EVERYBODY COOKS®
on TV Monday,
March 10,
7:30 p.m.
KMOV-TV
Channel 4

YOUR FREE COPY

FRESH PASTA
Easy to make and HARD TO RESIST!

CAST IRON COOKING
This old-fashioned skillet is right at home in today’s kitchen.

TIME OUT FOR MUNCH MADNESS
Be a hero on game day with these tasty snacks.

Dierbergs
IT’S FRESH. IT’S FRIENDLY. IT’S DIERBERGS®.
It’s possible that you’ve never considered making your own fresh pasta.

Never say never.

In this issue of Everybody Cooks, Chef Fabrizio Schenardi from Cielo Restaurant & Bar at the Four Seasons Hotel St. Louis will show you that it’s easier than you might think. His recipe for Fresh Pappardelle Pasta noodles was intended specifically for the pasta-making novice.

Plus, you’re going to love Chef Fabrizio’s recipes for fresh dishes guaranteed to liven up your family’s pasta nights. I’m thrilled we can share terrific specialties from this award-winning chef who has prepared Italian cuisine in some of the world’s finest restaurants.

And that’s just the start.

Our culinary professionals have put together an outstanding collection of recipes from the simple pleasures of cast-iron cooking to fresh soufflés and other springtime dishes.

To develop our game-plan for party foods during the “madness” that’s college basketball, we teamed up with several local basketball coaches for inspiration.

The icing on the cake is our creative and tasty cupcakes. Kids—and adults—will go crazy for these specialty cupcakes color-matched for Mardi Gras, St. Pat’s and other spring celebrations.

Spring is just ahead. Enjoy!

Greg Dierberg
If “pasta night” at your house is too predictable, shake things up. Fresh pasta and a few new twists on sauces will get everyone’s attention. It’s even more fun to make the pasta yourself. Executive Chef Fabrizio Schenardi from Cielo Restaurant & Bar at the Four Seasons Hotel St. Louis shares a few of his favorite – and easy – homemade specialties that everyone will love.

Cresta with Pepperoni, Escarole, and Chickpeas

Ruffled fresh pasta cockscombs add a little fun to this light and satisfying dish. Or use your favorite short pasta shape, like cavatelli or penne.

1 tablespoon Dierbergs olive oil
1/4 cup diced shallot
2 cloves garlic, minced
1 cup coarsely chopped pepperoni
8 cups coarsely chopped escarole (about 1 bunch) or baby spinach
1 can (15 ounces) chickpeas, rinsed and drained
1 carton (8.25 ounces) chicken stock
1/4 cup julienned oil-packed sun-dried tomatoes
1/2 teaspoon Italian herb seasoning
1 package (9 ounces) Dierbergs Kitchen Fresh Pasta Cresta Rigate (cockscombs)
Freshly ground black pepper
3/4 cup Dierbergs shredded parmesan cheese

In large skillet, heat olive oil over medium-high heat. Add shallot; cook stirring occasionally until shallot wilts, about 3 minutes. Add garlic; cook stirring often for 30 seconds. Add pepperoni; cook until beginning to crisp around edges, about 2 minutes. Add escarole; cook until escarole wilts, about 2 to 3 minutes. Add chickpeas, stock, sun-dried tomatoes, and Italian seasoning; simmer stirring often until heated through, about 1 minute.

Meanwhile, in large pot of rapidly boiling salted water, cook pasta stirring occasionally until al dente, about 7 minutes. Drain reserving 1 cup of the pasta water.

Add pasta to skillet; toss until well mixed. If needed, stir some of the reserved pasta water into skillet until sauce is smooth. Season with pepper; sprinkle parmesan over top. Makes 4 servings

Per serving: Calories 485  Fat 28g  Cholesterol 67mg  Sodium 978mg  Carbohydrate 32g  Fiber 5g  Protein 21g

DIERBERGS KITCHEN SIGNATURE
FRESH PASTA

Fresh is fabulous!
Make your own (see page 4), or pick up Dierbergs Kitchen Signature Fresh Pasta. Angel Hair, Cresta Rigate, Fettuccine, Linguine, Spinach Linguine, Penne, Spaghetti, and Tri-Color Shells are available in convenient 9-ounce packages in Dierbergs Deli self-serve case.
Pappardelle all’Amatrice

This classic, spicy, pancetta-studded tomato sauce gets its name from the town of Amatrice. Plenty of salty grated pecorino-romano is a must.

1 tablespoon Dierbergs olive oil
1 package (4 ounces) diced pancetta
1 cup julienned onion
3 cloves garlic, minced
Pinch crushed red pepper flakes
1 can (15 ounces) Dierbergs tomato sauce
1/4 recipe Fresh Pappardelle Pasta, cooked according to recipe directions
1/3 cup chopped Italian parsley
2 large leaves fresh basil, chopped
Grated pecorino-romano cheese

In large skillet, heat olive oil over medium-high heat. Add pancetta, onion, garlic, and red pepper flakes; cook stirring occasionally until pancetta is cooked through, about 7 minutes. Drain excess oil. Add cooked Pappardelle; toss until well mixed. Stir in parsley and basil. Season with pepper. Transfer to large serving bowl; sprinkle cheese over top.

Makes 2-4 servings

Recipe courtesy of Chef Fabrizio Schenardi

Per serving: Calories 279 ◆ Fat 11g
Cholesterol 59mg ◆ Sodium 678mg
Carbohydrate 36g ◆ Fiber 4g ◆ Protein 11g

Fresh Pappardelle Pasta

These long, flat, wide noodles are a great choice for novice pasta makers.

4 cups Dierbergs all-purpose flour
1 cup semolina flour
6 large Dierbergs eggs
Pinch salt
1 to 4 tablespoons water
Dierbergs flour

In large mixer bowl, combine all-purpose flour, semolina, eggs, and salt. Using flat beater, beat at low speed for 2 minutes. Using dough hook, knead dough for 2 minutes. If dough is dry and crumbly, add water 1 tablespoon at a time until dough comes together.

Turn dough out onto lightly floured surface; knead 1 to 2 minutes. Gather dough into ball; wrap tightly in plastic wrap. Let rest at room temperature 30 to 60 minutes.

Divide dough into 4 portions; flatten each portion into disc. Wrap 3 of the discs in plastic wrap; set aside. Run remaining disc through pasta machine fitted with pasta sheet roller set to widest position. If dough is sticky, lightly dust with flour. Fold dough and run through pasta machine repeatedly, decreasing the setting each time until dough is smooth and very thin (about 1mm).

Place dough on cutting board; trim ends and sides to even rectangle shape. Cut lengthwise into 1-inch x 12-inch ribbons to make Pappardelle. Dust each noodle lightly with flour. Place in single layer on parchment-lined jellyroll pan, placing parchment paper between layers of noodles. Repeat with remaining dough discs. (Pappardelle can be made to this point; wrapped tightly in foil, and frozen up to 1 month.)

Place dough on cutting board; trim ends and sides to even rectangle shape. Cut lengthwise into 1-inch x 12-inch ribbons to make Pappardelle. Dust each noodle lightly with flour. Place in single layer on parchment-lined jellyroll pan, placing parchment paper between layers of noodles. Repeat with remaining dough discs. (Pappardelle can be made to this point; wrapped tightly in foil, and frozen up to 1 month.)

TO COOK In large pot of rapidly boiling salted water, cook Pappardelle in batches stirring occasionally until al dente, about 6 minutes.

TO COOK FROZEN PAPPARDELLE Drop frozen noodles in batches into large pot of rapidly boiling salted water, stirring gently to keep pasta separate. Return to a boil; cook stirring occasionally until al dente, about 7 minutes.

Makes 10 servings

Recipe courtesy of Chef Fabrizio Schenardi

Per serving: Calories 200 ◆ Fat 3g
Cholesterol 78mg ◆ Sodium 40mg
Carbohydrate 35g ◆ Fiber 1g ◆ Protein 8g

BOB’S RED MILL SEMOLINA PASTA FLOUR

Semolina flour is made from durum wheat and is used most often in making pasta. It gives pasta dough a sturdier texture than all-purpose flour. Look for semolina flour in Dierbergs Whole Life aisle.

VOLPINI PANCETTA

Pancetta is cured, unsmoked Italian bacon. Its rich, slightly sweet flavor complements all sorts of dishes. Look for packages of sliced and diced pancetta in Dierbergs Deli self-serve case.
Gnocchi with Walnut Gorgonzola Sauce

Gnocchi (NYOH-kee) means dumplings and are most often made from a potato, flour, and egg dough. Don’t forget to make the grooves in each one. That’s where the extra sauce hangs out!

1 1/2 pounds russet potatoes, peeled and quartered
3 1/2 teaspoons salt (divided)
1 3/4 cups Dierbergs flour
1 large Dierbergs egg
1/4 teaspoon ground black pepper
Freshly grated nutmeg
Walnut Gorgonzola Sauce (recipe follows)
2 tablespoons toasted chopped walnuts (reserved from Walnut Gorgonzola Sauce)
Freshly ground black pepper

Place potatoes and 1 teaspoon of the salt in large saucepan; add enough cold water to cover potatoes by 2 inches. Bring to a boil over high heat; reduce heat and cook until tender, about 10 to 12 minutes (do not overcook). Drain well.

Return potatoes to saucepan; cook over low heat, shaking pan so potatoes don’t stick, until dry, about 2 minutes. Push potatoes through ricer into large bowl (see TIP). Stir in flour, egg, pepper, nutmeg, and 1/2 teaspoon of the salt just until combined.

On lightly floured surface, divide dough into 4 portions. Roll each into rope about 16 inches long; cut dough into 1-inch pieces. Roll Gnocchi over fork tines to form grooves, or press fork tines into top of each Gnocchi. Place in single layer on parchment-lined baking sheet. (Gnocchi may be loosely covered and chilled up to 8 hours.)

Stir remaining 2 teaspoons salt into large pot of boiling water. Cook Gnocchi in batches stirring gently until Gnocchi float to top. Cook 5 minutes; using slotted spoon, place Gnocchi in warmed bowl. Pour Walnut Gorgonzola Sauce over Gnocchi; gently stir until well coated. Sprinkle walnuts over top and season with pepper.

Makes 6 servings

Recipe courtesy of Chef Fabrizio Schenardi

Per serving: Calories 625 ◆ Fat 41g
Cholesterol 140mg ◆ Sodium 857mg
Carbohydrate 50g ◆ Fiber 3g ◆ Protein 17g

If you don’t have a ricer, mash potatoes with a hand mixer.

TIP

Walnut Gorgonzola Sauce

1 1/4 cups heavy whipping cream
2 containers (4 ounces each) Dierbergs crumbled gorgonzola cheese
1 tablespoon cornstarch, dissolved in 1/4 cup heavy whipping cream
1/2 cup Dierbergs chopped walnuts, toasted (divided)
1/2 teaspoon minced fresh rosemary

In large saucepan, bring cream to a boil over medium-high heat. Add cheese and cornstarch mixture; reduce heat and simmer stirring occasionally until cheese melts and sauce thickens slightly, about 6 minutes. Reserve 2 tablespoons of the walnuts for garnish; stir remaining walnuts into sauce along with the rosemary.

Makes 3 cups

Meet FABRIZIO SCHENARDI
Executive Chef at CIELO RESTAURANT & BAR, Four Seasons Hotel St. Louis

Born in Rivoli, Italy, award-winning Chef Fabrizio Schenardi has more than two decades of experience preparing authentic Italian cuisine in some of the world’s finest restaurants across two continents. As Executive Chef at Cielo Restaurant & Bar in the Four Seasons Hotel St. Louis, he fashions modern Italian cuisine with the freshest ingredients, Mediterranean inspiration, and the Fabrizio twist – that unexpected touch that makes a dish uniquely his.

Watch him show you how easy it is to make fresh pasta at home, complete with one of his favorite classic sauces on Everybody Cooks!

Monday, March 10, 7:30 p.m.
KMOV Channel 4
Classic Cheese Soufflés

Puffed, golden, and irresistible, cheese soufflés make the perfect brunch or light dinner entée. Serve them with a glass of wine, Shaved Asparagus Salad with Citrus Vinaigrette (page 7), and of course, good friends. Bon appétit!

4 tablespoons Dierbergs butter, softened (divided)
8 teaspoons Dierbergs grated parmesan cheese
3 tablespoons Dierbergs flour
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon dried thyme
1/2 teaspoon dry mustard
1/2 teaspoon ground black pepper
Pinch ground red pepper
1 cup Dierbergs whole milk, at room temperature
4 ounces (1/2 of 8-ounce package) Dierbergs cream cheese, cubed and at room temperature
4 large Dierbergs eggs, separated and at room temperature
1 1/2 cups Dierbergs shredded sharp cheddar cheese
1/2 cup Dierbergs grated parmesan cheese

Position oven rack so top of soufflés will be in center of oven. Using 1 tablespoon of the butter, coat inside of eight 6-ounce ramekins; sprinkle each with 1 teaspoon parmesan and set aside.

In small bowl, stir together flour and all seasonings. In medium saucepan, melt the remaining 3 tablespoons butter over medium-high heat. Whisk in flour mixture. Add milk; cook whisking constantly until mixture bubbles and thickens, about 3 minutes. Remove from heat; stir in cream cheese until melted. Cool 10 minutes.

In work bowl of food processor fitted with steel knife blade, combine egg yolks, cheddar cheese, the 1/2 cup parmesan, and cooled cream cheese mixture; process until mixture is smooth. Place mixture in large bowl. In large mixer bowl, beat egg whites with wire beater at high speed until stiff peaks form. Stir small amount of egg whites into cheese mixture, stirring briskly to combine. Gently fold remaining egg whites into cheese mixture just until combined.

Spoon 1/3 cup soufflé mixture in each ramekin. Place ramekins on jellyroll pan and bake in 400°F oven until puffy and golden brown, about 20 to 25 minutes. Do not open oven door during baking. Serve immediately.

Makes 8 servings

Per serving: Calories 289  Fat 24g  Cholesterol 159mg Sodium 419mg  Carbohydrate 6g  Fiber <1g  Protein 15g

TIP

If desired, coat inside of 2-quart soufflé dish with 1 tablespoon of the butter; sprinkle with 3 tablespoons parmesan. Place soufflé mixture into dish. Bake as directed for 35 to 40 minutes.
Shaved Asparagus with Citrus Vinaigrette

1 pound thick asparagus
1 wedge pecorino-romano cheese
½ teaspoon grated lemon peel
2 tablespoons fresh lemon juice
½ teaspoon grated orange peel
2 tablespoons fresh orange juice
1 tablespoon white wine vinegar
1/4 cup Dierbergs extra virgin olive oil
Coarse salt and freshly ground black pepper
1 package (2 ounces) chopped hazelnuts (1/2 cup), toasted

Do not remove tough ends from asparagus spears. Place asparagus on cutting board; holding tough end of spear, draw vegetable peeler down each spear to make thin ribbons. Place asparagus ribbons in medium bowl; discard tough ends. Holding pecorino cheese in palm of hand, draw vegetable peeler down cheese to make about 1/2 cup ribbons; add to asparagus in bowl.

In 2-cup glass measure, whisk together lemon peel and juice, orange peel and juice, and vinegar. Whisking vigorously, add olive oil in slow, steady stream until well blended. Pour half of the vinaigrette over asparagus; toss until well mixed. Place asparagus mixture on serving platter; top with salt, pepper, hazelnuts, and remaining vinaigrette. Shave additional pecorino cheese over top, if desired. Serve immediately. Makes 8 servings

Per serving: Calories 145 • Fat 13g
Cholesterol 7mg • Sodium 86mg
Carbohydrate 4g • Fiber 2g • Protein 4g

Spring’s favorite vegetable has a whole new appeal, with no cooking necessary.
WHAT CAN YOU MAKE IN A CAST IRON SKILLET?

Lots of good food and wonderful memories! Whether your skillet is a cherished family heirloom or brand new, our tempting dishes will make this heavy-hitter your go-to pan. Be sure to season it before the first use to develop a nonstick finish. The more you use it, the more oil seeps into the surface, and the better it gets!

SAVORY SKILLET ROLLS

Bring a skillet full of these buttery, savory dinner rolls to the table and watch them disappear!

2 tablespoons Dierbergs butter
1/2 cup minced shallot
1 to 2 teaspoons dried dill weed
1 teaspoon California-style garlic powder
1 package (16 ounces) frozen white dinner rolls (Rhodes)
4 ounces (1 cup) shredded gouda cheese

In 9- to 10-inch cast iron skillet, melt butter over medium-high heat. Add shallot; cook stirring often until shallot wilts, about 1 to 2 minutes. Set aside and cool 5 minutes. Stir in dill and garlic powder, spreading mixture evenly over bottom of skillet. Arrange frozen rolls in skillet, leaving space between rolls. Lightly coat tops with no-stick cooking spray; cover with plastic wrap. Let stand at room temperature until double in size, about 3 to 3 1/2 hours. Remove plastic wrap; sprinkle cheese over top. Bake in 350°F oven until golden brown, about 15 to 20 minutes. Let stand 5 to 10 minutes. Serve from skillet.

Per Roll: Calories 163 Fat 6g
Cholesterol 16mg Sodium 291mg
Carbohydrate 20g Fiber 2g Protein 6g

MAPLE DUTCH BABY

Puffed around the edges and tender in the middle, this crater-like pancake is similar to a giant popover. Serve it hot from the oven with plenty of maple syrup and powdered sugar.

1 cup Dierbergs flour
3/4 cup firmly packed Dierbergs brown sugar
3/4 cup Dierbergs milk
1/4 cup pure maple syrup
4 large Dierbergs eggs
2 tablespoons Dierbergs butter
Dierbergs powdered sugar

Preheat 9- to 10-inch cast iron skillet in 425°F oven for 10 minutes. Combine flour and brown sugar in work bowl of food processor fitted with steel knife blade; pulse to combine. Add milk and syrup; pulse to combine. Add eggs one at a time, pulsing until well combined. Place butter in hot skillet; let stand until butter melts. Carefully pour batter into hot skillet. Bake on lower rack in 425°F oven until puffed and golden brown, about 20 to 25 minutes. (Dutch Baby will puff up during baking and then deflate after it comes out of oven.) Lightly dust with powdered sugar and drizzle additional syrup over top; serve immediately.

Makes 4-6 servings

Per serving: Calories 242 Fat 8g
Cholesterol 137mg Sodium 67mg
Carbohydrate 35g Fiber 1g Protein 7g

CAST IRON SEASONING

1. Before first use, wash skillet in hot soapy water; dry thoroughly. Place on stove over low heat.

2. Add 1 to 2 tablespoons vegetable oil. Use paper towel to spread oil to coat interior surface of skillet. Blot excess oil.

3. Place skillet in 350°F oven and bake for 1 hour. Turn oven off and let skillet cool in oven.

IF YOU THINK THIS VENERABLE COOKING VESSEL IS YESTERDAY’S NEWS,

THINK AGAIN!

A cast iron skillet is hefty and occasionally needs a little bit of maintenance, but generations of cooks can’t be wrong. Here’s why a well-seasoned cast iron skillet will become your favorite pan.

IT’S INEXPENSIVE AND EASY TO FIND

Look in Dierbergs Gadget aisle for the cast iron skillet we used to make our tempting recipes.

IT’S EASY TO CLEAN

Wash by hand with hot water and mild detergent. If necessary, use a scouring pad, not steel wool, to preserve the nonstick finish. Dry thoroughly over low heat; cool before storing.

IT’S USABLE WITH MANY HEAT SOURCES…

gas or electric stove top, oven, barbecue grill, even the campfire.

IT HOLD S HEAT LIKE CRAZY

Thoroughly preheating the skillet evens out the hot spots and its heft helps maintain a steady temperature – perfect for braising meats and stews.

IT BROWNS FOOD BEAUTIFULLY

Sear meats, crisp crumb-coated foods, bake beautiful breads and cakes, and shallow or deep fry foods to golden brown perfection.

IT HAS VERY FEW “ENEM IES”

Acidic foods, like tomatoes, vinegar, and wine, are not kind to cast iron – they can wear down the nonstick finish. Rust isn’t great, either, but easy to scrub off with a scouring pad. Then re-season the skillet and dry thoroughly before storing.

CAST IRON SEASONING

1. Before first use, wash skillet in hot soapy water; dry thoroughly. Place on stove over low heat.

2. Add 1 to 2 tablespoons vegetable oil. Use paper towel to spread oil to coat interior surface of skillet. Blot excess oil.

3. Place skillet in 350°F oven and bake for 1 hour. Turn oven off and let skillet cool in oven.

Per Roll: Calories 163 Fat 6g
Cholesterol 16mg Sodium 291mg
Carbohydrate 20g Fiber 2g Protein 6g

Per serving: Calories 242 Fat 8g
Cholesterol 137mg Sodium 67mg
Carbohydrate 35g Fiber 1g Protein 7g
PEPITA PORK WITH TEQUILA SAUCE

Coated in a pumpkin seed crust and drizzled with a tequila-spiked pan sauce, this may become your favorite pork entrée.

1 pork tenderloin (about 1 pound)
1/4 cup roasted and salted pumpkin seeds (pepitas)
1/4 cup Italian seasoned panko bread crumbs
2 tablespoons Dierbergs flour
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 large Dierbergs egg, lightly beaten
1 tablespoon Dierbergs canola oil
1/4 cup tequila
1 clove garlic, minced
1 carton (8.25 ounces) beef stock

Trim and discard fat and silver skin from tenderloin. Place pumpkin seeds in work bowl of food processor fitted with steel knife blade; pulse 2 times. Add panko; pulse until seeds are chopped. Place mixture on sheet of waxed paper. On second sheet of waxed paper, combine flour, salt, and pepper. Place egg in shallow dish. Coat tenderloin in flour mixture, shaking off excess. Dip in egg; coat with panko mixture.

In 9- to 10-inch cast iron skillet, heat oil over medium heat. Add pork; cook until browned on all sides, about 4 to 6 minutes. Place skillet in 350°F. oven; bake until internal temperature is 150°F., about 8 to 10 minutes. Place tenderloin on cutting board; let stand covered 10 minutes before slicing.

Keep skillet with drippings away from heat source. Add tequila and garlic; cook stirring frequently over medium-high heat until reduced by half, about 2 minutes. Add stock; cook stirring frequently until reduced by half, about 5 minutes. Serve sauce with Pork.

Makes 4 servings

Per serving: Calories 274  Fat 10g  Cholesterol 98mg  Sodium 327mg  Carbohydrate 9g  Fiber 1g  Protein 28g

PEPITAS

Pepitas are hulled pumpkin seeds and are available roasted and unroasted, salted or not. Their delicate flavor and light crunch are hard to resist. Add them to cookies or muffins, snack mixes, coatings for meat or fish, or just enjoy them on their own. Look for pepitas – or pumpkin seeds – in Dierbergs Bulk Foods aisle.
**SMOKIN’ TILAPIA**

Three simple ingredients and one terrific pan are all you need for this fast and fabulous fish.

- 4 tablespoons Dierbergs Kitchen Signature Scampi Butter (divided)
- 1 package (14 ounces) frozen tilapia loins, thawed
- 2 teaspoons Dierbergs Kitchen Signature Smokin’ Sweet Rub

Place 2 tablespoons of the Scampi Butter in small microwave-safe bowl. Microwave (high) until butter melts. Brush lightly over tops of tilapia; sprinkle with half of the seasoning. In 9- to 10-inch cast iron skillet, melt remaining 2 tablespoons butter over medium-high heat. Add tilapia seasoned-side down. Brush remaining melted butter over tops and season with remaining Rub; cook until tilapia is lightly browned and flakes easily with fork, about 4 to 5 minutes per side. Serve immediately with remaining butter in skillet drizzled over tops. Makes 4 servings

Per serving: Calories 198  Fat 11g  Cholesterol 71mg  Sodium 203mg  Carbohydrate 3g  Fiber <1g  Protein 29g

**FRESH BERRY UPSIDE-DOWN CAKE**

With all due respect to the time-honored pineapple version, our berry interpretation of this classic cake is sure to be right up there at the top of the list.

- 1/4 cup Dierbergs butter
- 1/2 cup firmly packed Dierbergs brown sugar
- 1/2 teaspoons grated lemon peel
- 1 container (6 ounces) fresh blueberries (1 1/8 cups)
- 1 container (6 ounces) fresh raspberries (1 1/2 cups)
- 1 package (9 ounces) golden yellow cake mix (Jiffy)
- Dierbergs vanilla ice cream or sweetened whipped cream

In 9- to 10-inch cast iron skillet, melt butter over medium heat. Remove from heat; stir in brown sugar and lemon peel, spreading to form thin layer. Let stand 5 minutes. Sprinkle berries over brown sugar mixture; set aside.

Prepare cake mix according to package directions; pour over berries. Bake in 350°F oven until wooden pick inserted in center comes out clean, about 25 to 30 minutes. Invert onto serving plate; let stand 10 to 15 minutes before cutting into wedges. Serve with scoop of ice cream. Makes 8 servings

Per serving without ice cream: Calories 267  Fat 9g  Cholesterol 39mg  Sodium 227mg  Carbohydrate 44g  Fiber 2g  Protein 3g

Look for it in Dierbergs Gadget aisle!
GO GREEK!
(yogurt that is)

Packed with protein and all sorts of other good stuff, GREEK-STYLE YOGURT IS HARD TO BEAT FOR A QUICK, HEALTHY BREAKFAST OR AFTERNOON SNACK. People have gone mad for this Mediterranean-style treat! Wait until you taste what it does for this collection of tempting recipes!

CHICKEN PAPRIKASH

This lightened-up version of a rich and creamy Hungarian specialty is a splurge you can enjoy anytime.

- 1 package bone-in chicken thighs (about 2 1/2 pounds)
- 1/3 cup Dierbergs flour
- Coarse salt and freshly ground black pepper
- 3 tablespoons Dierbergs canola oil
- 1 1/2 cups diced onion
- 1 tablespoon minced garlic
- 3 tablespoons Hungarian sweet paprika
- 3 tablespoons Dierbergs flour (divided)
- 1 can (14.5 ounces) reduced-sodium chicken broth
- 1 can (15 ounces) crushed tomatoes
- 1 carton (6 ounces) fat-free plain Greek yogurt, at room temperature
- Chopped fresh parsley
- Hot cooked Dierbergs noodles

Remove and discard skin from chicken. On sheet of waxed paper, combine the 1/3 cup flour, salt, and pepper. Lightly coat both sides of chicken in flour mixture, shaking off excess.

In large skillet, heat oil over medium-high heat. Add chicken; cook until browned, about 5 minutes per side. Place chicken on plate and cover to keep warm. Add onion and garlic to skillet; cook stirring occasionally until onion wilts, about 2 to 3 minutes. Add paprika and 2 tablespoons of the flour; cook stirring constantly until paprika is very fragrant, about 1 minute. Add chicken broth; bring to a simmer. Stir in remaining 1 tablespoon flour; stir in 2 tablespoons of the hot tomato mixture. Slowly whisk mixture into skillet, stirring until well mixed. Pour sauce over chicken; sprinkle parsley over top. Serve over hot noodles. Makes 4 servings

Per serving without noodles: Calories 428 Fat 18g • Cholesterol 139mg • Sodium 664mg Carbohydrate 28g • Fiber 5g • Protein 41g

In small bowl, combine yogurt and remaining 1 tablespoon flour; stir in 2 tablespoons of the hot tomato mixture. Slowly whisk mixture into skillet, stirring until well mixed. Pour sauce over chicken; sprinkle parsley over top. Serve over hot noodles. Makes 4 servings

HUNGARIAN SWEET Paprika

Vibrant red, aromatic Hungarian sweet paprika is considered by many cooks to have a superior sweet and mild red pepper flavor. It's also available in a hot version, so check the label when you shop.
SO GOOD FOR YOU!
With half the sugar content of regular yogurt and less sodium, it packs a lot more protein to reduce hunger pangs and make you feel full longer.

SO THICK!
Greek-style yogurt is strained to remove excess whey (liquid), so it has a thicker texture than traditional yogurt.

SO VERSATILE!
Using Greek-style yogurt in recipes can help reduce fat and calories, and adds a rich creamy texture and tangy flavor. Use it with or in place of mayonnaise in salad dressings and dips. Try it as a topping for tacos and baked potatoes. Use it in marinades for meat, chicken, or fish.

TASTE OF TUSCANY LAYERED DIP

Dip into layer after layer of luscious Italian flavors at your next party.

1 package (8 ounces) Dierbergs reduced-fat cream cheese, softened
1 container (6 ounces) fat-free plain Greek yogurt
1 tablespoon minced garlic
1 teaspoon Italian herb seasoning
2 cans (15.8 ounces each) great Northern beans, rinsed and drained
1 teaspoon grated lemon peel
1 tablespoon fresh lemon juice
1/4 teaspoon onion powder
Salt and freshly ground black pepper
1 container (10.5 ounces) yellow grape tomatoes, chopped and drained
1 jar (12 ounces) marinated roasted red peppers, chopped and drained
1/2 cup chopped kalamata olives
2 tablespoons chopped fresh parsley
Dierbergs Bakery Toasted Bread Slices (crostini)

In medium bowl with hand mixer, beat cream cheese, yogurt, garlic, and Italian seasoning at medium speed until well mixed. Spread mixture in bottom of 9-inch deep-dish pie plate. In medium bowl, use potato masher or fork to mash beans, leaving them slightly chunky. Stir in lemon peel, lemon juice, onion powder, salt, and pepper. Spread mixture over cream cheese layer; cover and chill at least 30 minutes. In medium bowl, combine tomatoes, roasted peppers, and olives; cover and chill at least 30 minutes. Just before serving, drain tomato mixture and spread over bean mixture. Sprinkle parsley over top. Serve with crostini.

Makes about 6 1/2 cups

Per 2 tablespoons Dip without Crostini:
Calories 28 ❄ Fat 2g ❄ Cholesterol 3mg
Sodium 90mg ❄ Carbohydrate 3g ❄ Fiber 1g
Protein 1g

WHAT’S SO GREAT ABOUT greek yogurt

PEANUT BUTTER BANANA SMOOTHIES

Pour this tasty breakfast-in-a-glass smoothie into your travel mug and you’re on your way. A kid-size portion makes a great after-school snack, too.

1 medium ripe banana, cut into 2-inch pieces
1 cup Dierbergs fat-free milk
1 container (6 ounces) fat-free vanilla Greek yogurt
1/4 cup Dierbergs creamy peanut butter
2 tablespoons Dierbergs chocolate syrup
1 tablespoon honey (optional)
1 cup ice cubes

In blender container, combine all ingredients. Blend at low speed to combine, then at high speed until smooth. If desired, garnish with drizzle of chocolate syrup. Serve immediately.

Makes 3 cups

Per 1 cup:
Calories 256 ❄ Fat 10g ❄ Cholesterol 2mg
Sodium 170mg ❄ Carbohydrate 31g ❄ Fiber 2g ❄ Protein 14g

Click. Search. Cook!
BONUS WEB RECIPE at Dierbergs.com
➦ Double Chocolate Loaves
But with so many special spring events and celebrations right around the corner, why not create a cupcake for every occasion! We have one for just about everything on your calendar.

**OK, it's always cupcake season!**
CREAMSICLE CUPCAKES

Close your eyes and take a bite. These moist, tender cupcakes taste just like your favorite frozen orange and vanilla treat!

CUPCAKES
1 box (15.25 ounces) yellow cake mix (Pillsbury)
3 large Dierbergs eggs
1 cup carbonated orange soda
3 packets (0.8 gram each) crystallized orange (True Orange)

FROSTING
1 can (12 ounces) whipped vanilla frosting
2 teaspoons grated orange peel
8 packets (0.8 gram each) crystallized orange (True Orange)
6 drops yellow food color
1 drop red food color
1 package (11 ounces) orange slices candy

FOR CUPCAKES Line 24 muffin cups with paper baking cups; set aside.

In large mixer bowl, combine cake mix, eggs, soda, and crystallized orange. Beat at medium speed 2 minutes. Spoon batter into prepared muffin cups, filling about two-thirds full. Bake according to package directions. Remove Cupcakes from pans; cool completely on wire racks.

FOR FROSTING In medium bowl, stir together frosting, orange peel, crystallized orange, and food colors until well mixed. Spread or pipe frosting onto Cupcakes. Garnish each Cupcake with orange slice candy. Makes 24 Cupcakes

Per Cupcake: Calories 191 • Fat 5g
Cholesterol 23mg • Sodium 156mg
Carbohydrate 36g • Fiber <1g • Protein 1g

TIP If piping, double the Frosting recipe.

TRUE ORANGE

These fabulous flavor packets give everything a burst of true orange flavor. These sugar-free, naturally sweetened crystals come in lemon and lime flavors, too. Look for them in Dierbergs Juice aisle.

IRISH CREAM CUPCAKES

Rich chocolate cupcakes topped with a generous dollop of Irish Cream Frosting are a fun finale to a St. Patrick's Day feast.

CUPCAKES
1 cup Dierbergs flour
1 cup Dierbergs granulated sugar
1/2 cup unsweetened cocoa powder
2 teaspoons instant espresso powder
1 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup buttermilk
1/4 cup Dierbergs canola oil
2 large Dierbergs eggs
1 teaspoon vanilla extract

FROSTING
1 cup Dierbergs butter, softened
3 cups Dierbergs powdered sugar
1/2 cup Baileys® Irish Cream liqueur
16 Junior Mints candies

FOR CUPCAKES Line 16 muffin cups with paper baking cups; set aside.

In large bowl, sift together flour, granulated sugar, cocoa powder, espresso powder, baking soda, baking powder, and salt. In medium bowl, whisk together buttermilk, oil, eggs, and vanilla. Make well in center of flour mixture; add buttermilk mixture, stirring until well mixed. Spoon batter into prepared muffin cups, filling about two-thirds full. Bake in 350°F oven until wooden pick inserted in center comes out clean, about 20 to 22 minutes. Remove Cupcakes from pans; cool completely on wire racks.

FOR FROSTING In large mixer bowl, beat cream, powdered sugar, and rum at high speed until stiff peaks form. Spread or pipe onto Cupcakes. Store in refrigerator. If desired, garnish Cupcakes with halved strawberry and grated lime peel. Makes 24 Cupcakes

Per Cupcake: Calories 347 • Fat 18g
Cholesterol 60mg • Sodium 155mg
Carbohydrate 45g • Fiber 1g • Protein 3g

STRAWBERRY DAIQUIRI CUPCAKES

These pretty pink delights are just the thing for a spring luncheon, bridal shower, or get-together with the girls.

CUPCAKES
2 teaspoons grated lime peel
2 tablespoons fresh lime juice
2 tablespoons Dierbergs light rum
1 box (18.25 ounces) strawberry supreme cake mix

FROSTING
2 cups heavy whipping cream
1/2 cup Dierbergs® Irish Cream liqueur
1/2 cup unsw eetened cocoa powder
1/2 cup Dierbergs granulated sugar
1/4 cup Dierbergs butter, softened
1 teaspoon vanilla extract

FOR CUPCAKES Line 24 muffin cups with paper baking cups; set aside.

In medium bowl, whisk together buttermilk, oil, eggs, and vanilla. Make well in center of flour mixture; add buttermilk mixture, stirring until well mixed. Spoon batter into prepared muffin cups, filling about two-thirds full. Bake in 350°F oven until wooden pick inserted in center comes out clean, about 20 to 22 minutes. Remove Cupcakes from pans; cool completely on wire racks.

FOR FROSTING In large mixer bowl with hand mixer, beat butter at medium speed until fluffy. Alternately beat in powdered sugar and liqueur; beat at medium-high speed until smooth. Spread or pipe frosting onto Cupcakes. Garnish with Mint candies. Makes 24 Cupcakes

Per Cupcake: Calories 204 • Fat 14g
Cholesterol 61mg • Sodium 163mg
Carbohydrate 19g • Fiber <1g • Protein 2g
TWINKLING CUPCAKES

Golden sponge cake with a creamy filling...remind you of anything? We just couldn’t resist taking a stab at nostalgia.

CUPCAKES
2 large Dierbergs eggs, separated
3/4 cup cake flour
1/2 cup Dierbergs granulated sugar
1 teaspoon baking powder
1/2 teaspoon salt
1/4 cup cold water
3 tablespoons Dierbergs canola oil
1 teaspoon vanilla extract
3 drops yellow food color (optional)

FILLING
2 tablespoons Dierbergs all-purpose flour
1/2 cup Dierbergs milk
1 1/2 teaspoons vanilla extract
1/4 cup Dierbergs butter, softened
1/4 cup solid vegetable shortening
1/2 cup Dierbergs granulated sugar
Disposable 12-inch pastry bag

Dierbergs powdered sugar

FOR CUPCAKES
Line 12 muffin cups with paper baking cups; set aside.

In medium bowl with hand mixer, beat egg whites until very stiff; set aside.

In second medium bowl with hand mixer, beat cake flour, granulated sugar, baking powder, salt, water, oil, egg yolks, vanilla, and food color until smooth. Fold in beaten egg whites one-third at a time. Spoon batter into prepared muffin cups, filling about two-thirds full. Bake in 350˚F. oven until wooden pick inserted in center comes out clean, about 12 to 15 minutes. Remove Cupcakes from pans; cool completely on wire racks.

FOR FILLING
In small saucepan, whisk together the all-purpose flour and milk; cook over medium heat whisking constantly until paste forms (do not let mixture brown), about 2 minutes. Remove from heat; let stand 1 minute. Whisk in vanilla. Let cool 15 minutes.

In medium bowl with hand mixer, beat butter, shortening, and granulated sugar at medium speed until fluffy. Add cooled milk mixture; beat until smooth and creamy, about 4 to 5 minutes.

Place mixture in disposable pastry bag; snip 1/2 inch off bottom of bag. Insert tip of pastry bag into center of each Cupcake; gently squeeze bag to fill Cupcakes, allowing just a bit of filling to show on top. Dust with powdered sugar.

Makes 12 Cupcakes

Per Cupcake: Calories 221  Fat 12g
Cholesterol 42mg  Sodium 86mg
Carbohydrate 25g  Fiber <1g  Protein 2g

Mardi Gras Cupcakes Frosting

1 cup Dierbergs butter, softened
1 box (1 pound) powdered sugar (3 3/4 cups)
1/4 teaspoon salt
1 teaspoon vanilla extract
1/4 teaspoon almond extract
1/3 to 1/2 cup heavy whipping cream
Yellow, green, blue, and red food color
4 disposable 12-inch pastry bags

In large mixer bowl, combine butter, powdered sugar, salt, and extracts. Beat at medium speed until well mixed. Beat in 1/3 cup cream at medium-high speed until light and fluffy, adding additional cream 1 tablespoon at a time until desired consistency.

Divide frosting among 3 bowls, about 1 cup frosting each. Add 10 drops yellow food color to first bowl; stir until well mixed. Add 25 drops green food color to second bowl; stir until well mixed. Add 27 drops red and 20 drops blue to third bowl; stir until well mixed. Snip 1 inch off bottom of empty pastry bag; drop large open star tip in bag and set aside.

1. Place 1/2 cup of each color frosting in 3 separate pastry bags. Snip 1/2 inch off bottom of all 3 bags. 2. Hold bags of frosting with tops aligned. Drop evenly into prepared pastry bag fitted with star tip. Apply small amount of pressure evenly around top of bag to start flow of icing and eliminate air bubbles. 3. Applying even pressure, pipe frosting onto Cupcakes in swirl pattern. (The colors will swirl together and mix slightly) Refill bags with additional frosting as needed. Makes 3 cups
OUR GAME-DAY-FOODS PLAYBOOK FOR BASKETBALL FANS

It’s nearly time for college sports’ ultimate tournament, a basketball fan’s smorgasbord of nail-biting finishes, unbelievable upsets, tasty victories and even tastier foods.

To develop our game-day playbook, we asked a trio of local coaches for their thoughts about winning game-day parties. Their answers were the inspiration for these all-star snacks. Make it. Or take it.

**JALAPEÑO POPPER DIP**

You’re never out of bounds when you bring a terrific dip to a game-day party. This one’s hot, creamy, and spiced just right.

- 2 packages (8 ounces each) Dierbergs reduced-fat or regular cream cheese, softened
- 1 cup light or regular mayonnaise
- 1 package (8 ounces) Dierbergs finely shredded cheddar jack cheese
- 3 to 4 jalapeño peppers, halved, seeded, deveined, and finely diced (1/3 to 1/2 cup)
- 1/2 cup Italian-seasoned panko bread crumbs
- 2 tablespoons Dierbergs butter, melted
- Dierbergs tortilla chips or Dierbergs Bakery Toasted French Bread Slices (crostini)

In large bowl with hand mixer, beat cream cheese and mayonnaise at medium speed until smooth. Beat in shredded cheese and jalapeños at low speed. Place mixture in 1 1/2-quart baking dish that has been lightly coated with no-stick cooking spray.

In small bowl, stir together panko and butter; sprinkle over top of cream cheese mixture. Bake in 375°F oven until bubbly and top is lightly browned, about 20 minutes. Cool slightly. Serve with tortilla chips.

Makes 4 cups

*Per 2 tablespoons Dip without chips:*
- Calories 100
- Fat 9g
- Cholesterol 22mg
- Sodium 156mg
- Carbohydrate 3g
- Fiber <1g
- Protein 3g

**LET OUR DELI ASSIST**

**Buffalo Chicken Wing Dip**

All the flavors of the hot wings in an easy-to-eat dip! Chunks of tender chicken, celery, hot sauce, and cheese are mixed with light cream cheese and Ranch dressing. Enjoy it with Dierbergs Bakery Toasted French Bread Slices. Picture shows serving suggestion. Ready to heat in your oven or microwave and serve. Starting at $5.99.

*For a spicier version, use pickled jalapeños.*
BEER-BRINED CHICKEN WINGS

No one will blow the whistle on this fowl play! Crispy outside, tender inside, these wings are ready to slam-dunk into our creamy sauce.

4 pounds fresh chicken wingettes

BRINE
2 cans (12 ounces each) beer (divided)
2 tablespoons Dierbergs brown sugar
2 tablespoons coarse salt

SAUCE
1 cup mayonnaise
½ cup ranch dressing
2 tablespoons hot pepper sauce

Place wings in large freezer-weight reclosable plastic bag; place bag in large bowl and set aside.

FOR BRINE Combine 1 can of the beer, brown sugar, and salt in large microwave-safe bowl. Microwave (high) 1½ minutes; stir until sugar and salt dissolve. Stir in remaining can of beer. Pour brine over wings; seal bag and turn to coat wings. Marinate in refrigerator at least 8 hours or overnight.

FOR SAUCE In small bowl, stir together mayonnaise, ranch dressing, and hot pepper sauce; cover and chill at least 8 hours to develop flavors.

Remove wings from brine and pat dry; discard brine. Place wings in single layer on rack of broiler pan that has been lightly coated with no-stick cooking spray. Lightly coat wings with cooking spray. Bake in 425°F oven 25 minutes. Turn wings, lightly coat with cooking spray, and bake until browned and thoroughly cooked, about 15 to 20 minutes. Serve wings with sauce.

Makes about 24 Wings

Per 2 Wings with 2 tablespoons sauce:
Calories 603  Fat 49g  Cholesterol 160mg
Sodium 483mg  Carbohydrate 1g  Fiber 0g  Protein 38g

Justin says that when the big games fall on a weekend, he and his friends get together to flip through the channels and catch the highlights.

“My friend’s wife makes a great banana pudding. Beyond that, I always like to see wings with hot sauce on the table.”

DIERBERGS MARKETS, INC. | PAGE 18
MAKE IT

CHEESY LOADED BAKED POTATO DIP

Cool sour cream, sharp cheddar, crisp bacon, and tangy green onions make a winning team for dipping hot waffle fries or ripple potato chips.

Ingredients:
- 1 package (8 ounces) finely shredded reduced-fat cheddar cheese (divided)
- 1 container (16 ounces) light dairy sour cream
- 1 package (12 ounces) bacon, diced and cooked crisp
- 1/3 cup thinly sliced green onion
- 1 to 2 teaspoons hot pepper sauce

Hot waffle fries or ripple potato chips

Instructions:
Reserve 1 tablespoon of the cheddar cheese. In medium bowl, stir together remaining cheddar cheese, sour cream, bacon, green onion, and hot pepper sauce. Place in serving bowl. Sprinkle reserved cheddar cheese over top; cover and chill several hours or overnight to develop flavors. Serve with hot waffle fries.

Makes 3 cups

Per 2 tablespoons Dip without fries:
- Calories 99
- Fat 7g
- Cholesterol 20mg
- Sodium 186mg
- Carbohydrate 2g
- Fiber 0g
- Protein 5g

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Smoked Gouda Spread:
A versatile spread perfect to serve with crackers or to create appetizer party roll-ups.
$3.99 7 oz.

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Brett Ledbetter
Founder, Co-Owner
Ledbetter Basketball

Brett led Missouri in scoring as a senior at Warrenton High and won a scholarship to play Division 1 basketball at Idaho. His youth academy, Ledbetter Basketball, works with high-level college coaches and NBA players to assist youth development on and off the court.

When I'm settling in to watch the games, I like to keep it simple. When it comes to snacks, really anything is good. You can't go wrong with chips and dip—simple and quick.
Just Bare takes pride in its humane and respectful care of animals, so much so that it elected to get third-party certification of its animal-care practices.

The American Humane Certified® seal ensures Just Bare Chickens are raised cage-free and fed a naturally wholesome and nutritionally balanced diet of corn, soybean meal, minerals, vitamins and other natural ingredients.
NEW IN OUR DELI

Three years ago, Dierbergs introduced Just Bare Chicken, a fresh premium product with nothing but all-natural chicken, to the St. Louis market.

Now you will find Just Bare Whole Rotisserie Chicken, a responsibly raised, premium quality chicken, prepared with an all-natural marinade of chicken broth and sea salt, in Dierbergs Deli.

Enjoy it as is – it’s an outstanding entrée for your family dinner. Or kick up the flavor with easy-to-follow recipes (see page 22) using ready-to-eat Just Bare Chicken as the main ingredient. Plan carefully and you can stretch your chicken purchase to two meals.

Now available in St. Louis (and at The Lake)

EXCLUSIVELY at Dierbergs

WHOLE ROTISSERIE CHICKENS
Remove Chicken from bones, discarding skin and bones; shred large pieces. Combine 1 cup of the shredded Chicken and the Pilaf in medium microwave-safe bowl. (Reserve remaining Chicken for another meal.) Gently toss until mixed. Microwave (medium–50% power) for 3 to 5 minutes until heated through. Place 1 lettuce leaf or ½ cup mixed greens on each of two plates. Top with warm Chicken mixture. **Makes 2 servings**

**Per serving:** Calories 134  ❧  Fat 4g  ❧  Cholesterol 34mg  ❧  Sodium 457mg  ❧  Carbohydrate 12g  
Fiber 1g  ❧  Protein 13g

You can have a delicious dinner on the table in **LESS THAN 30 MINUTES!**

**SPICY PAD THAI CHICKEN**

Remove Chicken from bones, discarding skin and bones; shred large pieces. Place shredded Chicken and bell pepper in colander. Cook pasta according to package directions; drain into colander on top of Chicken and pepper. Place pasta, Chicken and pepper back in pot; add Thai Peanut Sauce and toss to coat. Garnish with parsley or crushed peanuts, if desired. **Makes 4 servings**

**Per serving:** Calories 192  ❧  Fat 6g  ❧  Cholesterol 44mg  ❧  Sodium 257mg  ❧  Carbohydrate 21g  
Fiber 1g  ❧  Protein 14g
SuperFood *Noun.*
A nutrient-rich food considered to be especially beneficial for health and well-being. *Oxford Dictionary*

Dierbergs Kitchen has created new items with some of our favorite nutrient-rich foods like **Whole Grains**, **Cranberries**, **Farro**, **Lentil**, **Edamame** and host of power-packed **veggies**.

**Here are three new nutrient-rich foods you’ll find in our delis.**

**Whole Grain Roll-Ups**
Kale, mixed grains, veggies and power-packed proteins are rolled in our wonderful whole grain flatbreads for sandwiches loaded with flavor and nutrients.
- Veggie Kale  
- Mediterranean Veggie  
- Turkey Cranberry

**Ancient Grain Power Salad**
This power-packed salad of fiber and nutrients features farro, a nutty grain with ancient roots, combined with lentils and edamame, carrots, green onion and red bell pepper in a very light balsamic vinaigrette.

**Chopped Veggie Whole Wheat Pasta Salad**
So good. So good for you. This pasta salad features whole wheat penne with Parmesan cheese, edamame, carrots, red bell pepper and celery in a very light balsamic vinaigrette.

For a complete listing of our SuperFood Salads and Wraps, visit Dierbergs.com.
Mardi Gras Cupcakes

Laizzes les bons temps rouler with a swirl of purple, green, and gold frosting. Change the colors to match St. Patrick’s Day, Easter, Mother’s Day, or any occasion. See pages 14 to 16 for more cupcakes for all seasons.

1 box (15.75 ounces) white cake mix (Pillsbury)
1 cup Dierbergs milk
1/3 cup Dierbergs canola oil
3 large Dierbergs egg whites
2 teaspoons vanilla extract
Yellow, green, blue, and red food color
Mardi Gras Cupcake Frosting (recipe on page 16)

Line 24 muffin cups with paper baking cups; set aside.

In large mixer bowl, combine cake mix, milk, oil, egg whites, and vanilla; beat at medium speed until combined. Beat at high speed for 2 minutes. Divide batter among 3 bowls, about 1 3/4 cups batter each. Add 25 drops yellow food color to first bowl; stir until well mixed. Add 35 drops green food color to second bowl; stir until well mixed. Add 27 drops red food color and 20 drops blue food color to third bowl; stir until well mixed.

Spoon 1 heaping tablespoon of yellow batter into one-side of muffin cup; quickly spoon 1 heaping tablespoon of green batter alongside yellow and 1 heaping tablespoon of purple batter alongside green. (Batters may overlap slightly.) Repeat with remaining batter. Bake in 350°F oven until wooden pick inserted in center comes out clean, about 17 to 19 minutes. Remove Cupcakes from pans; cool completely on wire racks. Frost as directed on page 16.

Makes 24 Cupcakes

Per Cupcake: Calories 262 Fat 14g Cholesterol 26mg Sodium 164mg Carbohydrate 35g Fiber <1g Protein 1g