Meet STLVegGirl
Make “healthy” delicious

Breakfast for Dinner
Pancakes, waffles, and more!

Spring-tacular Easter Dinner
Learn to Cook a Bone-In Ham

Mexican Made Easy
Authentic Restaurant-Style Recipes

EVERYBODY COOKS®
on TV Monday,
March 4,
7:00 p.m.
KMOV-TV
Channel 4

Dierbergs®
IT’S FRESH. IT’S FRIENDLY. IT’S DIERBERGS®.
Get Back on Track with Our Healthy Food Ideas

Spring is almost here and everyone’s ready to trade those heavy comfort foods for the lighter, brighter flavors of the season. It’s a great time to get back on track with eating in a more healthy and balanced way, and enjoy doing it.

It’s no secret that cooking and eating at home can mean making better choices about what goes on your dinner table. And that’s where Dierbergs can help. You’ll find great-tasting, nutritious food wherever you look – all throughout our stores and on the pages of this magazine.

Looking for ways to avoid the drive-through? Our recipes for quick and easy weeknight entrees starting on page 3 bring the flavors of the world to your table. Or maybe this is your year to try something new, like our collection 3 bring the flavors of the world to your table. Or maybe this is your year to try something new, like our collection of meatless dishes with a modern touch. A great start would be the Lentil Quinoa Tacos shared with us by Caryn Dugan, a.k.a. STL VegGirl. They’re healthy, filling, delicious, and super-easy to make.

Hopefully, that’s the message you’ll get as you thumb through these pages: Healthy eating doesn’t have to be boring or time-consuming. Dierbergs Culinary Professionals are known for creating great tasting, reliable recipes for all sorts of occasions. This magazine is filled with delicious, kitchen-tested recipes that make it easier for you to eat smart as well as some small indulgences when you’re ready for a special treat.

You’ll find great-tasting, nutritious food wherever you look...

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STLVegGirl makes “healthy” delicious

‘Meatless Monday’ isn’t exactly a new idea, but it’s back…this time with a more modern feel and a new audience. Whether it’s for better nutrition, more value, or to infuse your regular menus with a little fun, meatless meals are going mainstream in a big way. So we called Caryn Dugan, a.k.a. STL VegGirl and plant-based cooking instructor, for a little advice. Her mission? “A plant on every plate!” She imagines your favorite foods and turns them into tasty recipes using fresh, seasonal ingredients. A well-fed body works better and feels better, and adding more veggies and grains to your routine is a great way to start. Don’t wait for next Monday to try one of these delicious and flavorful entrees.

Artichoke and Caramelized Onion Pizza with Balsamic Reduction

Recipe courtesy of STL VegGirl.

Skip the pepperoni! This family favorite gets a stylish update with artichoke hearts, sweet caramelized onions, and a drizzle of balsamic glaze.

1 tablespoon Dierbergs olive oil
2 medium yellow onions, thinly sliced
1 clove garlic, minced
2 tablespoons Dierbergs brown sugar
1 teaspoon coarse salt
1/2 teaspoon dried thyme
1 ball (9 ounces) Dierbergs Kitchen Signature Pizza Dough, at room temperature
4 ounces (1 cup) mozzarella-style shreds (Daniya), rice shreds (Galaxy Foods), or shredded mozzarella cheese*
1 can (14 ounces) artichoke hearts, drained, quartered, and chopped
3 tablespoons balsamic glaze (Roland)

In a large skillet, heat olive oil over medium-high heat. Add onions, garlic, brown sugar, salt, and thyme; cover and cook until onions wilt. Uncover and cook stirring frequently until onions are golden brown, about 10 minutes.

Meanwhile, pat pizza dough onto 12-inch pizza pan that has been coated with non-stick cooking spray. Using fork, pierce dough all over. Bake in 400°F oven for 5 minutes. Top with half the rice shreds, caramelized onions, artichokes, and remaining rice shreds. Bake until crust is crisp and cheese shreds are lightly browned, about 15 to 20 minutes. Let stand 2 to 3 minutes before cutting into wedges. Just before serving, drizzle balsamic glaze over top. Makes 4 servings.

Per serving: Calories 1436 · Fat 30g · Cholesterol 0mg · Sodium 1377mg · Carbohydrates 54g · Fiber 15g · Protein 15g

Laura Dierberg-PUntil

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STLVegGirl makes “healthy” delicious

Chickpea Sliders with Chipotle Ketchup
(Recipe courtesy of STLVegGirl.)

These flavorful mini “burgers,” complete with a dollop of chipotle-spiked ketchup, are a fun change of pace. For a really quick dinner, shape the patties and chill overnight, then cook them the next day.

- ½ cup Dierbergs ketchup
- 2 teaspoons ground chipotle chile pepper (McCormick)
- 3 tablespoons Dierbergs olive oil (divided)
- 1 teaspoon sea salt
- 1 bag (6 ounces) fresh spinach
- 1/2 teaspoon ground cumin
- 1/2 cup Dierbergs ketchup

Makes 12 Sliders

Per 2 Sliders: Calories 462 • Fat 13g • Carbohydrate 77g • Protein 16g

Breakfast Quinoa
(Recipe courtesy of STLVegGirl.)

If your morning bowl of oatmeal leaves you yawning for more, swap it for fruit-spiked quinoa instead. Packed with protein, this hearty hot cereal gets your day off to a great start.

1 cup water
1/2 cup quinoa
1/2 teaspoon ground cinnamon
1/4 cup vanilla-flavored almond or soy milk
1 tablespoon brown rice syrup, dark agave nectar, or Dierbergs brown sugar
2 teaspoons dried fruit
1 tablespoon ground cumin

In medium saucepan, combine water, quinoa, and cinnamon; bring to a boil over medium-high heat. Reduce heat, cover, and simmer stirring occasionally until quinoa is soft and translucent and liquid is absorbed, about 12 to 15 minutes. Stir in almond milk, dried fruit, and syrup. Makes 2 servings

Per serving: Calories 232 • Fat 3g • Carbohydrate 26g • Protein 6g

Meet STLVegGirl Caryn Dugan
Certified Food for Life Instructor and Plant-Based Nutrition Counselor

Caryn loves to eat, and over the years she has probably tried just about every packaged, processed, and fast food you can think of. Then the need to take charge of her health sparked a drive to understand the role food has on her body. She read, researched, and met with authors and medical experts in the field of nutrition and health. She adopted a plant-based diet that has helped her build a strong immune system and maintain a healthy lifestyle. Caryn translates her mission to put “A Plant on Every Plate” into delicious recipes that she shares at Dierbergs School of Cooking.

See STLVegGirl Caryn Dugan
Monday, March 4, 7:00 p.m.
KMOT-TV Channel 4
everybody cooks

QUINOA (KEEN-wah) may be new to you, but it was a staple in the diet of the ancient Incas. While it’s classified as a “grain,” it’s actually an edible seed. Unlike other grains, it’s a complete protein, lower in carbohydrates, and gluten-free. Its tiny beads have a delicate, almost neutral flavor. Quinoa cooks quickly and expands for four times its original volume. Try it in place of rice, couscous, or pasta. Look for quinoa in Dierbergs’ Whole Life or rice aisle.

Traditional or Pearl
Almost neutral flavor, light, fluffy texture, and a hint of crunchiness.

Red
More pronounced nutty, almost earthy flavor, and a bit more firm than traditional quinoa.

Black
Crunchiest of all.

Rainbow
Mix of white, red, and black quinoa that adds a splash of color to your plate.

Love Quinoa? Also try Dierbergs Signature Quinoa Tabbouleh Salad
spring-tacular easter dinner

As winter winds down and spring rolls in, it’s time to plan your Easter gathering. Whether your tradition is a sit-down feast or a stylish buffet, we’ve polished up familiar favorites with exciting flavors and party-worthy touches to make your celebration truly special.

Riesling Glazed Ham
This unbelievably simple recipe is the star of your Easter dinner.

1 bone-in, fully-cooked half ham (about 7 to 8 pounds)
1 bottle (750 ml) Riesling wine (divided)
1 cup coarse grain mustard (divided)
1 teaspoon coarse mustard, dissolved in 2 tablespoons water

Let ham stand at room temperature 30 minutes. Trim and discard skin and external fat from ham. Score surface of ham in diagonal crosshatch pattern. Place ham cut-side down in heavy, shallow roasting pan just slightly larger than ham. Pour wine into roasting pan. Reserve 1 tablespoon of drippings to small skillet; add reserved fat from top of drippings. Transfer pan drippings to 4-cup glass measure. Transfer pan drippings to 4-cup glass measure.

Remove ham from oven; increase oven temperature to 425°F. Pour any remaining wine over ham. Reserve 1 tablespoon of drippings as needed to maintain depth of ¼ inch until internal temperature is 130° to 135°F, about 10 to 15 minutes per pound (1½ to 2 hours). Remove ham from oven; increase oven temperature to 425°F. Pour any remaining wine over ham. Reserve 1 tablespoon of mustard for sauce; brush remaining mustard over top of ham. Bake in 425°F oven until top is golden brown and internal temperature is 120° to 125°F, about 10 to 15 minutes. Cover and let stand 20 to 30 minutes before slicing.

Transfer pan drippings to 4-cup glass measure; let stand 10 minutes. Skim fat from top of drippings. Transfer drippings to small skillet; add reserved 1 tablespoon mustard. Bring to a boil over medium-high heat; if needed, cook stirring occasionally until reduced to 2 cups. Whisk in cornstarch mixture; cook stirring constantly until thickened. Serve alongside ham. Makes 12 servings.

Per 3-ounce cooked portion: Calories 143 Fat 7g Cholesterol 48mg Sodium 1004mg Carbohydrate 1g Fiber 0g Protein 18g

White Truffle Macaroni and Cheese
Creamy white cheeses and a splash of sherry make this everyday favorite special. And if you want to take it to the next level, finish each serving with a drizzle of white truffle oil.

1/4 cup Dierbergs butter
1/2 cup chopped shallot
2 cloves garlic, minced
3 tablespoons Dierbergs flour
1 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon ground white pepper
2 1/2 cups half-and-half, at room temperature
8 ounces (2 cups) shredded gruyère cheese
8 ounces (2 cups) shredded sharp white cheddar cheese
1 box (16 ounces) Dierbergs medium shells, cooked and drained according to package directions
1 cup Dierbergs grated parmesan cheese
White truffle oil (La Tourangelle)

In large saucepan, melt butter over medium-high heat. Add shallot; cook stirring frequently until shallot wilts, about 2 minutes. Add garlic; cook 30 seconds. Whisk in flour, dry mustard, salt, and white pepper until well mixed. Gradually whisk in sherry until smooth. Whisk in half and half. Reduce heat and cook stirring often until sauce thickens, about 3 to 4 minutes. Reduce heat to low; gradually stir in gruyère and white cheddar until melted. Stir in cooked shells. Place mixture in 2-quart baking dish that maintains depth of 1/4 inch until internal temperature for a colorful no-fuss side dish. A drizzle of chopped fresh mint makes the flavors pop.

2 tablespoons chopped fresh mint leaves
1/4 teaspoon white truffle oil

Per serving: Calories 686 Fat 48g Cholesterol 79mg Sodium 224mg Carbohydrate 33g Fiber 1g Protein 18g

Green Beans and Baby Carrots with Lemon and Mint
Serve these bright, fresh veggies at room temperature for a colorful no-fuss side dish. A drizzle of chopped fresh mint takes this everyday favorite to the next level.

1 bag (12 ounces) petite baby carrots
1 pound fresh green beans, trimmed
1/4 cup Dierbergs extra virgin olive oil
3/4 teaspoon coarse salt
1/4 teaspoon white truffle oil
1 tablespoon lemon juice
1/2 teaspoon grated lemon peel
Coarse salt and freshly ground black pepper

In 1-cup glass measure, whisk together lemon juice, the 3/4 teaspoon salt, and pepper. Slowly whisk in olive oil until well mixed; set aside.

In medium saucepan, bring 4 cups water to a boil. Add green beans and carrots; cook until crisp-tender, about 6 minutes. Drain and immediately place in ice water; let stand 4 to 5 minutes. Drain well and pat dry with paper towels. Place in shallow serving dish; pour lemon mixture over top. Let stand 30 minutes or up to 1 hour. Just before serving, season with coarse salt and pepper; sprinkle mint over top. Makes 8 servings.

Per serving: Calories 468 Fat 27g Cholesterol 0mg Sodium 191mg Carbohydrate 9g Fiber 1g Protein 21g

White Truffle Oil
Infused with the rich, earthy aroma of white truffles, a drizzle of this finishing oil over pasta, potato, or cheese dishes adds instant “glam.” Store white truffle oil in the refrigerator.

Per serving: Calories 468 Fat 27g Cholesterol 0mg Sodium 212mg Carbohydrate 1g Fiber 1g Protein 1g

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RECIPES

Click. Search. Cook! BONUS WEB RECIPES
Great recipes for your leftover ham at Dierbergs.com
• Pasta Carbonara with Ham
• Classic Ham Salad
• Ham, Barley, and Split Pea Soup

SIDEBAR - WHITE TRUFFLE

White truffle oil is a must to take any dish to the next level. A drizzle of white truffle oil over pasta, potato, or cheese dishes adds instant “glam.” Infused with the rich, earthy aroma of white truffles, this finishing oil takes any pasta dish to the next level. Store in the refrigerator.
Baked Fresh Asparagus Dip

(Remote courtesy of Dierbergs Pastry Cookbook.)

Welcome your guests with this rich, creamy dip from Laura Dierberg Padousis. Add a basket of our French Bread Slices and you’re all set.

1 pound asparagus, trimmed and sliced
1/2 inch thick
1/2 cups (5 ounces) shredded asiago, parmesan, or romano cheese blend (divided)
1 package (8 ounces) cream cheese, softened
1/2 cup mayonnaise
1 teaspoon herbs de Provence
Freshly ground black pepper

Dierbergs Bakery French Bread Slices or pita chips

Place asparagus in microwave-safe bowl. Microwave (high) until tender, about 4 to 5 minutes. Cool slightly; drain.

Reserve 1/2 cup shredded cheese. In medium bowl, stir together remaining 1 cup shredded cheese, cream cheese, mayonnaise, herbs, and pepper. Gently stir in asparagus. Place in 9-inch glass pie plate or shallow baking dish that has been lightly coated with no-stick cooking spray. Sprinkle reserved cheese over top. Bake in 350°F. oven until bubbly and golden brown, about 20 to 25 minutes. Cool completely on wire rack. Chill 2 to 6 hours.

Per 2 tablespoons without Bread Slices:
Calories 71 ❖ Fat 7g ❖ Cholesterol 14mg ❖ Sodium 129mg ❖ Carbohydrate 1g ❖ Fiber 1g ❖ Protein 1g

Spring Spinach Salad

Meet your new “go-to” spring salad! Sweet orange vinaigrette and crunchy pistachios give fruit and greens a fun new twist.

1 package (3 ounces) baby spinach, stemmed
1 cup quartered strawberries
1 can (11 ounces) mandarin oranges, drained
1 cup fresh blueberries
Orange Marmalade Dressing (recipe follows)
Freshly ground black pepper

Divide spinach among 8 individual serving plates. Divide fruit among plates. Drizzle Dressing over salads; sprinkle with nuts and season with pepper. Makes 8 servings

Per serving: Calories 62 ❖ Fat 3g ❖ Cholesterol 0mg ❖ Sodium 114mg ❖ Carbohydrate 8g ❖ Fiber 1g ❖ Protein 1g

Orange Marmalade Dressing

1/4 cup orange marmalade
2 tablespoons Dierbergs olive oil
2 tablespoons white balsamic vinegar
1/2 teaspoon coarse salt
Freshly ground nutmeg

In small container with tight-fitting lid, combine all ingredients; shake until well combined. Makes about 1/2 cup

Per tablespoon: Calories 22 ❖ Fat 2g ❖ Cholesterol 0mg ❖ Sodium 1mg ❖ Carbohydrate 5g ❖ Fiber 1g ❖ Protein 0g

Blackberry Bottom Lime Meringue Pie

A ribbon of blackberry jam is a sweet surprise between tangy lime custard and a buttery shortbread crust. A cloud of fluffy meringue is the crowning touch.

CRUST
1/2 cups shortbread cookie crumbs (about 30 cookies)
3 tablespoons Dierbergs butter, melted
2 tablespoons Dierbergs sugar
1/3 cup seedless blackberry jam

FILLING
1 cup Dierbergs sugar
1 tablespoon cornstarch
2 teaspoons grated lime peel
1/2 cup fresh lime juice
1/2 cup Dierbergs butter, cut into pieces
4 large Dierbergs eggs
1 drop green food color (optional)

MERINGUE
4 large Dierbergs egg whites, at room temperature
1/2 teaspoon coarse salt
2 tablespoons Dierbergs sugar

FOR CRUST: In medium bowl, combine all crust ingredients except jam until evenly moistened. Press mixture firmly into bottom and up sides of 9-inch glass pie plate. Bake in 350°F. oven until light golden brown, about 8 to 10 minutes. Cool completely on wire rack.

Place jam in 1-cup glass measure. Microwave (high) 15 to 20 seconds to soften but not melt. Carefully spread jam evenly over cooled crust; set aside.

FOR FILLING: In large microwave-safe bowl, beat sugar and cornstarch until well mixed. Whisk in lime juice; add butter. Microwave (high) for 5 to 6 minutes, stirring halfway through, until mixture thickens and starts to bubble. In medium bowl, whisk eggs until well blended; slowly whisk in some of the hot lime juice mixture. Whisk egg mixture back into hot lime juice mixture. Whisk egg mixture back into hot lime juice mixture. Whisk in lime peel. Microwave (high) until mixture thickens and coats back of spoon, about 1 minute. Stir in food color. Pour into cooled crust.

FOR MERINGUE: In large mixer bowl, beat egg whites and cream of tartar at medium speed until soft peaks form. Beatting constantly, slowly add sugar 1 tablespoon at a time until stiff and glossy. Spoon meringue over hot filling, leaving 1-inch border to expose some of filling; swirl with back of spoon. Bake in 350°F. oven until set and lightly browned, about 10 to 12 minutes. Cool completely on wire rack. Chill 2 to 6 hours.

Just before serving, cut into wedges, dipping knife in cold water before each cut. Garnish with blackberries. Makes 8 servings

Per serving: Calories 538 ❖ Fat 26g ❖ Cholesterol 141mg ❖ Sodium 207mg ❖ Carbohydrate 72g ❖ Fiber 1g ❖ Protein 7g

TIP: Pie is best served the day it’s made. Tent leftovers loosely with foil and refrigerate.

Spring-tacular Easter Dinner (continued from page 7)
Salt-Roasted Sweet Potatoes with Roasted Garlic Butter

Roasting sweet potatoes and a head of garlic in a bed of salt gives them an unbelievably creamy texture. Mix the mellow roasted garlic with softened butter to serve alongside.

**Preparation**
1. Preheat oven to 400°F.
2. Scrub potatoes and sweet potatoes; cut in half lengthwise. Place in a 9 x 13-inch baking dish. Nestle sweet potatoes in salt, leaving space between potatoes. Spread salt in even layer in baking dish, enough paste into bottom of foil-lined roasting pan to make 1/2-inch-thick layer.
3. Strain and discard marinade.
4. Place olive oil and garlic pepper in large freezer-weight reclosable plastic bag. Trim and discard visible fat from meat. Place meat in bag; seal bag and turn to coat meat. Refrigerate 2 hours or overnight. Remove roast; seal bag and pat completely dry; roast from bag and pat completely dry; discard marinade.

**Roasting**
1. Place bag on plate and marinate in refrigerator 2 hours or overnight. Remove marinade; slice meat thinly across the grain. Wrap and refrigerate until needed.
2. Roast meat in 350°F. oven until internal temperature is 140°F. for medium-rare, about 1½ to 2 hours (steam may cause salt crust to crack slightly during roasting). Let roast stand 10 minutes before removing salt crust.

**Serving**
2. Sprinkle bacon salt over top; slice very thinly across the grain.
3. Roast in 350°F. oven until internal temperature is 140°F. for medium-rare, about 1½ to 2 hours (steam may cause salt crust to crack slightly during roasting). Let roast stand 10 minutes before removing salt crust.

**Per serving:** Calories 131 Fat 4g Cholesterol 60mg Sodium (not available) Carbohydrate <1g Fiber 0g Protein 23g

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**Salt-Encrusted Beef**

Roasting beef in a salt crust is a time-honored technique that seals in the meat’s juices to create the most succulent and flavorful roast ever.

**Preparation**
Per serving: Calories 282 Fat 13g Cholesterol 31mg Carbohydrate 40g Fiber 6g Protein 4g

1. Preheat oven to 400°F. for medium-rare.
2. Place meat in foil-lined baking dish. Nestle sweet potatoes in salt, leaving space between potatoes. Spread salt in even layer in baking dish, enough paste into bottom of foil-lined roasting pan to make 1/2-inch-thick layer.
3. Strain and discard marinade.
4. Place olive oil and garlic pepper in large freezer-weight reclosable plastic bag. Trim and discard visible fat from meat. Place meat in bag; seal bag and turn to coat meat. Refrigerate 2 hours or overnight. Remove roast from bag and pat completely dry; discard marinade.

**Roasting**
1. Place bag on plate and marinate in refrigerator 2 hours or overnight. Remove marinade; slice meat thinly across the grain. Wrap and refrigerate until needed.
2. Roast meat in 350°F. oven until internal temperature is 140°F. for medium-rare, about 1½ to 2 hours (steam may cause salt crust to crack slightly during roasting). Let roast stand 10 minutes before removing salt crust.

**Serving**
2. Sprinkle bacon salt over top; slice very thinly across the grain.
3. Roast in 350°F. oven until internal temperature is 140°F. for medium-rare, about 1½ to 2 hours (steam may cause salt crust to crack slightly during roasting). Let roast stand 10 minutes before removing salt crust.

**Per serving:** Calories 111 Fat 4g Cholesterol 60mg Sodium (not available) Carbohydrate <1g Fiber 0g Protein 23g

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**Salt and Sensibility**

Your body requires some salt to regulate fluid balance but like all things, moderation is the name of the game. Consult your physician about your sodium intake and how to find the balance that is right for you.
Salt and Pepper Shrimp

We stir-fried our shrimp for a lighter version of this traditionally deep-fried Chinese classic. Don’t worry — it still has plenty of that salty, spicy kick!

1 tablespoon white rice or white wine vinegar
1 tablespoon Dierbergs brown sugar
1 medium serrano pepper, halved, seeded, thinly sliced
3 large cloves garlic, minced
2 tablespoons Dierbergs vegetable oil
1 pound large (26 to 30 count) shrimp, thawed if frozen, peeled, and deveined
1/3 cup fresh lime juice
1/4 teaspoon Chinese 5 spice powder
1 teaspoon freshly ground black pepper medley
2 tablespoons cornstarch

Plenty of that salty, spicy kick!
Chinese classic. Don’t worry — it still has this smoky flavor!
We stir-fried our shrimp for a lighter version of this traditionally deep-fried Chinese classic. Don’t worry — it still has plenty of that salty, spicy kick!

Smoked Sea Salt Chocolate Tart
Salt and dessert may seem an unlikely match, but the combination is divine! A light sprinkle of smoky flaked salt tempers the sweetness of this dark chocolate tart.

1 refrigerated pie crust
1/2 cup of 14.1-ounce package) 1/2 teaspoon applewood smoked sea salt
1/2 teaspoon paprika
2 cups heavy whipping cream (divided)
1 package (12 ounces) dark chocolate chips
(Hershey’s)
1 large Dierbergs egg
2 tablespoons Dierbergs powdered sugar
1 teaspoon vanilla extract

Place pie crust in 9-inch tart pan with removable bottom. Fold in excess dough and press around edges and onto bottom of pan. Sprinkle 1/4 teaspoon of the smoked sea salt over crust. Bake according to package directions for 1-crust pie.

In a 2-quart batter bowl, combine 1 cup of the cream and chocolate chips. Microwave (high) 2 minutes. Let stand 1 minute; stir until chocolate is melted and smooth. In small bowl, whisk egg until well blended; slowly stir in some of the hot chocolate mixture. Whisk egg mixture back into hot chocolate mixture. Pour into hot crust.

Bake in 350°F oven until center is just set, about 16 to 18 minutes. Sprinkle remaining 1/4 teaspoon smoked sea salt over top.

In a large chilled mixer bowl, beat the remaining 1 cup cream, powdered sugar, and vanilla at low speed until stiff peaks form. Cut pie into wedges and serve warm or at room temperature with dollop of whipped cream.

Makes 12 servings

Buttermilk Pancakes with Strawberry Rhubarb Sauce

Everybody loves pancakes and when made-from-scratch are so quick to fix, who needs a mix? Top a stack with our Strawberry Rhubarb Sauce for a sweet, fruity finish.

2 cups Dierbergs flour
2 tablespoons Dierbergs sugar
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons Dierbergs vegetable oil
1/3 cup fat-free plain or vanilla Greek yogurt
1/4 cup Dierbergs powdered sugar
1 teaspoon vanilla extract

In medium saucepan, stir together strawberries, rhubarb, sugar, and water; bring to a boil over medium-high heat. Reduce heat and simmer until reduced to 1/2 cup, about 15 to 20 minutes. Remove from heat and cool slightly.

In large bowl, whisk together flour, sugar, baking powder, and salt. In small bowl, whisk together eggs, buttermilk, yogurt, and oil. Make well in center of flour mixture. Pour in buttermilk mixture; stir just until moistened (batter will be lumpy).

Lightly coat large nonstick skillet or griddle pan with non-stick cooking spray. Ladle 1/4 cup batter per pancake into skillet. Cook over medium heat until bubbles appear in tops and bottoms are lightly browned, about 2 minutes per side. Serve immediately with Strawberry Rhubarb Sauce.

Makes about 12 pancakes

Strawberry Rhubarb Sauce

2 cups frozen sliced unsweetened strawberries
1 cup frozen cut rhubarb
3 tablespoons Dierbergs sugar
3 tablespoons water
1 teaspoon grated orange peel
1/4 cup fresh orange juice
breakfast for dinner
(continued from page 13)

Grilled Cheddar, Ham, and Apple Panini

A delicious study in contrasts, this great grilled sandwich has it all - gooey melted cheese, savory ham, and crisp apples nestled between slices of cinnamon-swirled bread.

1 tablespoon Dijon mustard
1 tablespoon honey
8 slices Dierbergs Bakery Signature Cinnamon Bread
4 slices Dierbergs Deli sharp cheddar cheese, cut in half
2 thin slices Dierbergs Deli Signature Virginia ham (about 1/4 pound)
1/2 medium Granny Smith apple, cored and thinly sliced
1/4 cup Dierbergs butter, melted

In small bowl, stir together Dijon mustard, honey and Virginia ham, and apple mixture. Top with remaining bread slices mustard-side down. Brush half of the butter on top side of each sandwich. Place sandwiches buttered-side down on preheated grill pan over medium heat. Grill until golden brown, about 2 minutes. Remove pan from heat to warm (115° to 120°F.) and butter has melted, about 1 to 1 1/2 minutes. Whisk eggs into milk mixture. Make well in center of flour mixture. Pour in milk mixture; make well in center of flour mixture. Pour in milk mixture; whisk mixture constantly until mixture begins to bubble. If gravy is too thick, add more milk to desired consistency. Season with salt and pepper. Makes about 1 1/2 cups

Per 1/4 cup: Calories 96 ◆ Fat 5g ◆ Cholesterol 34mg ◆ Sodium 133mg
Carbohydrate 4g ◆ Fiber 1g ◆ Protein 3g

Chicken and Savory Cornmeal Waffles

In the late 1930’s, Harlem’s Wells Supper Club first served this now-classic combo to hungry late-night patrons because it was “too late for dinner and too early for breakfast.” Our updated version would be just right for a fun and tasty Sunday supper.

1 large Dierbergs egg
1 cup buttermilk
1 teaspoon baking powder (divided)
2 cups Dierbergs flour
1 teaspoon baking soda
Fresly ground black pepper
3 handless, skinless chicken breast halves (about 1 1/2 pounds), pounded to even thickness
Dierbergs vegetable oil for frying

Milk Gravy (recipe follows)
Savory Cornmeal Waffles (recipe follows)
6 tablespoons pure maple syrup

In medium bowl, whisk together egg, buttermilk, 1/4 teaspoon of the baking powder, and 1/4 teaspoon of the baking soda until well mixed; set aside.

In shallow dish, combine flour, the remaining 1/2 teaspoon baking powder, 1/4 teaspoon baking soda, salt, and pepper. Cut each chicken breast into 4 strips. Dip chicken in buttermilk mixture; coat with flour mixture, shaking off excess. Dip chicken in buttermilk mixture a second time; coat with flour mixture, shaking off excess. Place chicken pieces on wire rack; cover with parchment paper and let stand at room temperature 30 minutes.

Pour oil into deep 12-inch skillet to depth of 1/2 inch. Heat oil over medium-high heat to 375°F. Carefully cook chicken in batches turning occasionally until golden brown and internal temperature is 165°F, about 12 minutes. Drain on paper towel-lined platter. Serve on Savory Cornmeal Waffles, topped with syrup and Milk Gravy.

Makes 4 servings

Per serving: Calories 681 ◆ Fat 36g ◆ Cholesterol 73mg ◆ Sodium 915mg
Carbohydrate 42g ◆ Fiber 6g ◆ Protein 29g

Savory Cornmeal Waffles

1 1/2 cups Dierbergs flour
1/2 cup yellow cornmeal
1 envelope (1/4 ounce) fast-rising dry yeast
1 1/2 cups Dierbergs milk
6 tablespoons Dierbergs butter
2 large Dierbergs eggs

In large bowl, whisk together flour, cornmeal, yeast, seasoning, and salt. Mix until well combined. Mix in milk and butter, stirring until mixture begins to bubble. If gravy is too thick, add more milk to desired consistency. Season with salt and pepper.

Milk Gravy

2 tablespoons Dierbergs butter
2 tablespoons Dierbergs flour
1 to 1 1/2 cups cold Dierbergs milk
1/2 teaspoon salt
Fresly ground black pepper

In small saucepan, melt butter over medium heat. Whisk in flour; cook whisking constantly for 1 minute. Whisk in 1 cup of the milk; cook whisking constantly until mixture begins to bubble. If gravy is too thick, add more milk to desired consistency. Season with salt and pepper.

Makes about 1 1/2 cups

Per serving: Calories 96 ◆ Fat 5g ◆ Cholesterol 34mg ◆ Sodium 133mg
Carbohydrate 4g ◆ Fiber 1g ◆ Protein 3g

Per Waffle: Calories 316 ◆ Fat 15g ◆ Cholesterol 51mg ◆ Sodium 347mg
Carbohydrate 36g ◆ Fiber 2g ◆ Protein 9g

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everyday entrées

It’s a fact of life – busy weeknights mean weeknight dinners need to be fast and easy. If your regular rotation of Monday-through-Friday favorites could use a little update, you’re in luck. We’ve cooked up a batch of fresh, flavorful, quick-fix entrées that are the perfect go-to recipes for the family on-the-go.

Tilapia Gyros with Cucumber Sauce

Your favorite fish goes Greek! Wrap seasoned tilapia in flatbread along with colorful veggies and cool, creamy Cucumber Sauce.

- 1 package (14 ounces) frozen tilapia loins, thawed
- Olive oil no-stick cooking spray
- 2 teaspoons Greek seasoning

Cucumber Sauce

- 1 carton (6 ounces) nonfat Greek yogurt
- 1/3 cup finely chopped baby cucumber
- 1 clove garlic, minced
- 1 teaspoon fresh lemon juice

Per serving:
- Calories 19
- Fat 1g
- Protein 4g

Make tilapia according to directions.

To make cucumber sauce: In bowl, stir together all ingredients until well mixed. Cover and chill at least 2 hours to develop flavors. Makes about 1 cup.

Serve immediately.

Divide fish, feta cheese, onion, tomato, avocado, and Cucumber Sauce among flatbreads; fold to enclose filling. Serve immediately.

Sesame Teriyaki Pork Stir-Fry

Cooking on the fly? Nothing beats a quick, colorful stir-fry! Cutting up meat and veggies and measuring ingredients the night before helps you get it to the table even faster.

- 1 pork tenderloin (1 1/4 to 1 1/2 pounds)
- 2 tablespoons sesame seed
- 2 tablespoons cornstarch
- 1/2 cup reduced-sodium teriyaki sauce
- 1 can (10 3/4 ounces) cheddar cheese soup
- 1 bag (10.5 ounces) multi-grain chips

Trim and discard fat and silver skin from pork. Cut pork into bite-size strips.

Heat wok or large skillet over medium-high heat. Add 1 teaspoon of the oil and remaining half of the pork; stir-fry until browned. Add 1/2 cup of the stock; cover and cook 2 minutes.

In a 1-cup glass measure, stir together remaining stock, teriyaki sauce, cornstarch, and sesame seed. Add stock mixture and cooked pork to wok; stir-fry until thickened and heated through, about 2 to 3 minutes. Serve over brown rice. Makes 6 servings

Per serving:
- Calories 240
- Fat 8g
- Protein 28g


Creamy Southwest Chicken Bake

Our tasters loved the layer of crispy chips and lively Mexican flavors in this creamy casserole. It’s hearty and satisfying supper that everyone will love.

- 1 bag (10.5 ounces) multi-grain chips (Salsa Chips), crushed
- 1 can (10 3/4 ounces) cheddar cheese soup (Campbell’s Healthy Request)
- 1 can (10 ounces) cream of chicken soup (Campbell's Healthy Request)
- 2 cups Dierbergs frozen corn, thawed and drained
- 1 package (8 ounces) Dierbergs finely shredded Mexican cheese blend (divided)

Place crushed chips evenly in bottom of 9 x 13-inch baking dish that has been lightly coated with no-stick cooking spray; set aside.

In large bowl, stir together soups, tomatoes with green chiles, sour cream, and hot sauce. Add chicken, corn, and 1 cup of the cheese blend; stir until well mixed. Spread mixture evenly over crushed chips. Sprinkle remaining 1 cup crushed chips on top. Bake in 350°F oven until heated through and cheese is melted, about 25 to 30 minutes. Serve with sour cream and chopped tomatoes for garnish.

Makes 10 servings

Per serving:
- Calories 426
- Fat 21g
- Protein 24 g

Stuffed Pepper Soup

Full of old-fashioned flavor, this slow cooker recipe makes enough for two terrific dinners when you freeze the extra soup for another meal. Since rice isn’t very freezer-friendly, we like to ladle this colorful soup over scoops of rice just before serving.

- 1 1/2 pounds lean ground beef
- 1/2 cups chopped onion
- 2 cloves garlic, minced
- 1 box (12 ounces) reduced-sodium beef broth
- 1 can (15 ounces) Dierbergs petite diced tomatoes, undrained
- 2 large or 3 medium green bell peppers, quartered, seeded, and chopped
- 2 teaspoons ground cumin or fennel
- 1 teaspoon salt

Preheat oven to 350°F. Line 13 x 9-inch baking dish with heavy-duty aluminum foil. For beef mixture, heat oil in Dutch oven over medium heat. Add beef, onion, and garlic. Stir-fry 1 minute. Add remaining ingredients except rice. Cover and bake 6 to 8 hours on low heat setting or 4 to 5 hours on high heat setting. Serve over cooked rice. Makes 10 servings

Per serving:
- Calories 221
- Fat 4g
- Protein 15g

Stuffed bell peppers: Place pepper halves in roasting pan. Bake in 400°F oven until tender, about 25 minutes. Save for garnish.

Heat large skillet over medium-high heat. Crumble ground beef into skillet. Add onion and garlic. Cook stirring occasionally until browned, about 5 to 6 minutes. Drain off any fat.

Place meat mixture in 6-quart slow cooker that has been lightly coated with no-stick cooking spray. Stir in remaining ingredients except rice. Cover and cook 6 to 8 hours on low heat setting or 4 to 5 hours on high heat setting. Serve over cooked rice. Makes 10 servings

Per serving:
- Calories 251
- Fat 4g
- Protein 15g

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BONUS WEB RECIPES

See these everyday entrée recipes at Dierbergs.com

- Weeknight Beef Stromboli
- Monterey Wild Mushrooms Risotto

Click. Search. Cook!
marvelous macaroons

Crisp on the outside and tender on the inside, macaroons are some of spring’s most dainty and delicious confections. Made with egg whites and sugar, French macaroons use almond paste for a subtle flavor and delicate texture. In North America, coconut replaces the almond paste making the cookies moist, dense, and delightfully chewy.

RECIPES

Lemon Curd Macaroons
Lovely, luscious, and oh-so-lemony, these rich cookies are bursting with sunny citrus flavor.

1/2 cup lemon curd
1/4 cup Dierbergs flour
2 large Dierbergs egg whites, at room temperature
1 teaspoon vanilla extract
1 teaspoon lemon extract
1/4 teaspoon salt
1 bag (7 ounces) sweetened flaked coconut

In medium bowl, stir together lemon curd, flour, egg whites, extracts, and salt until smooth. Fold in coconut until well mixed.

Drop mixture 1 tablespoon at a time onto parchment-lined baking sheets, about 2 inches apart (do not flatten). Bake in 325°F oven until light golden brown around edges, about 18 to 20 minutes. Cool on baking sheet 10 minutes. Cool completely on wire racks. Store in airtight containers.

Makes about 2 dozen

Per Macaroon: Calories 67 •Fat 3g
Cholesterol 5mg • Sodium 129mg
Carbohydrate 9g • Fiber 1g • Protein 1g

Almond Macaroons
C’est magnifique! Team these light, crisp cookies with a cup of tea for a sweet afternoon treat.

1 can (8 ounces) almond paste
1 1/4 cups Dierbergs sugar
2 large Dierbergs egg whites, at room temperature
Dierbergs powdered sugar

Crumble almond paste into work bowl of food processor fitted with steel knife blade. Add sugar; process until well mixed. Add egg whites; process until smooth dough forms.

Drop mixture 1 tablespoon at a time onto parchment-lined baking sheets, about 2 inches apart (do not flatten). Bake in 325°F oven until light golden brown around edges, about 16 to 18 minutes. Cool on baking sheet 10 minutes. Cool completely on wire racks. Dust tops with powdered sugar. Store in airtight containers.

Makes about 2 dozen

Per Macaroon: Calories 85 • Fat 3g
Cholesterol 0mg • Sodium 6mg
Carbohydrate 15g • Fiber 1g • Protein 1g

Coconut Macaroons
Coconut lovers rejoice! These chewy delights are even more delectable when dipped in melted chocolate.

2 2/3 cups sweetened flaked coconut
1/4 cups Dierbergs sugar
1/4 cup Dierbergs flour
1/2 teaspoon salt
4 large Dierbergs egg whites, at room temperature
1 teaspoon almond extract
1/2 cup semi-sweet, milk, or dark chocolate chips (optional)

In medium bowl, stir together coconut, sugar, flour, and salt; set aside.

In large mixer bowl, beat egg whites and extract at high speed until soft peaks form. Gently stir in coconut mixture.

Drop mixture 1 tablespoon at a time onto parchment-lined baking sheets, about 2 inches apart (do not flatten). Bake in 325°F oven until light golden brown around edges, about 18 to 20 minutes.

Place chocolate chips in small microwave-safe bowl. Microwave (high) 1 minute; stir until chocolate is melted and smooth. Carefully dip edge or bottom of cookies into melted chocolate; place on wire rack until chocolate sets.

Makes about 2 1/2 dozen

Per Macaroon: Calories 73 • Fat 4g
Cholesterol 5mg • Sodium 55mg
Carbohydrate 10g • Fiber 1g • Protein 1g

Be A Smart Cookie

Remember these helpful tips to bake the perfect batch of cookies every time.

• Use a small cookie scoop to portion out dough.
• Use shiny baking sheets (flat pans with no sides) so cookies bake more evenly. Dark pans can cause cookies to get too brown.
• Start each batch on a cold baking sheet to retain the shape of the cookies. Dough will start to spread if the pan is warm.
• Line baking sheets with parchment paper, NOT waxed paper, for even baking and easy cleanup.
• For best results, bake only 1 sheet of cookies at a time on the center rack, keeping remaining dough chilled. If you must bake on two different racks at once, rotate pans top to bottom and turn them front to back halfway through baking time.
• Store crisp cookies and soft cookies in separate containers to retain their texture.
specialty hispanic cheeses go mainstream

MEXICAN MADE EASY

The following collection of recipes featuring bold Mexican flavors are incredibly simple to create with a combination of prepared Deli items, off-the-shelf spice blends, recipe-ready produce and authentic Mexican cheeses. Customize your dishes with a favorite salsa, tomatoes, black olives, peppers, avocados or cilantro.

CHEESY CHICKEN ENCHILADAS

1 Dierbergs Deli rotisserie chicken, deboned and shredded (about 1 pound)
1 container (12 ounces) Dierbergs Kitchen Signature Chipotle Tex-Mex Cheese Dip
1 package (1 ounce) Old El Paso Reduced-Sodium Taco Seasoning Mix
1 package (6.8 ounces) V&V Supremo Queso Fresco, crumbled (divided)
1 jar (24 ounces) Old El Paso Thick ‘n Chunky Salsa (divided)
1 package (8.8 ounces) V&V Supremo Queso Fresco, crumbled
1 package (7.06 ounces) V&V Supremo shredded Queso Chihuahua

8 large flour tortillas (8-inch diameter)
2 tablespoons Dierbergs vegetable oil
6 large poblano chile peppers

For a vegetarian option, omit chicken from cheese mixture.

WASHINGTON, D.C. — It’s been on the menu for years, but Mexican flavors are increasingly mainstream.

Mexican flavors are incredibly simple to create with a combination of prepared Deli items, off-the-shelf spice blends, recipe-ready produce and authentic Mexican cheeses. Customize your dishes with a favorite salsa, tomatoes, black olives, peppers, avocados or cilantro.

In large bowl, combine chicken, Cheese Dip, Taco Seasoning and half of the Queso Fresco. Wrap 4 tortillas in damp paper towel; microwave (high) 15 seconds. Place about 1/2 cup chicken mixture across center of each tortilla; roll up tortillas and place seam-side down in bottom of 9 x 13-inch baking dish that has been lightly coated with no-stick cooking spray. Carefully stuff each pepper with chicken/cheese mixture; place in baking dish. Cover and bake in 350°F oven for 35 minutes. Uncover; top with remaining Queso Fresco and Queso Chihuahua. Bake until cheese is melted and lightly browned, about 8 to 10 minutes. Makes 8 Enchiladas

Per Enchilada: Calories 584 • Fat 32g • Cholesterol 108mg
Sodium 1478mg • Carbohydrate 34g • Fiber 1g • Protein 37g

Brush chile peppers with oil; place on foil-lined jellyroll pan. Broil 6 inches from heat source until skin blisters on all sides. Remove and cover peppers tightly with foil; let stand 10 minutes. Hold peppers under running water while using sharp knife to remove skins. Cut each pepper lengthwise; gently open and remove seeds and veins.

In medium bowl, combine chicken and cheeses. Reserve 1/4 cup of the Salsa for topping; spread remaining Salsa in bottom of 9 x 13-inch baking dish that has been lightly coated with no-stick cooking spray. Carefully stuff each pepper with chicken/cheese mixture; place in baking dish. Cover and bake in 350°F oven for 20 minutes. Uncover and bake 10 minutes. Top with reserved Salsa, Crema Natural, and cilantro.

Makes 6 servings

Per serving: Calories 530 • Fat 31g • Cholesterol 130mg
Sodium 1487mg • Carbohydrate 19g • Fiber <1g • Protein 40g

For a vegetarian option, omit chicken from cheese mixture.

If you’ve dined in a truly authentic Mexican restaurant, you know the secret: There’s just something special about the cheeses. Chances are the authentic Hispanic cheeses you’re savoring were created by the oldest U.S. family-run Mexican manufacturer, V&V Supremo Foods, founded in 1964. Dierbergs Deli now carries these extraordinary Mexican cheeses that are all-natural, contain no additives or preservatives and are crafted with grade “A” whole cow’s milk using time-honored methods to preserve their Mexican heritage and flavor.

For a vegetarian option, omit chicken from cheese mixture.

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For a vegetarian option, omit chicken from cheese mixture.

Calories 530 • Fat 31g • Cholesterol 130mg
Sodium 1487mg • Carbohydrate 19g • Fiber <1g • Protein 40g
PINEAPPLE MANGO FISH FAJITA SOPES

1 tablespoon Dierbergs vegetable oil
1 package (12 ounces) Dierbergs Grill-Ready Fajita Mix (Produce Department)
1 pound tilapia, swai, or other white-fleshed fish fillets, cut into 1/2-inch strips
1 package (1 ounce) Old El Paso Reduced-Sodium Taco Seasoning Mix
8 V&V Supremo Corn Sopes
1 package (8.8 ounces) V&V Supremo Queso Fresco, crumbled
3/4 cup Dierbergs Kitchen Signature Fresh Pineapple Mango Salsa

In large skillet, heat oil over medium-high heat. Add Fajita Mix; cook stirring occasionally until onion wilts, about 2 to 3 minutes. Add fish and Taco Seasoning; cook stirring gently until fish is opaque throughout, about 3 to 4 minutes. Place Sopes with raised edges up on foil-lined jellyroll pan. Divide fish mixture among Sopes; sprinkle Queso Fresco over tops. Bake in 400°F oven until heated through, about 3 to 5 minutes. Broil 6 inches from heat source until cheese is lightly browned, about 2 minutes. Top with Salsa and Crema Natural. Serve warm.

Makes 8 Sopes

Per Sope: Calories 376 ❖ Fat 17g ❖ Cholesterol 65mg
Sodium 508mg ❖ Carbohydrate 35g ❖ Fiber 3g ❖ Protein 21g

SPICY MACHO HOT PARTY DIP

1 Dierbergs Deli rotisserie chicken, deboned and shredded (about 1 pound)
1 cup Dierbergs Kitchen Signature Chipotle Ranch Dressing
1 container (16 ounces) V&V Supremo Crema Natural
1 package (1 ounce) Old El Paso Reduced-Sodium Taco Seasoning Mix
1 container (12 ounces) Dierbergs Fresh Black Bean Salsa (Produce Department)
1 package (7.06 ounces) V&V Supremo shredded Queso Chihuahua (divided)
Dierbergs tortilla chips

OVEN METHOD: In large bowl, combine all ingredients except Queso Chihuahua and tortilla chips. Stir in 1 cup of the Queso Chihuahua. Place mixture in shallow 3-quart baking dish that has been lightly coated with no-stick cooking spray. Sprinkle remaining 1 cup Queso Chihuahua over top. Bake in 375°F oven until hot and bubbly about 20 to 25 minutes. Let stand 5 minutes. Serve warm with tortilla chips.

STOVE-TOP METHOD: In large saucepan, combine all ingredients except tortilla chips; cook over medium heat stirring frequently until cheese is melted and heated through, about 3 to 5 minutes. Place in serving bowl and serve warm with tortilla chips. Makes 6 cups

Per 1/4 cup without chips: Calories 167 ❖ Fat 13g ❖ Cholesterol 39mg
Sodium 256mg ❖ Carbohydrate 4g ❖ Fiber 4g ❖ Protein 8g

SPICY BAJA CHICKEN NACHOS

1/2 of 13.5-ounce bag Dierbergs tortilla chips
1 Dierbergs Deli rotisserie chicken, deboned and shredded (about 1 pound)
1 container (12 ounces) Dierbergs Kitchen Signature Chipotle Tex-Mex Cheese Dip
1 package (1 ounce) Old El Paso Reduced-Sodium Taco Seasoning Mix
1 package (7.06 ounces) V&V Supremo shredded Queso Chihuahua
1 cup V&V Supremo Crema Natural
Additional toppings as desired

Layer tortilla chips evenly in bottom of shallow 3-quart baking dish that has been lightly coated with no-stick cooking spray. In medium bowl, combine chicken, Cheese Dip, and Taco Seasoning. Spoon chicken mixture over tortilla chips. Top with Queso Chihuahua. Bake in 375°F oven until cheese is melted, about 6 to 8 minutes. Drizzle Crema Natural over top. Serve with additional toppings as desired.

Makes 8 servings

Per serving: Calories 452 ❖ Fat 29g ❖ Cholesterol 82mg
Sodium 792mg ❖ Carbohydrate 23g ❖ Fiber 2g ❖ Protein 19g
lentil quinoa tacos

Take "taco night" from tired to terrific! Seasoned just right, these protein-packed tacos were a hit with our tasters of all ages!
See pages 3 to 5 for even more exciting meatless ideas from STL VegGirl.

(Recipe courtesy of STL VegGirl.)

2 cartons (8.25 ounces each) vegetable broth
1 cup quinoa
1 package (17.63 ounces) ready-to-eat lentils (Melissa's)
1/4 cup water
2 tablespoons Taco Seasoning
(recipe on page 5)
1 teaspoon Dierbergs olive oil
1 cup chopped red onion
Pinch salt
1 bunch kale greens, rinsed, drained, and coarsely chopped
1 package (8 ounces) mozzarella-style shreds (Daiya) or shredded mozzarella cheese*
12 taco shells, warmed

In large saucepan, combine broth and quinoa; bring broth to a boil over medium-high heat. Reduce heat, cover, and simmer stirring occasionally until quinoa is soft and translucent and liquid is absorbed, about 12 to 15 minutes. Remove from heat and fluff with fork. Place in serving bowl.

In second large saucepan, combine lentils, water, and Taco Seasoning over medium-high heat; cook stirring occasionally until most of the water is absorbed, about 5 minutes. Place in serving bowl.

In medium skillet, heat olive oil over medium-high heat. Add onion and salt; cover and cook until onion wilts. Uncover and cook stirring frequently until onions are lightly brown, about 5 minutes. Place in serving bowl.

Place kale and cheese shreds in serving bowls. Assemble tacos as desired.
Makes 12 tacos

Per 2 Tacos: Calories 519 ❖ Fat 17g ❖ Cholesterol 0mg ❖ Sodium 1170mg ❖ Carbohydrate 75g ❖ Fiber 14g ❖ Protein 18g

*Product info on pages 4 and 5