
1/4 teaspoon coarse salt
1/4 teaspoon coarsely ground black pepper
1 container (5 ounces) baby arugula
2 tablespoons balsamic vinegar
2 balls (9 ounces each) Dierbergs Kitchen Signature Pizza Dough
4 teaspoons Dierbergs extra virgin olive oil (divided)
1 package (8 ounces) sliced fresh mozzarella ball (BelGioioso)

In colander, toss together tomatoes, salt, and pepper; set aside to drain. In medium bowl, combine arugula and vinegar; set aside.

Pat one ball of dough onto 12-inch pizza pan that has been coated with no-stick cooking spray. Brush crust with 1 teaspoon of the olive oil. Using fork, pierce dough all over. Repeat with remaining pizza dough. Bake in 550°F. oven for 2 minutes. Toss drained tomatoes with the remaining 2 teaspoons olive oil; divide mixture between crusts. Arrange cheese over tops. Bake until crusts are crisp and cheese is slightly browned, about 5 to 6 minutes. Top with arugula.

Makes 2 pizzas (8 servings)

Per serving:
Calories 290  Fat 11g  Cholesterol 20mg
Sodium 456mg  Carbohydrate 36g  Fiber 2g
Protein 12g

A Passion for Pizza

Steve Adams is a well-known photographer by day and an extreme pizza aficionado by night. You’ve seen some of his photography as he shoots the food for Dierbergs Everybody Cooks® magazine and Dierbergs cookbooks, among many other projects.

When he’s not working, he’s traveling the world – and loving every bite! Wherever they go on vacation, Steve and his wife, Barb, shop the local markets and cook their finds. “Good quality ingredients and simple preparation – you can’t go wrong,” says Steve.

But it all comes back to pizza. Steve actually built a brick pizza oven in his backyard. “You just can’t replicate the flavor and texture of a wood-fired pizza in a conventional oven. The outdoor oven’s intense heat traps moisture in the dough. The crust bursts around the edges and chars on the bottom. The closest you’ll get is to crank up the temperature in your conventional oven as high as you dare. I bake pizza at 550°F. for about 4 minutes.”

Sunday Pizza Nights started when their children were young, and the kids still stop by for pizza when they’re in town. Being creative is part of the fun. One of Steve’s go-to combinations is goat cheese, fresh figs, and prosciutto.

“Experiment with your pizzas and don’t be afraid to make mistakes. Most are edible, anyway!”
Thai Chicken Pizza

He wants pizza, she wants Thai. Welcome to the art of compromise! Sweet and spicy chicken, bright crisp veggies, and a sprinkle of creamy cheese harmonize perfectly on a freshly-baked crust.

1 ball (9 ounces) Dierbergs Kitchen Signature Pizza Dough
4 teaspoons Dierbergs vegetable oil (divided)
1/2 pound chicken tenders, cut into bite-size pieces
2 cloves garlic, minced
1/4 cup reduced-sodium soy sauce
1/4 cup reduced-sodium chicken broth
1/4 cup Dierbergs chunky peanut butter
2 tablespoons Dierbergs brown sugar
1/2 teaspoon crushed red pepper flakes
1/2 cup diced red bell pepper
1 cup (4 ounces) Dierbergs Deli provel cheese ropes
1/4 cup thinly sliced green onion, including green tops
2 tablespoons snipped fresh cilantro (optional)

Pat dough onto 12-inch pizza pan that has been coated with no-stick cooking spray. Brush crust with 1 teaspoon of the oil. Using fork, pierce dough all over. Bake in 550°F oven for 2 minutes.

Meanwhile, in medium skillet, heat the remaining 3 teaspoons oil over medium-high heat. Add chicken and garlic; cook stirring often until chicken is no longer pink, about 4 minutes. Add soy sauce, broth, peanut butter, brown sugar, and red pepper flakes; cook stirring often until thickened, about 3 to 4 minutes. Spoon mixture over partially baked crust. Sprinkle bell pepper and cheese over top. Bake until crust is crisp and cheese is slightly browned, 5 to 6 minutes. Sprinkle green onion and cilantro over top.

Makes 4 servings

Per serving:
Calories 489  Fat 23g  Cholesterol 49mg
Sodium 1429mg  Carbohydrate 46g
Fiber 3g  Protein 25g

TIP In a hurry? Dierbergs Kitchen Signature Thai Peanut Sauce is super easy for this recipe and adds a little extra kick, too!

Reuben Pizza

The iconic deli sandwich gets a flat-and-fabulous makeover. Individual crusts piled with corned beef, kraut, melting Swiss cheese, and a smear of Thousand Island…what’s not to love?

1 package (14 ounces) pizza parlor crusts (Kontos)
1 tablespoon Dierbergs extra virgin olive oil
5 tablespoons Thousand Island dressing
1 teaspoon California-style garlic powder
1 can (8 ounces) sauerkraut, rinsed and drained
1/2 pound finely chopped Dierbergs Signature Angus corned beef
1 package (8 ounces) shredded Swiss cheese

Place pizza crusts on parchment-lined baking sheets. Brush with olive oil. Bake in 400°F oven for 5 minutes. In small bowl, stir together dressing and garlic powder; brush over pizza crusts. Top with sauerkraut, corned beef, and cheese. Bake until cheese melts, about 10 to 12 minutes.

Makes 5 servings

Per serving:
Calories 546  Fat 28g
Cholesterol 70mg  Sodium 1272mg
Carbohydrate 44g  Fiber 6g
Protein 29g

Dierbergs Kitchen Signature Pizza Dough

Now you can make pizza parlor-style pizza at home! Pick up a ball of Dierbergs Kitchen Signature Pizza Dough, available in Dierbergs Deli self-serve case. It’s ready to shape, rise, and customize with your favorite topings.

PIZZA CRUST TIPS
• To ease stretching, let dough sit at room temperature at least 30 minutes before shaping.
• Press dough by hand into pizza pan that has been lightly coated with no-stick cooking spray.
• Pierce crust all over with fork to minimize bubbling during baking.
• If desired, cover unbaked crust with plastic wrap and let stand at room temperature for 1 to 2 hours until crust is desired thickness.
• Lightly brush crust with oil before adding toppings.
• For an extra crisp crust, bake at 550°F.
Strawberry Nutella Cookie Pizza

Top a sugar cookie crust with Nutella, a Canadian and European favorite. Add strawberries and whipped cream, and you have a sweet treat that's hard to beat.

1 cup Dierbergs butter, softened
3/4 cup Dierbergs powdered sugar
2 teaspoons vanilla extract
1 1/4 cups Dierbergs flour
2/3 cup hazelnut spread (Nutella)
1/3 cup Dierbergs dairy sour cream
1 container (16 ounces) strawberries, halved
Sweetened whipped cream (optional)
Toasted chopped hazelnuts (optional)

In large mixer bowl, beat butter and powdered sugar at medium speed until light and fluffy. Beat in vanilla. Add flour; beat at low speed until well combined. Press dough into 12-inch pizza pan. Bake in 350°F oven until lightly browned, about 10 to 12 minutes. Cool completely. In medium bowl, combine hazelnut spread and sour cream until smooth. Spread over cooled crust. Chill until ready to serve. Just before serving, arrange strawberries on pizza. If desired, top with sweetened whipped cream and a sprinkle of chopped hazelnuts.

Makes 8 servings

Per serving:
- Calories 515
- Fat 32g
- Cholesterol 65mg
- Sodium 21mg
- Carbohydrate 51g
- Fiber 3g
- Protein 6g
Plain vegetables? Zzz! Naked casseroles? Gasp! Nobody gives them a second look. Just like the right accessory makes an outfit complete, a topping of buttery fresh bread crumbs takes a dish from ho-hum to something truly delicious. Everything tastes better with a little crunch!

Garlic-Topped Summer Squash

No more excuses for boring zucchini! A shower of toasted bread crumbs dresses up this weeknight staple deliciously.

2 tablespoons Dierbergs butter (divided)
1 large clove garlic, minced
1/2 cup fresh bread crumbs
1 tablespoon Dierbergs olive oil
3 cups sliced zucchini
3 cups sliced yellow squash
3/4 teaspoon Italian herb seasoning
Coarse salt and freshly ground black pepper

In large skillet, heat 1 tablespoon of the butter over medium heat. Add garlic; cook stirring often for 30 seconds. Add bread crumbs; cook stirring constantly until golden brown, about 2 to 3 minutes. Remove crumbs to plate; cool completely.

In same skillet, melt the remaining 1 tablespoon butter with olive oil. Add zucchini and yellow squash; cook stirring occasionally until tender and lightly browned, about 4 to 6 minutes. Stir in Italian seasoning and season with salt and pepper. Place in serving dish; sprinkle bread crumbs over top.

Makes 4 servings

Per serving:
Calories 125  Fat 10g  Cholesterol 15mg
Sodium 38mg  Carbohydrate 9g  Fiber 2g
Protein 3g

Sausage-Stuffed Portabella Mushrooms

Filled with sausage, cheese, and sun-dried tomatoes, these marvelous mushrooms make a great first course or light supper.

1/2 cup finely chopped sun-dried tomatoes in oil
1/3 cup chopped onion
2 cloves garlic, minced
3 turkey Italian sausage links
6 ounces (3/4 cup) Dierbergs Signature finely shredded Italian six-cheese blend
1/2 teaspoon dried basil
4 large portabella mushroom caps (4 to 5-inch diameter), stems and gills removed
2/3 cup fresh bread crumbs
2 tablespoons Dierbergs grated parmesan cheese
1 tablespoon Dierbergs butter, melted

Drain sun-dried tomatoes, reserving 1 tablespoon oil. In medium skillet, heat reserved oil over medium-high heat; add onion and garlic. Remove casing from sausage. Crumble sausage into skillet; cook stirring frequently and using spoon to break sausage into small pieces until well browned, about 5 minutes. Stir in sun-dried tomatoes, cheese, and basil. Divide mixture evenly among mushroom caps.

In small bowl, stir together bread crumbs, parmesan, and butter; sprinkle over mushrooms. Place on parchment-lined baking sheet. Bake in 375°F oven until heated through and bread crumbs are lightly browned, about 10 to 12 minutes.

Makes 4 servings

Per serving:
Calories 375  Fat 24g  Cholesterol 77mg
Sodium 657mg  Carbohydrate 14g  Fiber 3g
Protein 26g

TIP Spoon this filling into baby bella mushroom caps and bake for a terrific appetizer.
Crab Cakes with Lemon Dill Aioli

Fresh bread crumbs keep these flavorful crab cakes moist on the inside and crispy on the outside. They’re even better with a dollop of our creamy Aioli.

1 large Dierbergs egg, lightly beaten
1 teaspoon Dijon mustard
1/4 teaspoon ground black pepper
2 cans (6.5 ounces each) white crab meat, drained well and flaked
1 1/2 cups fresh bread crumbs (divided)
1/4 cup finely chopped celery
1/4 cup finely chopped onion
1 tablespoon Dierbergs vegetable oil
1 tablespoon Dierbergs butter
Dierbergs Kitchen Signature Lemon Dill Aioli

In large bowl, combine egg, mustard, hot pepper sauce, and pepper. Add crab, 3/4 cup of the bread crumbs, celery, onion, and bell pepper; stir until evenly moistened. Let stand 15 minutes. Shape mixture into 8 cakes, patting firmly into shape. Place remaining 3/4 cup bread crumbs in shallow dish. Coat both sides of crab cakes with bread crumbs.

In large nonstick skillet, heat oil and butter over medium-high heat. Add crab cakes, flattening slightly with back of pancake turner; cook until golden brown, about 3 to 4 minutes per side. Serve with Lemon Dill Aioli.

Makes 4 servings
Per serving with 2 tablespoons Aioli:
Calories 457  Fat 37g  Cholesterol 123mg  Sodium 835mg  Carbohydrate 14g  Fiber 1g  Protein 13g

TIP For great flavor and the best value, we suggest using Sea Fare’s white crab meat for this recipe. Also try substituting Deming’s boneless, skinless pink salmon or albacore tuna for the crab meat. Delish!
cake pop creations

You’ll have a ball making these clever little cake pops. Bundle them into a bouquet for a hostess gift, surprise party guests with a take-home treat, or take top honors at the next bake sale. Here are some flavors and decorating ideas to get you started, but go wild with your own creations! A bunch of these tasty little sweets is sure to put a smile on everyone’s face.

Chocolate Ganache Cake Pops

Moist chocolatey cake balls covered in more chocolate and crispy almonds are decadent and divine!

1 box (18.25 ounces) devil’s food cake mix
1 cup semisweet chocolate chips
1/2 cup heavy whipping cream
1 teaspoon almond extract
1 package (24 ounces) chocolate-flavored almond bark
1 package (50 count) freezer pop sticks
1 cup chopped almonds, toasted

Prepare cake mix according to package directions. Pour into 9x13-inch baking pan that has been lightly coated with no-stick cooking spray. Bake in 350°F oven until wooden pick inserted in center comes out clean, about 30 to 35 minutes. Cool cake in pan on wire rack.

Trim 1/4 inch from edges of cake; cut cake into quarters. Holding 2 cake pieces over large bowl, rub cake together letting crumbs fall into bowl. Continue until all cake has been crumbled. Use fork to break apart any large cake pieces in bowl. In 4-cup glass measure, combine chocolate chips and cream. Microwave (high) for 1 minute; stir until chocolate is melted and smooth. Stir in almond extract. Add to cake crumbs; stir until well combined (mixture should be moist but not wet). Using 1 tablespoon cookie scoop, form cake crumbs into balls and place on parchment-lined jellyroll pan.

Using dry hands, roll each cake ball into more rounded shape and place back on jellyroll pan. Freeze for 20 minutes, then refrigerate.

Place almond bark in 4-cup glass measure. Microwave (high) and stir every 30 seconds until bark is melted and smooth. Place glass measure in bowl of very hot water to keep bark proper consistency.

Remove a few cake balls at a time from refrigerator. Dip end of one stick 1/2 inch into melted bark and then insert into cake ball, no more than halfway through. Dip one cake pop into melted bark, covering completely. Holding cake pop with one hand, gently tap with other hand to let excess chocolate drip back into bowl while rotating pop so that coating is even on all sides. Working quickly, sprinkle almonds over cake pop. Insert pop stick into styrofoam block to dry.

Repeat procedure to dip and decorate remaining cake pops. When pops are dry, cover each pop with clear plastic wrap and tie. Chill until ready to serve. Makes about 3 1/2 dozen

Per Cake Pop:
Calories 188 • Fat 11g • Cholesterol 16mg
Sodium 86mg • Carbohydrate 22g • Fiber 1g
Protein 2g
Flower-Topped Pops

While almond bark is still soft, attach pastel candy corn pieces to pops in flower design.

TIP Double dipping makes an extra-smooth cake pop! Let pop dry between coatings, and decorate after the second dip.

VARIATIONS

Creamy Coconut Cake Pops Substitute white cake mix for devil’s food cake mix. Add 1 cup sweetened flaked coconut to prepared cake batter. Bake as directed. Substitute 1 cup cream of coconut for melted chocolate mixture. Use vanilla-flavored almond bark for dipping. Decorate with additional sweetened flaked coconut.

Per Cake Pop: Calories 180  Fat 9g  Cholesterol 0mg  Sodium 84mg
Carbohydrate 25g  Fiber <1g  Protein 1g

Luscious Lemon Cake Pops Substitute lemon cake mix for devil’s food cake mix. Bake as directed. Substitute 1 cup lemon curd that has been stirred until smooth for melted chocolate mixture. Use vanilla-flavored almond bark for dipping. Decorate with Dierbergs Bakery sprinkles.

Per Cake Pop: Calories 163  Fat 7g  Cholesterol 18mg  Sodium 70mg
Carbohydrate 25g  Fiber 0g  Protein 1g

Nest Pops

Place 1/2 cup coconut in reclosable plastic bag; add 1 drop green food color. Knead bag until coconut is evenly tinted. Make thumbprint in top of cake pop. Dip in melted almond bark. While almond bark is still soft, make small nest of green coconut on top of pop. Attach jelly belly or other small candy egg on top with small dab of melted almond bark.

Petite Four Pops

Reserve 1 square almond bark for decorations. Divide remaining almond bark into 3 or 4 portions. Melt one portion at a time. Tint each portion with 1 to 2 drops food color to make pastel colors. Dip some of the cake pops in each color. Place reserved almond bark in small freezer-weight reclosable plastic bag; seal bag. Immerse bag in bowl of very hot water until melted; wipe bag dry. Knead almond bark in bag until completely smooth. Snip off one corner of bag to make small hole. Add dots or squiggles to top of each pop.
What's more fun than cake? Cake on a stick! You've seen them in bakeries and coffee shops... these cute and clever bite-size desserts are popping up everywhere. And best of all, they're as easy to make as they are fun to eat. Recipes for Chocolate Ganache Cake Pops, Creamy Coconut Cake Pops, and Luscious Lemon Cake Pops on page 22 and 23.