EVERYBODY COOKS®
on TV Monday,
June 2, 8:00 p.m.
KMOV-TV • Channel 4

CELEBRITY CHEF
JOANNE WEIR

Talks tequila and small plates (in our kitchen)

FEAST FOR THE 4TH
A great pre-fireworks menu

HEIRLOOM TOMATOES
Crazy colors mean great flavors!
The unmistakable flavors of summer

I don’t remember a year when I have looked more forward to summer. If you glance at the opposite page, you’ll see one of my summer favorites: Fresh Heirloom Tomatoes. They taste exactly the way I remember tomatoes from my Mom and Dad’s backyard garden tasting when I was growing up.

So get ready for our summer crop of Homegrown Heirloom Tomatoes. Grown in Missouri and Illinois, these delicious, colorful and unique varieties have been preserved and cultivated over the years to keep their original flavor, color and texture. They will be among the items in our lobbies loaded with homegrown produce. These farmers’ markets within our markets will have as many as 30 homegrown items at peak season, from sweet corn, to juicy peaches, to red-ripe watermelon. Start looking for homegrown in early July.

In the meantime, a good start is the collection of Summer Small Plates (Pg. 6) shared with us by celebrity Chef Joanne Weir. (Her bamboo salmon with mango-avocado salsa is already on my family’s summer menu.) The pages of our magazine will help get you fully prepared with wonderful summer recipes. And, what could be better than warm weather and great food shared with family and friends. The perfect recipe for making lasting memories!

Enjoy your summer,
tomato treasures

We can’t imagine summer without bountiful bushels of ripe juicy tomatoes. Whether you choose colorful heirloom varieties or the more familiar homegrowns, the tomato less-traveled always tastes better. Dierbergs is your homegrown produce headquarters, fresh from local farmers, all summer long.

fried tomato blt’s

Two all-American specialties inspired this fabulous summer sandwich. (You’re welcome!)

\[
\begin{align*}
\text{1/3 cup Dierbergs flour} \\
\text{1 large Dierbergs egg, lightly beaten, OR 1/4 cup egg substitute} \\
\text{1/2 cup buttermilk} \\
\text{1/2 cup dry bread crumbs} \\
\text{1/2 cup cornmeal} \\
\text{2 teaspoons Cajun/Creole seasoning (divided)} \\
\text{2 to 4 medium heirloom or Kumato tomatoes, sliced} \\
\text{1/4 inch thick} \\
\text{1/3 cup Dierbergs canola oil} \\
\text{1/2 cup regular or light mayonnaise} \\
\text{8 slices hearty white bread, toasted} \\
\text{1 package (12 ounces) thick-sliced applewood smoked bacon, cooked crisp} \\
\text{4 lettuce leaves}
\end{align*}
\]

Place flour on sheet of waxed paper. In shallow dish, combine egg and buttermilk. In second shallow dish, stir together bread crumbs, cornmeal, and 1 teaspoon of the Cajun seasoning. Coat tomato slices with flour, dip into egg mixture, then coat with bread crumb mixture.

In large skillet, heat oil over medium heat; cook tomato slices in batches until golden brown, about 2 to 3 minutes per side.

In small bowl, stir together mayonnaise and remaining 1 teaspoon Cajun seasoning. Spread mayonnaise mixture on one side of each of the bread slices. Top four of the slices with 2 to 3 fried tomato slices, 4 slices bacon, lettuce leaf, and remaining bread slice. Using serrated knife, cut sandwiches in half.

Makes 4 servings

Per serving: Calories 106 • Fat 67g Cholesterol 76mg • Sodium 3332mg Carbohydrate 60g • Fiber 4g Protein 40g

KUMATO® TOMATOES

You say tomato, we say Ku-mah-to. Originally developed in Spain, the Kumato’s deep reddish-brown color will definitely catch your eye, but it’s the intensely sweet flavor that will make you a fan. Kumatos are available year round in Dierbergs Produce Department.

Striking shapes, crazy colors, and tantalizing flavors make heirloom tomatoes perfectly imperfect—and that’s exactly what we love about them! An heirloom tomato is generally considered to be a variety that has been passed down through several generations, introduced before 1940, or in circulation more than 50 years. Careful cultivation creates or preserves the most desired flavors, colors, and textures so that these beauties will be around to make tomato lovers happy, summer after summer after summer. These unique and flavorful heirloom tomatoes are a great way to add a little personality to your plate. The selection is always changing so stop by Dierbergs Produce Department to see what’s new.
tomato treasures
(continued from page 3)

bruschett-style burgers

A zesty balsamic-spiked tomato topping and a few avocado slices are all these juicy cheeseburgers need. Dare to go bun-less!

BRUSCHETTA TOPPING

3/4 cup seeded and chopped heirloom or homergrown tomato
1/4 cup chopped onion
1 1/2 teaspoons chopped fresh basil
1 1/2 teaspoons balsamic vinegar
1 teaspoon Dierbergs olive oil

BURGERS

4 Dierbergs ground round or chuck hamburger patties (about 1/3 pound each)
2 teaspoons Montreal steak seasoning
4 slices Dierbergs provolone cheese
1 avocado, pitted, peeled, and sliced

FOR TOPPING In medium bowl, stir together all Topping ingredients. Cover and chill 1 to 2 hours to develop flavors.

FOR BURGERS Season both sides of Burgers with steak seasoning. Place Burgers on oiled grid over medium heat; cover and grill until internal temperature is 160°F., about 5 to 6 minutes per side. Place 1 slice cheese on each Burger. Top with Bruschetta Topping and avocado slices.

Makes 4 servings

Per serving: Calories 494 • Fat 37g
Cholesterol 119mg • Sodium 684mg
Carbohydrate 7g • Fiber 3g • Protein 36g

The combination of fresh tomatoes, creamy mozzarella, and sweet basil remains a classic. (Photo on page 5.)

4 teaspoons Dierbergs olive oil
4 small cloves garlic, minced
1 package (12 ounces) Kontos Panini Grilled Flatbreads
4 tablespoons Dierbergs grated parmesan
3/4 pound small heirloom or homergrown tomatoes, thinly sliced (about 4 or 5)
1 package (16 ounces) sliced fresh mozzarella
Coarse salt and freshly ground black pepper
1/4 cup finely chopped fresh basil

In small bowl, combine olive oil and garlic; brush over each flatbread. Sprinkle each with 1 tablespoon of the parmesan.

KONTOS PANINI GRILLED FLATBREADS
Perfect for sandwiches, these oval-shaped flatbreads make a tasty crust for your favorite pizza toppings, too. Look for them in Dierbergs Bread Aisle.

Belgioioso Sliced Fresh Mozzarella
Now it’s even easier to add the creamy texture and delicate flavor of fresh mozzarella to your summer recipes. Look for sliced fresh mozzarella in Dierbergs Deli self-serve case.

TIP
If desired, Burgers can be served on grilled ciabatta buns. Brush olive oil over cut surfaces of 4 ciabatta buns. Place buns cut-side down on oiled grid over medium-high heat; grill until lightly toasted. Rub 1 garlic clove over grilled surface of buns.
heirloom tomato cheese tart

Tomatoes are the star of this simple and elegant tart. Serve it with our Salad of Herbs and Greens (page 22) for an easy summer supper.

1 refrigerated pie crust
(1/2 of 14.1 ounce package)
1 pound heirloom or homegrown tomatoes, thinly sliced
(about 3 medium)
1 container (8 ounces) Dierbergs Deli provol cheese ropes, OR 1 package
(8 ounces) shredded Italian cheese blend (divided)
2 teaspoons McCormick Greek Seasoning (divided)

Unroll pie crust onto lightly floured surface. Roll dough lightly into 12-inch circle. Fit into 9-inch tart pan with removable bottom that has been coated with no-stick cooking spray. Press dough against sides of pan; trim off excess dough. Pierce bottom with tines of fork. Bake in 450°F oven 8 minutes. Cool slightly.

Reduce oven temperature to 375°F. Place tomato slices on paper towels to remove excess moisture. Arrange two-thirds of the cheese over crust; top with tomatoes, 1 teaspoon of the seasoning, remaining cheese, and remaining 1 teaspoon seasoning. Bake until cheese is golden brown, about 20 to 22 minutes. Let stand 5 minutes; remove ring from pan and cut into wedges.

Makes 6 servings

Per serving: Calories 235 • Fat 16g
Cholesterol 35mg • Sodium 715mg
Carbohydrate 14g • Fiber 1g • Protein 9g

McCORMICK GREEK SEASONING

Our tasters preferred the coarse-textured and less-salty McCormick Greek Seasoning.
HOW JOANNE WEIR DOES SUMMER SMALL PLATES

Parties should be fun...and easy, especially in the summer. So forget about hours in the kitchen making fussy, complicated hors d’oeuvres. Set the stage with lots of light and luscious dishes, served small-plate style. With a few pointers and some terrific recipes from celebrity chef Joanne Weir, you can turn delicious, uncomplicated dishes into a party menu that’s both simple and stylish.

pineapple carpaccio with shrimp and pepper salad

Thin slices of golden pineapple are drizzled with fruity extra virgin olive oil and coarse salt. All of this is topped off with tequila-poached shrimp and crisp strips of colorful bell peppers tossed in a delicious tequila vinaigrette. Simple to prepare, this dish has a great WOW factor when presented at the table.

1 1/4 pounds extra-large (16 to 20 count) shrimp, peeled and deveined
Coarse salt and freshly ground black pepper
1 cup plus 1 tablespoon Jose Cuervo Tradicional Silver Tequila (divided)
1 cup water
1 ripe pineapple, peeled, cored, and cut into 1/4-inch-thick slices
6 tablespoons extra virgin olive oil (divided)
1 teaspoon grated lime peel
2 tablespoons fresh lime juice
1 red bell pepper, seeded and cut into thin strips
1 green bell pepper, seeded and cut into thin strips
1 orange or yellow bell pepper, seeded and cut into thin strips
1 Melissa’s jalapeño, deveined, seeded, and minced
1 tablespoon chopped Italian parsley, plus sprigs for garnish

Combine the shrimp, 2 tablespoons coarse salt, 1 cup of the tequila, and water in a bowl. Cover and let sit in refrigerator for 10 minutes.

Meanwhile, arrange the pineapple slices in a single layer on a large serving platter. Drizzle 3 tablespoons of the olive oil evenly over the pineapple. Sprinkle with salt.

In a small bowl, whisk together the remaining 3 tablespoons olive oil, the remaining 1 tablespoon tequila, and the lime peel and juice. Season with salt and pepper; set aside.

Drain the shrimp, reserving the brine. Combine the brine and 1 cup water in a large frying pan. Bring to a boil. Add the shrimp and simmer for 20 seconds.

Turn off the heat and let the shrimp sit in the liquid in the pan until almost firm to the touch, 10 minutes. Drain and discard the brine. Let the shrimp cool.

Combine the bell peppers, jalapeño, shrimp, vinaigrette, and chopped parsley in a bowl and toss together. Mound the shrimp salad on top of the pineapple. Garnish with parsley sprigs and serve.

Makes 6 servings

Per serving: Calories 286 • Fat 15g Cholesterol 116mg • Sodium 562mg Carbohydrate 16g • Fiber 2g • Protein 17g
bamboo salmon with mango-avocado salsa

Neat chunks of wild salmon, skewered on lime-infused bamboo and grilled until smoky—all they need is the perfect cooling salsa with a bit of attitude. This mango-avocado creation, infused with 100 percent agave blanco tequila, fits the bill. Once you’ve had it, you’ll swim upstream for this dish, time and again!

MANGO-AVOCADO SALSA

2 large, ripe mangoes
2 ripe avocados, halved, pitted, peeled, and cut into 1/2-inch dice
1/2 to 1 Melissa’s jalapeño, deveined, seeded, and minced
1/2 small red onion, diced
1 teaspoon grated lime peel
2 tablespoons fresh lime juice
1/4 cup fresh orange juice
3 tablespoons Jose Cuervo Tradicional Silver Tequila
1/4 cup chopped cilantro
Salt and freshly ground black pepper

FOR SALSA Working with 1 mango at a time, cut off the flesh from each side of the large, flat pit, to form 2 large pieces. Discard the pit. Using a knife, score the flesh lengthwise and then crosswise into 1/2-inch squares, cutting to, but not through the skin. Now slip the blade between the skin and the flesh and cut away the flesh, directing the small cubes into a bowl. Add the avocados, jalapeño to taste, red onion, lime peel and juice, orange juice, tequila, cilantro, and olive oil. Season with salt and pepper; set aside.

BAMBOO SALMON

1/2 cup fresh lime juice (3 limes)
11/2 pounds fresh wild salmon, cut into 1-inch chunks
1 tablespoon olive oil
Salt and freshly ground black pepper
Lime wedges for garnish
Cilantro sprigs for garnish

FOR SALMON Place the 1/2 cup lime juice in a container large enough to hold 12 bamboo skewers, each 6 to 8 inches long. Let soak for 30 minutes.

Preheat a gas or charcoal grill. Thread the salmon chunks onto the skewers and brush with the olive oil. Season with salt and pepper. Grill the salmon, turning every 2 minutes, until cooked but still slightly pink inside, 5 to 7 minutes total. Alternatively, you can cook the skewers in a nonstick ridged grill pan over medium-high heat for about 10 minutes.

Place 2 skewers on each serving plate and scoop a large spoonful of the Salsa alongside or on top. Garnish with lime wedges and cilantro sprigs and serve.

Makes 6 servings

Per serving: Calories 341 • Fat 19g • Cholesterol 62mg • Sodium 55mg
Carbohydrate 16g • Fiber 4g • Protein 24g

Recipes and photos pages 6 and 7 courtesy of Tequila: A Guide to Types, Flights, Cocktails, and Bites, by Joanne Weir
bread salad with summer beans and feta

Popular in Italy, panzanella is a refreshing salad made with leftover bread and tomatoes. Eating this simple dish will virtually transport you to the rolling Tuscan hillsides. Try using feta cheese in panzanella. Although it’s not a classic Italian cheese, it adds a wonderful salty quality to the salad. Give this recipe a try the next time you find yourself with leftover stale bread.

6 ounces coarse-textured rustic bread, 3 to 4 days old
1 pound green beans, cut into 1-inch pieces
3 medium red tomatoes, seeded and cut into 3/4-inch dice
3 medium yellow tomatoes, seeded and cut into 3/4-inch dice
1 small red onion, cut into 1/2-inch dice
1/4 cup Melissa’s organic basil leaves, lightly packed
1 tablespoon coarsely chopped Melissa’s organic oregano
5 tablespoons red wine vinegar
2 cloves Melissa’s peeled garlic, minced
Coarse salt and freshly ground black pepper
12 ounces feta cheese, coarsely crumbled

Slice the bread into 1-inch slices. Sprinkle with 1/2 cup water and let sit for 2 minutes. Carefully squeeze the bread until dry. Tear it into 1-inch pieces and let rest on paper towels for 20 minutes.

Bring a large saucepan of salted water to a boil. Add the green beans and simmer until tender but still crisp, 3 to 5 minutes. Drain and cool.

Place the tomatoes, onion, bread, and cooled green beans in a large serving bowl. Tear the basil into 1/2-inch pieces and toss carefully into the bowl along with the oregano.

In a small bowl, whisk together the vinegar, oil, and garlic. Season with salt and pepper. Carefully toss the salad with the vinaigrette and let rest for 20 minutes. Serve with crumbled feta over top.

Makes 6 servings

Per serving: Calories 382 • Fat 21g Cholesterol 30mg • Sodium 923mg Carbohydrate 32g • Fiber 5g • Protein 18g

In a small bowl, stir together the parsley, oregano, garlic, and 5 tablespoons of the olive oil. Season with salt and pepper.

Heat an outdoor grill and set the grate 4 inches from the heat source.

Brush the steaks with 1 tablespoon of the olive oil. Season with salt and pepper. Place the steaks on the grill and cook on one side until browned, 4 to 5 minutes. Turn the steaks and continue to cook until medium-rare, 4 to 5 minutes. You can test this for doneness using an instant-read thermometer—it should register 130° to 135°F. for medium-rare. Remove from the grill, cover loosely with foil, and let rest while you grill the potatoes.

Cut the potatoes in half. Place the remaining 2 tablespoons olive oil in a small bowl. Dip the cut side of the potatoes into the oil and place on the grill. Grill until the potatoes are hot and have golden brown grill marks, 5 to 7 minutes. Remove from the grill and place in a large serving bowl. Cut the steaks on the diagonal into thin slices. Add the salad greens, herb mixture, and beef to the potatoes and toss together. Season with salt and pepper. Serve immediately.

Makes 6 servings

Per serving: Calories 466 • Fat 28g Cholesterol 57mg • Sodium 68mg Carbohydrate 28g • Fiber 4g • Protein 29g

**TIP**

When wax beans are in season, substitute them for half of the green beans in this recipe.

**grilled steak and potato salad**

Everyone has eaten steak and potatoes, but the classic combination generally means steak with some sort of potato side dish. Be honest, though – the best bites always include a bit of both elements. This version doesn’t mess around. Grilled rib-eyes and grilled red potatoes come together in a single dish, tossed with green onions, salad greens, and a variety of fresh herbs. The result is pretty spectacular.

1 bag (24 ounces) Melissa’s baby red or baby Dutch yellow potatoes
9 tablespoons extra virgin olive oil (divided)
Coarse salt and freshly ground black pepper
1/2 cup chopped Italian parsley
3 tablespoons chopped Melissa’s organic chives
2 teaspoons chopped Melissa’s organic oregano
2 cloves Melissa’s peeled garlic, minced
2 rib-eye beef steaks (about 2 pounds total), fat trimmed
2 cups tender baby salad greens

Heat oven to 375°F. Wash potatoes; place in a 9 x 13-inch baking dish. Drizzle with 1 tablespoon of the oil, season with salt and pepper, cover with foil, and bake until the potatoes can be easily skewered with a knife or fork, 50 to 60 minutes.

In a small bowl, whisk together the vinegar, oil, and garlic. Season with salt and pepper. Carefully toss the salad with the vinaigrette and let rest for 20 minutes. Serve with crumbled feta over top.

Makes 6 servings

Per serving: Calories 382 • Fat 21g Cholesterol 30mg • Sodium 923mg Carbohydrate 32g • Fiber 5g • Protein 18g
SUMMER SMALL PLATES
(continued from page 9)

the margarita

For years, bartenders have been making margaritas with tequila, triple sec, and lime juice. Leave it to tequila expert Julio Bermejo to introduce a margarita sweetened with agave nectar, the best natural sweetener for making the perfect margarita. It comes from the same plant as tequila, so why not?

1½ ounces Jose Cuervo Tradicional Silver Tequila
3/4 ounce agave nectar
3/4 ounce water
1 ounce fresh lime juice
1 lime slice for garnish (optional)

Combine all the ingredients except the garnish in a cocktail shaker with plenty of ice. Shake vigorously for 5 seconds and strain into an old-fashioned glass filled with fresh ice. Garnish with a slice of lime, if desired.

Makes 1 cocktail

orange pineapple crush

2 ounces Jose Cuervo Tradicional Silver Tequila
6 (1/2-inch) fresh pineapple chunks (1/3 cup)
2 ounces freshly squeezed orange juice
1 ounce freshly squeezed lime juice
1 ounce agave nectar
1 very small pineapple wedge, for garnish

In a cocktail shaker, muddle the tequila, pineapple chunks, orange juice, lime juice, and agave nectar by pressing with muddler or handle of wooden spoon with twisting action. Add ice and shake vigorously for 10 seconds. Strain into a Collins glass filled with fresh ice and balance the pineapple wedge on the rim to garnish.

Makes 1 cocktail

UNDERSTANDING TEQUILA

Tequila is a unique, interesting, and surprisingly sophisticated spirit. Made from the blue agave plant from central Mexico—a succulent, not a cactus as you might think—its flavor ranges from spicy to sweet.

100 PERCENT BLUE AGAVE is the choice of tequila aficionados. It has a much more complex flavor than mixto tequilas, which are blends of blue agave and other sources, like cane sugar. Each type of tequila has a character all its own.

BLANCO or white tequila—also called plata or silver—is distilled and bottled without aging. It's crystal clear, subtly sweet, herbaceous, and peppery.

REPOSADO or rested tequila is blanco tequila aged in oak containers for less than one year. Oak gives reposado a pale gold color and a smooth, slightly smoky flavor.

AÑEJO or aged tequila stays in oak barrels from one to almost three years. A deep caramel color, a more pronounced smokiness, and hints of wood and butterscotch flavors add to its complexity.

recipes and photo courtesy of Tequila: A Guide to Types, Flights, Cocktails, and Bites, by Joanne Weir

Click. Search. Cook!
BONUS WEB RECIPES at Dierbergs.com

• Peachy-Rita
• Margarita Granita
• Gin and Tonic Granita
nice ice, baby!

When it’s time to cool down on a sultry summer evening, you just can’t beat a granita. Somewhere between a drink and a dessert, this frosty, flaky ice is so simple to make—all you need is a cake pan, a fork, and a freezer.

fresh strawberry granita

This bright pink ice explodes with fresh berry flavor.

1/2 cup Dierbergs sugar
1/2 cup hot water
1 tablespoon fresh lemon juice
1 pound fresh strawberries, rinsed and hulled

In 1-cup glass measure, stir together sugar, water, and lemon juice until sugar dissolves; set aside.

In work bowl of food processor fitted with steel knife blade, process berries until puréed.

With machine running, add sugar mixture through feed tube. Pour mixture into 9 x 13-inch metal pan. Freeze until ice crystals begin to form, about 30 minutes. Lightly rake tines of fork over surface, breaking up any crystals. Cover and freeze raking every 30 minutes until mixture is frozen and flaky, about 2 1/2 hours. Cover and freeze overnight. To serve, rake tines of fork over surface and spoon into stemmed glasses. Serve immediately.

Makes six 2/3-cup servings

Per serving: Calories 88 • Fat <1g
Cholesterol 0mg • Sodium 2mg
Carbohydrate 22g • Fiber 1g • Protein 1g

mocha latte granita

A splash of cream and a drizzle of chocolate syrup add just the right amount of richness to this frosty frozen latte.

1 1/2 cups hot espresso or strong coffee
6 tablespoons Dierbergs sugar
2 tablespoons Dierbergs chocolate syrup
1/2 cups half-and-half
Aerosol whipped cream
Dark chocolate shavings

In 4-cup glass measure, stir together hot espresso, sugar, and chocolate syrup until sugar dissolves. Stir in half-and-half. Pour mixture into 9 x 13-inch metal pan. Freeze until ice crystals begin to form, about 1 hour. Lightly rake tines of fork over surface, breaking up any crystals. Cover and freeze raking every 30 minutes until mixture is frozen and flaky, about 2 hours. Cover and freeze overnight. To serve, rake tines of fork over surface and spoon into glass coffee mug. Garnish with dollop of whipped cream and chocolate shavings. Serve immediately.

Makes six 2/3-cup servings

Per serving: Calories 93 • Fat 2g
Cholesterol 8mg • Sodium 21mg
Carbohydrate 18g • Fiber 0g • Protein 1g

make a great granita

• Start with a ratio of about 4 parts liquid to 1 part sugar for best texture.
• Use a metal cake pan for faster freezing.
• Resist the urge to add extra alcohol or sugar to your recipe. Too much of either will keep the mixture from freezing.
• Lightly rake the mixture periodically according to recipe directions to develop a light, flaky texture.
Wings tossed in your choice of sauce!
**Smokehouse Ribs**

Our ribs and premium meats are prepared with our special rub and then smoked and topped with our sweet Brown Sugar BBQ Glaze. Amazing even without BBQ sauce!

---

**Pulled Pork**

---

**Savory Sides**

---

**Sweet Treats**

- Creamy Cole Slaw ....................... $3.69 lb.
- Southern-Style Baked Beans ........ $3.99 lb.
- Texas BBQ Pit Beans with Brisket  $4.99 lb.
- Mac and Cheese ....................... $4.99 lb.
- Cheesy Texas Potatoes ............... $4.99 lb.
- Country Green Beans with Bacon $3.99 lb.
- Garden Spiral Pasta Salad ........ $4.99 lb.

- Giant Gourmet Cookie ............... $1.39 ea.
  (Triple Chocolate Chunk or Oatmeal Raisin)
- Double Chocolate Brownie .......... $1.69 ea.
- Lemon Custard Bar ................... $1.99 ea.
- Carrot Cake Slices ................... $1.69 ea.
  (Combo platter of carrot cake, brownie & lemon bar bites)

---

Order 48-Hours in advance. Carryout Catering Menu also available at Dierbergs.com. Available for pick up chilled and ready to heat, or hot and ready to serve.
IN OUR OPINION, YOU CAN’T GO-WRONG WITH BARBECUE, BUT THERE IS JUST SO MUCH MORE!

Dierbergs offers the largest selection of fresh-prepared foods in the Midwest. So when it’s time to entertain, we can pitch in whenever you need a hand. Add a dish to your homemade meal or let us make the whole meal—the options and combinations are endless.

Find menus in-store or view our prepared foods at Dierbergs.com.
Summer Sweets
FROM OUR BAKERY
KEEP THE TREATS ON YOUR TABLE AND THE HEAT OUT OF YOUR KITCHEN

DIERBERGS SIGNATURE TIPPIN’S PIES
In St. Louis, EXCLUSIVELY at Dierbergs.

DIERBERGS HAND-CRAFTED DESSERT CAKES.
Every July 4th, we fire up the grill, light the sparklers, and celebrate all the things that make this country great. So in pursuit of great barbecue—and happy guests—we have taken a few liberties with all-American dishes to create a fabulous feast that will no doubt ensure domestic tranquility. And empty plates!
strawberry kale salad

Cool, colorful, and ready for a party, this easy kale salad goes great with whatever is on the grill.

1 bunch kale greens
Raspberry Balsamic Vinaigrette (recipe follows)
1 carton (16 ounces) fresh strawberries, sliced
½ cup thinly sliced red onion
½ cup dry roasted sunflower kernels, toasted

Rinse and drain kale; remove thick ribs and tear into bite-size pieces (about 8 cups). In large salad bowl, combine kale with 2 tablespoons of the Vinaigrette; gently rub Vinaigrette and kale together until leaves are tender, about 2 to 5 minutes. Add strawberries, red onion, and sunflower kernels. Drizzle remaining Vinaigrette over top; toss until well mixed.

Makes 8-12 servings

Per serving:
Calories 96 • Fat 6g
Cholesterol 0mg • Sodium 62mg
Carbohydrate 11g • Fiber 2g • Protein 3g

Raspberry Balsamic Vinaigrette

2 tablespoons seedless raspberry jam
1 tablespoon balsamic vinegar
1 small clove garlic, minced
½ teaspoon coarse salt
½ teaspoon ground black pepper
3 tablespoons Dierbergs olive oil

In 1-cup glass measure, whisk together all ingredients except olive oil. Whisking vigorously, add olive oil in slow, steady stream until well blended.

Makes about 1½ cup

Per 1 tablespoon: Calories 98 • Fat 8g
Cholesterol 0mg • Sodium 102mg
Carbohydrate 6g • Fiber <1g • Protein <1g

sweet and smoky bbq chicken

A zesty rub and sweet, sticky sauce make this chicken a real crowd pleaser.

2 packages (about 4½ pounds each) chicken leg quarters (10 to 12 pieces)
½ cup firmly packed Dierbergs brown sugar
4 teaspoons coarse salt
2 teaspoons smoked paprika
2 teaspoons chili powder
2 teaspoons garlic powder
½ teaspoon ground black pepper
1/2 cups Sweet and Smoky BBQ Sauce (recipe follows)

Trim and discard excess fat from chicken. In small bowl, combine remaining ingredients except BBQ Sauce. Rub spice mixture evenly over chicken; let stand at room temperature while preparing grill.

Place chicken skin-side down on oiled grid over medium heat; grill until browned, about 2 minutes per side. Move chicken to side of grid for indirect heat; cover and grill turning occasionally until internal temperature is 145°F, about 30 minutes. Baste chicken with BBQ Sauce; cover and grill turning often and basting with Sauce until internal temperature is 165°F, about 10 to 15 minutes.

Makes 10-12 servings

Per serving: Calories 571 • Fat 35g
Cholesterol 221mg • Sodium 1218mg
Carbohydrate 15g • Fiber <1g • Protein 47g

TIP
Rubbing the Vinaigrette into the kale leaves allows the oil and vinegar to penetrate the leaves, making them more tender.

Sweet Smoked Paprika

A staple in Spanish cooking, this mild aromatic spice is made by grinding dried, smoked, sweet pepper pods to a fine powder. It has a rich, sweet, and smoky flavor.

sweet and smoky bbq sauce

1 bottle (24 ounces) Dierbergs ketchup
1/4 cup Worcestershire sauce
1/4 cup Dierbergs butter, melted
3 tablespoons Dierbergs brown sugar
2 tablespoons liquid smoke
1 tablespoon dry mustard
2 teaspoons celery seed

In medium bowl, whisk together all ingredients. Cover and chill up to 1 month.

Makes 3 cups

Per 2 tablespoons: Calories 54 • Fat 2g
Cholesterol 5mg • Sodium 390mg
Carbohydrate 9g • Fiber <1g • Protein <1g

TIP
Rubbing the Vinaigrette into the kale leaves allows the oil and vinegar to penetrate the leaves, making them more tender.

sparkling celery peach cherry cooler

One sip and you’ll say “Ah!” Super-refreshing and not too sweet, this colorful cooler is a great way to beat the summer heat.

1 jar (10 ounces) maraschino cherries with stems
1 bottle (33.8 ounces) peach nectar, chilled
1 bottle (25.4 ounces) sparkling cider, chilled
½ cup fresh lime juice, chilled (about 4 limes)

Drain cherries reserving ½ cup of the juice. In large pitcher, combine the reserved cherry juice, nectar, cider, and lime juice; stir briskly to combine. Pour into ice-filled glasses. Garnish each with stemmed cherry.

Makes twelve 6-ounce servings

Per serving: Calories 91 • Fat <1g
Cholesterol 0mg • Sodium 13mg
Carbohydrate 23g • Fiber 1g • Protein <1g
summer quinoa salad with lemon vinaigrette

This great grain makes a superb summer salad that can take the heat at any barbecue.

- 1 carton (26 ounces) vegetable stock
- 1 box (12 ounces) traditional quinoa
- 2 cups halved grape tomatoes
- 1 cup fresh corn kernels (2 to 3 ears corn-on-the-cob)
- 1/2 cup finely chopped green onion
- 1 container (4 ounces) Dierbergs crumbled feta cheese
- Lemon Vinaigrette (recipe follows)
- 1 avocado, pitted, peeled, and cut into bite-size pieces

In large saucepan, combine stock and quinoa over medium-high heat; bring to a boil. Reduce heat, cover, and simmer until quinoa is soft and translucent and liquid is absorbed, about 12 to 15 minutes. Cover and chill.

In large serving bowl, combine chilled quinoa and remaining ingredients except avocado until well mixed. Cover and chill up to 2 days. Just before serving, stir in avocado.

Makes 12 servings

Per serving: Calories 188 • Fat 7g
Cholesterol 5mg • Sodium 245mg
Carbohydrate 26g • Fiber 4g • Protein 7g

mini lemon berry trifles

Layer angel food cake, lemony cream, and juicy berries in mason jars for a perfectly portable summer dessert.

- 3 cartons (6 ounces each) fresh blackberries
- 3 tablespoons Dierbergs granulated sugar
- 2 cups whipping cream
- 1/4 cup Dierbergs powdered sugar
- 1 jar (10 ounces) Dickinson’s lemon curd
- 1 Dierbergs Bakery Angel Food Cake Half (12 ounces), cut into 1/2-inch cubes

In large chilled mixer bowl, beat cream and powdered sugar at medium speed until stiff peaks form; reserve 1 cup for garnish. In second medium bowl, stir lemon curd until smooth. Fold in remaining sweetened whipped cream.

Divide half of the cake cubes among twelve 8-ounce mason jars. Top each jar with 3 to 4 blackberries and 1 heaping tablespoon lemon curd mixture. Repeat layers. Garnish with dollop of reserved sweetened whipped cream and blackberry. Chill until ready to serve.

Makes 12 servings

Per serving: Calories 309 • Fat 16g
Cholesterol 73mg • Sodium 99mg
Carbohydrate 37g • Fiber 2g • Protein 3g

lemon vinaigrette

1/2 teaspoons grated lemon peel
3 tablespoons fresh lemon juice
1 tablespoon Dierbergs brown sugar
2 teaspoons Dijon mustard
1 teaspoon coarse salt
1/2 teaspoon ground black pepper
1/2 teaspoon dried thyme
1/3 cup Dierbergs olive oil

In 1-cup glass measure, whisk together all ingredients except olive oil. Whisking vigorously, add olive oil in slow, steady stream until well blended.

Makes about 3/4 cup

Per 2 tablespoons: Calories 115 • Fat 12g
Cholesterol 0mg • Sodium 369mg
Carbohydrate 2g • Fiber <1g • Protein <1g

MASON JARS are a fun—and very portable—way to serve individual portions of just about anything. Available in Dierbergs Baking Aisle.
When it comes to adding flavor to food, a good soak is no joke, especially when you start with a well-crafted marinade. Start with something acidic—fruit juices, vinegar, wine, beer, soy sauce—to break down the stuff that makes meat tough. Add a little fat, like oil or mayonnaise, to help carry flavor and keep foods moist. And now some personality—seasonings, mustard, hot sauce—you get the idea. Not sure you’re ready to go it alone? Try one of our marvelous marinades and get inspired.

**southwest sirloin tip steak**

An infusion of garlic, lime juice, and southwest spices makes sirloin steak something truly special. Choose a thicker steak for easier grilling and the most tender results.

| 1 1/2 pounds sirloin tip steak (cut 1-inch thick) | 2 teaspoons chili powder |
| 1/4 cup Dierbergs olive oil | 1 teaspoon ground cumin |
| 1/4 cup fresh lime juice | 1 teaspoon salt |
| 3 large cloves garlic, minced | 1/2 teaspoon coarse black pepper |
| Chopped fresh oregano |

Place steak in large reclosable plastic bag. In 1-cup glass measure, stir together remaining ingredients except oregano. Pour over steak; seal bag and turn to coat meat. Place bag on plate; 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 4 to 5 minutes per side. Thinly slice steak across the grain; sprinkle oregano over top.

**Makes 4-6 servings**

**Per serving:**  Calories 134  •  Fat 4g  •  Cholesterol 53mg  •  Sodium 103mg  
Carbohydrate <1g  •  Fiber 0g  •  Protein 23g
mushroom muffuletta melts

Hearty portabellas can handle all of the big flavors in this zesty marinade.

2 portabella mushrooms (about 3 ounces each), stems and gills removed
1/4 cup Dierbergs olive oil
2 tablespoons white wine vinegar
2 tablespoons fresh lime juice
2 large cloves garlic, minced
1/2 teaspoon onion powder
1 teaspoon sweet Hungarian paprika
1 teaspoon seasoned salt
1/2 teaspoon dried oregano
1/2 teaspoon ground red pepper
2 slices Dierbergs Signature Creamy Havarti Cheese
2 pretzel buns, halved, buttered, and grilled
1/4 cup Dierbergs Kitchen Signature Mediterranean Mixed Olive Tapenade

Place mushrooms in large freezer-weight reclosable plastic bag. In 1-cup glass measure, whisk together olive oil, vinegar, lime juice, garlic, horseradish, and seasonings. Pour over mushrooms; seal bag and turn to coat mushrooms. Place bag on plate and marinate in refrigerator for 1 hour. Remove mushrooms from bag; discard marinade.

Place mushrooms on oiled grid over medium-high heat; cover and grill until tender, about 3 to 4 minutes per side. Place cheese slice on each mushroom during last minute of grilling time. Place each mushroom on bottom half of grilled pretzel bun, top with 2 tablespoons Tapenade, and bun top.

Makes 2 servings

chipotle grilled tuna

This spicy marinade does double-duty. Save half of it to serve as a creamy sauce alongside the cooked tuna.

1 pound yellowfin tuna steaks, cut 1 inch thick
1/2 cup reduced-fat mayonnaise
1/4 cup minced onion
2 tablespoons minced fresh cilantro
2 tablespoons beer
1 tablespoon puréed chipotles in adobo sauce
1 tablespoon fresh lime juice

Place tuna in large reclosable plastic bag. In small bowl, stir together remaining ingredients. Pour half the mayonnaise mixture over tuna in bag; cover and chill remaining mayonnaise mixture. Seal bag and turn to coat tuna; place bag on plate and marinate in refrigerator 30 minutes. Remove tuna from bag; discard marinade.

Place tuna on oiled grid over medium-high heat; cover and grill until internal temperature is 145°F. for medium*, about 3 minutes per side. Remove from grill; cover and let stand 3 to 5 minutes. Cut into serving-size pieces. Serve with reserved mayonnaise mixture.

Makes 4 servings

Per serving: Calories 162 • Fat 3g Cholesterol 44mg • Sodium 229mg Carbohydrate 4g • Fiber <1g • Protein 28g

*Most restaurants serve tuna cooked rare for a more moist, less-firm texture. For food safety, the recommendation is to cook all fish to an internal temperature of 145°F., which will give tuna a more firm, meaty texture.

Marinade DOs & DON'Ts

- Do marinate less tender cuts of meat to soften tough proteins and connective tissues.
- Do marinate in a non-reactive container like ceramic, glass, or plastic, and place in the refrigerator.
- Do set aside a portion of the mixture BEFORE marinating to use for basting or as a sauce to serve with cooked meat.

- Don’t marinate tender cuts of meat—tender steaks, tenderloins, chicken, and fish—longer than recommended in the recipe to prevent a mushy texture.
- Don’t marinate in metal containers which give food a tinny flavor.
- Don’t save marinade that has been used for raw meat.
Lively herbal tea, tangy citrus, and cherry preserves align in an out-of-this-world marinade for pork.

1 cup water
4 Celestial Seasonings Red Zinger Tea Bags
1 jar (12 ounces) Smucker's Orchard's Finest Michigan Red Tart Cherry Preserves (divided)
1/2 teaspoons grated orange peel (divided)
1 tablespoon fresh orange juice
1/4 teaspoons grated lemon peel (divided)
1 tablespoon plus 1 teaspoon fresh lemon juice (divided)
2 pork tenderloins (about 3/4 pound each)
Coarse salt and freshly ground black pepper
2 tablespoons sweet vermouth

Place water in 2-cup glass measure; microwave (high) 2 minutes. Add tea bags; steep 6 minutes. Remove and discard tea bags; cool completely. Combine 1/2 cup of the tea and 2 tablespoons of the Cherry Preserves in blender container; blend until smooth. Stir into remaining tea. Add 1 teaspoon of the orange peel, orange juice, 1 teaspoon of the lemon peel, and 1 tablespoon of the lemon juice.

Trim and discard fat and silver skin from tenderloins. Place pork in large freezer-weight reclosable plastic bag. Pour tea mixture over pork; seal bag and turn to coat meat. Place bag on plate and marinate in refrigerator several hours or overnight.

Remove pork from bag; discard marinade. Season with salt and pepper. Place pork on oiled grid over medium heat; cover and grill turning occasionally until internal temperature is 150°F., about 14 to 18 minutes. Let stand 5 to 10 minutes before slicing.

Meanwhile, in small saucepan, combine remaining Cherry Preserves and sweet vermouth over high heat; bring to a boil. Remove from heat and stir in remaining 1/2 teaspoon orange peel, 1/4 teaspoon lemon peel, and 1 teaspoon lemon juice. Serve with sliced pork.

Makes 6 servings

Per serving: Calories 248 • Fat 2g
Cholesterol 52mg • Sodium 262mg
Carbohydrate 33g • Fiber 0g • Protein 22g
**rosemary bacon cheese muffins**

We could easily make a meal out of these cheesy, bacony, herby muffins slathered with Honey Maple Butter.

1½ cups Dierbergs flour  
1/4 cup Dierbergs sugar  
1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
3/4 cup Dierbergs milk  
1/4 cup Dierbergs canola oil  
1 large Dierbergs egg  
8 slices bacon, diced and cooked crisp  
4 ounces (1/2 of 8-ounce package) Cabot Chipotle Cheddar Cheese, shredded  
(1 cup)  
1 tablespoon chopped fresh rosemary  
Dierbergs Kitchen Signature Honey Maple Butter

In large bowl, stir together flour, sugar, baking powder, baking soda, and salt; set aside.

In 2-cup glass measure, whisk together milk, oil, and egg. Add milk mixture to dry ingredients, stirring just until moistened. (Do not overmix—batter will be lumpy.) Gently stir in bacon, cheese, and rosemary.

Coat 12 muffin cups with no-stick cooking spray. Spoon batter into muffin cups, filling about 2/3 full. Bake in 350°F oven until wooden pick inserted in center comes out clean, about 18 to 22 minutes. Cool in pan 5 minutes. Serve warm with Honey Maple Butter.  
**Makes 12 muffins**

---

**Per serving without Honey Maple Butter:**  
Calories 193 • Fat 11g • Cholesterol 33mg • Sodium 328mg  
Carbohydrate 17g • Fiber <1g • Protein 7g

---

**Balsamic Vinaigrette**

(Recipe adapted from The Nulsen Sisters Cook with Herbs by Chef Linda Walton)

---

**Per serving:**  
Calories 289 • Fat 23g • Cholesterol 11mg • Sodium 385mg  
Carbohydrate 14g • Fiber 4g • Protein 9g

---

**a pinch of fresh herbs**

Whether it’s one sprig at a time or by the bunch, fresh herbs make life delicious. Summer’s abundance of these fragrant and flavorful greens makes it easy to take your pick.

**salad of herbs and greens**

As you choose fresh greens for your salad, don’t forget the herbs! Toss them in by the handful for a big burst of flavor.

8 cups torn mixed salad greens (combination of romaine, arugula, radicchio, and endive)  
1/2 cup Italian parsley leaves, torn  
1/2 cup fresh basil leaves, torn  
1 teaspoon fresh oregano leaves  
1 teaspoon fresh thyme  
2 cups halved grape or cherry tomatoes

In large salad bowl, combine salad greens and herbs. Add remaining ingredients except Vinaigrette; toss lightly. Drizzle Vinaigrette over top; toss gently to coat. Serve immediately.  
**Makes 6-8 servings**

---

**balsamic vinaigrette**

3 tablespoons balsamic vinegar  
1 tablespoon Dierbergs grated parmesan cheese  
1 clove garlic, minced  
1 teaspoon honey  
1 teaspoon Dijon mustard  
Coarse salt and freshly ground black pepper  
1/4 cup Dierbergs extra virgin olive oil

In 1-cup glass measure, whisk together all ingredients except olive oil. Whisking vigorously, add olive oil in slow, steady stream until well blended.  
**Makes 1/2 cup**

---

In large bowl, stir together flour, sugar, baking powder, baking soda, and salt; set aside.

In 2-cup glass measure, whisk together milk, oil, and egg. Add milk mixture to dry ingredients, stirring just until moistened. (Do not overmix—batter will be lumpy.) Gently stir in bacon, cheese, and rosemary.

Coat 12 muffin cups with no-stick cooking spray. Spoon batter into muffin cups, filling about 2/3 full. Bake in 350°F oven until wooden pick inserted in center comes out clean, about 18 to 22 minutes. Cool in pan 5 minutes. Serve warm with Honey Maple Butter.  
**Makes 12 muffins**

---

Click. Search. Cook!  
BONUS WEB RECIPES at Dierbergs.com  
• Minted Fresh Fruit Tart  
• How to Cut A Mango
papaya mango salsa

Spread cream cheese on crostini and top with this cool, colorful salsa for a light and easy appetizer. Or spoon it over grilled chicken or fish.

1 ripe papaya, halved, seeded, peeled, and chopped
1 mango, pitted, peeled, and chopped
3 green onions, thinly sliced
1 jalapeño, halved, seeded, deveined, and finely diced
1 tablespoon finely chopped fresh cilantro
1 tablespoon finely chopped fresh mint
Pinch salt (optional)

In medium bowl, stir together all ingredients. Cover and chill at least 1 hour to develop flavors.

Makes about 2 1/2 cups

Per 1/4 cup: Calories 30 • Fat <1g
Cholesterol 0mg • Sodium 4mg
Carbohydrate 7g • Fiber 1g • Protein 1g

strawberry basil lemonade

A muddle of fresh strawberries and basil plus spiked fresh lemonade makes for one very refreshing summer cooler.

1 3/4 cups sliced strawberries
8 basil leaves
1/3 cup Dierbergs sugar
Spiked Fresh Lemonade
(recipe follows)
Additional basil leaves for garnish

In blender container, purée berries until smooth; set aside.

In tall 10-ounce glass, combine 1 basil leaf and 2 teaspoons of the sugar; muddle by pressing with muddler or handle of wooden spoon with twisting action. Stir in 2 tablespoons strawberry purée. Fill glass with ice cubes; add 3/4 cup Spiked Fresh Lemonade. Repeat with remaining ingredients.

Makes 8 servings

spiked fresh lemonade

3 cups water (divided)
2 cups Dierbergs sugar
1 tablespoon grated lemon peel
2 cups fresh lemon juice
1/2 cups citrus vodka

In medium saucepan, combine 2 cups of the water and sugar over medium heat; cook stirring constantly until sugar dissolves. Remove from heat; let stand until completely cool. Stir in lemon peel and juice, vodka, and remaining 1 cup water. Cover and chill until very cold. Pour into ice-filled glasses.

Makes 8 servings

Chef Linda Walton
(a.k.a. The Herb Lady)

Linda grew up in a family that truly loved cooking with home-grown herbs and vegetables. It was her job to cut herbs from the garden to use in whatever was on the menu that night. It’s no surprise that cooking with fresh herbs from her own organic garden is Linda’s specialty today. Thanks to Linda for inspiring these recipes. She teaches classes regularly at Dierbergs School of Cooking. Check out the schedule at Dierbergs.com.
summer berry hand pies

Roll ‘em out, fill ‘em up, and snarf ‘em down!

1 package (14.1 ounces) refrigerated pie crusts
2 tablespoons Dierbergs granulated sugar
1 tablespoon Dierbergs flour
½ cup fresh blueberries
½ cup fresh strawberries, diced
½ teaspoon grated lemon peel
1 teaspoon fresh lemon juice
1 Dierbergs large egg, lightly beaten
2 tablespoons cinnamon-sugar

Unroll one pie crust onto lightly floured surface. Roll dough lightly to remove creases. Use 4-inch round cutter to cut 8 rounds from crust, re-rolling dough once if needed. Arrange rounds on parchment-lined baking sheet. Repeat with remaining pie crust.

In medium bowl, stir together sugar and flour. Add berries, lemon peel, and lemon juice; gently toss until well mixed. Place generous tablespoon berry mixture on 8 of the pastry rounds. Use pastry brush to coat edges of each pastry with beaten egg. Place remaining pastry rounds on top of berries. Use tines of fork to press pastry edges together to seal in berries. Brush tops of pies with beaten egg and sprinkle with cinnamon-sugar.

Bake in 400°F oven until light golden brown, about 12 minutes. Cool on wire rack at least 15 minutes before serving (filling will be very hot). Best baked and served same day. Makes 8 pies

Per pie: Calories 199 • Fat 9g
Cholesterol 11mg • Sodium 210mg
Carbohydrate 26g • Fiber 1g • Protein 1g

TIP

A clean, empty pineapple can makes a perfect cutter. Make a hole in the bottom with a punch can opener so dough rounds release easily.