BACON AND EGGS

These two favorites aren’t just for breakfast anymore!

HOLY POSOLE!
A Mexican classic goes light!

STIR-FRY BASICS
Take a wok on the wild side!

EVERYBODY COOKS® on TV
Monday night, March 16
KMOV-TV • Channel 4
welcoming the arrival of spring flavors

I always enjoy a hearty meal by a warm fire, but after a long cold winter, when March rolls around, it is nice to see and anticipate the signs of Spring. My wife, Sharon, and I not only look forward to the weather, but to the lighter and refreshing opportunities that come with the change of season!

This issue of Everybody Cooks offers a wonderful array of choices for everyone! The Charred Veggies recipe (pg. 6) is a perfect example of this. It combines some of my favorite vegetables with a delicious lemon dressing.

When our kids were younger, Sharon and I would sometimes pass each other at the speed of light trying to get to a sporting event or dancing lessons etc., so I am really excited to offer our new Seafood-in-a-Bag program (pg. 17). It makes it so easy to enjoy your favorite catch. Just select a fresh seafood option from our seafood department, and add one of our Signature Sauces, Glazes or one of our Seasoned Butters. Our seafood associate will seal everything in a cook-safe bag. All you have to do is toss it in the microwave for a few minutes, or bake it in the oven at the recommended temperature for 15 minutes or so. In addition, we offer a grill-ready foil bag, as your grilling season gets underway!

And one final recommendation, as your outdoor dining gets its start. As always, Dierbergs Kitchen offers plenty of prepared meal options! Our new house-made salsas (pg. 13) are terrific. Their versatility makes them great for dipping, and they are good in recipes, too.

Spring is here! I hope you enjoy all of the flavors it has to offer, and that the season is filled with good health, peaceful moments, and forever memories. Enjoy!

Bob Dierberg
BACON and EGGS
BEYOND Breakfast

What can you do with these two simple ingredients? Here’s a wake-up call! This dynamic duo isn’t just for breakfast anymore.

pasta carbonara

No one knows for sure, but the first plates of this rich, creamy “coal miners-style” pasta may have been created by Italian coal miners with the simple ingredients that were readily available.

8 ounces (1/2 of 16-ounce package)
Dierbergs spaghetti
1 package (4 ounces) chopped
c pancetta (Deli)
1/2 cup chopped onion
2 large cloves garlic, minced
2 tablespoons dry white wine
(optional)
2 pasteurized eggs
1/2 cup Dierbergs Signature grated
parmesan cheese
2 tablespoons chopped fresh Italian
parsley
Salt and freshly ground black pepper
Freshly grated nutmeg
Additional freshly ground black
pepper, Italian parsley, and grated
parmesan

Cook pasta according to package
directions to al dente. Drain reserving
1/2 cup pasta water; keep pasta warm.

In large skillet, cook pancetta over
medium heat stirring often until
crisp, about 4 to 5 minutes. Remove
with slotted spoon; drain well on
paper towels. Reserve 1 tablespoon
drippings in skillet.

In same skillet, cook onion in reserved
drippings stirring frequently until
onion wilts, about 3 minutes. Add
garlic; cook stirring often 1 minute.
Stir in wine and pancetta. Add
cooked pasta; toss until well coated.
Remove skillet from heat.

In small bowl, beat eggs; gradually
beat in reserved pasta water. Pour
over pasta tossing quickly to prevent
eggs from cooking. Add parmesan,
chopped parsley, salt, pepper, and
nutmeg; toss until well mixed. Place
in large serving bowl; garnish with
additional pepper, chopped parsley,
and parmesan sprinkled over top.

Makes 4 servings

Per serving: Calories 439 • Fat 20g
Cholesterol 122mg • Sodium 490mg
Carbohydrate 44g • Fiber 2g • Protein 22g

TYPES OF Bacon

BACON comes from the side of
a hog and is cured and smoked
over hickory wood, with fat
contributing flavor and crispness.
Regular sliced bacon usually
contains about 16 slices per pound.

PANCETTA, Italy’s version of
bacon, is salted and cured, but
not usually smoked. It comes
either thinly sliced or diced.
Use it to flavor all sorts of
recipes, like pasta, sauces,
entrées, and vegetables.
spinach salad with bacon vinaigrette

You’ll love this contemporary take on a classic. Warm bacon vinaigrette, a sunny-side up egg, and crisp toasted baguette make this hearty salad a meal in itself.

1 package (16 ounces) Dierbergs Applewood Smoked Bacon, cut into 1-inch pieces
2 tablespoons Dierbergs olive oil (divided)
1 package (8 ounces) sliced baby bella mushrooms
1 cup slivered red onion
Bacon Vinaigrette (recipe follows)
2 bags (5 to 6 ounces each) baby spinach
1/2 cup Dierbergs grated parmesan cheese
4 pasteurized eggs
1 loaf (8 ounces) Dierbergs Bakery Demi French Baguette, thinly sliced and toasted

Place bacon in 2-quart glass batter bowl; loosely cover with paper towel. Microwave (high) stirring every 3 minutes until crisp, about 12 to 15 minutes. Remove bacon with slotted spoon; drain on paper towels. Reserve 2 tablespoons bacon drippings for Vinaigrette; reserve 1 tablespoon for cooking.

In large skillet, heat the remaining 1 tablespoon olive oil over medium-low heat. Carefully crack eggs into skillet; cover and cook until whites are set but yolks are still very runny, about 2 minutes. Place 1 egg over top of each salad. Serve immediately with toasted Baguette slices.

Makes 4 servings

Per serving: Calories 653 • Fat 44g
Cholesterol 227mg • Sodium 1669mg
Carbohydrate 37g • Fiber 4g • Protein 28g

bacon vinaigrette

2 tablespoons reserved bacon drippings
2 tablespoons Dierbergs olive oil
2 tablespoons Dijon mustard
2 tablespoons red wine vinegar
1 tablespoon Dierbergs brown sugar
Salt and freshly ground black pepper

In small bowl, whisk all ingredients until combined.
Makes about 2/3 cup

bacon-wrapped asparagus

Bundle tender asparagus spears in a blanket of bacon and finish with a drizzle of rich, creamy Hollandaise.

1 pound medium asparagus
1 tablespoon Dierbergs olive oil
Freshly ground black pepper
6 slices bacon
Easy Hollandaise Sauce (recipe follows)
Grated lemon peel

Trim asparagus spears to 6 inches. Lightly brush asparagus with olive oil; season with pepper. Wrap 1 slice bacon mummy-style around 4 to 5 asparagus spears, leaving tips exposed. Place wrapped bundles on preheated foil-lined jellyroll pan. Bake in 400°F. oven until bacon is crisp and asparagus is tender, about 25 minutes. Place on serving platter; drizzle Hollandaise over top. Garnish with lemon peel.

Makes 6 servings

Per serving: Calories 344 • Fat 32g
Cholesterol 166mg • Sodium 334mg
Carbohydrate 3g • Fiber 1g • Protein 8g

easy hollandaise sauce

1/2 cup Dierbergs butter
3 large Dierbergs egg yolks, lightly beaten
1/4 cup whipping cream
2 tablespoons fresh lemon juice
1/2 teaspoon dry mustard
1/4 teaspoon salt
2 to 3 drops hot pepper sauce

Place butter in 2-cup glass measure. Microwave (high) until butter is melted, about 45 seconds. In small bowl, whisk remaining ingredients until smooth. Whisk egg mixture into melted butter. Microwave (medium-50% power) whisking every 30 seconds until mixture is thickened and smooth, about 90 seconds. Serve immediately.

Makes about 1 cup

Per 2 tablespoons: Calories 150 • Fat 16g
Cholesterol 110mg • Sodium 80mg
Carbohydrate 1g • Fiber 0g • Protein 1g
Crème Brûlée with Candied Bacon

Oh, yes we did! Topping this silky-smooth custard with sugar-coated bacon takes a dessert classic to a whole new level.

In medium bowl, whisk together eggs, granulated sugar, and vanilla until well blended. Gently whisk in cream until well mixed. Place six 4-ounce ceramic ramekins in 9 x 13-inch baking pan; pour custard into ramekins. Remove any bubbles from surface with spoon. Add hot tap water to baking pan to come halfway up sides of ramekins (do not let water splash into ramekins). Bake in 350°F oven until set, about 25 to 30 minutes. (Gently jiggle ramekins; centers should wiggle just slightly.)

Remove from oven; leave ramekins in water bath 10 minutes to continue cooking. Remove ramekins; cover and chill at least 4 hours or up to 48 hours.

Just before serving, combine bacon and brown sugar; sprinkle about 2 teaspoons evenly over each ramekin. Place on jellyroll pan and broil 6 inches from heat source until melted and lightly caramelized, about 1 minute. 

Makes 6 servings

Per serving: Calories 395 • Fat 35g • Cholesterol 296mg • Sodium 82mg
Carbohydrate 17g • Fiber 0g • Protein 5g

Tips
For the best brûlée, use soft, fresh brown sugar. And don’t walk away! Broiling the sugar takes just a minute or less.

Bacon Bytes

Bits, strips, even sugar-coated, what recipe isn’t better with bacon? We’ve made it easy to bacon-ize your favorite recipes for every occasion.

Microwave Method
Place 3 slices diced bacon in 2-cup glass measure; loosely cover with paper towel. Microwave (high) for 2½ to 3 minutes (depending on thickness of bacon), stirring once, until crisp. Remove bacon with slotted spoon; drain on paper towels.

Oven Method
Place bacon slices on wire rack; set over foil-lined jellyroll pan. Bake in 400°F oven rotating pan once until golden brown and desired crispness, about 15 to 20 minutes (depending on thickness of bacon). Drain on paper towels.

Candied Bacon
Place bacon slices on cutting board; rub 1 teaspoon brown sugar on each slice. Place on wire rack that has been lightly coated with no-stick cooking spray; set over foil-lined jellyroll pan. Bake in 350°F oven until golden brown, about 25 to 30 minutes (depending on thickness of bacon). Immediately transfer bacon to parchment paper that has been lightly coated with cooking spray for bacon to crisp. Store bacon in airtight container in refrigerator. To reheat, place bacon on microwave-safe plate; microwave (medium-50% power) until crisp, about 10 seconds per slice.

Candied Peppered Bacon
Prepare Candied Bacon as directed; lightly sprinkle sugared bacon with freshly ground black pepper. Bake as directed.
**Know the Basics**

When you see a highlighted term, look here for a definition.

**Cross-contamination**
Mixing raw meats or foods, or utensils used with them, with cooked food or food that is eaten raw.

**Grain**
The direction of the muscle fibers in meat. Cutting meat in the same direction (with the grain) results in a tougher, chewier texture. Cutting meat across the grain yields more tender meat.

**Medallions**
Round-shaped pieces of meat, often beef or pork tenderloin, that have been cut crosswise.

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

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

**Stir-Fry**
Quickly cooking small pieces of food with a small amount of fat in a wok or large skillet over very high heat, while stirring the food constantly until crisp-tender.

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**the basics**

Stir-fry tonight

Dinner getting a little dull lately? Stir up a little excitement. Stir-fry is not just about Asian flavors. It’s great for all kinds of foods and all kinds of cooks – even beginners. You don’t need any fancy ingredients or special equipment… just a little stir-fry know-how.
steakhouse skillet

Tender seasoned steak strips, hearty vegetables and a very sassy steakhouse-style sauce make a great topping for a bed of tender spring greens.

1 boneless sirloin tip steak (about 3/4 to 1 pound)
1 teaspoon coarse salt
1 teaspoon cracked black pepper
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon smoked paprika
1/4 cup steak sauce (A-1)
3 tablespoons balsamic vinegar
3 tablespoons bourbon, whiskey, or apple juice
1 tablespoon honey

Place steak in freezer until partially frozen, about 30 minutes. Trim and discard excess fat from steak. Slice steak across the grain into thin strips about 2 to 3 inches long; place steak in medium bowl. In small bowl, combine salt, pepper, rosemary, and smoked paprika. Sprinkle spices over steak; toss until well coated. Set aside. In 1-cup glass measure, whisk together steak sauce, vinegar, bourbon, and honey; set aside.

Heat large nonstick skillet or wok over medium-high heat. Add canola oil and steak; stir-fry just until browned, about 2 minutes. Use slotted spoon to transfer steak to plate; set aside.

Add mushrooms to pan drippings in skillet, tossing until well coated; stir-fry until browned, about 3 to 4 minutes. Add onion and bell pepper; stir-fry until crisp-tender, about 3 minutes. Add cooked steak along with any accumulated juices and steak sauce mixture; cook stirring occasionally until heated through and juices are reduced and clear, about 2 minutes.

In large bowl, toss greens with olive oil. Arrange greens on individual serving plates; spoon beef mixture along with juices over tops. Serve immediately.

Makes 4 servings

Per serving: Calories 310 • Fat 13g • Cholesterol 40mg • Sodium 840mg
Carbohydrate 21g • Fiber 3g • Protein 21g

Know your Ingredients

When you see a highlighted ingredient, look here for information.

Dry Sherry
A fortified wine which has a dash of brandy or other spirit. It has a mild nutty flavor that pairs well with meat and poultry. Avoid products labeled as cooking sherry which tend to be salty.

Ginger Root
Purchase fresh ginger in the produce department. Do not substitute ground ginger. For more information, go to Dierbergs.com.

Hot Pepper Sauce
Many brands are available, each with its own flavor and heat level. Choose the brand that you like best.

Hoisin Sauce
A thick, sweet, and spicy — but not hot — reddish brown sauce made from soybeans, garlic, and various spices.

Mushrooms
Contain lots of moisture. Allowing them to cook without stirring lets the moisture evaporate and results in a brown exterior and better flavor.

Shallots
Mildest member of the onion family. Remove the thin papery skin before dicing.

Sirloin Tip Steak
A less tender beef steak cut from the sirloin tip muscle located at the top of the round. Slice this lean, flavorful steak thinly across the grain to use in stir-fry recipes.

Smoked Paprika
A seasoning made from sweet peppers that have been dried, smoked, and ground to a fine powder. It has a deep, earthy, smoky flavor. Located in Dierbergs spice aisle.
Stir-fry tonight
(continued from page 7)

charred veggies

A piping hot pan and a splash of lemony dressing turn any colorful combination of vegetables into an awesome entrée or side.

In 1-cup glass measure, whisk together shallot, parsley, lemon juice, olive oil, thyme, salt, and pepper; set aside.

2 tablespoons finely diced shallot
1 tablespoon chopped Italian parsley
2 tablespoons fresh lemon juice
1 tablespoon Dierbergs olive oil
1/2 teaspoon chopped fresh thyme, OR 1/4 teaspoon dried
1/2 teaspoon salt
Freshly ground black pepper

Heat 12-inch skillet (not nonstick) over high heat; add canola oil. Add green beans; stir-fry until lightly charred, about 3 minutes. Add bell pepper; stir-fry until lightly charred, about 3 minutes. Add corn and mushrooms; stir-fry until tender and most of the liquid has evaporated, about 5 to 6 minutes. Remove skillet from heat.

Stir shallot mixture into vegetables until well mixed.

Makes 4 entrée or 8 side dish servings

Per side dish serving:
Calories 205 • Fat 11g • Cholesterol 0mg
Sodium 304mg • Carbohydrate 26g
Fiber 5g • Protein 5g

Oil DOs & DON’Ts

All cooking oils are not created equal. Choose oil with a high smoke point — one that can stand the heat and doesn’t burn easily.

DO stir-fry with:
Canola oil
Peanut oil
Sunflower oil

DON’T stir-fry with:
Nut oils
Almond
Hazelnut
Walnut

In 1-cup glass measure, whisk together shallot, parsley, lemon juice, olive oil, thyme, salt, and pepper; set aside.

Heat 12-inch skillet (not nonstick) over high heat; add canola oil. Add green beans; stir-fry until lightly charred, about 3 minutes. Add bell pepper; stir-fry until lightly charred, about 3 minutes. Add corn and mushrooms; stir-fry until tender and most of the liquid has evaporated, about 5 to 6 minutes. Remove skillet from heat.

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Almond
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Walnut
What do you get when you mix a couple of carrots, a handful of broccoli, and a half a bell pepper? A quick, colorful, and tasty stir-fry, of course. Whether you mix and match your favorites to fit a recipe or just work with what’s on hand in the fridge, here’s how to get them crisp-tender every time.

dense veggies
Start cooking these first, since they take the most time to cook (about 7 to 9 minutes start to finish).
- **Broccoli** — cut into florets
- **Cabbage** — thinly sliced
- **Carrots** — sliced diagonally ¼ inch thick
- **Cauliflower** — cut into florets
- **Green beans**

medium veggies
These cook a little more quickly (about 4 to 6 minutes start to finish), so add them after the dense veggies have cooked for about 3 minutes.
- **Asparagus** — cut into bite-size pieces
- **Bell pepper** (any color) — thinly sliced
- **Kale** — cut into bite-size pieces
- **Mushrooms** — thinly sliced
- **Onion** — thinly sliced
- **Snow peas** — sliced diagonally

tender veggies
These cook in a flash (about 1 to 2 minutes start to finish), so add them when everything else in the wok has only 1 to 2 minutes left to cook.
- **Bok choy** — thinly sliced
- **Chickpeas**
- **Corn** — fresh or frozen kernels
- **Napa cabbage** — thinly sliced
- **Tomatoes** — diced
- **Zucchini/Summer squash** — cut into bite-size pieces

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**TERIYAKI PORK STIR-FRY**

If it’s classic Asian flavors you love, this is the stir-fry for you. Sauces like teriyaki and hoisin keep indefinitely in the fridge.

1 pork tenderloin (about 1 pound)
1/4 cup teriyaki marinade sauce
1/2 cup reduced-sodium chicken broth
1/4 cup hoisin sauce
1 tablespoon cornstarch
2 tablespoons dry sherry
2 tablespoons reduced-sodium soy sauce
2 tablespoons Dierbergs canola oil (divided)
2 medium carrots, peeled
1/4 pound snow peas
1 can (8 ounces) sliced water chestnuts, drained
1 tablespoon minced ginger root
2 cloves garlic, minced
2 cups sliced napa cabbage, cut 1/2 inch thick
Hot cooked rice

Trim and discard fat and **silverskin** from tenderloin. Cut pork into 1/2-inch-thick **medallions**; cut medallions crosswise into 1/2-inch strips. Place pork in large resealable plastic bag. Pour teriyaki sauce over pork; seal bag and turn to coat pork. Place bag on plate and marinate in refrigerator at least 30 minutes or up to 1 hour.

In 2-cup glass measure, whisk broth, hoisin sauce, cornstarch, sherry, and soy sauce until well mixed; set aside.

Slice carrots diagonally into 1/4-inch-thick slices. Remove strings from snow peas; trim ends and cut diagonally in half. Prepare and measure all remaining ingredients.

Remove pork from bag; discard marinade. Heat large skillet or wok over medium-high heat. Add 1 tablespoon of the canola oil and pork; **stir-fry** until lightly browned, about 3 minutes. Transfer pork along with any juices to plate; set aside.

Add remaining 1 tablespoon canola oil and carrots to skillet; stir-fry until crisp-tender, about 3 minutes. Add snow peas and water chestnuts; stir-fry 1 minute. Stir in ginger root, garlic, broth mixture, and cooked pork along with any accumulated juices; cook stirring occasionally until sauce is thickened and clear, about 2 minutes. Add napa cabbage; cook stirring occasionally just until cabbage begins to wilt. Serve over hot cooked rice.

**Makes 4 servings**

**Per serving without rice:**
- Calories 300 • Fat 10g • Cholesterol 70mg
- Sodium 692mg • Carbohydrate 25g
- Fiber 4g • Protein 26g
buffalo chicken hash

Turn everything you love about hot wings into a *legit* dinner. Tender chicken, tangy hot sauce, crunchy celery, and potatoes make this a hearty one-pan meal.

2 pounds red potatoes, cut into 1/2-inch cubes  
3 tablespoons Dierbergs canola oil (divided)  
1 cup coarsely chopped yellow onion (about 1 medium)  
1 cup sliced celery  
1 package (about 1 1/2 pounds) boneless, skinless chicken breast halves, cut into 1/2-inch cubes  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 cup Dierbergs butter, cubed  
1/4 cup Frank’s® RedHot® Original Cayenne Pepper Sauce  
2 tablespoons minced Italian parsley  
1 package (4 ounces) Dierbergs crumbled blue cheese

Place potatoes in large saucepan; cover with cold water. Bring to a boil over medium-high heat. Reduce heat and simmer until barely tender when pierced with tip of paring knife, about 5 minutes. Drain well and set aside. (Potatoes may be covered and refrigerated overnight, if desired.)

In large nonstick skillet; heat 2 tablespoons of the oil over medium-high heat. Add onion, celery, and garlic; *stir-fry* until onion wilts, about 3 minutes. Add chicken and season with salt and pepper; *stir-fry* until chicken is no longer pink, about 4 minutes. Transfer mixture to bowl; set aside.

Add butter and the remaining 1 tablespoon oil to skillet. Stir in potatoes and spread into single layer; cook without stirring 5 minutes. Stir potatoes and spread into single layer; cook 5 minutes. Return chicken mixture to skillet and stir in *hot pepper sauce*; cook until heated through, about 1 minute. Place on platter; sprinkle parsley over top. Serve blue cheese and additional hot pepper sauce on the side.

*Makes 4 servings*

Per serving: Calories 424 • Fat 23g  
Cholesterol 116mg • Sodium 808mg  
Carbohydrate 22g • Fiber 3g • Protein 32g

weeknight cashew chicken

A crisp, colorful *stir-fry* is a great one-dish meal for a busy weeknight. Finish off your meal with fortune cookies.

1 pound boneless, skinless chicken breast halves  
1 cup chicken broth  
1 tablespoon cornstarch  
2 tablespoons soy sauce  
2 large cloves garlic, minced  
2 tablespoons vegetable oil  
1/2 pound broccoli, coarsely chopped  
1/2 red or green bell pepper, cut into 1/2-inch pieces  
5 green onions, sliced diagonally into 1-inch pieces  
Hot cooked Chinese noodles or rice

Cut chicken into bite-size pieces; set aside. In 2-cup glass measure, combine broth, cornstarch, soy sauce, and garlic; set aside.

Heat large nonstick skillet or wok over medium-high heat. Add oil, chicken, broccoli, and bell pepper; *stir-fry* until chicken is cooked through, about 4 minutes.

Stir broth mixture into center of wok; cook stirring constantly until thickened. Stir in green onions; *stir-fry* for 1 minute. Serve over Chinese noodles or rice. Sprinkle cashews over top.

*Makes 4 servings*

Per serving: Calories 333 • Fat 18g  
Cholesterol 84mg • Sodium 768mg  
Carbohydrate 13g • Fiber 2g • Protein 31g

(Recipe from *The Best of Dierbergs cookbook*)
Here’s the scoop on the best dip in town. Creamy guacamole spiked with smoky roasted peppers and sweet corn is the best thing that ever happened to tortilla chips.

**Roasted Pepper and Corn Guacamole**

Place peppers, skin-side up, on foil-lined baking sheet; broil until skin is black and blistered. Fold foil around peppers; let steam at room temperature until skin has softened, about 5 minutes. Remove and discard blackened skin; coarsely chop peppers.

In medium bowl, coarsely mash avocados. Stir in cilantro, lime juice, salt, and hot pepper sauce until well mixed. Stir in chopped peppers and corn. Cover tightly and chill 1 to 2 hours. Serve with tortilla chips.

**Ingredients**
- 1 red bell pepper, quartered, seeded, and deveined
- 1 poblano pepper, quartered, seeded, and deveined
- 2 ripe avocados, halved, pitted, and peeled
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon hot pepper sauce
- 1 cup Dierbergs frozen corn, thawed and drained

**Makes 2 cups**

Per 2 tablespoons: Calories 43 • Fat 3g • Cholesterol 0mg • Sodium 76mg • Carbohydrate 5g • Fiber 1g • Protein 1g

If your favorite Mexican dishes leave you more in the mood for a siesta instead of a fiesta, skip the extra calories and lighten up! Our south-of-the-border inspired specialties are full of fun and bright, fresh flavors.

**Berry Margarita Slush**

Margaritas get a bright berry blast courtesy of our popular ready-to-go sauce. Just blend, freeze, scoop, and enjoy!

**Ingredients**
- 1 container (16 ounces) Dierbergs Kitchen Signature Ultimate Berry Sauce
- 3 cups Jose Cuervo Light Margarita Classic Lime (750 ml bottle, OR 1/2 of 1.75-liter bottle)
- Diet lemon-lime soda or club soda
- Fresh blackberries and lime wedges

**Instructions**

In blender container, combine Berry Sauce and Margarita Classic Lime; blend until smooth. Place mixture in 3-quart freezer container; cover and freeze at least 8 hours or overnight. Scoop frozen mixture into glasses; top with soda. Garnish with fresh blackberries and lime wedges.

**Makes twelve 10-ounce servings**

To keep guacamole from turning brown, place plastic wrap on surface of guacamole; press to smooth and remove any air bubbles.
posole

Our lighter version of Mexico’s famous stew, posole (poh-SO H-leh), is the perfect way to warm up a chilly spring day.

1 rib end boneless pork loin roast (about 1 pound)
1/2 teaspoons Dierbergs canola oil
1 carton (32 ounces) Kitchen Basics Original Unsalted Chicken Stock (divided)
1 cup finely chopped onion
3 cloves garlic, minced
2 cups water
1 can (15.5 ounces) white or yellow hominy, rinsed and drained
1 can (15 ounces) Dierbergs tomato sauce
1 can (4.5 ounces) chopped green chiles
1/2 teaspoons ancho chile powder
1/2 teaspoon ground cum in
1/2 teaspoon hot pepper sauce
Chopped cilantro, thinly sliced
radishes, shredded lettuce, and lime wedges

Cut pork into 4 pieces. In Dutch oven or heavy stockpot, heat oil over medium-high heat. Add pork; cook until browned, about 2 minutes per side. Add 21/2 cups of the stock; reduce heat, cover, and simmer until tender, about 35 to 40 minutes.

Remove pork; set aside to cool slightly. Add onion and garlic to Dutch oven; cook over medium-high heat stirring often 2 to 3 minutes.

Add remaining stock, water, hominy, tomato sauce, and green chiles; bring to a boil. Use two forks to shred pork into bite-size pieces; add to soup along with chile powder, cum in, and hot pepper sauce. Reduce heat and cook stirring occasionally for 25 to 30 minutes.

Ladle into serving bowls; sprinkle chopped cilantro, radish slices, and shredded lettuce over top. Squeeze lime wedge over each bowl.

Makes 6-8 servings

Per serving: Calories 138 • Fat 3g
Cholesterol 27mg • Sodium 658mg
Carbohydrate 13g • Fiber 3g • Protein 12g

poppy seed fruit salsa

A drizzle of poppy seed dressing gives this colorful fruit salsa a sweet and tangy flavor.

1/4 cups chopped fresh strawberries (about 1/2 pound)
2 kiwi fruit, peeled and chopped
1 Golden Delicious apple, cored and chopped
1 jalapeño, halved, seeded, deveined, and finely diced
3 tablespoons poppy seed dressing
1 teaspoon grated lime peel
1 teaspoon fresh lime juice
Sweet ‘n Spicy Chips (recipe follows)

In large bowl, stir together all ingredients except chips until well mixed. Let stand 15 minutes to develop flavors. Serve with Sweet ‘n Spicy Chips.

Makes 21/2 cups

Per 2 tablespoons without chips: Calories 24 • Fat 1g • Cholesterol 0mg • Sodium 18mg
Carbohydrate 4g • Fiber 1g • Protein <1g

sweet ‘n spicy chips

4 flour tortillas (8-inch diameter)
2 tablespoons Dierbergs butter, melted
1 tablespoon Dierbergs sugar
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cum in
1/2 teaspoon coarse salt

Brush melted butter over tortillas; cut each tortilla into 12 wedges. Arrange wedges in single layer on parchment-lined baking sheet.

In small bowl, combine sugar, cinnamon, cum in, and salt; sprinkle over wedges. Bake in 450˚F oven until lightly browned, about 4 to 6 minutes. Cool on wire racks. Chips will crisp as they cool. Store in airtight container.

Makes 4 dozen

Per 6 chips: Calories 106 • Fat 4g • Cholesterol 8mg • Sodium 353mg
Carbohydrate 14g • Fiber <1g • Protein 2g
chicken street tacos

Taco lovers know that two tortillas are better than one to hold the succulent chicken filling and all the fabulous fixin’s.

1 cup chicken broth
2 tablespoons reduced-sodium taco seasoning
1 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon ground black pepper
1/2 teaspoon ground ginger
1 package (about 1 1/2 pounds) boneless, skinless chicken breast halves
12 to 16 corn tortillas
Rainbow Salad (recipe follows)
Crumbled queso fresco or feta cheese

Combine broth and seasonings in 4-quart slow cooker. Add chicken; cook until chicken is tender, about 5 to 7 hours on low heat setting, or 3 to 4 hours on high heat setting.

Remove chicken; cover and let stand 5 minutes. Use two forks to shred chicken. Return shredded chicken along with any accumulated juices to slow cooker.

Wrap tortillas in large piece of foil; heat in 350°F. oven until warmed, about 10 to 15 minutes.

Place shredded chicken in center of 2 tortillas stacked on top of each other; top with Rainbow Salad and queso fresco.

Makes 6-8 servings

Per serving with 1/4 cup Salad:
Calories 237 • Fat 7g • Cholesterol 63mg
Sodium 281mg • Carbohydrate 21g
Fiber 3g • Protein 22g

rainbow salad

1 bag (12 ounces) rainbow salad mix
3 tablespoons sliced green onion
1/4 cup Dierbergs canola oil
1/4 cup fresh lime juice
1/4 cup chopped fresh cilantro
1 tablespoon honey
2 teaspoons Dijon mustard
1/2 teaspoon garlic powder

Place salad mix and green onion in large bowl. In 2-cup glass measure, whisk together oil, lime juice, cilantro, honey, mustard, and garlic powder until well mixed. Pour over salad; toss until well mixed. Cover and chill 1 to 2 hours to develop flavors.

Makes 3 1/2 cups

Per 1/4 cup: Calories 49 • Fat 4g
Cholesterol 0mg • Sodium 25mg
Carbohydrate 3g • Fiber 1g • Protein 1g

Try these with warmed flour tortillas, too.

RAINBOW SALAD MIX
This colorful blend of broccoli, carrots, cauliflower, and red cabbage is cut, washed, and ready to go. Toss it with your favorite dressing for a great last-minute salad, stir it into a pot of soup, or sauté in a little olive oil for a super-easy side dish.
South-of-the-Border FLAVOR

BOLD & DELICIOUS FRESH-MADE SALSA & GUACAMOLE

Caribbean Island Salsa

Grilled Pineapple Poblano Salsa

Black Bean & Corn Fire-Roasted Salsa

Caribbean Island Guacamole

Black Bean & Corn Fire-Roasted Tomato Guacamole
STEP UP THE FLAVOR
with salsa to create exciting new sides, salads and entrées.

SALSA
Fresh from our store!

Grilled Salmon
with GRILLED PINEAPPLE POBLANO SALSA

SIMPLE STEPS:
1. One pkg. Deli Recipe-Ready Whole Grains (any variety)
2. 8 oz. Caribbean Island Salsa

Additional Topping Suggestions:
• Toasted Walnuts or Sunflower Seeds
• Sliced Sliced Grilled Chicken Breast
• Flaked Bob’s BBQ Smoked Salmon

Whole Grains with CARIBBEAN ISLAND SALSA

SIMPLE STEPS:
1. Favorite Greens
2. Top with Black Bean & Corn Fire-Roasted Salsa

Additional Topping Suggestions:
• Drizzle with Ranch Dressing
• Sliced Grilled Chicken Breast
• Shredded Monterey Jack or Chihuahua Cheese

Fresh Field Green Salad
with BLACK BEAN & CORN FIRE-ROASTED SALSA

SIMPLE STEPS:
1. Favorite Greens
2. Top with Black Bean & Corn Fire-Roasted Salsa

Additional Topping Suggestions:
• Drizzle with Ranch Dressing
• Sliced Grilled Chicken Breast
• Shredded Monterey Jack or Chihuahua Cheese
Quite a CATCH

Forget the Friday night fish sticks! It’s time to dive into dinner with some fresh, light fish and seafood dishes that are just right any night of the week.

KEY WEST SHRIMP
These plump, pink shrimp from Florida’s coastal waters are now in season and waiting for you in Dierbergs Seafood Department. One taste of these sweet, tender shrimp and you’ll be hooked!

CITRUS-GLAZED SHRIMP SKEWERS

MEDITERRANEAN FISH FILLETS

SALMON BURGERS WITH CILANTRO TARTAR SAUCE
salmon burgers with cilantro tartar sauce

Moist, flavorful salmon burgers topped with creamy cilantro-spiked tartar sauce will take your next burger night to a whole new level.

1 salmon fillet (about 1 pound) 3/4 cup panko bread crumbs 1/4 cup light mayonnaise 3 tablespoons diced shallot 3 tablespoons minced fresh cilantro 1/2 teaspoon ground cumin 1/4 teaspoon salt 1/4 teaspoon ground black pepper 1 tablespoon Dierbergs canola oil 4 Dierbergs Bakery hamburger buns, split and toasted

Remove and discard skin from salmon; cut salmon into 1-inch pieces. Place salmon in work bowl of food processor fitted with steel knife blade; pulse several times until coarsely chopped.

In medium bowl, combine panko, mayonnaise, shallot, cilantro, cumin, salt, and pepper until well mixed. Stir in salmon. Shape mixture into four 4-inch patties.

In large nonstick skillet, heat oil over medium heat. Add patties; cook until browned and cooked through, about 4 minutes per side. Serve on buns with lettuce leaf, tomato slice, and dollop of Sauce.

Makes 4 servings

Per serving with 1 tablespoon Tartar Sauce: Calories 464 • Fat 23g • Cholesterol 84mg Sodium 653mg • Carbohydrate 33g • Fiber 2g • Protein 28g

cilantro tartar sauce

1/2 cup mayonnaise 1/4 cup minced fresh cilantro 1 jalapeño, halved, seeded, deveined, and finely diced 1 hard-cooked egg, chopped 1 clove garlic, minced 1 teaspoon Dijon mustard 1 teaspoon sweet pickle relish

In small bowl, stir together all ingredients until well mixed. Cover and chill several hours to develop flavors.

Makes about 1 cup

Per 1 tablespoon: Calories 53 • Fat 6g • Cholesterol 15mg • Sodium 58mg Carbohydrate <1g • Fiber 0g • Protein 1g

m editerranean fish fillets

Talk about fast and fabulous! Lemon and capers brighten up the lightly-cooked tomato sauce that tops these mild white fish fillets.

1 package (14 ounces) frozen tilapia loins, thawed Coarse salt and freshly ground black pepper 1 tablespoon Dierbergs olive oil 1 cup diced tomatoes 1/2 cup diced red bell pepper 1/2 cup thinly sliced green onion 2 tablespoons capers, rinsed and drained 1 teaspoon grated lemon peel 1 tablespoon minced fresh parsley 1 teaspoon Italian herb seasoning

Season fish with salt and pepper. In medium nonstick skillet, heat olive oil over medium-high heat. Add fish; cook until fish flakes easily with fork, about 2 to 3 minutes per side. Place on serving plate; cover to keep warm.

Add remaining ingredients to skillet with drippings; cook over medium-high heat stirring often until heated through, about 2 to 3 minutes. Serve over fish.

Makes 4 servings

Per serving: Calories 146 • Fat 5g • Cholesterol 50mg • Sodium 176mg Carbohydrate 5g • Fiber 2g • Protein 21g

citrus-glazed shrimp skewers

Tender shrimp, juicy tomatoes, crisp cucumbers, and a tangy orange and lemon glaze team up for skewers that are simply sublime.

1 tablespoon Dierbergs brown sugar 2 tablespoons Dierbergs olive oil 2 teaspoons grated lemon peel 2 tablespoons fresh lemon juice 2 teaspoons grated orange peel 2 tablespoons fresh orange juice 1 tablespoon balsamic vinegar

Key West pink shrimp, thawed if frozen 8 wooden skewers, soaked in water for 10 minutes 2 to 3 baby cucumbers, cut into 1/2-inch thick slices 1 carton (10.5 ounces) grape tomatoes

In 2-cup glass measure, combine brown sugar, olive oil, lemon juice, orange juice, and vinegar. Microwave (high) 2 minutes; stir until brown sugar dissolves. Stir in lemon and orange peel; set aside to cool.

Peel and devein shrimp, leaving tails intact. Alternately thread 2 to 3 shrimp in “C” shape, 2 pieces cucumber, and 2 to 3 tomatoes onto each skewer.

Reserve 2 tablespoons glaze; brush remaining glaze over both sides of skewers. Let stand 15 minutes.

Place skewers on oiled grid over medium-high heat; grill until shrimp are opaque, about 2 to 3 minutes per side. Brush reserved glaze over skewers.

Makes 4 servings (2 skewers each)

Per 2 skewers: Calories 193 • Fat 9g Cholesterol 140mg • Sodium 141mg Carbohydrate 10g • Fiber 1g • Protein 20g
Outstanding Seafood Entrées. Ready. Chef. Go!™

Create your own chef-inspired seafood entrées by combining your favorite fresh seafood with our delicious sauces or butters in a cook-safe bag. Available at our seafood counter, these flavor options have been formulated by our Dierbergs Culinary experts for fresh gourmet seafood at home in a matter of minutes.

Available at our seafood counter, these flavor options have been formulated by our Dierbergs Culinary experts for fresh gourmet seafood at home in a matter of minutes.

ENTRÉES COOK IN

1. Choose your favorite fresh seafood from our wide service case selection. The choices change daily so we can offer the highest quality, seasonality and variety.

2. We’ll put your fresh seafood in a microwave- and oven-safe bag, and seal it with your choice of Seasoned Butters with fresh lemon, or Signature Sauces and Glaze. Here are just a few choices:
   - Signature Scampi Butter
   - Signature Chardonnay Herb Butter
   - Signature Roasted Red Pepper Alfredo Sauce
   - Signature Mango Chipotle
   - Signature Sesame Teriyaki

3. Entrées cook in minutes in the microwave (or about 15 minutes in the oven at 375°F). Just pour it onto your plate and serve!

Grill-Ready Foil Bags also available!
And no mess.

Simply cook, open the bag and your entrée is ready to enjoy.

Serving Suggestion Shown:
- Ready. Chef. Go!™ Black Tiger Shrimp with Scampi Butter & Lemon
- Dierbergs Kitchen Savory Seasoned Recipe-Ready Grains
- Dierbergs Kitchen Grilled Vegetables
a slice of sunshine

It's been a long, cold, dreary winter, so let the sunshine in. Say hello to yellow and cheer up with a sweet slice of pie guaranteed to brighten everyone’s day.

Meyer Lemons, a hybrid of regular lemons and oranges, are sweeter, less acidic, and more juicy, making them the perfect choice for this Shaker Pie. They are easy to spot in Dierbergs Produce Department because of their bright, yellow-orange, smooth skin.
banana split pie

Here’s a treat you never outgrow! This creamy frozen pie topped with a cascade of colorful fruit and rich chocolate sauce will be a hit with kids of all ages.

15 cream-filled chocolate sandwich cookies
2 tablespoons Dierbergs butter, melted
1 package (8 ounces) Dierbergs cream cheese, softened
1 cup Dierbergs sugar
2 cups whipping cream
1 teaspoon vanilla extract
2 medium bananas, thinly sliced
1 cup sliced strawberries
1 can (8 ounces) pineapple tidbits in juice, drained
1/4 cup coarsely chopped pecans, toasted

Easy Chocolate Sauce (recipe follows)

In work bowl of food processor fitted with steel knife blade, process cookies to form crumbs. Add butter; pulse until crumbs begin to hold together. Press crust mixture on bottom and up sides of 9-inch pie plate. Bake in 350°F. oven until golden brown and small knife inserted through vent comes out clean, about 45 to 50 minutes. Cool completely on wire rack.

Makes 8 servings

Per serving: Calories 702 • Fat 46g • Cholesterol 125mg
Sodium 206mg • Carbohydrate 74g
Fiber 3g • Protein 6g

Easy Chocolate Sauce

In 2-cup glass measure, combine chocolate chips, corn syrup, half-and-half, and butter. Microwave (high) 1 1/2 minutes. Stir until chocolate is melted and smooth. Stir in vanilla. Cool slightly.

Makes about 1 1/2 cup

Per 2 tablespoons: Calories 126 • Fat 6g
Cholesterol 4mg • Sodium 13mg
Carbohydrate 21g • Fiber 1g • Protein 1g

dierbergs.com

shaker-style meyer lemon pie

A must-try for lemon lovers, this tart and refreshing pie is a riff on the classic Shaker version. The filling takes on a marmalade-like texture that's indescribably delicious.

2 cups Dierbergs sugar
1 tablespoon grated lemon peel
3 tablespoons fresh lemon juice
4 Meyer lemons
Fool-Proof Flaky Double Pie Crust (recipe at Dierbergs.com)
4 large Dierbergs eggs, lightly beaten
4 tablespoons Dierbergs butter, melted and slightly cooled
3 tablespoons Dierbergs flour
Dierbergs milk
Dierbergs Bakery coarse sugar

In large bowl, stir together the 2 cups sugar and lemon peel and juice; set aside.

Using serrated knife, cut Meyer lemons in half lengthwise. Place lemons cut-side down on cutting board; slice crosswise as thinly as possible (slices do not need to be perfect). Discard lemon ends and seeds. Stir sliced lemons and all accumulated juice into sugar mixture. Let stand at room temperature 1 to 4 hours, stirring occasionally.

Prepare pie dough according to recipe directions. Roll out bottom crust and fit into 9-inch pie plate as directed; set aside.

In medium bowl, whisk together eggs, butter, and flour until smooth. Add to Meyer lemon mixture; stir until well mixed. Pour mixture into unbaked pie crust.

Roll out top crust according to recipe directions; place over filling. Crimp edges and cut vents. Brush milk over top crust; sprinkle sugar over top. Place pie plate on sheet of foil. Bake in 400°F. oven until golden brown and small knife inserted through vent comes out clean, about 45 to 50 minutes. Cool completely on wire rack.

Makes 8 servings

Per serving: Calories 634 • Fat 30g
Cholesterol 139mg • Sodium 332mg
Carbohydrate 89g • Fiber 4g • Protein 8g

TIP

If using a newer 9 1/2-inch deep-dish pie plate, use 1 1/2 times the crust and filling recipe.
PINEAPPLE ALMOND TART

a slice of sunshine
(continued from page 21)

pineapple almond tart

Gloriously glazed fresh pineapple, sweet almond filling, and a buttery almond crust make this beautiful tart perfect for a special occasion.

FOR CRUST

In work bowl of food processor fitted with steel knife blade, pulse almonds and sugar until finely chopped. Add flour; pulse until combined. Add butter; pulse just until dough resembles coarse meal. Add egg; pulse just until mixture begins to cling together. Press dough into bottom and up sides of 9-inch tart pan with removable bottom that has been lightly coated with no-stick cooking spray; set aside.

FOR FILLING

In work bowl of food processor fitted with steel knife blade, combine almonds and sugar; pulse until finely ground. Add butter, vanilla, and almond extract; pulse until combined. With machine running, pour egg through feed tube; process until blended. Add flour; pulse just until combined. Spread mixture in prepared crust; set aside.

Drain pineapple well. Cut pineapple in half lengthwise and then into very thin slices, about 1/8 inch thick. Arrange pineapple slices slightly overlapping in concentric circles to cover filling. Place tart on parchment-lined jellyroll pan. Bake in 350°F oven until filling and crust are lightly browned, about 60 to 65 minutes. Cool 5 minutes.

Place preserves in 1-cup glass measure. Microwave (high) 90 seconds. Strain; brush over warm tart. Cool completely on wire rack. Remove ring from pan; cut into wedges.

Makes 12 servings

Per serving: Calories 269 • Fat 16g Cholesterol 62mg • Sodium 18mg Carbohydrate 29g • Fiber 2g • Protein 4g

DRAIN PINEAPPLE WELL. CUT PINEAPPLE IN HALF LENGTHWISE AND THEN INTO VERY THIN SLICES, ABOUT 1/8 INCH THICK. ARRANGE PINEAPPLE SLICES SLIGHTLY OVERLAPPING IN CONCENTRIC CIRCLES TO COVER FILLING. PLACE TART ON PARCHMENT-LINED JELLYROLL PAN. BAKE IN 350°F OVEN UNTIL FILLING AND CRUST ARE LIGHTLY BROWNED, ABOUT 60 TO 65 MINUTES. COOL 5 MINUTES.
Look who invaded our kitchen, just in time for spring! Create this cute, clever, and colorful duck from a variation of our famously-favorite sugar cookie dough. Get details for shaping the other Critters at Dierbergs.com/critters.

**duck cookie critters**

In large mixer bowl, beat butter and cream cheese at medium speed until well combined. Beat in sugar and egg. Gradually add flour mixture, beating at low speed after each addition until well mixed.

Stir 4 to 5 drops yellow food color into dough until well mixed. Remove about 3 tablespoons yellow dough; add 1 drop red food color, stir until well mixed to make orange dough.

For each duck, roll 1 tablespoon yellow dough into rope about 1/4 inch in diameter and 12 inches long. Starting at one end, coil slightly more than half of the rope toward center for body; coil remaining rope in opposite direction toward center forming an S-shape to make head. Shape feet and beak from orange dough and attach to duck. Repeat with remaining dough.

Place 2 inches apart on parchment-lined baking sheets. Bake in 350°F oven until just beginning to brown, about 8 minutes. **Makes about 3 dozen ducks**

Per cookie: Calories 120 • Fat 6g Cholesterol 21mg • Sodium 40mg Carbohydrate 16g • Fiber <1g • Protein 2g

If dough sticks, very lightly flour work surface.

WEB BONUS

Get details for shaping Butterfly, Snail, and Bunny Critters at Dierbergs.com/critters
go major league!

It’s not a national holiday — yet — but baseball’s Opening Day is always a celebration of fans, fun, and food. Can’t get tickets? Catch the game on TV and kick-off the season with this home-run combination of two ballpark favorites. Crispy chips, creamy queso, and an all-star roster of toppings are sure to be a hit!

fan favorite loaded nachos — your way

Dierbergs Tortilla Chips
Queso Nacho Sauce (recipe follows)
Taco Dog Bites (recipe follows)
Toppings: Diced grape tomatoes, chopped onion, pickled jalapeños, Dierbergs dairy sour cream, shredded lettuce, guacamole, chili

Place tortilla chips on individual serving plates; top with Queso Nacho Sauce, Taco Dog Bites, and additional toppings of your choice. Serve immediately.

Nutrition information not available

queso nacho sauce

16 ounces (1/2 of 32-ounce box) Velveeta Queso Blanco pasteurized prepared cheese product, cut into 1-inch cubes
1 can (14.5 ounces) petite diced tomatoes with green chiles
1 tablespoon reduced-sodium taco seasoning

In 2-quart batter bowl, combine cheese, tomatoes, and seasoning. Microwave (high) 4 to 5 minutes, stirring every minute until cheese melts.

Makes 3 1/2 cups

Per 1/4 cup: Calories 100 • Fat 6g
Cholesterol 18mg • Sodium 550mg
Carbohydrate 6g • Fiber <1g • Protein 6g

taco dog bites

1 package (14 ounces) hot dogs, cut diagonally into 1/2-inch-thick slices
2 teaspoons reduced-sodium taco seasoning

In medium bowl, toss hot dog slices with taco seasoning until well coated. Place in single layer on foil-lined baking sheet that has been lightly coated with no-stick cooking spray. Bake in 375°F. oven until heated through, about 8 to 10 minutes.

Makes 2 cups sliced hot dogs

Per 1/4 cup: Calories 153 • Fat 14g
Cholesterol 25mg • Sodium 440mg
Carbohydrate 1g • Fiber 0g • Protein 6g