Meet Cheryl Forberg, RD
Nutritionist for NBC’s “The Biggest Loser
Eating slim never tasted so good

You’re Grilling That?
Oh, yeah!
We put it all on the grill!

Twilight Grill
Sit down to a sensational sunset supper
Summertime Dining on My Mind

I was at one of our stores on a beautiful spring Saturday when I got the text: Deadline 4 EBC column. Can u share thoughts about summer foods?

My thoughts? Easy.

Today, I’m thinking about picking up a slab of Bob’s Barbecue ribs, fresh from the smoker on Dierbergs lot. I didn’t have time to fire up my kettle this morning, but I’m not missing a beautiful weekend day without BBQ. It’s awesome, it’s convenient and my family loves it.

Tomorrow is my time to grill. The menu features USDA Choice Angus steaks. If you’re planning the same, don’t miss the homemade steak-sauce recipes (pg. 6), specifically created to pair with premium beef cuts.

Dessert? Cool, juicy slices of Missouri-grown watermelons. They’re arriving daily at our stores and it’s a summer-day staple for my family. If you’re a watermelon fan too, our School of Cooking’s recipes (pg. 10) for Grilled Melon Salsa and Ruby Melon-tini are definitely worth a try.

Back to my thoughts: If you love summertime dining, keep this magazine on your counter. I guarantee it will lead to plenty of memorable meals on the water, deck, patio or porch.

Enjoy your summer,
Greg Dierberg

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ON THE COVER:
Grilled Shrimp/Fire Roasted Cocktail Sauce (Recipe page 5)

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Grilled Mexican Turkey Burger

(Recipe courtesy of Cooking with Quinoa for Dummies, by Cheryl Forberg, RD.)

Serve these burgers on whole grain buns or wrap them in romaine lettuce leaves with a few slices of creamy Mexican avocado and a spoonful of fresh salsa for a lighter taste.

1 pound ground turkey breast
1/4 cup diced red onion
1/4 cup diced red bell pepper
1/4 cup chopped cilantro
1/4 cup diced green or red jalapeño
1/4 cup Dierbergs reduced-fat Mexican cheese blend
1 tablespoon Mexican or fajita seasoning
3 teaspoons minced garlic
6 Sandwich Thins
1/3 cup Avocados from Mexico, halved, pitted, peeled, and thinly sliced
6 tablespoons salsa
6 tablespoons plain non-fat Greek yogurt

Lettuce, tomato, red onion (optional)

Carbohydrate 4g
Protein 18g
Cholesterol 45mg
Sodium 220mg

Stir up some fun at Dierbergs School of Cooking.

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Spicy Beef Satays*

These simple beef skewers are lean, tender, and so delicious. A squeeze of fresh lime juice just before serving makes the flavors pop.

1 beef flank steak (1 pound)
1/2 cup plain non-fat Greek yogurt
3 tablespoons chopped cilantro (divided)
1 tablespoon ground sumac (optional)
1 teaspoon ground cumin
1 teaspoon garlic salt
1 teaspoon dry mustard
1/4 teaspoon ground allspice
1 tablespoon ground coriander
1 tablespoon smoked paprika
2 tablespoons fresh lime juice
3 tablespoons chopped cilantro (divided)

In large bowl, stir together olive oil and garlic salt. Add shrimp; toss until well coated. Thread shrimp in "C" shape onto skewers. If desired, slide second skewer coated. Thread shrimp in "C" shape onto second skewer to prevent shrimp from twirling. Place skewers on grill until shrimp are pink and firm, about 3 minutes per side.

To serve, spoon Fire-Roasted Cocktail Sauce into 4 martini glasses. Top each with 4 shrimp. Garnish with Italian parsley and lemon slices.

Makes 4 servings

Per serving:
Calories 150  Fat 5g
Cholesterol 5mg  Sodium 70mg
Carbohydrate 1g  Fiber 0g  Protein 23g

Fire-Roasted Cocktail Sauce

1 cup canned fire-roasted diced tomatoes
1 tablespoon prepared horseradish
1 tablespoon fresh lime juice
1/2 teaspoon pureed chipotles in adobo sauce

In work bowl of food processor fitted with steel knife blade, process all ingredients just until smooth. Place in small bowl, cover, and chill at least 30 minutes or up to 1 month.

Makes about 1 cup

Per tablespoon:
Calories 30  Fat 1g
Cholesterol 0mg  Sodium 10mg
Carbohydrate 1g  Fiber 0g  Protein 0g

Asian Avo “Mayo”*

Spread this creamy, delicious “mayo” on crostini or sandwiches for a healthy serving of good fats at a fraction of the calories of regular mayonnaise.

1 ripe Avocado from Mexico, halved, pitted, peeled, and coarsely chopped
1/2 tablespoons olive oil
1/2 teaspoons red wine vinegar
1/2 teaspoons Dijon mustard
2 teaspoons soy sauce
1 teaspoon mustard
1/2 teaspoons black sesame oil

In large bowl, stir together olive oil and garlic salt. Add shrimp; toss until well coated. Thread shrimp in "C" shape onto skewers. If desired, slide second skewer coated. Thread shrimp in "C" shape onto second skewer to prevent shrimp from twirling. Place skewers on grill until shrimp are pink and firm, about 3 minutes per side.

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Asian Avo “Mayo”*
You’ve splurged on a premium steak or some thick juicy chops to throw on the grill. Salt, pepper, fire—done! But why stop there? Whether your favorite comes by land or by sea, a serious steak is even better when you pair it with a fabulous sauce. Too much trouble, you say? Not so fast! Forget the hours of simmering, frantic whisking, and fingers-crossed-that-it-won’t-separate sauces. These bright, fresh blends need little if any cooking and add a whole lot of personality to just about anything you have on the grill.

**Angus Beef Strip Steak**

*(1 1/4 to 1 1/2 inches thick)*

Grill to internal temperature of 145°F. for medium, about 8 to 10 minutes per side.

**GET READY**

- Let meat stand at room temperature up to 30 minutes before grilling for more even cooking.
- Preheat grill to high and rub vegetable oil over clean grate.
- Lightly brush both sides of meat with olive oil and season with coarse salt and freshly ground black pepper JUST before cooking for better browning.

**GET SET**

- Use tongs to flip and keep meat juicy. Forks make holes that allow juices to escape.
- When meat reaches recommended temperature or desired doneness, transfer to cutting board and let rest before slicing to allow juices to settle back into meat.

**Earl Grey Chimichurri**

How do you make this herby Argentinean steak sauce even more fabulous? Add a little Earl Grey tea for a hint of citrus, soy sauce for richness, and a splash of sherry for fun. We’ve paired it with a strip steak, but it’s also fabuluous over salmon, tuna, or portabella mushrooms.

- 2 Earl Grey tea bags
- 1/3 cup very hot (not boiling) water
- 4 cloves garlic
- 1 cup cilantro or Italian parsley leaves
- 1 package (0.75 ounce) fresh basil leaves
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon dry sherry
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 6 tablespoons Dierbergs olive oil

In 1-cup glass measure, brew tea in hot water for 5 minutes; remove and discard tea bags.

Fit work bowl of food processor with steel knife blade. With machine running, drop garlic through feed tube; process until finely chopped. Add cilantro, basil, tea, soy sauce, sherry, salt, and pepper; process until coarsely pureed. With machine running, pour olive oil through feed tube in slow, steady stream; process until well mixed. Let stand at least 1 hour to develop flavors.

Makes about 1/4 cup

**Per 2 tablespoons:**

- Calories 129 • Fat 14g
- Cholesterol 0mg • Sodium 268mg
- Carbohydrate 1g • Fiber < 1g • Protein 1g

**Roasted Poblano Pesto**

One bite of sizzling sirloin steak dipped in this sassy, smoky pesto and you’ll be hooked. Keep a supply in the freezer so it’s ready when you want to turn up the heat. Slather it on sandwiches, or spread it over pizza crust instead of your usual sauce. Delicious!

- 2 poblano peppers
- 2 jalapeño peppers
- 1/2 cup loosely packed cilantro or Italian parsley leaves
- 2 cloves garlic
- 2 tablespoons pine nuts, toasted
- 1 tablespoon white balsamic or white wine vinegar
- 1 teaspoon dried oregano
- 1 teaspoon coarse salt
- 1/3 cup Dierbergs extra virgin olive oil

Place peppers on grid over medium-high heat; cover and grill turning occasionally until skin is blackened on all sides, about 15 to 18 minutes. Place peppers in brown paper bag; fold down top of bag to seal. Let stand 10 minutes. Carefully remove skin from peppers. Cut peppers into quarters; remove and discard veins and seeds. Place peppers in work bowl of food processor fitted with steel knife blade. Add cilantro, garlic, pine nuts, vinegar, oregano, and salt; process until smooth. With machine running, pour olive oil through feed tube in slow, steady stream; process until well mixed. Pesto may be covered and chilled up to 1 week or frozen up to 6 months.

Makes about 1 cup

**Per 2 tablespoons:**

- Calories 109 • Fat 11g
- Cholesterol 0mg • Sodium 248mg
- Carbohydrate 4g • Fiber < 1g • Protein 1g

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Makes about 1 cup

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- Calories 109 • Fat 11g
- Cholesterol 0mg • Sodium 248mg
- Carbohydrate 4g • Fiber < 1g • Protein 1g
**Quick Nectarine Chutney**

This quick and easy sauce of sweet, summer nectarines, tangy peppers and onions, and a handful of dried cranberries transforms a simple grilled pork chop into a very special entree. Or pair it with grilled chicken, salmon or tuna.

1 tablespoon Dierbergs vegetable oil
1/2 cup diced onion
1/2 cup diced red bell pepper
3 cups peeled and coarsely chopped nectarine
1/2 cup sweetened dried cranberries
1/2 cup firmly packed Dierbergs brown sugar
1/2 cup Dierbergs granulated sugar
1/2 teaspoon grated orange peel
1/4 cup fresh orange juice
1/4 teaspoon salt

In large nonstick skillet, heat oil over medium-high heat. Add onion and bell pepper; cook stirring occasionally until vegetables are tender, about 4 minutes. Stir in remaining ingredients; bring to a boil. Reduce heat and cook stirring occasionally until thickened and syrupy, about 20 to 25 minutes.

Makes about 2 cups

**Per 2 tablespoons:**
- Calories 50
- Fat 1g
- Cholesterol 0mg
- Sodium 20mg
- Carbohydrate 10g
- Fiber 1g
- Protein 1g

**Bone-In Rib Pork Chop**

Grill to internal temperature of 155°F., about 6 to 8 minutes per side.
**Grilled Melon Salsa**

A bowl of this sweet and smoky salsa, some crisp tortilla chips, and a festive cocktail are a great start to a sultry summer evening.

**Ruby Melon-tini**

Tart grapefruit balances the sweetness of watermelon in this refreshing sunset-colored cocktail.

**Kalamata Melon Salad**

Something sweet paired with something salty brings out the best in both. A colorful mix of sweet watermelon, tangy feta, and briny kalamata olives is one of summer’s most delectable salads.

**HOW TO BUY**

- A dull rind, distinct differences in the shades of green, and the separation of the stripes on the melon's rind are good indicators of ripeness.
- Watermelons that are heavy for their size have more juice and are sweeter.
- Listening for a hollow sound when you smack the side of the melon is less reliable.

**HOW TO STORE/SERVE**

- Whole watermelon keeps one week in the refrigerator.
- Wash the watermelon before cutting.
- Trim and discard the rind from cut watermelon.
- Use cut watermelon within 2 days.

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**Recipe Details**

- **Grilled Melon Salsa**
  - 1 cup homegrown seedless watermelon, 1 inch thick
  - 1 chopped red onion
  - 1 jalapeño pepper, halved, seeded, and deveined
  - 2 tablespoons thinly sliced green onion
  - 1 tablespoon Dierbergs olive oil
  - 2 teaspoons white wine vinegar
  - 1 teaspoon coarse salt
  - 1 teaspoon fresh lime juice
  - 1 teaspoon grated lime peel
  - 2 teaspoons white wine vinegar
  - 1 tablespoon cilantro
  - 2 tablespoons thinly sliced green onion
  - 1 jalapeño pepper, halved, seeded, and minced
  - 1 container (12 ounces) fresh pineapple
  - 1 slice homegrown seedless watermelon, 1 inch thick

- **Ruby Melon-tini**
  - 1 cup chopped fresh mint or parsley
  - 3 to 4 tablespoons Dierbergs light rum
  - 1/4 cup fresh mint or parsley
  - 1/2 cup lime juice

- **Kalamata Melon Salad**
  - 1/2 cup crumbled feta cheese
  - 2 tablespoons thinly sliced green onion
  - 1 can (22 1/2-ounce) sliced Kalamata olives, drained

**Per serving:**
- Calories: 24
- Carbohydrate: 4g
- Protein: 1g
- Fat: 1g
- Fiber: <1g
- Sodium: 0mg

**Makes 8 servings**

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**Tips for Buying Watermelons**

- Use cut watermelon within 2 days.
- Trim and discard the rind from cut watermelon.
salute to summer fruit

The best-tasting peaches, cherries, and berries are in season now, and this beautiful salad deliciously celebrates all three. Serve it on a bed of greens as a light, refreshing lunch, or make it an accompaniment to grilled chicken or shrimp.

White Peach and Cherry Salad with Sweet Blueberry Vinaigrette

With fragrant peaches, sweet cherries, and creamy goat cheese, this elegant salad is sure to impress. Toast the nuts and make the vinaigrette ahead, then assemble the salads just before serving.

2 tablespoons finely chopped macadamias, toasted
1 log (4 ounces) La Bonne Vie plain goat cheese
Sweet Blueberry Vinaigrette (recipe follows)
2 large white peaches or nectarines, halved, pitted, and each cut into 8 wedges
1/2 cup pitted sweet cherries
Blueberries or blackberries


Makes 4 servings

Per serving: Calories 215 Fat 14g Cholesterol 19mg Sodium 116mg Carbohydrate 20g Fiber 3g Protein 4g

Sweet Blueberry Vinaigrette

1/2 cup fresh blueberries
3 tablespoons white wine vinegar
2 tablespoons Dierbergs brown sugar
2 tablespoons Dierbergs olive oil

Combine all ingredients in work bowl of food processor fitted with steel knife blade; process until well combined. Strain through fine mesh strainer into small bowl, pressing down on mixture to remove seeds.

Makes about 1/2 cup

twilight grill

When the sun goes down on a warm summer night, it’s time to fire up the grill, mix up a batch of refreshing cocktails, and get the party started. This is the season to keep things light and leisurely. Whether you stay in town with friends gathered on the patio or escape to the lake for the weekend, our simple recipes with a fun mix of flavors are just right for entertaining friends.

Pink Palomas

Move over, margaritas! Mexico’s most popular cocktail – the paloma – is a terrific summer refresher. Our version has a lovely pink blush.

4 cups Ruby Red grapefruit juice
2 cups tequila
1/2 cup fresh lime juice
1/2 cup agave nectar
2 cans (12 ounces each) carbonated lemon-lime soda

Lemon or lime slices (optional)

In large pitcher, combine grapefruit juice, tequila, lime juice, and nectar; stir briskly to combine. Chill several hours or up to 3 days. To serve, fill tall glasses with ice; add grapefruit mixture to about half full. Top off with soda. Garnish each with lemon slice.

Makes 8 servings

Per 4 appetizers: Calories 116 Fat 8g Cholesterol 19mg Sodium 367mg Carbohydrate 8g Fiber 1g Protein 5g

Antipasto Bruschetta

Just a few ingredients deliver big flavors in this super-easy appetizer. Keep the ingredients on hand so you’re always ready for a party.

1 container (7 ounces) Dierbergs Kitchen Signature Sun-Dried Tomato Spread
1/3 cup sliced kalamata olives
1 container (8 ounces) Dierbergs Bakery Toasted French Slices (crostini)
1 package (4 ounces) sliced Volpini salami
Slivered fresh basil leaves

In small bowl, stir together tomato spread and olives. Spread generous teaspoon over 4 dozen of the bread slices. Reserve remaining bread slices for other uses. Top each with salami slice and basil. Serve immediately.

Makes about 4 dozen

Per 4 appetizers: Calories 116 Fat 8g Cholesterol 19mg Sodium 367mg Carbohydrate 8g Fiber 1g Protein 5g
Mojito-Glazed Grilled Chicken

The spiced rum glaze gives this moist, tender chicken a rich mahogany color. A hint of fresh mint adds a bright, fresh flavor.

1/2 cup fresh lime juice

1/2 cup spiced rum

1/4 cup chopped fresh mint

1 teaspoon salt

8 boneless, skinless chicken breast halves, pounded to even thickness

Mojito Glaze (recipe follows)

Place all ingredients except Mojito Glaze in large freezer-weight reclosable plastic bag. Seal bag; turn to coat chicken. Place bag on plate and marinate in refrigerator 2 to 6 hours. Remove chicken from marinade; discard marinade.

Place chicken on oiled grid over medium-high heat; cover and grill 3 minutes. Turn chicken and baste with Mojito Glaze; cook turning and brushing with Glaze until internal temperature is 165°F., about 6 to 8 minutes per side.

Makes 8 servings

Per serving:

Calories 204  Fat 3g

Cholesterol 75mg  Sodium 140mg

Carbohydrate 16g  Fiber <1g  Protein 25g

Mojito Glaze

1/2 cup agave nectar or honey

2 tablespoons spiced rum

2 teaspoons grated lime peel

In 1-cup glass measure, whisk together all ingredients. Makes about 1/2 cup

Garden Tabbouleh Salad

This flavorful Middle Eastern salad is everything you need in a summer side dish - light, satisfying, and best of all, make-ahead!

1 1/2 cups quick cooking bulgur

1 1/2 cups boiling water

1 1/2 cups grape tomatoes, quartered

1 cup chopped baby cucumber

1 cup chopped fresh parsley

1/2 cup sliced green onion

1/4 cup chopped fresh mint

1 1/2 teaspoons garlic pepper

1/3 cup fresh lemon juice

1/3 cup Dierbergs extra virgin olive oil

In large bowl, stir together bulgur and boiling water; let stand until softened and fluffy, about 1 hour. Drain off any excess liquid. Stir in tomatoes, cucumber, parsley, green onion, mint, and garlic pepper. In 1-cup glass measure, whisk together lemon juice and olive oil. Drizzle over salad; toss until well mixed. Cover and chill overnight to develop flavors. Serve chilled or at room temperature.

Makes 8-10 servings

Per serving:

Calories 147  Fat 8g

Cholesterol 0mg  Sodium 11mg

Carbohydrate 19g  Fiber 5g  Protein 3g

Raspberry Lemon Crêpes

No matter how you fill or fold them, crêpes let you create a dazzling dessert in minutes. A light, creamy filling studded with fresh raspberries and a hint of lemon makes these just right for a warm summer night.

1 package (8 ounces) Dierbergs regular or light cream cheese, softened

1/3 cup Dierbergs granulated sugar

2 teaspoons grated lemon peel

2 tablespoons fresh lemon juice

2 cups heavy whipping cream

2 cartons (6 ounces each) fresh raspberries (divided)

1 package (5 ounces) prepared crêpes (Melissa’s)

Mint leaves (optional)

Dierbergs powdered sugar

In large mixer bowl, beat cream cheese, granulated sugar, and lemon peel and juice at low speed until smooth. Add cream; beat gradually increasing speed to medium until stiff peaks form. Add 1 carton of the berries to mixer bowl. Beat at low speed breaking up raspberries until combined. Chill until ready to serve.

Just before serving, spread about 1/2 cup filling over one half of each crêpe; fold into quarters. Place on individual serving plates. Top with dollop of remaining filling. Garnish with raspberries and mint leaves. Dust with powdered sugar.

Makes 10 servings

Per serving:

Calories 339  Fat 27g

Cholesterol 97mg  Sodium 172mg

Carbohydrate 22g  Fiber 2g  Protein 4g

Bulgur

The mild, nutty flavor and tender, slightly chewy texture of bulgur has been a nutritious staple in Middle Eastern cuisines for centuries. Not to be confused with cracked wheat, bulgur wheat kernels are steamed, dried, and crushed. It’s an excellent way to add whole grains to your diet. Look for bulgur in Dierbergs Whole Life aisle.
package meals

When you were a kid, "hobo packs" – those simple foil-wrapped bundles of dinner cooked over a campfire – always tasted sooo good. They still do, especially when you stuff them with all sorts of grown-up goodies. And they're one of the quickest ways to get dinner on the table on a busy summer day. Just fill them up, wrap them up, and fire up the grill for the easiest dinner ever. No muss, no fuss, and no campfire required!

Chicken Niçoise with Lemon Vinaigrette

Inspired by the famous Provençal salad, these packets are an elegant and easy dinner.

1 package (14 ounces) Just Bare Chicken Breast Halves, pounded to even thickness
2 teaspoons Dierbergs extra virgin olive oil
1 package (8 ounces) fresh green beans, trimmed
1/2 pound baby red potatoes, thinly sliced
4 slices lemon

Lemon Vinaigrette (divided) [recipe follows]
Course salt and freshly ground black pepper

Place each chicken breast on large sheet of heavy-duty foil; brush tops with olive oil. Place green beans, potatoes, and onion around chicken. Place lemon slices on top. Drizzle 1 tablespoon Vinaigrette over each packet; season with salt and pepper. Seal packets (see How to Make a Foil Packet). Place pack on grid over medium heat; cover and grill turning once until shrimp are opaque and vegetables are tender, about 10 minutes per side. Carefully open packet. Sprinkle asagio over top, close tightly and let stand until cheese melts, about 2 to 3 minutes. Makes 2 servings

Per serving:
Calories 238
Fat 9g
Cholesterol 25mg
Sodium 170mg
Carbohydrate 25g
Fiber 2g
Protein 21g

How to Make a Foil Packet

• Lay a large sheet of heavy-duty foil on work surface.
• Add ingredients in order listed, placing in center of foil.
• Bring sides of foil to center in series of locked folds, allowing space for steam.
• Fold up ends to seal completely.

Grilled Banana Split

Don't forget dessert! Bananas wrapped in a warm, gooey, chocolate-caramel sauce with a scoop of ice cream are simply irresistible.

1 large slightly under-ripe banana
2 tablespoons chocolate fudge sauce, warmed
2 tablespoons caramel ice cream topping
1/4 cup miniature marshmallows
2 scoops Dierbergs vanilla ice cream
2 maraschino cherries with stems

Slice banana in half lengthwise; cut each piece in half crosswise. Place banana on large sheet of heavy-duty foil; top with chocolate fudge sauce, ice cream topping, and marshmallows. Seal packets (see How to Make a Foil Packet). Place on grid over medium-high heat; grill turning once until packet is puffed, about 2 to 3 minutes per side. Carefully open packet. Divide banana between 2 serving plates; top with scoop of ice cream, drizzle of sauce from packet, and cherry. Makes 2 servings

Per serving:
Calories 319
Fat 9g
Cholesterol 8mg
Sodium 170mg
Carbohydrate 35g
Fiber 2g
Protein 2g

Just Bare
Chicken is fresh, natural chicken raised in a wholesome and humane environment and packaged without additives or preservatives. The hand-trimmed, perfectly portioned pieces are just the right size for even cooking in this foil packet recipes.

1 package (12 ounces) Dierbergs Tri-Mix Potatoes (Produce Department)
1 package Dierbergs olive oil
1 teaspoon Dijon mustard
1/2 teaspoon dried thyme
1/2 teaspoon coarse salt
1/2 teaspoon garlic pepper
2 cups Dierbergs extra virgin olive oil

Place potatoes on large sheet of heavy-duty foil. Drizzle olive oil over top and season with salt and garlic pepper. Seal packet (see How to Make a Foil Packet). Place packet on grid over medium heat; cover and grill turning once until potatoes are tender, about 10 minutes per side. Carefully open packet. Sprinkle asagio over top, close tightly and let stand until cheese melts, about 2 to 3 minutes. Makes 2 servings

Per serving:
Calories 128
Fat 6g
Cholesterol 5mg
Sodium 80mg
Carbohydrate 18g
Fiber 2g
Protein 4g

Lemon Vinaigrette
2 tablespoons fresh lemon juice
1 clove garlic, minced
1 teaspoon Dijon mustard
1/4 teaspoon dried thyme
1/4 cup Dierbergs extra virgin olive oil

Coarse salt and freshly ground black pepper

In 1-cup glass measure, stir together lemon juice, garlic, Dijon, and thyme. Whisking vigorously, add olive oil in slow, steady stream until well mixed. Season with salt and pepper. Makes about 1/4 cup

Treesi Tri-Mix Potatoes

Good things come in three’s, like this colorful trio of ‘taters. Pick up a package of these packets in our Produce Department, add a few basic seasonings, and toss onto the grill for your grill. Now, that’s “take-out” redefined.

1/4 pound fresh sugar snap peas, trimmed
1/2 pound medium (31 to 40 count) peeled and deveined Black Tiger shrimp

Dierbergs Grill-Ready Teriyaki Sauce
1/4 cup miniature marshmallows
2 scoops Dierbergs vanilla ice cream
2 maraschino cherries with stems

Divide vegetables, shrimp, and snap peas between 2 large sheets of heavy-duty foil. Top each with 3 tablespoons Teriyaki Sauce and 1/4 teaspoon sesame seed. Seal packets (see How to Make a Foil Packet). Place on grid over medium-high heat; cover and grill turning once until shrimp are opaque throughout and vegetables are crisp-tender, about 5 minutes per side. Serve over hot cooked rice with additional warmed Teriyaki Sauce. Makes 2 servings

Per serving:
Calories 228
Fat 13g
Cholesterol 165mg
Sodium 1588mg
Carbohydrate 32g
Fiber 2g
Protein 20g

Teriyaki Shrimp
and Vegetables

Wrap up tender shrimp, a medley of veggies, and a sassy sauce, and head for your grill. Now, that’s “take-out” redefined.

1 package (14 ounces) Dierbergs Grill-Ready BBQ Griller vegetables, cut into bite-sized pieces (Produce Department)
1/2 pound medium (13 to 20 count) peeled and deveined Black Tiger shrimp
1/4 pound fresh sugar snap peas, trimmed
Dierbergs Kitchen Signature Asian Sesame Glaze Teriyaki Sauce
1/2 teaspoon toasted sesame seed

Hot cooked rice

Serves 2

Per serving:
Calories 319
Fat 9g
Cholesterol 8mg
Sodium 170mg
Carbohydrate 35g
Fiber 2g
Protein 21g

R E C I P E S

R E C I P E S

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Dierbergs Kitchen Signature Asian Sesame

RULES OF THE ROYAL KITCHEN

1/2 cup slivered red onion
1/2 cup miniature marshmallows
2 scoops Dierbergs vanilla ice cream
2 maraschino cherries with stems
As long as you're firing up the grill for the usual burgers and chicken, why not make room on the grate for something unexpected? From starters to salads to desserts, we took it all outside for a little quality time over the coals. Let the conversations begin!

**Grilled Caesar Salad**

This restaurant-style favorite is a cinch to make at home. A quick char leaves the lettuce crisp and gives it a hint of smoky flavor.

- 1 bag (12 to 16 ounces) romaine hearts
- Dierbergs extra virgin olive oil
- 3 lemons, halved
- 1/2 teaspoon coarse salt
- Freshly ground black pepper
- 1 cup Caesar-style croutons
- 1/2 cup Dierbergs Signature shaved parmesan cheese

Rinse lettuce and pat dry. Slice in half lengthwise, leaving root end intact. Generously brush cut surface with olive oil. Place cut-down side on oiled grid over medium-high heat; grill turning once until leaves are wilted and lightly charred, about 2 to 3 minutes. Brush cut-side of lemons with olive oil. Place lemons cut-side down on oiled grid over medium-high heat; grill until lightly charred and grill marks appear, about 2 to 3 minutes. Place romaine wedges on 6 individual serving plates. Squeeze lemon halves over top; season with salt and pepper. Sprinkle croutons and cheese over tops. Serve immediately. Make 6 servings.

**Bacon-Wrapped Meatballs**

Now that we have your attention...this can't-miss appetizer is a great way to kick off any backyard gathering. Better make a few extra!

- 1 package (32 ounces) precooked frozen home-style meatballs (Rosina)
- 6 slices center-cut bacon, halved crosswise
- Dierbergs Kitchen Signature BBQ Ranch Sauce

Remove 12 meatballs from package; let stand 15 minutes to thaw. Reserve remaining meatballs for other uses. Wrap 1 bacon piece around each meatball, securing with wooden pick. Place in grill basket that has been lightly coated with no-stick cooking spray. Place basket on grid over indirect medium-high heat; cover and grill turning occasionally until meatballs are heated through and bacon is crispy, about 45 minutes. Serve with BBQ Ranch Sauce.

Makes 12 meatballs

Per 2 Meatballs with 1 tablespoon BBQ Ranch Sauce: Calories 153 • Fat 11g • Cholesterol 27mg • Sodium 417mg

**Spicy Grilled Guacamole**

Hey – why not? The combination of smoky, sweet grilled vegetables in this creamy mash-up is fresh and fun. Add crispy tortilla chips, frosty margaritas, and you're set.

- 2 ripe Avocados from Mexico, halved and seeded
- 1 small onion, sliced 1/4 inch thick
- 2 tomatillos, husks removed, rinsed, and halved
- 1 to 2 jalapeño peppers, halved, seeded, and deveined
- 1/4 cup finely chopped cilantro
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon coarse salt
- Freshly ground black pepper
- Dierbergs tortilla chips

Place avocados, onion, tomatillos, and jalapeños on oiled grid over medium-high heat; grill until lightly charred on all sides, about 2 to 3 minutes. Scoop out avocado flesh; place in medium bowl and mash. Finely chop onion, tomatillos, and jalapeños; add to avocado. Stir in cilantro, lime juice, garlic, salt, and pepper until well mixed. Serve with tortilla chips. Makes 3 cups.

Per 2 tablespoons without chips: Calories 21 • Fat 2g • Cholesterol 0mg • Sodium 83mg

**TIP** Try Rosina Italian-style meatballs with Dierbergs Kitchen Signature Marinara Sauce.
Maple Planked Brie
Skip the usual cheese-and-cracker thing and go for a little drama. Warm up a wheel of soft, creamy brie on a maple plank, then spoon on a luscious topping for an elegant appetizer.

1 cheese grilling plank
1 wheel (7 to 8 ounces) brie cheese
Small clusters of seedless red or green grapes, rinsed leaving stems wet
1 container (4.4 ounces) Dierbergs Kitchen Signature Brandied Apricot Brie Topper, OR 1/2 cup apricot jam
Assorted crackers or Dierbergs Bakery Toasted French Bread Slices (Crostini)

Soak cheese grilling plank in water for at least 1 hour. Place soaked plank on grid over medium-high heat; cover and heat for 3 minutes. Turn plank over; cover and heat until light smoke develops, about 3 minutes. Place brie on heated plank; cover and grill until brie is heated through, about 8 to 10 minutes. Place grapes on oiled grid over medium heat; grill until grapes are warmed, about 2 to 3 minutes. Remove plank from grill; top brie with Brandied Apricot mixture. Serve with grilled grapes and assorted crackers.

Makes 8 servings

Per serving with 6 grapes:
Calories 155
Fat 9g
Cholesterol 25mg
Sodium 189 mg
Carbohydrate 13g
Fiber 1g
Protein 6g

Grilled Strawberry Shortcake
Think “classic with a twist.” While the grill is still warm, toast thick cake slices. Top with sweetened strawberries and spirited whipped cream. Simple and sublime!

1 box (16 ounces) strawberries, sliced
2 tablespoons Dierbergs granulated sugar
4 slices (3/4-inch thick) angel food cake or pound cake
3 tablespoons peach schnapps (divided)
1/2 cup heavy whipping cream
2 tablespoons Dierbergs powdered sugar

In medium bowl, combine strawberries and granulated sugar; cover and chill at least 1 hour. Brush cut sides of cake with 2 tablespoons of the liqueur. Place cake on oiled grid over medium heat; grill until grill marks appear, about 1 to 2 minutes per side.

In large mixer bowl, beat whipping cream, powdered sugar, and remaining 1 tablespoon liqueur at high speed until soft peaks form. Place cake slices on individual plates; divide strawberries along with juice over tops. Serve with dollop of the sweetened whipped cream.

Makes 4 servings

Per serving:
Calories 346
Fat 12g
Cholesterol 41mg
Sodium 185mg
Carbohydrate 53g
Fiber 2g
Protein 4g

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The moist aromatic heat from a maple plank makes a wheel of brie, a block of cheddar, or a chunk of provolone warm and gooey with a subtle, nutty-sweet flavor. You'll find Cheese Grilling Planks at Dierbergs with the grilling supplies.

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J U N E  2 0 1 3
To meet our customers’ cravings for fresh, high-quality seafood, we source our products year round from top-quality suppliers of farm-raised species and sustainably sound fishing companies. If it’s in season, you’ll find it in our stores.

While we don’t think it’s a secret, almost weekly we hear from customers who only recently discovered our Cooked Free program. For the uninitiated, here’s how it works:

**STEP 1**
Choose a fresh fillet. You select the fillets or shrimp.

**STEP 2**
Select a breading or choose one of our signature seasonings.

**STEP 3**
Choose baked, steamed, pan-seared or pan-grilled. We’ll cook it for free!

Call ahead and we’ll have your seasoned fish or shrimp cooked and ready to go when you arrive.

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* Black Tiger Shrimp in Scampi Butter $3.99 each
* Pan Seared Sante Fe Tilapia with Mango Chipotle Glaze $4.99 each
* Pan Grilled Swordfish with Mango Pineapple Salsa $4.99 each

Seasonally Fresh Seafood Selections Cooked Free!

To meet our customers’ cravings for fresh, high-quality seafood, we source our products year round from top-quality suppliers of farm-raised species and sustainably sound fishing companies. If it’s in season, you’ll find it in our stores.

- **Pan Grilled Swordfish with Mango Pineapple Salsa**
  $4.99 each
- **Black Tiger Shrimp in Scampi Butter**
  $3.99 each
- **Authentic Crab Cakes with Remoulade Sauce**
  $7.99 Jumbo Lump or $6.99 Special
- **Pan Seared Sante Fe Tilapia with Mango Chipotle Glaze**
  $4.99 each
- **Black Tiger Shrimp in Scampi Butter**
  $3.99 each

We’ll Cook Dinner while you shop!
ladybug cupcakes

Invite a swarm of these clever and colorful treats to your next picnic! Bake your favorite cupcake recipe, top with a swirl of our creamy frosting, and let these adorable candy ladybugs come in for a landing.

- 2 cubes (2 ounces each) chocolate almond bark
- 36 red peanut M & M candies
- 18 cupcakes

**Easy Homemade Frosting (recipe follows)**

2 cubes (2 ounces each) chocolate almond bark
36 red peanut M & M candies
18 cupcakes

**Easy Homemade Frosting**

Place chocolate bark in 1-quart freezer-weight resealable plastic bag (do not seal bag). Microwave (high) 30 seconds to soften. Knead chocolate in bag until melted and smooth. If needed, microwave (high) in 20-second intervals and knead until chocolate is completely smooth. Seal bag; snip off one corner of bag to make very tiny hole. Squeeze 36 small circles of chocolate onto sheet of waxed paper; place candies on top of chocolate. Carefully pipe chocolate line down center of each candy; pipe 2 to 3 dots chocolate on each side of line. Let Ladybugs stand until chocolate is set.

Spread Frosting onto cupcakes. Place 2 Ladybugs on each cupcake.

**Per cupcake:** Calories 453  Fat 17g  Cholesterol 9 mg  Sodium 252mg  Carbohydrate 73g  Fiber 1g  Protein 5g

**Easy Homemade Frosting**

1 box (16 ounces) powdered sugar (3½ cups)
1/4 cup solid shortening
1/4 cup Dierbergs butter, softened
1/2 teaspoon vanilla extract
1/4 to 1/3 cup water
Pinch salt
20 drops green food color
10 drops yellow food color

In large mixer bowl, combined powdered sugar, shortening, butter, vanilla, and 1/4 cup of the water; beat at low speed until smooth, about 1 to 2 minutes. Add additional water 1 tablespoon at a time, beating at medium speed until light and fluffy. Add food colors; beat until evenly tinted. Spread over cupcakes. Makes about 2 cups.

Calling all kids! Our Kitchen is the coolest place to be for hot summer fun!

Visit Dierbergs.com/school to check out our line-up of summer cooking classes.