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

IT'S FRESH. IT'S FRIENDLY. IT'S DIERBERGS®
Easy grilling ideas...

Summer’s on at Dierbergs!

When it comes to grilling, many people automatically think of thick, juicy steaks or burgers. But believe it or not, one of my favorite foods to grill is vegetables. My wife Susan is a vegetarian, so vegetables are a staple at our house year-round. When we fire up the grill, one thing is for certain: we’ll cook a ton of vegetables. And one of my favorite new items at Dierbergs is our Produce Department’s Grill-Ready Veggies. Washed. Cut. Ready-to-grill. It’s so easy...grilling instructions are on the back of each package. Pop them in an aluminum grill pan (my family stocks up every couple of weeks), throw it on the grill and the vegetables are ready in minutes!

Portabella Caps, Summer Squash Planks or Grillers, Pepper Rings, Fajita Griller, Asparagus Spears or Medley, Tri-Mix Potatoes, Brussels Sprouts and more! My kids are a big fan of Dierbergs grill-ready vegetables – and I’m a fan of any way I can encourage them to eat healthy.

Looking for some meaty grill ideas for summer? Dierbergs has you covered with our signature Bob’s Barbecue. Slow-smoked meats over sweet apple and cherry wood in Dierbergs own smokers... authentic smokehouse beef brisket, baby back ribs, pulled pork, smoked salmon, pulled chicken, turkey breast and half or whole chicken. You’ll find Bob’s Barbecue at one of your nearby Dierbergs. See page 10 for all the locations.

This issue of Everybody Cooks® is filled with tons of great grilling recipes and summer food ideas.

We’re ready for summer at Dierbergs!

Greg Dierberg
cheap grills

Everybody’s looking for a good deal these days, and Dierbergs ad specials on your barbecue favorites are hard to beat. So how do you turn those good deals into great meals without getting in a rut? With a little imagination and a few simple pantry staples, it’s easy to get a whole lot of sizzle for just a little cash!

**Pork Steak Tacos**

Three pantry spices, a slathering of your favorite barbecue sauce, and a spoonful of tangy Pineapple Salsa turn your usual pork steaks into a quick and tasty version of Tacos al Pastor. Delicioso!

4 teaspoons chili powder
1 tablespoon Dierbergs brown sugar
1 teaspoon dried oregano
2 center-cut pork steaks (about 2 pounds)
1/2 cup barbecue sauce
12 flour tortillas (6-inch diameter), warmed
Pineapple Salsa (recipe follows)

In small bowl, combine chili powder, brown sugar, and oregano. Rub over both sides of pork steaks; let stand at room temperature 30 minutes.

Place pork on oiled grid over medium-high heat; cover and grill turning and basting with barbecue sauce until tender, about 25 to 30 minutes. Let stand 10 minutes. Remove and discard bones before cutting thinly across the grain. Serve pork in warmed tortillas with Pineapple Salsa or your favorite taco toppings.

Makes 6 servings

Per serving without Salsa:
Calories 435  Fat 18g  Cholesterol 70mg
Sodium 643mg  Carbohydrate 41g  Fiber 3g
Protein 25mg

**Pineapple Salsa**

1 can (8 ounces) pineapple tidbits in juice, drained
1/4 cup diced red bell pepper
1 jalapeño, halved, seeded, deveined, and finely diced (optional)
2 tablespoons finely diced red onion
2 tablespoons minced cilantro or Italian parsley
2 tablespoons Dierbergs frozen orange juice concentrate, thawed
1/4 teaspoon salt
Freshly ground black pepper

In medium bowl, combine all ingredients. Cover and chill several hours or overnight to develop flavors.

Makes 1 1/2 cups

Per 2 tablespoons:
Calories 18  Fat 0g  Cholesterol 0mg
Sodium 49mg  Carbohydrate 4g  Fiber 1g
Protein <1mg

(continued on page 4)
Korean-Style London Broil

An overnight soak in a simple sweet and salty marinade makes this lean cut of beef tender and delicious. Cook it to medium doneness and slice it thinly across the grain.

1 beef London broil steak
(about 1 1/2 pounds)
1 can (12 ounces) regular cola (not diet)
1/3 cup reduced-sodium soy sauce
3 cloves garlic, minced
1 tablespoon Dierbergs brown sugar
1 tablespoon minced fresh ginger root
1/2 teaspoon coarse salt
Freshly ground black pepper

Place steak in large freezer-weight reclosable plastic bag. In 4-cup glass measure, combine remaining ingredients. Pour over steak; seal bag and turn to coat meat. Place bag on plate and marinate in refrigerator several hours or overnight. Remove steak from bag; discard marinade.

Place steak on oiled grid over medium-high heat; cover and grill until internal temperature is 145°F for medium, about 5 to 8 minutes per side. Cover and let stand 10 minutes before thinly slicing across the grain.

Makes 6 servings

Per serving:
Calories 148 ❖ Fat 4g ❖ Cholesterol 59mg
Sodium 132mg ❖ Carbohydrate 1g ❖ Fiber 0g
Protein 25mg

Smoked Sausage Spiedini

Meat + bread + skewer = spiedini! These quick-cooking Italian kabobs teams juicy smoked sausage, peppers, and big cubes of crusty bread for a fast and fabulous weeknight supper.

6 tablespoons red wine vinegar
2 tablespoons Dijon mustard
1 tablespoon honey
1 teaspoon Italian herb seasoning
1/2 cup Dierbergs olive oil
1 Dierbergs Bakery French baguette
8 green onions
1 package (13 to 14 ounces) smoked sausage or kielbasa, sliced diagonally 1/2 inch thick
1 red or green bell pepper, cut into 1-inch pieces
8 wooden skewers, soaked in water for 30 minutes
1 container (5 ounces) mixed baby greens

In small bowl, whisk together vinegar, Dijon, honey, and Italian seasoning. Whisking vigorously, add oil in slow, steady stream until well blended; set dressing aside.

Cut baguette in half crosswise. Cut one half into 1-inch cubes. Reserve remaining bread for other uses. Cut white portion of green onions into 1-inch pieces; set aside. Reserve green portion for other uses. Alternately thread sausage, green onion, bell pepper, and bread cubes onto skewers. Brush about 1 tablespoon dressing over each skewer.

Place skewers on oiled grid over medium-high heat; cover and grill turning often until lightly charred, about 10 minutes.

Place greens in large serving bowl. Drizzle about 1/3 cup dressing over greens; toss until well mixed. Divide greens among 4 individual serving plates. Top each with 2 sausage skewers. Serve with remaining dressing.

Makes 4 servings

Per serving:
Calories 660 ❖ Fat 54g ❖ Cholesterol 57mg
Sodium 1,111mg ❖ Carbohydrate 27g ❖ Fiber 3g
Protein 15mg
Chesapeake Lemon Chicken

Everybody’s favorite seafood seasoning and a little rosemary make an amazing rub for grilled chicken. Grill a few lemon halves alongside, then squeeze the tangy, smoky juice over the crispy, golden chicken for a fresh finishing touch.

1 package bone-in, skin-on chicken thighs (about 2 1/2 pounds)
2 tablespoons Old Bay seasoning
1 tablespoon dried rosemary, crushed
1 large lemon, thinly sliced
Dierbergs olive oil
2 lemons, halved
Summer Squash Planks (recipe follows)

Trim and discard excess fat from chicken. In small bowl, combine seasoning and rosemary (reserve 1 tablespoon for Summer Squash Planks). Carefully loosen skin on chicken. Rub remaining 2 tablespoons seasoning mixture under skin and over outside of thighs. Slide 1 lemon slice under skin of each thigh. Lightly brush thighs with olive oil.

Place skin-side down on oiled grid over medium-high heat; cover and grill until browned, about 2 minutes per side. Move thighs to side of grid for indirect heat; cover and grill turning occasionally until internal temperature is 165°F, about 30 to 35 minutes. Place lemons cut-side down on grid; grill until lightly charred and grill marks appear, about 2 to 3 minutes. Serve chicken with Summer Squash Planks and grilled lemons.

Makes 4 servings

Per serving:
Calories 489 ❖ Fat 36g
Cholesterol 187mg ❖ Sodium 777mg
Carbohydrate <1g ❖ Fiber <1g
Protein 39mg

Summer Squash Planks

1 package (12 ounces) Dierbergs Grill-Ready Summer Squash Planks
Dierbergs olive oil
1 tablespoon reserved seasoning mixture from Chesapeake Lemon Chicken

Brush one side of vegetables with olive oil; sprinkle with half of the reserved seasoning. Place seasoned-side down diagonally on oiled grid over medium-high heat; brush each plank with oil and sprinkle remaining seasoning over top. Grill until lightly charred and crisp-tender, about 3 to 5 minutes per side.

Makes 4 servings

Per serving:
Calories 35 ❖ Fat 3g
Cholesterol 0mg ❖ Sodium 324mg
Carbohydrate 3g ❖ Fiber 1g
Protein 1mg

Grill-Ready Veggies

Talk about easy! Our Produce Department’s Grill-Ready Veggies make grilling vegetables a snap! They’re cut, washed and ready to grill. Look for cooking instructions on the back. Pop them in an aluminum grill pan, put them on a grill and they’re ready in minutes!

Choose from these delicious varieties:
$3.99 each

- 8 oz. Portabella Caps
- 14 oz. BBQ Griller
- 12 oz. Brussels Sprouts
- 12 oz. Squash Griller
- 12 oz. Asparagus Medley
- 12 oz. Summer Squash Planks
- 14 oz. Tri-Mix Potatoes
- 12 oz. Pepper Rings
- 12 oz. Fajita Griller
- 12 oz. Asparagus Spears
summer barbecue

annie gunn’s style

For most summer weekends in St. Louis, the typical barbecue regimen – grill full of pork steaks, yard full of kids, deck full of friends – works just fine. But there are times when you want something a little more…relaxed, yet a little refined without being too fussy. We tapped into the talents of the expert on casually elegant dining, Chef Lou Rook III, Executive Chef at Annie Gunn’s. And just as we expected, he created a very special barbecue menu that will make it easy for you to impress your guests.

King Cut Baby Back Ribs with Jefferson’s Bourbon BBQ Glaze

Repeat after us – low and slow. The most tender and succulent ribs get that way by spending a little quality time on the grill. A generous splash of bourbon in the glaze makes these sublime.

2 tablespoons coarse black pepper
2 tablespoons garlic powder
1 tablespoon coarse salt
1 tablespoon Dierbergs brown sugar
3 racks Dierbergs Signature King Cut Extra-Meaty Baby Back Ribs (about 5 pounds)
1 1/2 cups Jefferson’s Bourbon BBQ Glaze (recipe follows)

In small bowl, combine pepper, garlic powder, salt, and brown sugar; rub over both sides of ribs. Cover and let stand 30 minutes.

Place ribs on oiled grid over medium-high heat; grill until well browned, about 10 minutes per side. Move ribs to side of grid for indirect heat. Reduce heat to maintain grill temperature of 300°F. Cover and grill 40 minutes. Brush ribs with Glaze and continue to grill turning and basting occasionally with Glaze until meat is very tender, about an additional 1 1/4 to 1 1/2 hours. Let stand 5 minutes; slice between ribs. Serve with reserved Glaze.

Makes 6 servings

Per serving:
Calories 894 ◊ Fat 39g ◊ Cholesterol 160mg
Sodium 2,370mg ◊ Carbohydrate 60g ◊ Fiber 1g
Protein 47mg

Jefferson’s Bourbon BBQ Glaze

2 tablespoons Dierbergs vegetable oil
1/4 cup firmly packed Dierbergs brown sugar
1 tablespoon turmeric
1 bottle (18 ounces) barbecue sauce (Maull’s)
1 cup bourbon (Jefferson’s)
1/4 cup honey
1/4 cup water
3 tablespoons Dierbergs tomato paste
2 tablespoons Dijon mustard
2 tablespoons soy sauce

In large saucepan, heat oil over medium heat. Add brown sugar and turmeric; cook stirring often for 3 minutes. Add remaining ingredients; reduce heat and simmer 30 minutes. Store in refrigerator.

Makes 3 1/2 cups

Per 2 tablespoons:
Calories 79 ◊ Fat 1g ◊ Cholesterol 0mg
Sodium 256mg ◊ Carbohydrate 12g ◊ Fiber <1g
Protein <1mg

(continued on page 8)

Want to Cook These Ribs Over Charcoal?

Use a charcoal chimney to light the coals following manufacturer’s directions, and let it burn for 15 minutes. When coals are ash-covered, place foil pan in center of charcoal to catch fat and juices, and arrange coals around it. Place ribs on grid directly over coals and brown as directed. Move ribs to grid over drip pan for indirect heat. Cover grill and cook as directed, lifting lid as little as possible. Add charcoal to sides of fire as necessary to maintain steady heat of 300°F. If your grill is not equipped with a built-in thermometer, place an oven thermometer on the cooking grid. Keep the top vent open at all times and control the heat level by adjusting the bottom vent – the wider the vent opening, the hotter the fire.
Grilled Yukon Golds with Arugula and Parmigiano-Reggiano

Toss grilled potatoes with peppery arugula, rich Parmigiano-Reggiano, and a simple lemon vinaigrette for a fresh take on this barbecue staple.

1 bag (24 ounces) Dutch yellow baby potatoes (Melissa’s)
2 tablespoons Dierbergs olive oil
Coarse salt and freshly ground black pepper
2 tablespoons Dierbergs extra virgin olive oil
1 tablespoon fresh lemon juice
4 cups baby arugula
1/4 cup grated Parmigiano-Reggiano cheese
2 tablespoons chopped Italian parsley

Place potatoes in large saucepan; add enough water to cover potatoes by 1 inch. Bring to a boil over medium-high heat; boil for 5 minutes. Remove from heat and let stand undrained until al dente (tender but still firm). Drain and cool.

Cut potatoes in half; coat with olive oil and season with salt and pepper. Place on oiled grid over medium heat; cover and grill turning occasionally until lightly charred and tender, about 4 to 5 minutes per side. Place in serving bowl; drizzle extra virgin olive oil and lemon juice over top and toss until well mixed.

Add arugula, Parmigiano-Reggiano, and parsley; toss until well mixed. If desired, season with additional salt and pepper. Serve immediately.

Makes 6 servings

Per serving:
Calories 181  Fat 10g  Cholesterol 3mg
Sodium 92mg  Carbohydrate 22g  Fiber 2g
Protein 4mg

Fire-Roasted Summer Vegetables

A platter of freshly grilled vegetables laced with fragrant herbs is a beautiful and delicious addition to any summer menu. A drizzle of balsamic vinegar makes the flavors pop.

1 Vidalia onion, peeled and cored
3 tablespoons Dierbergs extra virgin olive oil (divided)
Coarse salt and freshly ground black pepper
1 homegrown tomato, cut into wedges
1 red bell pepper, quartered and seeded
1 yellow bell pepper, quartered and seeded
1 medium zucchini, sliced diagonally 1/4 inch thick
1 medium yellow squash, sliced diagonally 1/4 inch thick
Chopped fresh parsley, basil, rosemary, oregano, or marjoram
Balsamic vinegar (optional)

Place onion on sheet of heavy-duty foil; drizzle 1 tablespoon of the olive oil over top. Season with salt and pepper. Bring sides of foil to center in series of locked folds, allowing space for steam; fold up ends to seal completely. Place packet on grid over indirect medium-high heat; cover and grill until tender, about 20 to 25 minutes. Cool slightly; cut into wedges.

Brush tomato, bell peppers, zucchini, and yellow squash with remaining 2 tablespoons olive oil; season with salt and pepper. Place tomato on oiled grid over medium heat; cover and grill 1 minute per side. Place remaining vegetables on oiled grid over medium heat; cover and grill turning occasionally until crisp-tender and lightly charred, about 6 minutes. Cool slightly.

Arrange vegetables on large serving platter. Season with salt and pepper; sprinkle parsley over top. If desired, drizzle balsamic vinegar over top.

Makes 6 servings

Per serving:
Calories 104  Fat 7g  Cholesterol 0mg
Sodium 10mg  Carbohydrate 10g  Fiber 2g
Protein 2mg
Cracked Pepper Buttermilk Pound Cake

Talk about flavors in perfect harmony... a slice of rich, buttery pound cake with just a hint of pepper plays very nicely with luscious summer fruit in this simple, yet amazing dessert.

1 1/4 cups vanilla sugar (recipe above)
1 teaspoon grated orange peel
4 large Dierbergs eggs
2 cups Dierbergs flour
1/2 teaspoon freshly ground black pepper
1/2 teaspoon freshly ground black pepper
Vanilla Bean Poached Summer Fruit (recipe follows)
Sweetened whipped cream

In large mixer bowl, beat butter at medium speed until creamy. Add vanilla sugar and orange peel; beat at medium speed until light and fluffy, about 5 minutes. Beat in eggs one at a time, beating for 1 minute after each addition. Beat in half of the flour and the pepper at low speed just until moistened. Add buttermilk and then the remaining flour, beating at low speed after each addition just until mixed. Pour batter into a 9-inch loaf pan that has been coated with no-stick cooking spray. Bake in 325°F oven until wooden pick inserted in center comes out with just a few crumbs clinging, about 1 hour 10 minutes. Cool in pan on wire rack 10 minutes. Remove from pan and cool completely.

To serve, slice pound cake 3/4 inch thick. Place cake slices in small bowls; ladle syrup from Vanilla Bean Poached Summer Fruit over top and around edges. Spoon Fruit over cake. Top with whipped cream. Makes 8-12 servings

Per serving with 1/2 cup Fruit and 2 tablespoons whipped cream:
Calories 516   Fat 21g   Cholesterol 119mg
Sodium 31mg   Carbohydrate 77g   Fiber 3g
Protein 6mg
Enjoy a Sizzlin’ Summer with Bob’s Signature Smokehouse BBQ

This is no ordinary supermarket barbecue. That’s evident the second you pull in to our lots. Maybe – but not likely – you could miss our big stainless steel smokers, gleaming in the summer sun. But there’s no way you’d make it to the front door without first catching a wonderful whiff of summer’s best aroma: baby back ribs slowly smoking over apple and cherry wood.

That’s when it hits you. “Wow! This is real smokehouse barbecue.”

So real, in fact, we don’t even sauce our barbecue, preferring instead to let the seasoned and hand-rubbed, slowly smoked meats speak for themselves. If you want it, though, we provide our Signature BBQ Sauce on the side.

Enjoy outstanding smokehouse barbecue whenever you have the craving. And try these terrific quick-fix recipes showcasing Bob’s Signature Smokehouse meats.

Our meats are smoked fresh daily. Stop by or order early; we may sell out!

Available at most Dierbergs locations and coming soon to more. Visit Dierbergs.com for up-to-date listings.

Bob’s BBQ Available Now at These Locations:

West County — Wildwood Town Center, Market Place, Heritage Place, Warson Woods
South County — Arnold Commons, Telegraph Plaza, Southroads
North County — Florissant

St. Charles County — 79 Crossing, Bogey Hills Plaza, Deer Creek Crossing, 94 Crossing
Illinois — Edwardsville Crossing, Green Mount Crossing

And coming soon to Brentwood Pointe, Mackenzie Pointe, Wentzville Crossing, Clarkson/Clayton, and our new Des Peres store.
**Bob’s BBQ Nachos**

1 bag (13.5 ounces) Dierbergs tortilla chips

½ pound Bob’s Signature Smokehouse BBQ Pulled Pork or Chicken in BBQ Sauce, warmed

8 ounces (2 cups) shredded cheese
(Supremo Queso Chihuahua, smoked gouda, cheddar, or pepper jack)

Optional toppings:
- Black beans
- Chopped tomato
- Sliced green onion
- Sliced ripe olives
- Sliced jalapeños

Arrange about half of tortilla chips on large foil-lined jellyroll pan. Reserve remaining chips for other uses. Scatter pork and cheese over top. Broil 6 inches from heat source until cheese is melted, about 2 minutes. Add toppings of your choice.

Makes 4 servings

**Per serving without toppings:**
- Calories 581 ❖ Fat 31g ❖ Cholesterol 95mg
- Sodium 821mg ❖ Carbohydrate 45g ❖ Fiber 3g
- Protein 27mg

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Bob’s BBQ Rib Tip Salad

2 pounds Bob’s Signature Smokehouse BBQ Rib Tips OR half slab Bob’s Signature Smokehouse BBQ Baby Back Ribs
6 cups mixed salad greens
1 cup grape or cherry tomatoes, halved
1 cup sliced baby cucumber
1/3 cup thinly sliced red onion
4 ounces (1 cup) shredded cheese
(smoked gouda, cheddar, or cheddar-jack)
1/2 cup ranch dressing
2 tablespoons Dierbergs Kitchen Signature Honey Barbecue Sauce (deli)
1 cup croutons

Remove meat from rib bones and cut into bite-size pieces. In large serving bowl, combine greens, tomatoes, cucumber, and red onion; toss until well mixed. Divide salad among 4 individual serving plates. Divide Rib Tips and cheese among salads. In small bowl, stir together dressing and Sauce; drizzle over each salad. Sprinkle croutons over top.

Makes 4 servings

Per serving:
Calories 437 ❖ Fat 25g ❖ Cholesterol 84mg
Sodium 1,194mg ❖ Carbohydrate 19g ❖ Fiber 2g
Protein 35mg

Quick Fix Ideas with Bob’s BBQ

Bob’s Hillbilly Lettuce Wraps

Divide 2 cups Bob’s Signature Smokehouse BBQ Pulled Chicken with BBQ Sauce among 8 iceberg lettuce leaves. Top each with 2 tablespoons Dierbergs shredded cheddar cheese. Wrap to enclose filling.

Makes 4 servings

Per serving:
Calories 286 ❖ Fat 14g ❖ Cholesterol 84mg
Sodium 481mg ❖ Carbohydrate 16g ❖ Fiber <1g
Protein 25mg

Bob’s Salmon Caesar Salad

In large serving bowl, toss together 1 package (7.6 ounces) Fresh Express Caesar Salad Kit according to package directions. Divide among 6 serving plates. Divide 8 ounces Bob’s Signature Smokehouse BBQ Smoked Salmon Nibblers over salads.

Makes 6 servings

Per serving:
Calories 150 ❖ Fat 11g ❖ Cholesterol 27mg
Sodium 246mg ❖ Carbohydrate 4g ❖ Fiber 1g
Protein 9mg
**Bob’s BBQ Smokehouse BBQ**

**Bob’s BBQ Smoked Turkey Cuban Sandwiches**

4 slices Dierbergs Bakery sliced Italian bread or honey wheat bread  
Dierbergs yellow mustard  
1/4 pound thinly sliced Bob’s Signature Smokehouse BBQ Smoked Turkey  
1/4 pound thinly sliced Dierbergs Kitchen Signature Selections Virginia ham  
1/4 pound Dierbergs Swiss cheese slices  
4 slices bread-and-butter pickles (Stackers)  
2 tablespoons Dierbergs butter, softened

Spread mustard over each bread slice. Divide turkey, ham, cheese, and pickles among 2 of the bread slices. Top with remaining bread, mustard-side down, to make 2 sandwiches. Spread 1/2 tablespoon of the butter on one side of each sandwich. Place sandwiches buttered-side down on preheated skillet over medium-low heat. Cook pressing down slightly with spatula until golden brown, about 3 minutes. Spread remaining butter on top side of each sandwich; turn and cook until golden brown, about 3 minutes. Makes 2 sandwiches.

**Per serving:**  
Calories 586  
Fat 33g  
Cholesterol 130mg  
Sodium 1,398mg  
Carbohydrate 34g  
Fiber 1g  
Protein 39mg

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**CARRYOUT CATERING PACKAGES**

**Great BBQ Options for When You’re Gathering a Group**  
(minimum order 8)

Packages include your choice meat(s), sides, rolls and BBQ sauce. Available Hot and Ready-to-Serve or Cold and Ready-to-Heat and Serve.

- **One Meat & One Side**  
  $5.99 per person

- **Two Meats & Two Sides**  
  $7.99 per person

- **Three Meats & Three Sides**  
  $9.99 per person

- **Just Ribs & Two Sides**  
  $11.49 per person  
  (Portion: Half Slab Baby Back Ribs)

**MEAT SELECTIONS**

- Pulled Pork
- Pulled Chicken
- Smoked Sliced Beef Brisket
- Smoked Sliced Turkey Breast
- Smoked BBQ Rib Tips

**SIDE DISHES**  
(See Page 11)

**ADDITIONS & SUBSTITUTIONS**

- Add Smokehouse Ribs (2 pc.) to any meal: additional $2/person
- Add another side dish: additional $1/person
- Substitute ribs for one meat: additional $2/person
- Substitute Fresh Mixed Greens Salad for side: additional $1/person

48-hour advance order required. See complete menu in-store or order at Dierbergs.com

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**Bob’s Beef Brisket Stir-Fry**

Heat wok or large skillet over medium-high heat. Stir-fry  
1 package (12 ounces) California Stir-Fry mix in 1 tablespoon vegetable oil. Add 1 cup Dierbergs Kitchen Signature Sesame Teriyaki Sauce (or Asian sauce of your choice). Add ½ pound of Bob’s Signature Smokehouse BBQ Smoked Brisket cut into thin slices; stir-fry until heated through. Serve over hot cooked brown rice.

Makes 4 servings

**Per serving without rice:**  
Calories 225  
Fat 7g  
Cholesterol 35mg  
Sodium 657mg  
Carbohydrate 20g  
Fiber 2g  
Protein 20mg
Can’t remember the last time you went on a picnic? Well, then it’s about time to pack up a little nostalgia and take it outside – to a concert in the park, a fireworks show, or even your own backyard. Enjoying the great outdoors, your favorite people, and simple, satisfying food with great old-fashioned flavors has never been so delicious!
Pan-Fried Chicken

Served warm or chilled, crisp, golden fried chicken is a picnic classic.

1 package cut-up whole chicken (about 4½ pounds)
2 cups buttermilk
1 cup Dierbergs flour
1 tablespoon Old Bay seasoning, seasoned salt, or Cajun/Creole seasoning
Dierbergs vegetable oil

Cut chicken breast pieces in half. Place chicken in 9x13-inch baking dish. Pour buttermilk over top, turning pieces to coat. Cover and chill 1 to 2 hours.

On sheet of waxed paper, combine flour and seasoning. Remove chicken from buttermilk; discard buttermilk. Coat chicken with flour mixture, shaking off excess. Let stand 10 to 15 minutes.

Pour oil into deep 12-inch skillet to depth of 1/2 inch. Heat oil over medium-high heat to 350°F. Carefully arrange chicken skin-side down in skillet; cover and cook until golden brown, about 10 minutes, adjusting burner to maintain oil temperature of 300° to 325°F. Turn chicken over; cover and cook 5 minutes. Uncover and cook until golden brown and internal temperature is 165°F., about 10 minutes. Drain on paper towel-lined platter. Serve warm, or cover and chill.

Makes 4-6 servings

Per serving:
Calories 723 ❖ Fat 52g ❖ Cholesterol 173mg
Sodium 458mg ❖ Carbohydrate 17g ❖ Fiber <1g
Protein 45mg

TIP For thicker crust, increase flour to 1 1/4 cups and coat pieces with flour mixture a second time; let stand an additional 10 to 15 minutes before frying.

Southwest Tortilla Salad

When it comes to portable party salads, this one really stacks up! Layers of colorful veggies, cool ranch dressing, and crunchy tortilla chips will be a hit with grown-ups and kids alike.

3 ears corn-on-the-cob
1 bag (10 ounces) romaine hearts, chopped (about 8 cups)
1 can (15 ounces) black beans, rinsed and drained
3/4 cup finely shredded Dierbergs cheese blend
2 cups halved grape or cherry tomatoes
3/4 cup Fresh Salsa
3/4 cup ranch dressing
2 cups broken Dierbergs tortilla chips

Remove tassels and dark outer husks from corn, leaving remaining husks intact. Microwave (high) for 6 minutes. Let corn stand several minutes until cool enough to handle. Remove husks and silk from corn. Cut kernels from cob with serrated knife.

In large serving bowl, layer romaine, corn, beans, green onion, cheese, and tomatoes. Cover and chill several hours or overnight. In 2-cup glass measure, stir together Salsa and dressing until well mixed. Just before serving, drizzle dressing over salad and top with chips; toss until well mixed.

Makes 8-10 servings

Per serving:
Calories 243 ❖ Fat 15g ❖ Cholesterol 22mg
Sodium 598mg ❖ Carbohydrate 18g ❖ Fiber 4g
Protein 10mg

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Tangy Potato and Bacon Salad

Potato salad is the standard by which some of us measure great summer gatherings, picnic or otherwise. Studded with crispy bacon, briny olives, and sweet pimientos, this comes out on top as our new favorite.

2 1/2 to 3 pounds red potatoes, peeled and cut into 1/2-inch cubes (about 6 cups)
1 container (8 ounces) light dairy sour cream
1 cup light mayonnaise
2 tablespoons Dijon mustard
1 teaspoon hot pepper sauce
1/4 teaspoon salt
1/8 teaspoon ground white pepper
8 slices bacon, diced and cooked crisp (see Tip)
3 large Dierbergs eggs, hard-cooked, peeled, and chopped
1/2 cup Dierbergs sliced pimiento-stuffed green olives, drained
3 tablespoons chopped pimiento, drained

Place potatoes in large saucepan; add enough water to cover potatoes by 1 inch. Bring to a boil over medium-high heat; cook until tender, about 7 to 8 minutes. Drain potatoes well; place in large bowl. In medium bowl, stir together sour cream, mayonnaise, Dijon, hot sauce, salt, and white pepper; pour over potatoes and toss until well mixed. Add remaining ingredients; toss until well mixed. Cover and chill several hours or overnight.

Makes 8-10 servings

Per serving:
Calories 246 ❖ Fat 16g ❖ Cholesterol 79mg
Sodium 581mg ❖ Carbohydrate 19g ❖ Fiber 2g
Protein 7mg

TIP Place chopped bacon in 4-cup glass measure; loosely cover with paper towel. Microwave (high) stirring every 3 minutes until crisp, about 1 minute per bacon slice. Remove bacon with slotted spoon; drain on paper towels.
Homemade Cinnamon Peach Ice Cream

Remember how much fun it is to make homemade ice cream? Full of juicy ripe peaches, vanilla, and cinnamon, ours is a smooth, creamy, delicious treat!

3 cups sliced fresh peaches
1 can (14 ounces) sweetened condensed milk, chilled
1/2 cup Dierbergs milk
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
2 cups heavy whipping cream, whipped

Place all ingredients except cream in work bowl of food processor fitted with steel knife blade; pulse until peaches are slightly chunky. Place mixture in large bowl; gently fold in whipped cream. Place mixture in 3-quart ice cream maker; follow manufacturer’s directions to freeze ice cream. Makes 2 quarts

Per 1/2 cup serving:
Calories 227
Fat 14g
Cholesterol 53mg
Sodium 58mg
Carbohydrate 22g
Fiber 1g
Protein 4mg
Red, White, and Blue Mac and Cheese

Grown-ups love mac and cheese, too! A generous crumble of tangy blue cheese and diced red peppers give this creamy favorite a more sophisticated flavor.

1/4 cup Dierbergs butter
1/4 cup Dierbergs flour
1 large clove garlic, minced
2 cups Dierbergs whole milk or half-and-half
2 cups (1/2 of 16-ounce box) Dierbergs elbow macaroni, cooked according to package directions and drained
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cup chopped red bell pepper
1/2 cup crumbled blue cheese
2 ounces (1/2 cup) shredded monterey jack cheese

In medium saucepan, melt butter over medium-high heat; whisk in flour and garlic. Gradually whisk in milk. Bring to a boil over medium-high heat whisking constantly until thickened, about 3 to 5 minutes. Stir in macaroni, salt, and pepper; cook stirring often until heated through, about 1 to 2 minutes. Remove from heat; stir in bell pepper and cheeses.

Makes 8 servings

Per serving:
Calories 279  Fat 14g  Cholesterol 39mg
Sodium 366mg  Carbohydrate 29g  Fiber 2g  Protein 10mg

Minty Melon Salad

Back by popular demand, this light and refreshing combination of juicy melons, berries, and a drizzle of minty syrup is one of our most requested recipes.

1 cup Dierbergs sugar
1 cup water
1 cup fresh mint leaves
8 cups watermelon balls or cubes
4 cups honeydew balls or cubes
2 cups blueberries

In medium saucepan, combine sugar and water over medium-high heat; bring to a boil stirring occasionally. Add mint leaves; reduce heat and simmer 10 minutes. Remove from heat and steep 10 minutes. Strain and discard mint leaves. Cover and chill at least 1 hour. (Syrup may be refrigerated for up to 2 weeks.)

Place fruit in large bowl; drizzle syrup over fruit and gently toss until well mixed. Cover and chill 30 minutes. If desired, garnish with additional mint leaves. Makes 12 servings

Per serving:
Calories 130  Fat <1g  Cholesterol 0mg
Sodium 13mg  Carbohydrate 33g  Fiber 2g  Protein 1mg

(continued on page 18)
Berry-tini

We took the liberty of creating this patriotic potion that's perfect for toasting any summer occasion. Cheers to the red, white, and blue!

1 tablespoon Blueberry Simple Syrup
(recipe follows)
3 tablespoons raspberry vodka (Chambord)
2 tablespoons water
1 tablespoon blueberry vodka


Blueberry Simple Syrup

1/2 cup Dierbergs sugar
1/2 cup water
1/2 cup blueberries

In small saucepan, combine sugar and water over medium-high heat; bring to a boil stirring occasionally. Add blueberries; reduce heat and simmer 2 minutes. Cool to room temperature. Strain and discard blueberries. Makes about 1/2 cup.

Roasted Red Pepper Hummus

This mild, creamy dip gets a flavor blast from sweet roasted red peppers and salty feta cheese. Dip in with blue corn tortilla chips, of course!

2 green onions, cut into 2-inch pieces
2 large cloves garlic
1 can (15 to 16 ounces) butter beans, rinsed and drained
1 jar (7 to 8 ounces) roasted red bell peppers, well drained
2 tablespoons Dierbergs extra virgin olive oil
2 teaspoons ground cumin
1 teaspoon dried oregano
1/2 cup Dierbergs crumbled feta cheese
1/4 cup finely chopped red bell pepper
Blue corn tortilla chips

In work bowl of food processor fitted with steel knife blade, pulse green onions and garlic until coarsely chopped. Add butter beans, roasted peppers, olive oil, cumin, and oregano; process until smooth. Place in shallow serving dish; sprinkle feta and bell pepper over top. Cover and chill several hours or overnight to develop flavors. Serve with blue corn chips. Makes 1 1/2 cups.

Per 2 tablespoons without chips:
Calories 59 × Fat 3g × Cholesterol 3mg
Sodium 157mg × Carbohydrate 6g × Fiber 1g
Protein 3mg
Angel Berry Cupcakes

Light as a feather and as big as Texas, these jumbo angel fool cupcakes are simply divine! Check out our Angel Food Cupcake Dos and Don’ts for sweet success.

1 box (16 ounces) angel food cake mix
1 container (8 ounces) strawberry cream cheese (not reduced-fat)
6 tablespoons Dierbergs butter, softened
4 cups Dierbergs powdered sugar
1/2 teaspoon vanilla extract
1/4 teaspoon salt
Fresh raspberries, blueberries, blackberries, and strawberries

Prepare cake mix according to package directions. Spoon a scant 1/2 cup into each of 12 Texas-size muffin cups that have been lined with jumbo muffin liners. Bake in 350°F oven until lightly browned and firm to the touch, about 20 minutes. Cool in pans on wire racks.

In large mixer bowl, beat cream cheese and butter at medium speed until light and fluffy. Beat in powdered sugar, vanilla, and salt until well combined. Place in pastry bag fitted with large star tip and pipe over cooled cupcakes. Garnish with berries.

Makes 12 Texas-size or 30 regular-size cupcakes

Per Texas-size cupcake:
Calories 389 Fat 10g Cholesterol 33mg
Sodium 371mg Carbohydrate 72g Fiber <1g
Protein 4mg

Angel Food Cupcake Dos and Don’ts

• Line muffin pans with cupcake liners so you can remove cupcakes from pans without damage…to either!
• Do NOT grease pans when baking angel food cake batter – ever! The slick surface prevents batter from climbing sides of pan and rising to towering heights.
• Don’t mix batter in plastic bowls or utensils. They may contain oil residue which will prevent cupcakes from rising.
• Do not overfill muffin cups as cupcakes will rise and stick to top of pan.
**Power-Up Berry Smoothies**

This super smoothie is a cool, creamy, and berry-licious start to your morning! Keep frozen fruit on hand to make a quick breakfast smoothie any day of the week. Frozen fruit thickens the smoothie so no ice is needed!

1/2 cup frozen strawberries  
1/2 cup frozen sliced peaches  
1 container (5 to 6 ounces) fat-free peach Greek yogurt (about 3/4 cup)  
1/2 cup Dierbergs fat-free milk  
2 tablespoons Dierbergs powdered sugar (optional)

Combine all ingredients in blender container; blend until smooth. Pour into glasses. Serve immediately. Makes 2 servings

**Per serving:**  
Calories 142  Fat <1g  Cholesterol 1mg  Sodium 59mg  Carbohydrate 26g  Fiber 2g  Protein 9mg

**TIP** Try other flavor combinations like strawberries and pineapple with strawberry yogurt, or pineapple and mango with pineapple yogurt.

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**PB & J Waffle Panini**

Part peanut butter and jelly, part French toast, we’ve waffle-ized your favorite sandwich for breakfast like you’ve never had before. But watch out! Mom and Dad just might want one, too!

1 large Dierbergs egg, lightly beaten  
1/4 cup Dierbergs milk  
1/4 teaspoon vanilla extract  
Pinch salt  
4 slices Dierbergs whole grain white bread  
2 tablespoons Dierbergs creamy peanut butter  
2 tablespoons reduced-sugar grape jelly or grape all-fruit spread  
Dierbergs powdered sugar

In shallow dish, whisk together egg, milk, vanilla, and salt until well mixed. Spread 1 tablespoon peanut butter on each of 2 bread slices. Spread 1 tablespoon jelly on each of the remaining 2 bread slices. Assemble 2 peanut butter and jelly sandwiches. Dip 1 sandwich into milk mixture, turning to coat both sides. Place in waffle iron that has been preheated according to manufacturer's directions; cook until browned and crisp. Repeat with remaining sandwich. Sprinkle powdered sugar over Panini. Makes 2 servings

**Per serving:**  
Calories 308  Fat 13g  Cholesterol 95mg  Sodium 459mg  Carbohydrate 38g  Fiber 3g  Protein 13mg

**VARIATION**

Strawberries & Cream Waffle Panini  
Substitute 4 tablespoons reduced-fat strawberry cream cheese for the peanut butter and 2 tablespoons strawberry all-fruit spread for the grape jelly.

**Per serving:**  
Calories 303  Fat 10g  Cholesterol 115mg  Sodium 504mg  Carbohydrate 44g  Fiber 2g  Protein 11mg
Kids’ Summer Camps and Classes

JUNIOR CHEF CAMPS
(Grades Second through Fifth)

Culinary Summer Olympics
(5-Day Camp)
Everybody wins with these tasty recipes from around the world.
Themes: Bronze/Silver/Gold Recipes
Host City: London, England
Specialties from the 5 Continents for the 5-day series $100

- **Bogey Hills**
  - June 4-8, Mon.-Fri., 11:00 AM-1:00 PM
- **Clarkson**
  - July 16-20, Mon.-Fri., 6:30-8:30 PM
- **Edwardsville**
  - July 9-13, Mon.-Fri., 10:00 AM-Noon
- **Southroads**
  - July 16-20, Mon.-Fri., 10:00 AM-Noon
- **West Oak**
  - July 9-13, Mon.-Fri., 6:30-8:30 PM

Cooking from Coast to Coast
(3-Day Camp)
Cook your way across the USA!
Themes: East Coast Favorites, Midwest Highlights, West Coast Specialties
for the 3-day series $60

- **Bogey Hills**
  - July 16-18, Mon.-Wed., 11:00 AM-1:00 PM
- **Clarkson**
  - July 31-Aug. 2, Tues-Thurs., 6:30-8:30 PM
- **Southroads**
  - July 30-Aug. 1, Mon.-Wed., 10:00 AM-Noon
- **West Oak**
  - July 30-Aug. 1, Mon.-Wed., 11:00 AM-1:00 PM

YOUNG CHEF CAMP
(Grades Fifth through Eighth)

TV Knock-Offs
(3-Day Camp)
Tune into these terrific TV-inspired recipes!
Themes: Chop Chop, Diner Delights, Cupcake Challenge
for the 3-day series $60

- **Bogey Hills**
  - July 16-18, Mon.-Wed., 6:30-8:30 PM
- **Clarkson**
  - June 26-28, Tues-Thurs., 6:30-8:30 PM
- **Edwardsville**
  - July 24-26, Tues-Thurs., 6:30-8:30 PM
- **Southroads**
  - July 24-26, Tues-Thurs., 6:30-8:30 PM
- **West Oak**
  - July 16-18, Mon.-Wed., 6:30-8:30 PM

For more information or to register: Dierbergs.com

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**Petite Chef**
(Grades K & 1st)
Little June Bugs ........$12
Bogey Hills
- June 16, 11:00 AM-Noon
Clarkson
- June 9, 11:00 AM-Noon
Southroads
- June 20, 10:00 AM-11:00 AM

**Christmas in July** ....$20
Bogey Hills
- July 28, 1:00-3:00 PM
Clarkson
- July 7, 10:00 AM-Noon
Southroads
- July 25, 10:00 AM-Noon

**Go, Red ....................$20**
Bogey Hills
- August 25, 1:00-3:00 PM
Clarkson
- June 20, 10:00 AM-Noon

**Mexican Cantina .......$20**
Bogey Hills
- June 16, 4:00-6:00 PM
Clarkson
- June 20, 1:00-3:00 PM

**Family Affair**
(Grades 5-8)
Cupcake Fakes ........$20
Southroads
- June 14, 10:00 AM-Noon
West Oak
- June 16, 10:00 AM-Noon

**Hula Holiday ..........$20**
Bogey Hills
- July 28, 4:00-6:00 PM
Clarkson
- July 8, 6:30-8:30 PM
Southroads
- July 10, 1:00-3:00 PM

**Young Chef**
(Grades 2-5)
Wacky Fun Food .......$20
Bogey Hills
- June 16, 1:00-3:00 PM
Clarkson
- June 9, 1:00-3:00 PM

**Crazy Bowl ............$20**
Clarkson
- August 3, 10:00 AM-Noon

**Baking Buddies ........$40**
(Grades 5-8)
Bogey Hills
- August 8, 6:30-8:30 PM
Clarkson
- August 11, 10:00 AM-Noon

**Hula Holiday ..........$20**
Bogey Hills
- July 28, 4:00-6:00 PM
Clarkson
- July 8, 6:30-8:30 PM
Southroads
- July 10, 1:00-3:00 PM

**Backyard BBQ ............$40**
(Grades 2-5)
Bogey Hills
- June 15, 6:30-8:30 PM
Clarkson
- June 15, 6:30-8:30 PM

**Family Affair**
(Grades 5-8)
Cupcake Fakes ........$20
Southroads
- June 14, 10:00 AM-Noon
West Oak
- June 16, 10:00 AM-Noon

**Camp-Out Canteen ....$40**
(Grades 2-5)
Bogey Hills
- July 13, 6:30-8:30 PM
Clarkson
- July 13, 6:30-8:30 PM

**Hula Holiday ..........$20**
Bogey Hills
- July 28, 4:00-6:00 PM
Clarkson
- July 8, 6:30-8:30 PM
Southroads
- July 10, 1:00-3:00 PM

**Baking Buddies ........$40**
(Grades 5-8)
Bogey Hills
- August 8, 6:30-8:30 PM
Clarkson
- August 11, 10:00 AM-Noon

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Jeannie Gearin,
Culinary Professional

Vicki Arbogast,
Culinary Professional
Part dessert, part cocktail, and all pure fun, these frosty frozen treats are summer's hottest dessert trend, designed with adult flavors in mind. Spirited or not, stash a few of these in your freezer, and you'll keep your cool all summer long.

**Fuzzy Navel Popsicles**

This popular 80's brunch cocktail is cool - real cool, baby! – once again. Make this one for the grown-ups.

Combine all ingredients in blender container; blend until smooth. Divide mixture evenly among 4 popsicle molds. Freeze overnight or until solid. Makes 4 popsicles.

- **1 1/4 cups sliced fresh peaches**
- **1/2 cup Dierbergs orange juice**
- **2 tablespoons peach schnapps**
- **2 tablespoons Dierbergs sugar**

**Per pop:**
- Calories 75
- Fat <1g
- Cholesterol 0mg
- Sodium <1mg
- Carbohydrate 16g
- Fiber 1g
- Protein 1mg

**Pop-tail Pointers**

- If adding alcohol to the popsicles, be very careful to keep the popsicles out of the hands of children.
- Find colorful, fun popsicle molds at Dierbergs. They catch all the drips and the handle doubles as a straw so you won't miss a drop. Be sure to fill the molds to the absolute top to ensure the sticks become embedded in the frozen pops.
- To unmold, quickly run pop molds under hot water until they release.
- Avoid the temptation to add an extra splash of your favorite spirits to these pops. Too much alcohol will keep them from freezing properly.

**CREAMY STRAWBERRY PINEAPPLE POPS**

These are smooth and dreamy, and such a pretty pink! They're the perfect addition to a baby shower menu.

Combine all ingredients in blender container; blend until smooth. Divide mixture evenly among 4 popsicle molds. Freeze overnight or until solid. Makes 4 popsicles.

- **1 1/2 cups rinsed and hulled strawberries**
- **1 carton (5 to 6 ounces) vanilla Greek yogurt**
- **1/4 cup Dierbergs sugar**
- **1/4 cup finely chopped fresh pineapple**

**Per pop:**
- Calories 101
- Fat <1g
- Cholesterol 0mg
- Sodium 20mg
- Carbohydrate 21g
- Fiber 1g
- Protein 4mg

**TIP** An economical way to capture the bright taste of fresh pineapple is to buy just the amount you need at Dierbergs Salad Bar.
Piña Colada Pops

It's an umbrella drink on a stick! The tropics never tasted so cool!

1 cup pineapple juice
1/2 cup cream of coconut

In 2-cup glass measure, stir together all ingredients. Divide mixture evenly among 4 popsicle molds. Freeze overnight or until solid. Makes 4 popsicles

Per pop:
Calories 132 Fat 11g
Cholesterol 0mg Sodium 3mg
Carbohydrate 10g Fiber 1g
Protein 1mg

Ultimate Berry Popsicles

Just a little bit of ice cream makes these super-fruity berry pops silky smooth.

1 container (16 ounces) Dierbergs Kitchen Signature Ultimate Berry Fruit Sauce
1 container (3.6 ounces) raspberry sorbet
1/2 cup Dierbergs vanilla ice cream (divided)
1 teaspoon fresh lemon juice
12 to 16 blueberries

Place 1 cup of the Fruit Sauce in strainer over small bowl. Use back of spoon to press down on Sauce to remove all solids; discard solids. Place strained Sauce, sorbet, 1/4 cup of the ice cream, and lemon juice in blender container; blend at high speed until smooth. Place 1 spoonful Sauce mixture in popsicle mold; add 1 teaspoon of the remaining ice cream and top with 1 blueberry. Repeat layering to fill popsicle mold to the top. Repeat with remaining popsicle molds. Freeze overnight or until solid. Makes 4 popsicles

Per pop:
Calories 88 Fat 2g Cholesterol 6mg
Sodium 18mg Carbohydrate 18g
Fiber 2g Protein 1mg

No molds? No problem. Partially freeze the pop mixture in small paper cups. Freeze about an hour until slushy. Then insert sticks and freeze until solid.
strawberry lemonade

This tall, cool, colorful drink is guaranteed to be a smash! Muddling brings out all the fresh flavors in this fruity summer refresher.

1 small lemon
2 medium strawberries, hulled
2 tablespoons Dierbergs sugar
1 cup water
3 ice cubes
Club soda (optional)

Trim and discard ends of lemons to remove excess rind; cut into 8 wedges. In cocktail shaker, combine strawberries and sugar; muddle by pressing muddler, pestle, or wooden spoon down with twisting action to dissolve sugar. Add 7 of the lemon wedges; muddle to release juice. Add water and ice cubes; shake vigorously until chilled. Pour into tall ice-filled glass. If desired, add splash of club soda and garnish with remaining lemon wedge.

Makes 1 serving

Per serving:
Calories 112  Fat <1g  Cholesterol 0mg
Sodium 9mg  Carbohydrate 29g  Fiber 1g
Protein <1mg