

SIMPLY

JAN / FEB 2025

Schnucks

FUEL YOUR BEST SELF *(for less!)*

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FREE

schnucks.com/simplyschnucks

100% WHOLE GRAINS
PROTEIN PACKED
100% WHOLE GRAINS

FEED THAT WILD THING WITH KODIAK.

When big days are on the horizon, fuel up with a great-tasting, hearty breakfast like Buttermilk Flapjacks and Maple & Brown Sugar Oatmeal. Each product is crafted with 100% whole grains and protein that get you fired up to take on anything. And when the tank is running low, pocket a protein-packed chewy bar when you need it most.

Discover more Kodiak favorites -----> kodiakcakes.com



your deli ticket just got upgraded

Dietz & Watson premium meats and artisan cheeses are now available in the Schnucks Deli.

Ask a Deli teammate for a sample!



Schnucks

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CHOOSING ORGANIC AND ECO-FRIENDLY HAS NEVER BEEN EASIER.



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Jan/Feb 2025

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TAKE A STEP FORWARD ON YOUR HEALTH JOURNEY.

Schnucks health & wellness community HEALTHIER HABITS



- ✓ Delicious dietitian-approved recipes
- ✓ Exclusive discounts and offers on Dietitian Pick items
- ✓ Insightful shopping-habit summaries

Join our FREE health and wellness community today!

Unlock tools to support a healthier lifestyle, including delicious Dietitian Pick recipes and exclusive discounts on Dietitian Pick items.

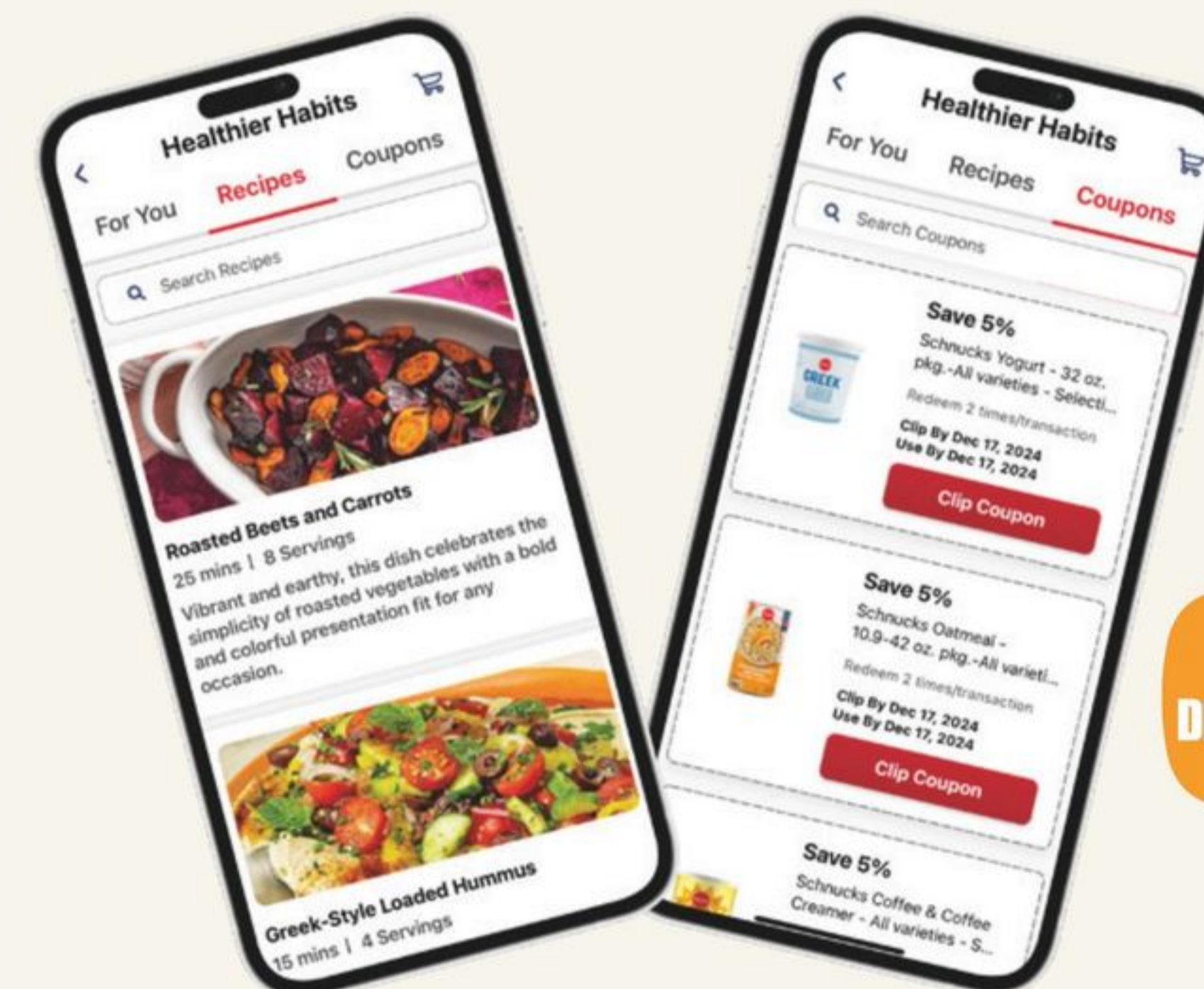
It's all in the app!

Scan to join Healthier Habits and check out its dedicated section in the app.



SCHNUCKS REGISTERED DIETITIAN Allison Primo

Allison developed the Healthier Habits program to give Schnucks shoppers free tools to support their well-being. It's designed to help customers understand their shopping behaviors and make it easy to locate Dietitian Pick items throughout the store. We all have healthy-eating goals and using the program when you shop at Schnucks can be one small step towards reaching them.



LOOK FOR THE THUMBS UP ICON ON SHELF TAGS IN STORES FOR DIETITIAN PICK ITEMS!

2.99
Schnucks - Old Fashioned Oatmeal (18 Oz)

0.14 PER OZ
41318-29030

Schnucks SINCE 1938

WIC

What Are Dietitian Picks?

- fruits and veggies
- 100% whole grains, eggs or lean meats
- 600mg or less sodium
- less than 5g saturated fat
- 8g or less added sugars

RECIPE index

KEY: ● Quick (30 minutes or less) ● Simple ● Dietitian Pick ● Meat-Free

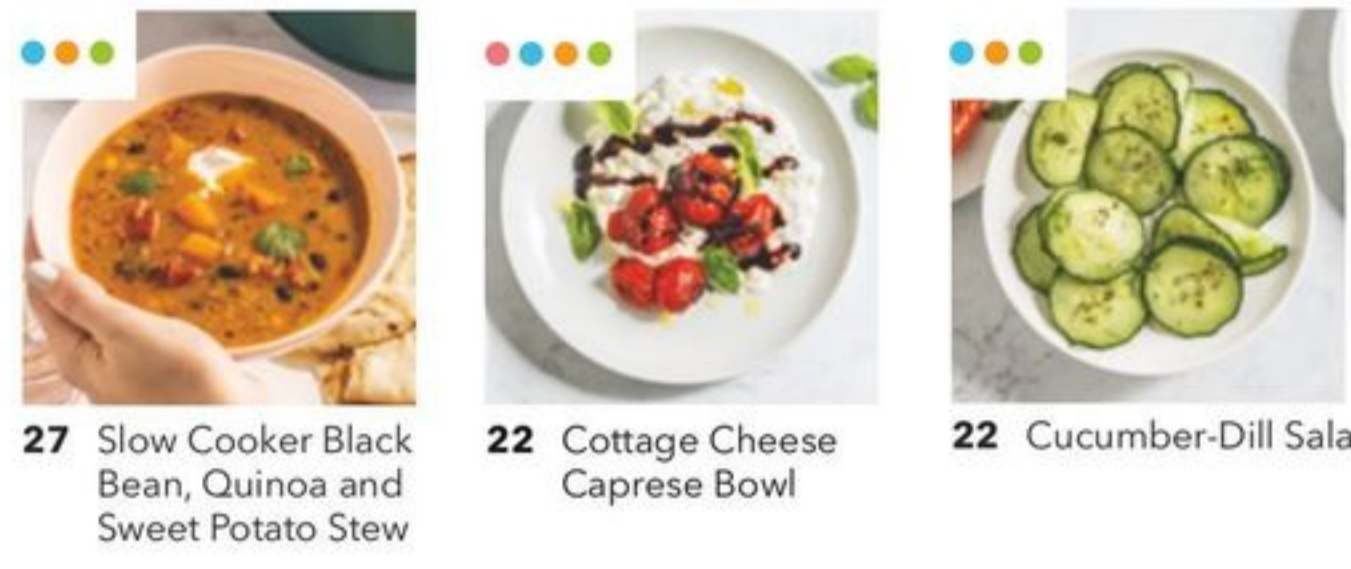
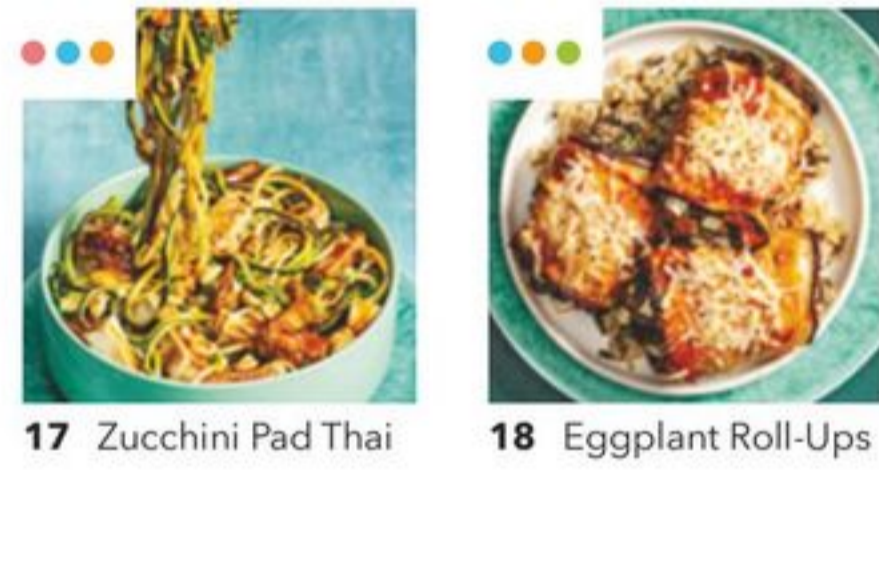
BREAKFAST



LUNCH



DINNER



SIMPLY Schnucks

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DESIGNED AND PRINTED BY
M MITTERA

FUEL YOUR DAY

prepared and productive

Keep your office fridge stocked with these simple snacks and beverages to keep you on track with your wellness goals and save you an expensive trip to the vending machine. Bonus tip: Keep tissues handy—cold season is here!



When the cold weather hits and sniffles start, having **Puffs Facial Tissues** on hand is your secret weapon against dryness and irritation.

Stay hydrated throughout your day with **Schnucks sparkling water**.

Karviva Detox juices are carefully crafted with a blend of pure, nutrient-rich ingredients. They're designed to help naturally detox your body and leave you feeling refreshed.

Combine **Schnucks Short Cuts** veggies with **Schnucks Hummus** for a nutritious afternoon snack. The balanced pairing will help to keep your energy up without weighing you down.

Post

The fiber in **Great Grains Banana Nut Crunch** will help you feel full and satiated. Combined with yogurt and fruit, this is a tasty and nutritious snack.

Silk

Silk Unsweetened Vanilla Almondmilk is dairy free and has no added sugars. It tastes great on its own, but also works well in sweet recipes.

Spread $\frac{1}{2}$ cup frozen fruit in a container. Add 1 cup nonfat plain Greek yogurt and top with $\frac{1}{4}$ cup Great Grains Banana Nut Crunch. These parfaits, covered with plastic wrap and refrigerated, keep up to 3 days. To prevent the cereal from getting soggy, keep it in a separate container until you're ready to enjoy it.

Mix 2 cups Silk Unsweetened Vanilla Almondmilk, 1 tsp. cinnamon and 1 tsp. maple syrup for a quick non-dairy delicious coffee creamer. Just stir 1 to 2 tbsp. into your morning cup. This creamer keeps up to 5 days in the fridge. Give it a shake before using.

WASTE-FREE COOKING

herb hacks

Have fresh herbs left over from another recipe? Don't toss them out—it's a waste of money! Quickly make these frozen herb bombs for use all year long in soups, sauces and more.

Beyond Herbs

Chopping and freezing fresh produce is a smart way to minimize food waste, save time while cooking and reduce the need to buy pre-chopped fruits, herbs and veggies.

Here are some quick tips to get started:

1. Choose ripe, in-season fruits and vegetables to freeze.
2. Blanch vegetables by briefly boiling and then cooling in ice water. It's quick and easy, taking only 3-5 minutes depending on the size and type of vegetable.
3. Peel, if desired, and then chop into usable pieces.
4. Store in freezer bags or containers, removing as much air as possible.
5. Freeze portions that match your cooking needs for convenience.
6. Label and date each item for easy tracking. Produce generally lasts 8 to 12 months in the freezer, but always check for freezer burn or off smells before using.



Basic Herb Bomb

YIELDS: 1 (2-INCH) BOMB ACTIVE: 5 MIN TOTAL: 4 HRS

- 2 tbsp. extra-virgin olive oil
- 3-6 tbsp. herbs of choice

In a blender or food processor, add all ingredients and pulse until smooth, about 1 minute. Carefully pour into ice cube tray, then freeze up to 3 months. Frozen cubes can be transferred to a zip-top bag for storage.

Multiply ingredients by the number of ice cubes your tray will hold. (A muffin tin can be used in place of a 2-inch ice-cube tray.)

ITALIAN HERB BOMB

- 2 tbsp. extra-virgin olive oil
- 1 tbsp. chopped fresh basil
- 1 tbsp. chopped garlic
- 1 tbsp. chopped fresh oregano
- 1 tbsp. chopped fresh Italian flat-leaf parsley
- 1 tbsp. chopped fresh thyme

PER BOMB: 259 CAL, 28G FAT (4G SAT FAT), 0MG CHOL, 4MG SODIUM, 4G CARBS (2G FIBER, 0G SUGARS), 1G PRO

MEXICAN HERB BOMB

- 2 tbsp. extra-virgin olive oil
- 2 tbsp. fresh chopped cilantro
- 2 tbsp. chopped garlic
- 2 tbsp. fresh chopped oregano

PER BOMB: 274 CAL, 29G FAT (4G SAT FAT), 0MG CHOL, 12MG SODIUM, 6G CARBS (2G FIBER, 0G SUGARS), 1G PRO



Freeze herbs in your oil of choice—any kind will work. You can also freeze herbs like mint and basil in water or coconut water to add to cocktails or smoothies.



Make a quick salad dressing by melting 2 oil-based herb bombs and then whisking in 2 tbsp. vinegar or lemon juice, and a pinch of salt and pepper, and you're good to go. (Check out page 9 to see these bombs in action.)

PESTO HERB BOMB

- 2 tbsp. extra-virgin olive oil
- 2 tbsp. fresh chopped basil
- 2 tbsp. chopped garlic
- 1 tbsp. pine nuts

PER BOMB: 332 CAL, 35G FAT (5G SAT FAT), 0MG CHOL, 3MG SODIUM, 7G CARBS (0G FIBER, 0G SUGARS), 3G PRO

GREEK HERB BOMB

- 2 tbsp. extra-virgin olive oil
- 2 tbsp. chopped fresh mint
- 2 tbsp. chopped fresh oregano
- 2 tbsp. chopped fresh rosemary

PER BOMB: 264 CAL, 29G FAT (4G SAT FAT), 0MG CHOL, 1MG SODIUM, 5G CARBS (3G FIBER, 0G SUGARS), 1G PRO

SALADS ON THE GO

chop and save

A little planning goes a long way! Meal-prepare these delicious and satisfying salads to help you establish sustainable habits for both health and budgeting.

CHOPPED LENTIL POWER SALAD

SERVES: 4 ACTIVE: 5 MIN TOTAL: 30 MIN

- 1 1/4 cups Schnucks uncooked green lentils, rinsed
- 4 cups water
- 4 tbsps. Schnucks olive oil
- 2 tbsps. red wine vinegar or balsamic vinegar
- 2 tsp. Schnucks Dijon mustard
- 1 tsp. Schnucks crushed red pepper
- 1/2 tsp. kosher salt
- 1/2 tsp. black pepper
- 2 5-oz. pkgs. spring-mix greens
- 2 English cucumbers, diced
- 2 cups diced red onion
- 3/4 cup chopped fresh mint
- 3/4 cup julienne-cut sun-dried tomatoes

1. In a small pot, bring lentils and water to a boil over medium-high heat. Reduce heat to medium-low; simmer, covered, until lentils are tender, 20–25 minutes. Drain and rinse with cold water about 1 minute. Transfer to a bowl and refrigerate, covered, until ready to use.

2. In small mixing bowl, whisk together oil, vinegar, Dijon mustard, red pepper, salt and black pepper until well combined. Refrigerate, covered with plastic wrap, until ready to serve.

3. In a large serving bowl, add lentils and remaining ingredients. Toss with dressing and serve immediately.

PER SERVING: 415 CAL, 14G FAT (2G SAT FAT), 0MG CHOL, 712MG SODIUM, 56G CARBS (14G FIBER, 15G SUGARS), 18G PRO

FIESTA CHOPPED SALAD

SERVES: 4 ACTIVE: 5 MIN TOTAL: 5 MIN

- 3 tomatillos, husked and rinsed
- 1 Mexican Herb Bomb (recipe on page 7)
- 1/4 cup Schnucks nonfat plain Greek yogurt
- 1 lb. Schnucks whole Brussels sprouts, shaved
- 1 15.25-oz. can Schnucks no-salt-added black beans, drained and rinsed
- 1 cup Schnucks frozen corn, thawed
- 1 large avocado, pitted and sliced
- 1/2 cup pickled red onion strips
- 1/4 cup Schnucks shredded Mexican-style four-cheese blend
- 1/2 jalapeño, sliced

1. In a food processor or blender, add tomatillos, Mexican Herb Bomb and yogurt. Season with salt and pepper, if desired. Blend on high until smooth and creamy, 1–2 minutes. Refrigerate in an airtight container until ready to serve, or up to 7 days.

2. In a large bowl, toss Brussels sprouts with half the tomatillo mixture until well coated. Toss with black beans, corn, avocado, pickled onion, cheese and jalapeño. Serve with remaining dressing.

PER SERVING: 401 CAL, 18G FAT (4G SAT FAT), 7MG CHOL, 500MG SODIUM, 47G CARBS (14G FIBER, 8G SUGARS), 15G PRO

VIRAL CUCUMBER-QUINOA CHOPPED SALAD

SERVES: 4 ACTIVE: 5 MIN TOTAL: 30 MIN

- 3 tbsps. Schnucks lemon juice
- 2 Greek Herb Bombs, melted (recipe on page 7)
- 1 5-oz. pkg. baby spinach-arugula mix
- 1/2 cup chilled cooked quinoa
- 1 English cucumber, diced
- 1/2 cup diced red onion
- 1 15.5-oz. can Schnucks garbanzo beans (chickpeas), drained and rinsed
- 1/2 cup chopped roasted unsalted pistachios
- 1/2 cup crumbled feta cheese

1. In a blender or food processor, thoroughly blend lemon juice and Greek Herb Cubes. Season with salt and pepper, if desired. Refrigerate, covered, until ready to use.

2. In a large serving bowl, add spinach-arugula mix, chilled cooked quinoa, cucumber, red onion, garbanzo beans, pistachios and feta. Toss with dressing until combined. Serve immediately.

PER SERVING: 449 CAL, 27G FAT (3G SAT FAT), 10MG CHOL, 510MG SODIUM, 42G CARBS (8G FIBER, 7G SUGARS), 16G PRO



If preparing the **Fiesta Chopped Salad** in advance, hold the avocado until ready to serve. Moisten the salad with half the dressing, then refrigerate, covered, up to 2 days. To serve, add avocado and remaining dressing.



Save time by using Schnucks **Short Cuts** pre-shaved Brussels sprouts.



When taking your **Viral Cucumber-Quinoa Chopped Salad** to go, season with salt and pepper, then add a little more lemon juice. Top with half of a melted **Greek Herb Bomb** right before serving.

Look for the **Dietitian Pick** icons



on digital shelf tags in stores

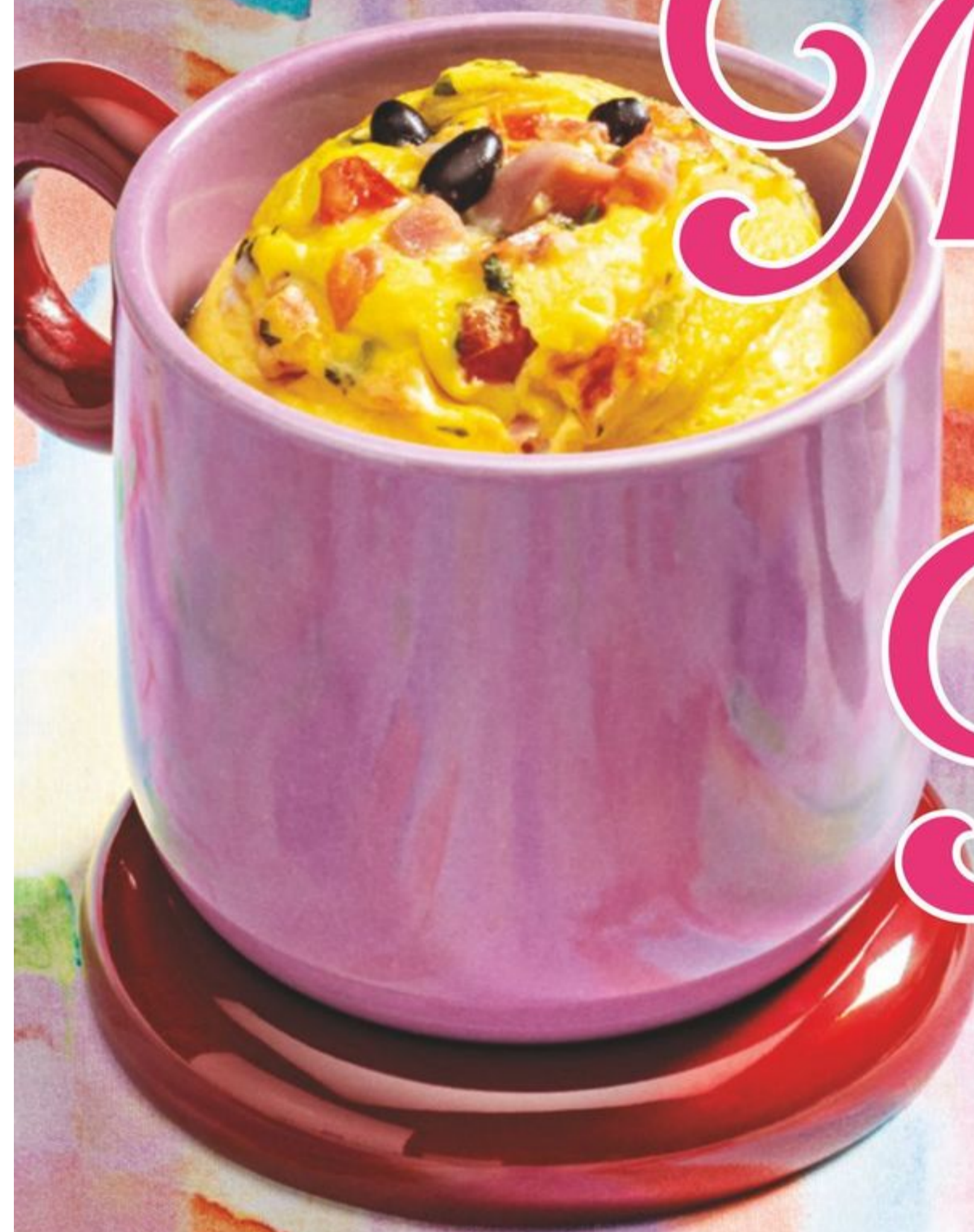


in the Schnucks app

Prefer frequent small meals over the traditional three meals per day? These mug recipes make for quick, affordable mini meals to keep you fueled throughout the day.



\$1.30 per meal



Mug Magic

OMELET IN A MUG

SERVES: 2 ACTIVE: 5 MIN TOTAL: 10 MIN

- 4 Schnucks eggs
- ¼ cup Schnucks skim milk
- 2 tbsp. Schnucks low-fat cottage cheese
- 3 tbsp. Schnucks Short Cuts pico de gallo
- 1 tbsp. diced ham
- ¼ cup Schnucks no-salt-added black beans

1. Lightly coat 2 microwave-safe mugs with cooking spray. In a medium bowl, gently whisk together eggs, milk and cheese until combined. Divide among mugs and add remaining ingredients. Microwave on High until eggs are fully set, about 3 minutes. Remove mugs from microwave and let cool about 1 minute.

PER SERVING: 201 CAL, 10G FAT (3G SAT FAT), 378MG CHOL, 432MG SODIUM, 8G CARB (2G FIBER, 3G SUGARS), 18G PRO

RASPBERRY-APPLE OATMEAL IN A MUG

SERVES: 2 ACTIVE: 5 MIN TOTAL: 10 MIN

- 1 cup Schnucks instant oatmeal
- 1 cup unsweetened almond milk
- 1 pouch GoGo squeeZ AppleApple
- ½ cup frozen raspberries, thawed
- 1 tsp. Schnucks cinnamon
- 2 tsp. pure maple syrup

2. In a medium bowl, stir together oats, almond milk and applesauce until combined. Gently stir in raspberries, then divide mixture among mugs. Microwave on High 1–2 minutes.

3. Stir in cinnamon and maple syrup. Let cool slightly before serving.

PER SERVING: 242 CAL, 5G FAT (1G SAT FAT), 0MG CHOL, 68MG SODIUM, 46G CARB (11G FIBER, 12G SUGARS), 7G PRO

\$1.38 per meal



To make sure your mug is microwave-safe, add a little water and zap it 30 seconds. If the mug is hot and the water isn't, it's not microwaveable.



One pouch of GoGo squeeZ® applesauce is the perfect addition to a quick breakfast. Add to your microwave oatmeal for a touch of sweetness or simply enjoy the pouch on the go.



\$1.56 per meal



Shake up your usual pancake breakfast by using **Kodiak Buttermilk Power Cakes Flapjack & Waffle Mix** in the recipe below. The extra protein can help you feel fuller longer.

KODIAK CAKE IN A MUG

SERVES: 2 ACTIVE: 5 MIN TOTAL: 10 MIN

- ½ cup Kodiak Buttermilk Power Cakes Flapjack & Waffle Mix
- ¼ cup unsweetened almond milk
- ¼ cup Schnucks nonfat plain Greek yogurt
- 1 tbsp. pure maple syrup
- 2 tbsp. Schnucks chopped walnuts

almond milk.) Fold in maple syrup and walnuts. Divide batter among mugs.

2. Microwave until set but not overcooked, 1 minute to start. Microwave another 1 minute if needed. If still not set, continue cooking in 10-second intervals until done. Let cool about 1 minute.

1. Lightly coat 2 microwave-safe mugs with cooking spray. In a medium bowl, stir together pancake mix, almond milk and yogurt. (If the batter is too thick, add another splash of

PER SERVING: 201 CAL, 6G FAT (1G SAT FAT), 7MG CHOL, 253MG SODIUM, 27G CARB (3G FIBER, 9G SUGARS), 11G PRO



Barilla Protein+ Penne is made with whole grains and 10g of protein per serving from lentils, garbanzo beans (chickpeas) and peas. It's a great choice to keep you feeling satisfied.

\$1.24 per meal

PROTEIN PASTA IN A MUG

SERVES: 2 ACTIVE: 10 MIN TOTAL: 15 MIN

- 1 cup uncooked Barilla Protein+ Penne, divided
- 1½ cups water, divided
- 2 tbsp. diced mushrooms (about 1 medium baby bella)
- 3 tbsp. diced green bell pepper (about ¼ medium)
- ¼ cup Schnucks marinara pasta sauce
- 1 tsp. Schnucks Italian seasoning, divided
- 1 tbsp. Schnucks grated Parmesan cheese, divided

1. Divide pasta and water among 2 microwave-safe mugs. Microwave on High 3 minutes, stir, then continue microwaving in 10-second intervals until pasta is tender. Drain.
2. Stir in sauce, bell pepper and mushrooms. Microwave until vegetables are cooked through, 1–2 minutes more. Stir in Italian seasoning and top with Parmesan. Let cool about 1 minute.

PER SERVING: 222 CAL, 2G FAT (1G SAT FAT), 2MG CHOL, 176MG SODIUM, 41G CARB (6G FIBER, 3G SUGARS), 12G PRO

MEATLOAF IN A MUG

SERVES: 2 ACTIVE: 10 MIN TOTAL: 15 MIN

- ½ 16-oz. pkg. Verde Farms 93% lean organic grass-fed ground beef
- ¼ cup shredded carrot
- ¼ cup minced celery
- ¼ cup minced onion
- ¼ cup shredded zucchini
- 4 tbsp. Stubb's barbecue sauce
- 3 tbsp. Schnucks old-fashioned oats

1. In a mixing bowl, add all ingredients. Mix with your hands until well combined. Season with salt and pepper, if desired.

2. Coat two 8-oz. microwave-safe mugs with cooking spray. Divide beef mixture among mugs and pat down. Using the handle of a wooden spoon, make a hole in each center all the way to the bottom to help cook evenly.

3. Microwave on High until beef mixture reaches 165 degrees, about 3 minutes. Remove mugs from microwave and let cool about 1 minute. Serve immediately.

PER SERVING: 224 CAL, 9G FAT (3G SAT FAT), 70MG CHOL, 300MG SODIUM, 11G CARB (2G FIBER, 2G SUGARS), 24G PRO

\$3.08 per meal



VERDE
ORGANIC BEEF

Choose **Verde Farms** for organic, grass-fed beef. Their 93/7 lean ground beef is a Dietitian Pick and perfect for crafting your favorite protein-packed recipes.

HEARTY CHICKEN SOUP IN A MUG

SERVES: 2 ACTIVE: 5 MIN TOTAL: 5 MIN

- 1 cup Full Circle low-sodium chicken broth
- ½ tsp. Schnucks salt-free original seasoning blend
- ⅔ cup cooked lentils
- 1 5-oz. can Schnucks premium chunk chicken breast, drained
- ⅔ cup Schnucks freshly frozen mixed vegetables, thawed
- 2 water crackers, crumbled

1. In a liquid measuring cup, stir together broth, seasoning blend and lentils. Season with salt and pepper, if desired.

2. Divide chicken and vegetables among two 12-oz. mugs and top with broth mixture. Microwave until hot and thickened, 2–3 minutes.

3. Remove from microwave and let cool 30 seconds. Sprinkle with crushed crackers and serve warm.

PER SERVING: 201 CAL, 2G FAT (0G SAT FAT), 35MG CHOL, 323MG SODIUM, 33G CARB (7G FIBER, 4G SUGARS), 20G PRO



\$1.72 per meal

BUDGET

Have leftover brown rice or quinoa? Use it in place of the lentils.

PROTEIN *flex*

These protein-packed dinner recipes are designed to flex and stretch your dollar. With easy swaps, you can customize each dish to suit meat-eaters, vegetarians and everyone in between.

PROTEIN *flex*

Hold the chicken and instead use two 15.5-oz. cans of garbanzo beans (chickpeas) or 2½ lbs. of raw shrimp in Step 1.

ZUCCHINI PAD THAI

SERVES: 6 ACTIVE: 20 MIN TOTAL: 30 MIN

- 4 tbsp. Schnucks minced garlic
- 4 tbsp. fresh lime juice
- 3 tbsp. Schnucks honey
- 3 tbsp. Schnucks less-sodium soy sauce
- 4 large boneless, skinless chicken breasts (about 2½ lbs.), cut into 3-inch slices
- ¾ cup water
- 4 tbsp. Thai sweet chili sauce
- 1 tsp. Schnucks cornstarch
- 4 tbsp. Schnucks vegetable oil, divided
- 2 Schnucks eggs, lightly whisked
- 1 14-oz. pkg. extra-firm tofu, drained and cut into ¼x1¼-inch sticks
- 4 medium zucchini, spiralized
- ½ cup sliced green onion, for garnish
- ½ cup chopped peanuts, for garnish

1. In a medium bowl, stir together garlic, lime juice, honey and soy sauce until combined. Add chicken and, if desired, season with salt and pepper. Cover and refrigerate 15 minutes.
2. In a small bowl, whisk together water, chili sauce and cornstarch.
3. In a large skillet, heat ½ tablespoon oil over medium-low. Add eggs and gently scramble with a spatula until cooked through, 1–2 minutes. Transfer to a small bowl and cover to keep warm.
4. Add remaining oil to skillet and heat over medium-high. Discarding marinade, add chicken; cook until internal temperature reaches 165 degrees, about 5 minutes. Stir in sauce and tofu; cook until sauce begins to thicken, about 2 minutes.
5. Add zucchini and toss to coat; cook until zucchini is tender, about 2 minutes. Add scrambled eggs and, if desired, season with salt and pepper. Serve immediately, garnished with green onion and peanuts.

PER SERVING USING CHICKEN: 494 CAL, 25G FAT (4G SAT FAT), 179MG CHOL, 487MG SODIUM, 21G CARB (4G FIBER, 12G SUGARS), 48G PRO

PER SERVING USING CHICKPEAS: 453 CAL, 23G FAT (3G SAT FAT), 69MG CHOL, 698MG SODIUM, 45G CARB (8G FIBER, 16G SUGARS), 21G PRO

PER SERVING USING SHRIMP: 502 CAL, 24G FAT (4G SAT FAT), 426MG CHOL, 627MG SODIUM, 21G CARB (4G FIBER, 12G SUGARS), 61G PRO



No spiralizer?
Use a peeler
or the large
holes on a
box grater.

EGGPLANT ROLL-UPS

SERVES: 6 ACTIVE: 30 MIN TOTAL: 1 HR 30 MIN

- 3 medium eggplants
- 1½ cups Schnucks part-skim ricotta cheese
- 1¼ cups shredded low-moisture part-skim mozzarella cheese, divided
- ⅓ cup Schnucks shredded Parmesan cheese
- 2 10-oz. bags Schnucks frozen chopped spinach, thawed and drained
- ½ 14-oz. pkg. firm tofu, cut into ½-inch cubes
- 2 cups minced baby bella mushrooms
- 2 Schnucks eggs
- 2 tbsp. Schnucks dried basil
- 2 tbsp. Schnucks minced garlic
- 1½ cups Schnucks lower-sodium traditional pasta sauce, divided
- 3 cups Schnucks cooked brown-and-wild rice, warmed

1. Preheat oven to 400 degrees. Coat 3 sheet pans with cooking spray.
2. On a cutting board, trim off ends of eggplants, then cut each lengthwise into ¼-inch-thick slices (about 6 per eggplant). Arrange in a single layer on prepared sheet pans. Bake 10 minutes, then remove from oven and let cool at room temperature. Reduce oven temperature to 350 degrees.
3. In a medium bowl, stir together ricotta, ¼ cup mozzarella, the Parmesan, spinach, tofu, mushrooms, eggs, basil and garlic until well combined. Season with salt and pepper, if desired.
4. In a large baking dish, spread ½ cup pasta sauce. Add 2 tablespoons ricotta mixture onto each eggplant slice, roll up and transfer seam side down to prepared dish. Top with remaining pasta sauce and sprinkle with remaining mozzarella. Cover dish with foil.
5. Bake 45 minutes. Remove foil and continue baking until cheese is golden brown, 10–15 minutes. Remove from oven and let cool 5 minutes before serving with rice.

PER SERVING WITH TOFU: 550 CAL, 19G FAT (8G SAT FAT), 116MG CHOL, 741MG SODIUM, 72G CARB (15G FIBER, 19G SUGARS), 32G PRO

PER SERVING WITH GROUND CHICKEN: 616 CAL, 22G FAT (9G SAT FAT), 186MG CHOL, 806MG SODIUM, 71G CARB (14G FIBER, 19G SUGARS), 42G PRO

PROTEIN *flex*

Swap 1 lb. cooked ground chicken for the tofu in Step 3.



Schnucks nonfat plain Greek yogurt is thick, creamy and high in protein, making it a perfect addition to salad dressings, breakfast, taco toppings or mixed with fruits.

PROTEIN *flex*

Sub in salmon for the turkey, or leave out the protein altogether.

TURKEY CAPRESE MELT WITH MEDITERRANEAN-BERRY YOGURT

SERVES: 6 ACTIVE: 5 MIN TOTAL: 30 MIN

- 4 tbsp. balsamic vinegar
- 1 tsp. Schnucks honey
- 1½ cups Schnucks frozen berry medley, thawed
- 2 Pesto Herb Bombs, melted (recipe on page 7)
- 6 8-inch Mission protein tortillas
- 16 oz. Dietz & Watson no-salt-added deli turkey breast
- 6 thin slices fresh mozzarella cheese
- 12 slices Roma tomatoes (about 2 medium)
- 2 cups packed baby spinach
- 3 cups Schnucks nonfat plain Greek yogurt

1. In a small bowl, whisk together vinegar and honey. Add berries, cover and refrigerate about 30 minutes. Meanwhile, spread a thin layer of melted Pesto Herb Bombs

on 1 side of tortillas. Add turkey, cheese, tomato and spinach, each in its own separate quadrant. Fold tortillas in half twice.

2. In a medium skillet over medium heat and working in batches as needed, cook tortillas until golden brown, 3–5 minutes per side. Transfer to a plate and cover to keep warm.

3. Divide yogurt among 6 small bowls, then top with berry mixture. Serve with warm tortilla melts.

PER SERVING WITH DELI TURKEY: 436 CAL, 20G FAT (4G SAT FAT), 60MG CHOL, 500MG SODIUM, 33G CARB (16G FIBER, 13G SUGARS), 43G PRO

PER SERVING WITHOUT TURKEY: 343 CAL, 19G FAT (4G SAT FAT), 20MG CHOL, 433MG SODIUM, 30G CARB (16G FIBER, 10G SUGARS), 25G PRO

SHEET-PAN GNOCCHI

SERVES: 6 ACTIVE: 10 MIN TOTAL: 35 MIN

- 3 6-oz. pkgs. Mowi fresh skin-on Atlantic salmon fillets
- 2 Italian Herb Bombs, melted and divided (recipe on page 7)
- 3 tbsp. Schnucks lemon juice
- 1 17.6-oz. pkg. potato gnocchi
- 1 10.8-oz. pkg. Schnucks frozen broccoli florets
- 1 pint cherry tomatoes
- 1 small red onion, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- ¼ cup Schnucks shaved Parmesan cheese

1. Preheat oven to 400 degrees. Line a large sheet pan with foil and coat with cooking spray.
2. In a bowl, whisk together 1 tablespoon melted Italian Herb Bomb and lemon juice. Add salmon and gently turn to coat. Season with salt and black pepper, if desired. Refrigerate, covered, 15 minutes.

3. Arrange gnocchi, broccoli, cherry tomatoes, red onion and bell peppers in a single layer on prepared sheet pan. Drizzle with remaining Italian Herb Bomb and, if desired, salt and black pepper. Stir to coat.
4. Roast 15 minutes, then turn over gnocchi. Make 6 empty spots on pan and fill each with salmon. Continue roasting until salmon is light pink and internal temperature reaches 145 degrees, 12–15 minutes.
5. Remove from oven and transfer gnocchi-veggie mixture to serving plates. Top with salmon and Parmesan. Serve warm immediately.

PER SERVING WITH SALMON: 408 CAL, 18G FAT (3G SAT FAT), 45MG CHOL, 515MG SODIUM, 38G CARB (4G FIBER, 4G SUGARS), 23G PRO

PER SERVING WITH TOFU: 298 CAL, 10G FAT (1G SAT FAT), 0MG CHOL, 470MG SODIUM, 40G CARB (5G FIBER, 5G SUGARS), 13G PRO



The **Mowi Fresh Skin-On Atlantic salmon** offers convenience without compromising on quality or flavor. Full of omega-3 fats, it makes this easy sheet pan recipe a great solution for a nutritious week night dinner.



PROTEIN flex

Sub 14-oz. extra-firm tofu for the salmon in Step 2 and roast for the full 27-30 minutes with the gnocchi and veggies.

ROASTED CAULIFLOWER ENCHILADAS

SERVES: 6 ACTIVE: 10 MIN TOTAL: 1 HR 10 MIN

- 1 medium head cauliflower, trimmed
- 2 tbsp. Schnucks canola oil
- 1 tsp. Schnucks chili powder
- ½ tsp. Schnucks cumin
- ¼ tsp. Schnucks garlic powder
- 1 15.25-oz. can Schnucks no-salt-added black beans, drained and rinsed
- 1 10-oz. can Schnucks red enchilada sauce, divided
- 6 Schnucks 8-inch whole-wheat tortillas
- 1 cup Schnucks shredded pepper jack cheese
- 1 medium avocado, pitted and sliced
- ¼ cup chopped fresh cilantro

1. Preheat oven to 400 degrees. Line a large sheet pan with foil and coat with cooking spray.

2. On a cutting board, finely chop cauliflower and spread onto prepared sheet pan. Drizzle with oil and sprinkle with chili powder, cumin and garlic powder. Season with salt and pepper, if desired. Stir until cauliflower is well coated. Roast until cauliflower is a deep golden brown, 25–30 minutes. Remove from oven.

3. Stir black beans into cauliflower. Reduce oven temperature to 350 degrees. Lightly grease a 9x13-inch baking dish, then evenly spread with ¼ cup enchilada sauce.

4. On a cutting board, scoop ¼ cup cauliflower mixture in a line down the center of each tortilla. Top each with 1 tablespoon enchilada sauce, roll up and transfer seam side down to baking dish. Spread with remaining enchilada sauce and sprinkle with cheese.

5. Bake, uncovered, until tortillas are crispy and golden brown, 20–25 minutes. Serve immediately, topped with avocado and cilantro.

PER SERVING WITH CAULIFLOWER: 399 CAL, 19G FAT (6G SAT FAT), 17MG CHOL, 574MG SODIUM, 45G CARB (9G FIBER, 5G SUGARS), 14G PRO

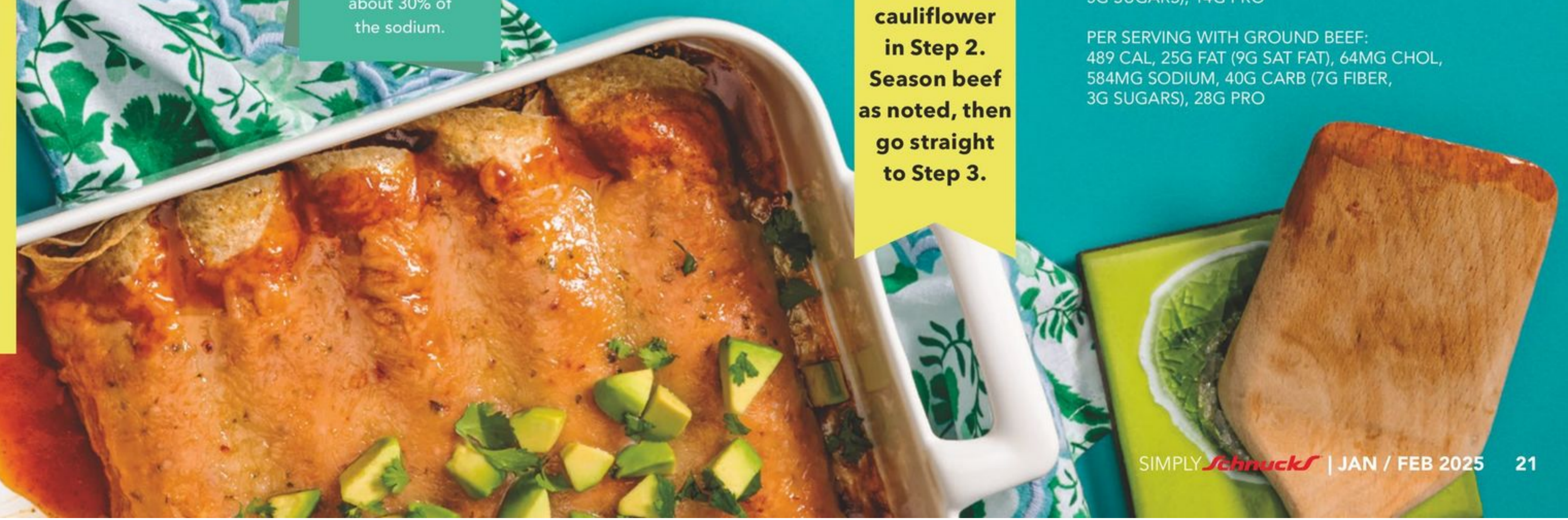
PER SERVING WITH GROUND BEEF: 489 CAL, 25G FAT (9G SAT FAT), 64MG CHOL, 584MG SODIUM, 40G CARB (7G FIBER, 3G SUGARS), 28G PRO



Rinsing canned beans in water can remove up to 40% of the sodium. Draining the beans without rinsing removes about 30% of the sodium.

PROTEIN flex

Sub 1 lb. cooked ground beef for the cauliflower in Step 2. Season beef as noted, then go straight to Step 3.



EFFORTLESS ADDITIONS

save with simple sides

Convenient, fast and flexible, these recipes can be served as starters, side dishes or even light snacks. You can easily swap in different ingredients to save time, cut costs and reduce food waste—making them both delicious and practical.



All sides under \$1.75 per serving.



Prairie Farms lactose-free cottage cheese is made from real milk and boasts 12 grams of protein per serving, all without the discomfort of lactose.



No fresh herbs? Use 2 tsp. dry herbs instead.

GARLIC-ROASTED MINI SWEET PEPPERS

SERVES: 6 ACTIVE: 5 MIN TOTAL: 20 MIN

- 1 24-oz. pkg. sweet mini peppers, halved
- 1 Italian Herb Bomb, melted (recipe on page 7)
- 2 cloves garlic, minced
- 2 tbsp. chopped fresh basil, for garnish
- 2 tbsp. chopped fresh thyme, for garnish

1. Preheat oven to 425 degrees. Line a sheet pan with parchment paper.
2. In a large bowl, toss together sweet peppers with melted Parsley Herb Bomb and garlic. Season with salt and black pepper, if desired. Spread onto prepared sheet pan.
3. Roast until peppers soften and begin to char slightly, 15–20 minutes. Serve garnished with basil and thyme.

PER SERVING: 97 CAL, 5G FAT (1G SAT FAT), 0MG CHOL, 63MG SODIUM, 11G CARBS (2G FIBER, 5G SUGARS), 2G PRO

CUCUMBER-DILL SALAD

SERVES: 6 ACTIVE: 5 MIN TOTAL: 35 MIN

- ¼ cup white wine vinegar
- 2 tbsp. Schnucks olive oil
- 2 tbsp. sugar
- ¾ tsp. salt
- ¼ tsp. black pepper
- 3 English cucumbers, cut into ½-inch-thick slices
- 4 tsp. dried dill

1. In a large bowl, whisk together vinegar, oil, sugar, salt and pepper. Add cucumber and dill; toss to coat. Refrigerate, covered, at least 30 minutes or up to overnight to allow flavors to blend. Season with additional salt and pepper, if desired.

PER SERVING: 79 CAL, 5G FAT (1G SAT FAT), 0MG CHOL, 286MG SODIUM, 8G CARBS (1G FIBER, 6G SUGARS), 1G PRO

COTTAGE CHEESE CAPRESE BOWL

SERVES: 6 ACTIVE: 2 MIN TOTAL: 10 MIN

- 1 pint grape tomatoes
- 2 tbsp. Schnucks extra-virgin olive oil, divided
- 2 cups Prairie Farms lactose-free cottage cheese
- 3 tsp. balsamic glaze
- ¼ cup fresh basil, for garnish

1. In a large bowl, toss together tomatoes with 1 tablespoon oil until coated; transfer to an air-fryer basket. Air-fry at 400 degrees, shaking basket halfway through, until tomatoes burst, 5–6 minutes. (If using a regular oven, preheat to 400 degrees; spread tomatoes on a sheet pan and roast 15–20 minutes.)
2. In a serving bowl, add cottage cheese and top with tomatoes, balsamic glaze and remaining oil. Season with salt and pepper, if desired. Serve immediately, garnished with basil.

PER ½-CUP SERVING: 122 CAL, 8G FAT (3G SAT FAT), 17MG CHOL, 329MG SODIUM, 5G CARBS (1G FIBER, 3G SUGARS), 8G PRO

HONEY-ROASTED PEARS WITH GORGONZOLA

SERVES: 6 ACTIVE: 10 MIN TOTAL: 30 MIN

- 3 Anjou pears
- 1 tbsp. Schnucks honey, divided
- 6 thyme sprigs, plus more for garnish
- 2 tbsp. crumbled Gorgonzola cheese
- 6 chopped walnut halves, for garnish

1. Preheat oven to 400 degrees. Halve pears lengthwise and scoop out seeds with a teaspoon or melon baller. Transfer cut sides down to a sheet pan and drizzle with ½ tsp. honey. Top with thyme sprigs.
2. Bake until pears are soft when pierced with a fork, about 10 minutes. Set aside to cool, about 10 minutes.
3. Turn pears over and scatter with Gorgonzola. Drizzle with remaining honey and, if desired, season with salt and pepper. Garnish with walnuts and additional thyme sprigs.

PER SERVING: 108 CAL, 3G FAT (1G SAT FAT), 5MG CHOL, 53MG SODIUM, 20G CARBS (4G FIBER, 13G SUGARS), 2G PRO

SIMPLE ORANGE SALAD

SERVES: 6 ACTIVE: 5 MIN TOTAL: 10 MIN

- 4 navel oranges, 3 peeled and pith removed, 1 juiced (¼ cup juice)
- ¼ cup Schnucks extra-virgin olive oil
- 2 tbsp. Schnucks honey
- 2 green onions, thinly sliced
- 2 tsp. salt
- ¼ cup Schnucks slivered almonds, for garnish
- ¼ cup crumbled feta cheese, for garnish

1. Cut oranges into slices or wedges and transfer to a serving plate. In a small bowl, whisk together orange juice, oil, honey, green onion and salt. Drizzle over oranges and serve garnished with almonds and feta.

PER SERVING: 182 CAL, 14G FAT (2G SAT FAT), 6MG CHOL, 191MG SODIUM, 14G CARBS (2G FIBER, 11G SUGARS), 2G PRO



You can use several varieties of oranges, such as blood oranges, clementines, tangerines or canned mandarin oranges.



Schnucks fresh broccoli slaw is a convenient, ready-to-eat blend of broccoli, carrot and red cabbage, making it the ideal time-saving foundation for a salad or side dish.



Don't have pears on hand? Use apples or peaches instead.

HONEY-MUSTARD QUINOA AND BROCCOLI

SERVES: 6 ACTIVE: 10 MIN TOTAL: 30 MIN

- ½ cup Schnucks slivered almonds
- ½ cup Schnucks olive oil
- ¼ cup Schnucks apple cider vinegar or white wine vinegar
- 3 tsp. Schnucks Dijon mustard
- 1½ tbsp. Schnucks honey
- 2 12-oz. pkgs. Schnucks broccoli slaw
- ½ cup cooked and chilled tri-color quinoa

1. In a small skillet over medium heat, toast almonds, stirring frequently, until fragrant and beginning to turn

- golden on edges, 2–3 minutes. Transfer to a large serving bowl.
2. In a small bowl, whisk together oil, vinegar, Dijon mustard and honey.
3. In bowl with almonds, add slaw and chilled quinoa. Add dressing and toss to coat. Season with salt and pepper, if desired. Refrigerate, covered, at least 20 minutes to allow flavors to blend.

PER SERVING: 251 CAL, 24G FAT (3G SAT FAT), 0MG CHOL, 106MG SODIUM, 9G CARBS (3G FIBER, 5G SUGARS), 3G PRO

a formula for flavor

Unleash your inner chef with our simple formula-based approach to frittatas. Try these suggested combinations to explore exciting spices like turmeric and harissa, or mix and match to create your own unique flavors. This versatile formula can easily be adapted to suit any palate or pantry.

FRITTATA BASE

SERVES: 8 ACTIVE: 10 MIN TOTAL: 45 MIN

- 8 Schnucks eggs
- 1 cup Schnucks skim milk
- ¼ tsp. sea salt
- 1 tbsp. Schnucks olive oil

DRIED HERBS & SPICES

- a** ⅓ tsp. Italian seasoning
- b** ½ tsp. harissa paste
¼ tsp. black pepper
- c** ½ tsp. cumin
¼ tsp. black pepper
- d** ½ tsp. Schnucks garlic powder
1 tbsp. turmeric
¼ tsp. black pepper

FILLING

- a** ½ cup chopped cherry tomatoes
½ cup spinach
- b** 2 red bell peppers, chopped
½ cup chopped fresh basil
- c** ½ cup diced onion
(about 1 small onion)
2 medium sweet potatoes,
cooked and diced
- d** 1½ cups diced onion
(about 1 large onion)
2½ cups sliced mushrooms
2 cups fresh chopped kale

CHEESE

- a** ½ cup Swiss cheese
- b** No cheese
- c** No cheese
- d** 1 cup Schnucks shredded
Parmesan cheese

1. Preheat oven to 400 degrees with a rack in lower third position.
2. In a medium bowl, whisk together eggs, milk and salt with preferred dried herbs and spices until well combined.
3.
 - a** In a 12-inch cast-iron skillet, heat oil over medium. Add cherry tomatoes and spinach and cook until softened.
 - b** In a 12-inch cast-iron skillet, heat oil over medium. Add bell pepper; cook until softened, 2–3 minutes.
 - c** In a 12-inch cast-iron skillet, heat oil over medium. Stir in onion; cook until translucent, about 1 minute. Stir in sweet potato; cook until lightly browned, 2 minutes more.
 - d** In a 12-inch cast-iron skillet, heat oil over medium. Add onion; cook until translucent, about 2 minutes. Stir in mushrooms; cook 3 minutes. Stir in kale; cook until wilted, about 1 minute more.
4. Add egg mixture and gently shake skillet to distribute ingredients. Sprinkle with cheese, if using. Place cast iron in oven and bake until eggs are set and barely jiggle, 10–15 minutes.
5. Remove from oven and let rest 5 minutes. Season with salt, black pepper and additional fresh herbs, if desired. Serve warm.

a TOMATO-SPINACH

- ⅓ tsp. Italian seasoning
+
- ½ cup chopped cherry tomatoes
½ cup chopped spinach
+
- ½ cup shredded Swiss cheese

PER SERVING: 85 CAL, 7G FAT (2G SAT FAT),
185MG CHOL, 143MG SODIUM, 0G CARBS
(0G FIBER, 0G SUGARS), 6G PRO



Serve any of these frittatas with ½ cup mixed fruits or ½ cup hot cooked diced hash browns to make them a full breakfast or lunch.

Harissa adds heat and depth to dishes. Use sriracha or crushed red pepper as a substitute.

b BELL PEPPER-BASIL

- ½ tbsp. harissa paste
¼ tsp. black pepper
+
- 2 red bell peppers, chopped
½ cup chopped fresh basil

PER SERVING: 106 CAL, 7G FAT (2G SAT FAT),
186MG CHOL, 100MG SODIUM, 3G CARB
(1G FIBER, 3G SUGARS), 7G PRO

c CUMIN-SPICED SWEET POTATO

- ½ tsp. cumin
¼ tsp. black pepper
+
- ½ cup diced onion
2 medium sweet potatoes,
cooked and diced

PER SERVING: 168 CAL,
9G FAT (2G SAT FAT),
248MG CHOL, 224MG SODIUM,
10G CARB (1G FIBER,
4G SUGARS), 10G PRO

Cumin has a warm, earthy flavor. Use chili powder or coriander as a substitute.

d KALE AND MUSHROOM

- ½ tbsp. garlic powder
1 tbsp. turmeric
¼ tsp. black pepper
+
- 1½ cups diced onion
2½ cups sliced mushrooms
2 cups fresh chopped kale
½ cup chopped fresh basil
+
- 1 cup Schnucks shredded
Parmesan cheese

PER SERVING: 142 CAL, 8G FAT (3G SAT FAT),
188MG CHOL, 210MG SODIUM, 8G CARB
(2G FIBER, 5G SUGARS), 11G PRO

Turmeric has a warm, slightly bitter flavor. Use curry powder or ginger as a substitute.



SLOW COOKER MEALS

ready, set, save!

Making healthier meal choices on a budget just got easier with these set-it-and-forget-it slow cooker recipes. Packed with wholesome ingredients and big flavors, they make dinner affordable, nutritious and effortless.



Perfect for meal prep: Store in the fridge up to 4 days, or freeze serving-size portions up to 3 months in freezer-safe zip-top bags.



Make tostadas topped with Hawaiian Pulled Pork and coleslaw. Preheat oven to 400 degrees. Lightly brush both sides of tortillas with oil and arrange in a single layer on a sheet pan. Bake until crispy, 5–7 minutes per side.

SLOW COOKER BLACK BEAN, QUINOA AND SWEET POTATO STEW

SERVES: 6 ACTIVE: 10 MIN TOTAL: 5 HR 10 MIN

- 2 large sweet potatoes, peeled and diced
- 1 small red onion, diced
- 2 14.5-oz. cans Full Circle fire-roasted diced tomatoes, drained
- 1 15.5-oz. can Schnucks garbanzo beans (chickpeas), drained and rinsed
- 1 15.25-oz. can Schnucks no-salt-added black beans, drained and rinsed
- 1 cup uncooked quinoa, rinsed
- 2 tbsp. Dash Southwest chipotle seasoning
- 2 tbsp. Schnucks curry powder
- 1 32-oz. container unsalted vegetable stock
- ½ 13.5-oz. can Schnucks lite coconut milk
- 1 8-oz. pkg. whole-wheat pita bread
- 4 tbsp. Schnucks nonfat plain Greek yogurt
- 1 tbsp. chopped fresh cilantro

1. In a 3-quart slow cooker, stir together first 10 ingredients (through coconut milk). Cover and cook on Low until sweet potatoes and onion are softened and quinoa is cooked through, about 5 hours. Season with salt and pepper, if desired. Serve with pita bread, yogurt and cilantro.

PER SERVING: 466 CAL, 8G FAT (3G SAT FAT), 0MG CHOL, 777MG SODIUM, 88G CARB (21G FIBER, 15G SUGARS), 20G PRO

SLOW COOKER HAWAIIAN PULLED PORK TACOS

SERVES: 6 ACTIVE: 10 MIN TOTAL: 6 HR 10 MIN

- 1 20-oz. can Schnucks pineapple chunks in juice
 - ¼ cup Schnucks light brown sugar
 - ¼ cup Schnucks less-sodium soy sauce
 - 1 small onion, thinly sliced
 - 2 tsp. minced garlic
 - ½ tsp. Schnucks ground ginger
 - 2½ lbs. pork tenderloin, cut into 4 pieces
 - 1 14-oz. pkg. classic coleslaw blend
 - ½ cup Schnucks nonfat plain Greek yogurt
 - 3½ tsp. Schnucks apple cider vinegar
 - 1 tsp. honey
 - 1 24-count pkg. 6-inch Schnucks taco-style yellow corn tortillas, toasted
1. In a large bowl, stir together pineapple with juice, brown sugar, soy sauce, onion, garlic and ginger until well combined. In a large slow cooker, add pork and top with pineapple mixture.
 2. Cover and cook on Low until pork is tender and pulls apart easily with a fork, about 6 hours.
 3. Meanwhile, in a large bowl, whisk together yogurt, vinegar and honey until smooth. Season with salt and pepper, if desired. Stir in coleslaw blend until coated. Cover and refrigerate at least 30 minutes.
 4. Turn off slow cooker, shred pork, serve with coleslaw and tortillas.

PER SERVING: 456 CAL, 8G FAT (2G SAT FAT), 112MG CHOL, 582MG SODIUM, 55G CARB (6G FIBER, 20G SUGARS), 42G PRO



Shave 10–15 minutes off the cook time by making sure the meat is evenly dispersed in your slow cooker.



Using **pork tenderloin** in this recipe results in a leaner, more nutritious pork while still delivering great flavor and tenderness.



SLOW COOKER BEEF AND BROCCOLI

SERVES: 6 ACTIVE: 15 MIN TOTAL: 3 HR 45 MIN

- 1½ lbs. sirloin steak, thinly sliced
- 1 cup unsalted beef broth
- ½ cup Schnucks less-sodium soy sauce
- 2 tsp. sesame oil
- 2 tsp. minced garlic
- ¼ cup Schnucks dark brown sugar
- 2 tbsp. Schnucks cornstarch
- 1 16-oz. bag Schnucks frozen broccoli florets
- 4 cups hot cooked brown rice
- 1 tbsp. chopped green onion
- 1 tbsp. sesame seeds

- Cover and cook on Low until beef is tender, about 3½ hours.
- Transfer ½ cup broth mixture to a small bowl and whisk together with cornstarch; stir mixture into slow cooker. Stir in broccoli. Cover and cook on Low 20 minutes more.
- Serve over hot brown rice, garnished with green onion and sesame seeds.

PER SERVING: 453 CAL, 12G FAT (3G SAT FAT), 91MG CHOL, 722MG SODIUM, 46G CARB (4G FIBER, 9G SUGARS), 40G PRO

1. In a large slow cooker, gently stir together steak, broth, soy sauce, sesame oil, garlic and brown sugar.



It's all in the app!

Scan to join Healthier Habits and check out its dedicated section in the app.

SLOW COOKER LENTIL TACOS

SERVES: 6 ACTIVE: 10 MIN TOTAL: 3 HR 10 MIN

- 1½ cups uncooked green lentils
- ½ cup uncooked brown rice
- 1 8-oz. container Schnucks fresh diced onion
- 2 tsp. minced garlic
- 1 1.25-oz. pkg. Schnucks 30% less-sodium taco seasoning
- 3 cups low-sodium vegetable broth
- 18 6-inch Schnucks taco-style yellow corn tortillas
- 2 large avocados, pitted and diced
- 1½ cups Schnucks nonfat plain Greek yogurt
- 1½ cups Schnucks Short Cuts pico de gallo

1. In a 3-quart slow cooker, stir together lentils, brown rice, onion, garlic, taco seasoning and broth. Cover and cook until lentils are tender and most liquid has cooked out, 3–4 hours on High or 7–8 hours on Low.
2. Serve with tortillas, avocado, yogurt and pico de gallo.

PER SERVING: 504 CAL, 10G FAT (1G SAT FAT), 0MG CHOL, 622MG SODIUM, 86G CARB (13G FIBER, 10G SUGARS), 22G PRO



Use this filling to stuff bell peppers, mushrooms, mini pumpkins, tomatoes, zucchini, eggplants or potatoes.



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