

SIMPLY

MAR / APR 2025

Schnucks

Spring INTO Savings

Simple Celebrations,
Money-Saving Meal Prep
and More!

BLUEBERRY
MOSCOW
MULE p23

PESTO CROSTINI p25

EASY
AVOCADO
DIP p24

Schnucks
Short Cuts
salsa
and dips
make party
planning
a breeze!

SLAM
DUNK
MINI
SLIDERS
p23

Free

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NEW

Discover
Coca-Cola®
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With Orange and Vanilla Flavors.



NEW!

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Chips Ahoy!

BAKED BITES

BLONDIE

SOFT & CHEWY

ATTENTION: ALLERGEN INFO SEE INGREDIENT PANEL

5 PACKS

Next Level Snacking

Try CHIPS AHOY! Baked Bites Blondies for a tasty new take on a timeless classic that is wonderful for at-home snacking or on-the-go indulging


Chips Ahoy!

A soft-baked twist on the cookies you love

Enlarged to Show Detail
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SCAN TO LEARN MORE AND SIGN UP!



*Contest begins 4/2 and ends 4/29. No purchase necessary. Void where prohibited. Must be enrolled in Schnucks Rewards and Healthier Habits, 18 years or older and a legal resident of IL, IN, MO or WI. Must meet Daily Goal targets to receive Points and meet Weekly Goal targets to unlock exclusive digital coupons. The odds of winning the grocery prize depends on the number of participants. For full legal details, visit schnucks.com/steps-2025.

Schnucks health & wellness community

HEALTHIER HABITS



Join the 2025 Healthier Habits Step Challenge
4/2-4/29



Earn Up to \$15 in Rewards

Reach daily step goals to unlock exclusive digital coupons, Points multipliers and Rewards.

One lucky challenge participant and Healthier Habits member will win FREE GROCERIES FOR A YEAR!*

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



celebrate spring with savings

From hosting game nights to celebrating spring holidays, we have delicious, easy-to-make and affordable recipes to take any occasion to the next-level.

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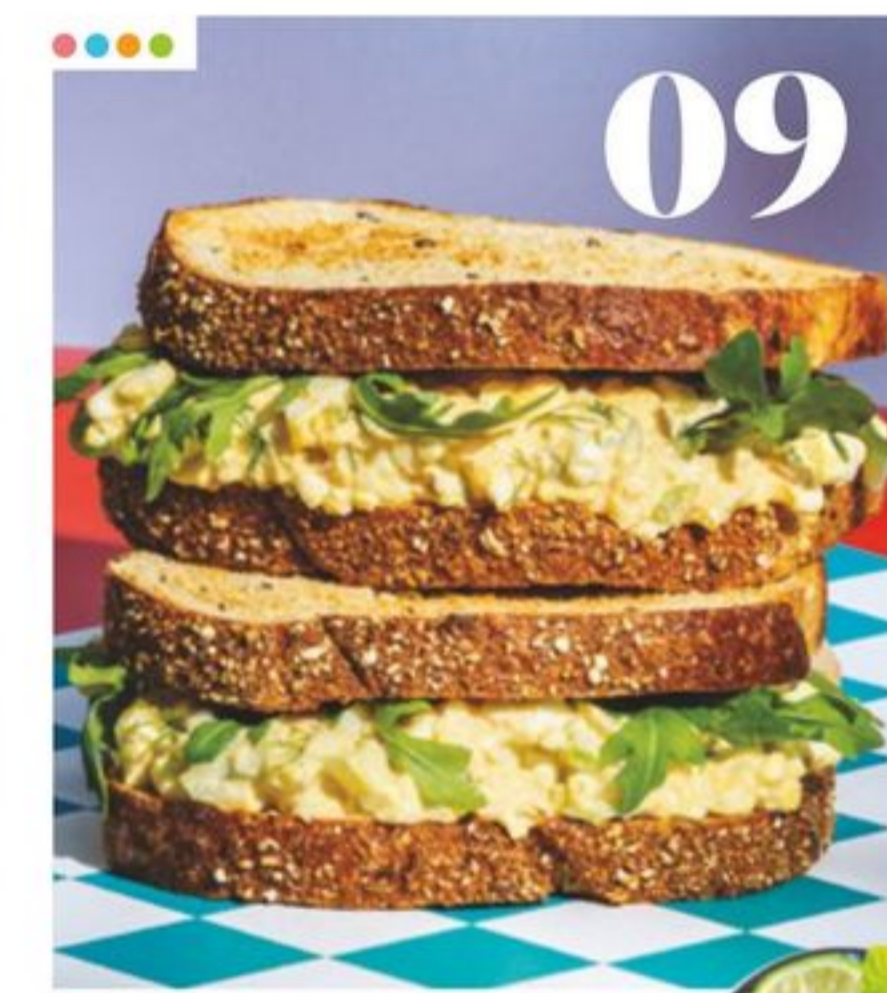
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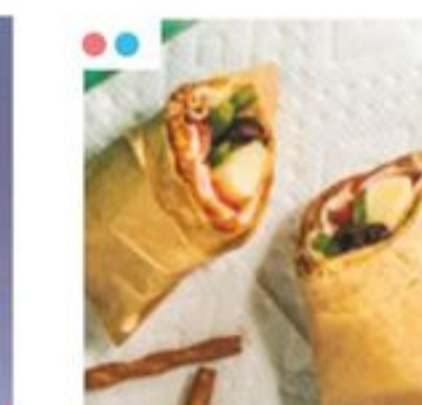
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SIMPLY Schnucks

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Schnucks

a sweeter easter
HAM

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schnucks spiral sliced ham

Smoked to perfection with real hardwood.
Sliced to the bone—trimmed just right, just for you!
Includes honey & spice glaze packet.

natural
juices



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SPRING SIPS

thirst quenchers

From refreshing juices to hydrating coconut water, discover the tastiest ways to quench your thirst all season long.

Orange Cream
Coca-Cola
Coca-Cola Orange Cream is everything you love about classic Coke, with an added layer of orange and smooth, creamy vanilla.

Alani Nu
With a dash of vitamin B₆ and B₁₂, Alani Nu Cherry Slush will help keep you and your natural glow at your brightest even on your busiest days.

Schnucks
Schnucks Sparkling Waters bring flavor and fizz to your day's hydration, making every sip a bubbly treat!

C
CULINARIA
CHOSEN BY *Schnucks*
Culinaria Cold Pressed Juices are the ultimate refreshing drink for hot days. Try all five delicious flavors: Beet, Apple Lemon Ginger, Apple Pineapple, Carrot, and Green.

Coconut water contains electrolytes like potassium, sodium and magnesium, making it an excellent choice for rehydrating.

fairlife
Fairlife 2% Chocolate Milk brings indulgence to a new level. It has 50% more protein than regular milk—and it's lactose-free!



HEALTHIER HABITS

sheet-pan soups

These vegetarian soups require minimal effort—just roast the vegetables, blend and enjoy! They're easy to make, customizable and can be served hot or cold. And they're a delicious way to add more vegetables to your meals.



Allison Primo
SCHNUCKS
REGISTERED DIETITIAN

Creamy Asparagus Sheet-Pan Soup

SERVES: 4 ACTIVE: 15 MIN TOTAL: 35 MIN

- 1 medium gold potato, peeled and diced
- 1 small onion, quartered
- 2 cloves garlic
- 1/3 cup lightly salted unshelled pistachios, plus 24 for garnish
- 1 tbsp. Schnucks canola oil
- 2 lbs. asparagus, ends trimmed and roughly chopped, setting aside 8 asparagus tip for garnish
- 4 cups Schnucks vegetable stock
- 8 oz. silken tofu
- 2 tbsp. lemon juice

1. Preheat oven to 400 degrees and coat a large sheet pan with cooking spray.
2. Arrange potato, onion, garlic and pistachios on prepared sheet pan. Drizzle with oil; roast 10 minutes. Add asparagus and roast until vegetables are fork-tender, about 10 minutes more.
3. In a blender, add all ingredients from sheet pan, broth and tofu. Season with salt and black pepper, if desired, and blend until smooth.
4. Serve warm, or let cool and refrigerate at least 2 hours before serving chilled. Add lemon juice and garnish each bowl with 6 crushed pistachios and 2 asparagus tips.

PER SERVING: 180 CAL, 7G FAT (1G SAT FAT), 0MG CHOL, 620MG SODIUM, 25G CARB (7G FIBER, 10G SUGARS), 10G PRO



No miso at home?
Use 2 tbsp. soy sauce instead.

Sheet-Pan Sweet Corn Chowder

SERVES: 4 ACTIVE: 10 MIN TOTAL: 35 MIN

- 2 12-oz. pkgs. Schnucks frozen sweet corn
- 1 large russet potato, peeled and diced
- 3 cloves garlic
- 2 tbsp. Schnucks canola oil
- 1 tsp. dried rosemary
- 1 13.5-oz. can Schnucks lite coconut milk
- 3 cups Schnucks vegetable stock
- 1 tbsp. Culinary pure maple syrup
- 1 tbsp. chopped green onion, for garnish
- 2 tbsp. crumbled queso fresco, for garnish

1. Preheat oven to 400 degrees and coat a large sheet pan with cooking spray.
2. Arrange corn, potato and garlic on prepared sheet pan. Drizzle with oil and scatter with rosemary. Roast until vegetables are fork-tender, about 25 minutes. Set aside 2 tablespoons corn for garnish.
3. In a blender, add all ingredients from sheet pan, coconut milk, broth and maple syrup. Season with salt and pepper, if desired. Blend until smooth.
4. Serve warm, or let cool and refrigerate at least 2 hours before serving chilled. Garnish with green onion, queso fresco, corn and, if desired, ground black pepper.

PER SERVING: 421 CAL, 18G FAT (8G SAT FAT), 10MG CHOL, 547MG SODIUM, 56G CARB (6G FIBER, 18G SUGARS), 9G PRO

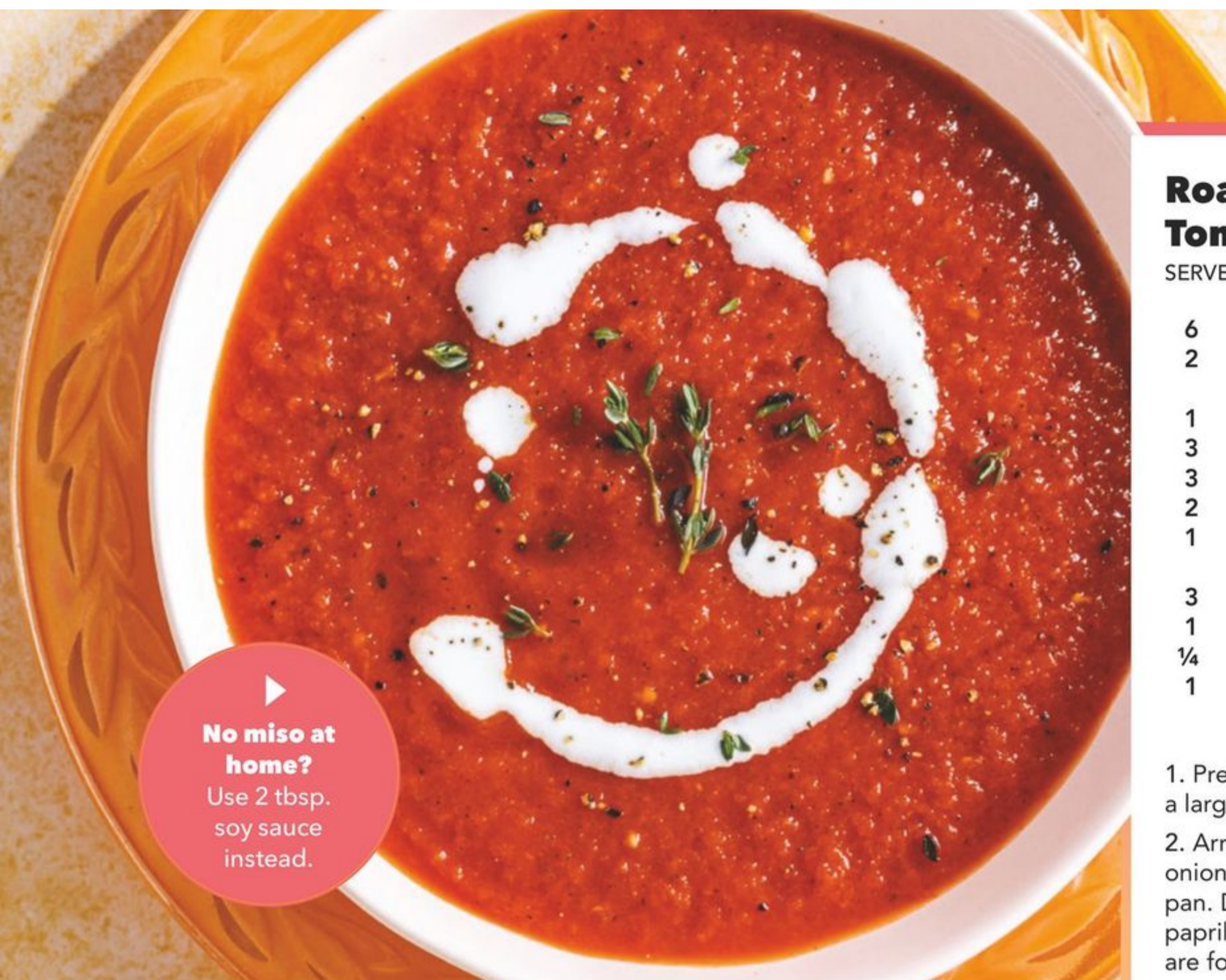
Roasted Red Pepper and Tomato Sheet-Pan Soup

SERVES: 4 ACTIVE: 10 MIN TOTAL: 40 MIN

- 6 tomatoes, halved
- 2 red bell peppers, halved and de-seeded
- 1 red onion, quartered
- 3 cloves garlic
- 3 tbsp. Schnucks canola oil
- 2 tsp. Schnucks paprika
- 1 tsp. chopped fresh thyme, plus more for garnish
- 3 cups low-sodium vegetable broth
- 1 8-oz. can Schnucks tomato sauce
- 1/4 cup white miso paste
- 1 tbsp. Schnucks nonfat plain Greek yogurt, for garnish

1. Preheat oven to 400 degrees and coat a large sheet pan with cooking spray.
2. Arrange tomatoes, red bell pepper, onion and garlic on prepared sheet pan. Drizzle with oil and sprinkle with paprika and thyme. Roast until vegetables are fork-tender, about 30 minutes.
3. In a blender, add all ingredients from sheet pan, broth, tomato sauce and miso paste. Blend until smooth. Season with salt and black pepper, if desired.
4. In a small bowl, stir together yogurt with 2 tablespoons water until well combined. Drizzle over vegetable mixture, garnish with thyme and, if desired, black pepper. Serve warm, or let cool and refrigerate at least 2 hours before serving chilled.

PER SERVING: 206 CAL, 11G FAT (1G SAT FAT), 0MG CHOL, 771MG SODIUM, 25G CARB (5G FIBER, 15G SUGARS), 5G PRO



It's all in the app!

Scan to join Healthier Habits and check out its dedicated section in the app with more healthy, delicious recipes like these.



SECRET INGREDIENT

cottage cheese

Cottage cheese is the secret ingredient in these must-try recipes, offering an affordable protein boost to help keep you satisfied for longer.

Make self-rising flour at home by combining 1 cup all-purpose flour with 1½ tsp. baking powder and ¼ tsp. salt.

Three-Ingredient Cottage Cheese Bagels

SERVES: 8 ACTIVE: 15 MIN TOTAL: 40 MIN

- 2 cups Schnucks full-fat small-curd cottage cheese
- 2 cups self-rising flour
- 2 Schnucks large eggs, beaten

1. Preheat oven to 375 degrees with rack in top third position. Line a large sheet pan with parchment paper.
2. In a blender or food processor, blend cottage cheese at high speed, scraping down sides as needed, until smooth, 2–5 minutes. Transfer to a large bowl and add flour. Mix with your hands until dough is completely combined and pulls away from sides of the bowl, 3–5 minutes.
3. Transfer dough to a floured surface and knead until smooth, 8–10 times. Add more flour to work surface as needed to prevent sticking.
4. Shape dough into 8 balls. Roll out each into a 6- to 7-inch-long rope about 1 inch thick. Press ends together to make a circle, then pinch seam tightly to seal. Brush with egg and, if desired, top with additional seasonings or herbs.
5. Bake until golden brown and fluffy, 25–30 minutes. Let cool on sheet pan 15 minutes before cutting in half. Bagels, stored in an airtight container at room temperature, keep up to 4 days.

PER SERVING: 168 CAL, 4G FAT (2G SAT FAT), 59MG CHOL, 618MG SODIUM, 25G CARB (1G FIBER, 2G SUGARS), 10G PRO

You can top each bagel with 1 tsp. Schnucks everything bagel seasoning, ½ tsp. cinnamon sugar, or 1½ tsp. fresh herbs with ½ tsp. minced garlic.

Top-tier toppers
• greek yogurt + berries
• pesto + arugula + fried egg
• cream cheese + lox + pepper + fresh dill



Round out your meal
Add some tomato slices and serve with a side salad.

Cottage Cheese Egg Salad Sandwich

SERVES: 4 ACTIVE: 10 MIN TOTAL: 10 MIN

- 6 Schnucks large eggs, hard boiled and peeled
- ½ cup Schnucks low-fat cottage cheese
- 1 tbsp. Schnucks mayonnaise
- 1 tsp. Schnucks Dijon mustard
- ¼ tsp. garlic powder
- ¼ tsp. paprika
- ¼ cup finely diced celery
- 2 tbsp. finely diced shallot
- 1 tbsp. chopped fresh dill or 2 tsp. dried
- 8 slices multi-grain bread
- 1 cup fresh arugula

1. In a medium bowl, mash together eggs, cottage cheese, mayonnaise, mustard, garlic powder and paprika. Season with salt and pepper, if desired. Stir in celery, shallot and dill until combined.

2. Toast bread, if desired. Divide egg salad evenly onto 4 slices; top each with arugula and remaining bread slices. Cut sandwiches in half, if desired, and serve immediately.

PER SERVING: 185 CAL, 10G FAT (3G SAT FAT), 281MG CHOL, 515MG SODIUM, 32G CARB (6G FIBER, 6G SUGARS), 18G PRO

Cottage Cheese Alfredo Pasta SERVES: 4 ACTIVE: 15 MIN TOTAL: 30 MIN

- 1 16-oz. pkg. Schnucks fettuccine pasta
- 2 cups frozen broccoli florets, thawed
- 1 cup Schnucks low-fat cottage cheese
- 1/2 cup Schnucks 2% milk
- 2 tbsp. Schnucks grated Parmesan cheese
- 1 tbsp. Schnucks olive oil
- 2 cloves garlic, minced
- 1/4 cup chopped fresh parsley, for garnish

1. In a large pot, cook pasta according to package directions, adding broccoli in last 2 minutes of cooking. Reserving 1/2 cup pasta water, drain and cover with foil to keep warm.

- 2. In a blender, add cottage cheese, milk and Parmesan. Blend until smooth, about 1 minute.
- 3. In a large skillet, heat oil over medium. Stir in garlic until fragrant, about 1 minute. Reduce heat to low. Add cottage cheese mixture; cook, stirring, about 3 minutes. If sauce needs to be thinned, add 1 tablespoon of reserved pasta water as needed to desired consistency. Season with salt and pepper, if desired.
- 4. Stir in pasta-broccoli mixture; toss to coat. Garnish with parsley and serve immediately.

PER SERVING: 559 CAL, 10G FAT (3G SAT FAT), 18MG CHOL, 360MG SODIUM, 92G CARB (5G FIBER, 9G SUGARS), 25G PRO



Elevate your Alfredo
Add sautéed mushrooms, spinach or sun-dried tomatoes for extra flavor and a boost of nutrients.



Cottage Cheese Banana Bread with Blueberries

SERVES: 8 ACTIVE: 5 MIN TOTAL: 1 HR 20 MIN

- 3/4 cup Schnucks whole-fat small-curd cottage cheese
- 3 ripe bananas, mashed
- 1/4 cup Schnucks honey
- 2 Schnucks large eggs
- 1/3 cup Schnucks canola oil
- 1 cup fresh blueberries
- 1 1/2 cups Full Circle organic whole-wheat flour
- 1 tsp. Schnucks baking soda
- 3/4 tsp. salt

- 1. Preheat oven to 350 degrees and coat a 5x9-inch loaf pan with cooking spray.
- 2. In a medium bowl, stir together cottage cheese, banana, honey, eggs and oil until well combined. Stir in blueberries, flour, baking soda and salt until just combined. Pour into prepared loaf pan.
- 3. Bake until a toothpick inserted into center comes out clean, 50–60 minutes. Remove from oven and let cool completely in pan, 20–30 minutes, before removing to slice and serve.

PER SERVING: 271 CAL, 12G FAT (2G SAT FAT), 51MG CHOL, 469MG SODIUM, 38G CARB (4G FIBER, 17G SUGARS), 7G PRO

Sprinkle with some powdered sugar, cinnamon, a square of butter or fresh blueberries for a nice finishing touch.



PREP AHEAD

freezer meals

Stretch your grocery budget with these easy and affordable meal-prep ideas that will check dinner off your to-do list in no time. Check out the tips for extra savings!



\$3.28
PER SERVING

Swap in cooked brown rice for cauliflower rice to reduce the cost to **\$2.60** per serving.

skillet egg roll in a bowl

SERVES: 6 ACTIVE: 20 MIN TOTAL: 40 MIN

- 1 tbsp. Schnucks canola oil
- 1 lb. ground turkey
- 1/4 cup Full Circle organic peanut satay sauce
- 1 tbsp. Schnucks less-sodium soy sauce
- 2 cups frozen cauliflower rice
- 1 cup sliced green onion
- 4 cups coleslaw mix
- 3/4 cup wonton strips
- 1 lime, cut into wedges

See page 19 for another tasty way to use Full Circle organic peanut satay sauce.

1. In a large skillet, heat oil over medium-high. Add ground turkey and, if desired, season with salt and pepper. Cook, stirring frequently, until browned, 8–10 minutes. Remove from heat and let cool 10 minutes.
2. In a gallon zip-top freezer bag, add turkey, peanut satay sauce, soy sauce, cauliflower rice, green onion and coleslaw mix. Seal and turn to coat. Frozen, turkey mixture keeps up to 4 months. If freezing, press air out of bag for easier storage. Before using, thaw at room temperature 1–2 hours or overnight in the fridge.
3. In a large skillet, stir together turkey mixture (thawed if frozen) with 1/4 cup water. Bring to a boil; reduce heat and simmer until heated through and sauce is reduced enough to cling to turkey, about 10 minutes. Let rest 5 minutes. Serve with wonton strips and lime wedges.

PER SERVING: 243 CAL, 13G FAT (2G SAT FAT), 227MG CHOL, 377MG SODIUM, 16G CARB (2G FIBER, 4G SUGARS), 17G PRO



\$3.71
PER SERVING



Before using, thaw at room temperature 1–2 hours or overnight in the fridge.



sheet-pan chicken fajitas

SERVES: 6 ACTIVE: 10 MIN TOTAL: 30 MIN

- 1 1.12-oz. packet Schnucks fajita seasoning mix
- 2 tbsp. lime juice
- 1 tbsp. Schnucks canola oil
- 2 lbs. boneless, skinless chicken breast, cut into 1/2-inch-thick strips
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1/2 cup guacamole
- 1/2 cup Schnucks chunky salsa
- 1/4 cup fresh chopped cilantro
- 12 8-inch Schnucks 70-calorie flour tortillas

1. In a gallon zip-top freezer bag, add fajita seasoning, lime juice and oil. Shake to combine. Add chicken and bell peppers; seal bag and turn until well coated. Frozen, chicken mixture keeps up to 4 months. If freezing, press air out of bag for easier storage.
2. Preheat oven to 450 degrees. Spread chicken mixture (thawed if frozen) on a parchment-lined sheet pan. Bake until browned and internal temperature reaches 165 degrees, 20–30 minutes. Serve with guacamole, salsa, cilantro and tortillas.

PER SERVING: 376 CAL, 12G FAT (3G SAT FAT), 93MG CHOL, 1347MG SODIUM, 48G CARB (33G FIBER, 4G SUGARS), 43G PRO



For a cost-saving option, replace the shrimp with 1 lb. chicken breast cut into bite-size pieces. Skip the water in Step 2 and cook thawed chicken mixture until it reaches 165 degrees, about 10 minutes. This cuts the cost per serving to \$3.15!



\$6.27
PER SERVING



sweet-and-sour shrimp
SERVES: 4 ACTIVE: 15 MIN TOTAL: 15 MIN

- 1 lb. Schnucks cooked large shrimp (26–30 count), peeled and deveined
- $\frac{2}{3}$ cup Schnucks sweet-and-sour sauce
- 1 large carrot, peeled and sliced
- 1 20-oz. can Schnucks pineapple chunks in juice, drained
- 1 large green bell pepper, chopped
- 1 medium red onion, chopped
- 2 cups cooked Schnucks brown rice
- $\frac{1}{4}$ cup sliced green onion, for garnish

1. In a gallon zip-top freezer bag, add shrimp, sweet-and-sour sauce, carrot, pineapple, bell pepper and red onion. Seal and turn to coat. Frozen, shrimp mixture keeps up to 4 months. If freezing, press air out of bag for easier storage. Before using, thaw at room temperature 1–2 hours or overnight in the fridge.

2. In a large skillet over medium-high heat, stir together shrimp mixture (thawed if frozen) with $\frac{1}{4}$ cup water. Bring to a boil; reduce heat to medium-low and simmer until sauce thickens, 5–8 minutes. Season with salt and black pepper, if desired. Serve over hot brown rice, garnished with green onion.

PER SERVING: 326 CAL, 1G FAT (0G SAT FAT), 120MG CHOL, 883MG SODIUM, 56G CARB (4G FIBER, 27G SUGARS), 22G PRO



\$2.40
PER SERVING



slow-cooker Italian sausage tortellini
SERVES: 6 ACTIVE: 25 MIN TOTAL: 4 HR 25 MIN

- 1 tbsp. Schnucks canola oil
- 1 lb. Schnucks ground sweet Italian sausage
- 1 24-oz. jar Schnucks traditional pasta sauce
- 1 16-oz. pkg. Schnucks cheese tortellini
- $\frac{1}{2}$ green bell pepper, diced
- $\frac{1}{2}$ red bell pepper, diced
- $\frac{1}{2}$ white onion, diced
- 1 10.5-oz. pkg. Schnucks garlic bread sticks, for serving

1. In a large skillet, heat oil over medium. Add sausage and cook, stirring, until browned and cooked through, about 5 minutes. Drain and let cool 10 minutes.

2. In a gallon zip-top freezer bag, add sausage, pasta sauce, tortellini and vegetables. Seal bag and turn to coat. Frozen, sausage mixture keeps up to 4 months. If freezing, press air out of bag for easier storage. Before using, thaw at room temperature 1–2 hours or overnight in the fridge.

3. In a slow cooker, stir together sausage mixture (thawed if frozen) with $\frac{1}{4}$ cup water. Cook, covered, until tortellini is tender, 3–4 hours on Low or 1–2 hours on High.

4. Meanwhile, prepare garlic bread according to package directions. Serve immediately with sausage mixture.

PER SERVING: 610 CAL, 32G FAT (8G SAT FAT), 56MG CHOL, 1398MG SODIUM, 59G CARB (6G FIBER, 9G SUGARS), 24G PRO

SIMPLE SNACKING

on the road

Skip the pricey pit stops and pack your own snacks with these easy grab-and-go ideas, perfect for filling a cooler—and your home fridge.

Switch it up!
Replace the sliced deli chicken with 2 scrambled eggs for a breakfast spin on this simple wrap.

Check out the beverage roundup on page 5 for drink ideas to quench your thirst on the go.

Travel-Friendly Lunch Burritos
SERVES: 6 ACTIVE: 10 MIN TOTAL: 10 MIN

- 1/2 tbsp. Schnucks 30%-less-sodium taco seasoning mix
- 1 cup Schnucks refried beans with jalapeños
- 6 8-inch whole-wheat tortillas
- 18 slices deli chicken (about 10.5 oz.)
- 2 Roma tomatoes, sliced
- 1/2 large green bell pepper, sliced
- 1/3 cup Schnucks canned sliced olives
- 6 Sargento string-cheese sticks

1. In a medium bowl, stir together taco seasoning mix and refried beans; spread 1/4 cup onto each tortilla. Divide remaining ingredients among tortillas.
2. Fold in opposite sides of each tortilla, then roll up tightly, burrito-style. Wrap each in parchment paper and transfer to a gallon zip-top plastic bag. Refrigerate up to 5 days. If desired, microwave 30 seconds.

PER SERVING: 311 CAL, 11G FAT (4G SAT FAT), 41MG CHOL, 1129MG SODIUM, 32G CARB (7G FIBER, 4G SUGARS), 24G PRO

SARGENTO
Sargento String Cheese is perfectly portioned and ready for layering into these tasty handheld burritos. Try swapping in Sargento's Colby or pepper jack string cheese for a flavor twist.

PRINGLES
Enjoy the tangy combination of dill pickle, buttermilk and herb ranch with Pringles Mingles Dill Pickle and Ranch.

NATURE VALLEY
For a no-prep, portable parfait, dip a Nature Valley Oats and Honey Bar into a cup of your favorite flavored yogurt.

1st PHORM
Including a 1st Phorm Protein Stick in your snack boxes helps keep kids satisfied longer and your road trip on track.

Bounty
Stock the car with Bounty paper towels to stay prepared for any accidental spills.

Chips Ahoy!
Dive into the gooey perfection of soft-baked Chips Ahoy! Baked Bites Blondie.

Dot's Homestyle Pretzels
Pair Dot's Homestyle Pretzels with fresh fruits and vegetables for a winning combination.



KITCHEN HELPERS

no-fuss cooking

These recipes use seven or fewer ingredients and take under 15 minutes of active prep. Less time spent cooking means more time enjoying dinner with the family.

Serve 8
for only
\$16.04*



These no-fuss recipes are perfect for getting the kids involved in the kitchen!

Ramen Stir-Fry

SERVES: 8 ACTIVE: 15 MIN TOTAL: 45 MIN

- 1 lb. beef stir-fry strips
- ½ cup Full Circle organic peanut satay sauce, divided
- 4 cups water
- 2 3-oz. pkgs. beef-flavor ramen noodles
- 2 tbsp. Schnucks canola oil
- 1 16-oz. pkg. Schnucks frozen stir-fry vegetables, steamed
- 2 tbsp. Schnucks lightly salted dry-roasted peanuts, for garnish

1. In a medium bowl, stir together beef and ¼ cup satay sauce until well coated. Refrigerate, covered, at least 30 minutes or up to 8 hours.
2. In a medium pot, bring 4 cups water to a boil. Stir in ramen and 1 of the seasoning packets; cook 2 minutes, then drain well.
3. In a large skillet, heat oil over medium high. Add beef to pan, discarding excess sauce. Cook, stirring once, until beef is browned and cooked through, 3–5 minutes. Stir in vegetables; cook 2 minutes more.
4. Reduce heat to low; add cooked ramen and remaining ¼ cup satay sauce. Gently toss to combine. Season with salt and pepper, if desired. Serve hot, garnished with peanuts.

PER SERVING: 268 CAL, 13G FAT (4G SAT FAT), 38MG CHOL, 533MG SODIUM, 20G CARB (3G FIBER, 4G SUGARS), 16G PRO

Simple Baked Rigatoni with Chicken Parmesan

SERVES: 8 ACTIVE: 10 MIN TOTAL: 1 HR 30 MIN

- 1 16-oz. pkg. Schnucks rigatoni pasta
- 2 24-oz. jars Schnucks lower-sodium traditional pasta sauce, divided
- 1 24-oz. bag Schnucks frozen breaded chicken breast strips
- 2 8-oz. pkgs. Schnucks shredded Italian-style six-cheese blend, divided

1. Preheat oven to 375 degrees. Coat a 9x13-inch casserole dish with cooking spray.
2. In a large pot of boiling salted water, cook pasta, stirring occasionally, 6 minutes. Drain and transfer to a large bowl. Add 1 jar pasta sauce and toss to coat.
3. In prepared casserole dish, evenly spread half the pasta mixture, then top with chicken strips in a single layer. Spoon remaining pasta mixture over strips and sprinkle with 2 cups cheese. Cover tightly with foil.
4. Bake until heated through, 40–45 minutes. Discard foil and top with remaining jar of pasta sauce and cheese. Continue baking until cheese is melted, 10–15 minutes more. Serve warm.

PER SERVING: 598 CAL, 18G FAT (8G SAT FAT), 80MG CHOL, 1170MG SODIUM, 72G CARB (6G FIBER, 14G SUGARS), 35G

Serve 8
for only
\$18.04*



*Approximate cost as of the publication date.



Cauliflower Fried Rice

SERVES: 8 ACTIVE: 10 MIN TOTAL: 10 MIN

- 4 tbsp. Schnucks canola oil
- 4 pkgs. frozen riced cauliflower medley
- 2 0.75-oz. packet stir-fry seasoning mix
- 4 tbsp. Schnucks less-sodium soy sauce
- 4 Schnucks large eggs, lightly beaten

1. In a large skillet, heat oil over medium-high. Add cauliflower medley and seasoning mix; stir-fry until vegetables are tender and lightly browned, 5–7 minutes. Stir in soy sauce until combined, then push mixture to side of skillet.

2. Pour eggs into skillet's center; cook, stirring to scramble, 1–2 minutes. Stir together with vegetables. Season with salt and pepper, if desired. Serve hot.

PER SERVING: 156 CAL, 10G FAT (1G SAT FAT), 93MG CHOL, 625MG SODIUM, 12G CARB (3G FIBER, 5G SUGARS), 6G PRO

Sub DIY Stir-Fry Sauce for the seasoning packets.

In a bowl, stir together
 4 tsp. cornstarch,
 4 tsp. garlic powder,
 4 tsp. onion powder,
 2 tsp. ginger powder,
 2 tsp. sugar,
 1 tsp. black pepper
 and 4 tsp. soy sauce.

Serve 8
for only
\$19.56*



Hash-Brown Breakfast Casserole

SERVES: 8 ACTIVE: 10 MIN TOTAL: 1 HR

- 8 frozen precooked hash-brown patties
- 1½ cups Schnucks shredded Colby jack cheese
- 1 red bell pepper, diced
- 2 green onions, sliced, plus more for garnish
- 18 Schnucks large eggs
- 2 cups Fairlife fat-free milk
- 2½ tbsp. nonfat plain Greek yogurt, for garnish

1. Preheat oven to 350 degrees. Coat a 9x13-inch casserole dish with cooking spray and arrange hash-brown patties in a single layer. Sprinkle evenly with cheese, bell pepper and green onion.

2. In a large bowl, whisk together eggs and milk until slightly frothy, about 2 minutes. Season with salt and black pepper, if desired. Pour evenly into casserole dish and bake, covered with foil, 25 minutes. Remove foil and bake until edges are golden brown and center is set, about 20 minutes more.

3. Remove from oven and let cool 5–10 minutes. Serve warm, garnished with green onion and a dollop of yogurt.

PER SERVING: 389 CAL, 24G FAT (8G SAT FAT), 435MG CHOL, 632MG SODIUM, 17G CARB (2G FIBER, 3G SUGARS), 25G PRO

Serve 8
for only
\$21.09*

full-court FIESTA

▲ Serve **Schnucks Taco Dip** with cherry tomatoes, celery, broccoli and cauliflower.

Available in two sizes, **Schnucks Taco Dip** makes the perfect pairing for any gathering.

A watch party is all about enjoying the game, not stressing over what to serve. These quick appetizer recipes will keep your crew satisfied and avoid the hefty restaurant bill.



Checkers Rally's Famous Seasoned Fries have a unique and flavorful seasoning that delivers a crispy, crunchy texture, making them the perfect pairing for any burger.

▶ Omit the vodka for a **non-alcoholic twist.**

BLUEBERRY MOSCOW MULE

SERVES: 1 ACTIVE: 5 MIN
TOTAL: 5 MIN

In a glass, muddle together ¼ cup fresh blueberries with 1½ oz. Schnucks vodka and juice of half a lime. Add ice. Gently stir in ½ cup ginger beer and ¼ cup Schnucks blueberry-lemonade sparkling water. Serve immediately, garnished with a lime slice and sprig of fresh mint.

PER SERVING: 234 CAL, 1G FAT (0G SAT FAT), 0MG CHOL, 0MG SODIUM, 35G CARB (4G FIBER, 27G SUGARS), 1G PRO

SLAM DUNK MINI SLIDERS

SERVES: 4 ACTIVE: 15 MIN
TOTAL: 20 MIN

- ½ 28-oz. bag Checkers Rally's Famous Seasoned Fries
- 1 lb. Schnucks 90% lean ground beef
- ½ 1.12-oz. packet Schnucks meatloaf seasoning mix
- 2 slices Schnucks cheddar cheese, cut into quarters
- ¼ cup Schnucks mayonnaise
- 8 slider buns, toasted
- 8 small lettuce leaves, trimmed to fit buns
- 2 tomatoes, sliced
- 1 small red onion, sliced

1. Cook fries according to package directions. Meanwhile, in a mixing bowl, combine ground beef and seasoning mix. Shape 8 portions (about ¼ cup each) into ½-inch-thick patties.
2. Heat a lightly oiled skillet over medium-high. Cook patties until internal temperature reaches 160 degrees, 2–3 minutes per side. Top with cheese.
3. Spread ½ tablespoon mayonnaise on each bottom bun, then top with burger, lettuce, tomato, onion and top bun. Serve immediately with fries.

PER 2 SLIDERS AND SIDE OF FRIES: 856 CAL, 43G FAT (13G SAT FAT), 123MG CHOL, 1228MG SODIUM, 69G CARB (6G FIBER, 12G SUGARS), 47G PRO

LUCK — on a — DIME

This St. Patrick's Day, keep your gold where it belongs—in your wallet! With Irish-inspired Corned Beef-and-Cabbage Rolls and a lineup of vibrant green appetizers, these party-ready bites bring big flavor on a budget—no luck required.

▶ **Amp up the green in your St. Paddy's party** by serving this with other green veggies such as bell peppers, cucumbers or sugar snap peas.

EASY AVOCADO DIP

SERVES: 8 ACTIVE: 5 MIN TOTAL: 5 MIN

In a large bowl, mash together 4 peeled and pitted avocados with 4 minced garlic cloves and ½ tsp. salt. Stir in ½ cup nonfat plain Greek yogurt until well combined.

PER ¼ CUP: 172 CAL, 15G FAT (2G SAT FAT), 1MG CHOL, 153MG SODIUM, 10G CARB (7G FIBER, 1G SUGARS), 4G PRO

Find a pot of flavor and endless toppings for **Schnucks Rainbow Bagels** at your local store. ◀

Serving this Irish-inspired dish as a rolled-up appetizer makes it easier to eat and helps **reduce costs, keeping your party budget in check.** ▼

PESTO CROSTINI WITH MINI ORANGE PEPPERS

SERVES: 8 ACTIVE: 10 MIN TOTAL: 15 MIN

- 1 12-oz. pkg. Full Circle demi-baguettes
- 2 tbsp. Schnucks olive oil
- 1 6.7-oz. jar Full Circle organic basil pesto
- ¼ cup Schnucks shaved Parmesan cheese
- 7 orange mini bell peppers, sliced

1. Preheat oven to 375 degrees and line a sheet pan with parchment paper.
2. On a cutting board, slice ends off baguettes and cut the rest into 1-inch-thick slices (about 16 pieces). Arrange in a single layer on prepared sheet pan and brush lightly with oil.
3. Bake until golden brown and crispy, about 10 minutes. Remove from oven and let cool 10 minutes. Spread 1 teaspoon pesto onto each slice. Top with 1–2 slices shaved Parmesan and 2 slices mini pepper. Serve immediately.

PER 2 CROSTINI: 259 CAL, 16G FAT (3G SAT FAT), 6MG CHOL, 538MG SODIUM, 24G CARB (1G FIBER, 1G SUGARS), 8G PRO

CORNED BEEF-AND-CABBAGE ROLLS

SERVES: 8 ACTIVE: 20 MIN TOTAL: 25 MIN

- 16 large cabbage leaves
- ½ 2-lb. pkg. Schnucks flat-cut corned-beef brisket
- 1 cup Schnucks Thousand Island dressing, divided
- 1 cup Schnucks shredded sauerkraut
- 1 cup Schnucks shredded Swiss cheese

1. Bring a large pot of water to boil. Add cabbage; cook until softened, about 2 minutes. Remove and pat dry.
2. Prepare brisket according to package directions, shred and divide into 16 portions (about 1 ounce each).
3. On the center of each cabbage leaf, spread ½ tablespoon dressing, 1 ounce brisket, 1 tablespoon sauerkraut and 1 tablespoon Swiss cheese. Tightly roll up leaves, tucking in sides as you roll. Secure with toothpicks if necessary.
4. Cut rolls in half and serve warm with remaining dressing.

PER 2 ROLLS: 313 CAL, 27G FAT (8G SAT FAT), 60MG CHOL, 943MG SODIUM, 7G CARB (2G FIBER, 5G SUGARS), 12G PRO



Cooking for a smaller group?
Reduce your grocery bill and save time by opting for chicken thighs instead of a whole chicken.

For a more intense lemon flavor,
let the cake batter rest overnight. It allows the flavors to develop beautifully.

passover PARTY

Simplify your Passover prep with delicious recipes that save time and money—and still deliver the vibrant flavors you love.

CHICKEN THIGHS WITH CARROTS, DATES AND PARSNIPS

SERVES: 5 ACTIVE: 15 MIN TOTAL: 45 MIN

- 10 Schnucks bone-in, skinless chicken thighs (about 3 lbs.)
- 1 lb. carrots, peeled and cut into 3-inch sticks
- 1 lb. parsnips, peeled and cut into 1-inch cubes
- 1 cup pitted dates, halved
- 2 tbsp. Schnucks canola oil
- 3 cloves garlic, minced
- 1 tsp. Schnucks cumin
- 1 tsp. smoked paprika
- ¼ tsp. Schnucks cinnamon
- 1 lemon, cut into wedges
- ¼ cup chopped fresh parsley, for garnish

1. Preheat oven to 400 degrees. In a large bowl, toss together chicken, carrot, parsnips, dates and oil.
2. In a small bowl, stir together garlic, cumin, paprika and cinnamon. Sprinkle over chicken mixture and toss to combine.
3. On a large sheet pan, spread mixture in a single layer. Roast until internal temperature of chicken reaches 165 degrees, 30–40 minutes. Serve with lemon wedges and garnished with parsley.

PER SERVING: 550 CAL, 16G FAT (3G SAT FAT), 210MG CHOL, 228MG SODIUM, 64G CARB (11G FIBER, 36G SUGARS), 47G PRO

MASHED SWEET POTATOES

SERVES: 8 ACTIVE: 10 MIN TOTAL: 30 MIN

- 8 medium sweet potatoes, peeled and cubed
- ½ cup unsweetened almond milk
- 3 tbsp. Schnucks honey
- 1 tsp. Schnucks cinnamon, plus more for garnish
- ½ tsp. nutmeg

1. In a large pot of water, bring sweet potatoes to a boil. Cook, covered, until fork-tender, about 15 minutes. Drain and return to pot.
2. Mash potatoes until smooth. Stir in remaining ingredients until well combined. If desired, thin with additional almond milk. Garnish with cinnamon and serve warm.

PER SERVING: 138 CAL, 0G FAT (0G SAT FAT), 0MG CHOL, 78MG SODIUM, 33G CARB (4G FIBER, 11G SUGARS), 2G PRO

LEMON SPONGE CAKE

SERVES: 6 ACTIVE: 15 MIN TOTAL: 1 HR 15 MIN

- 1 cup almond flour
- ½ cup Schnucks granulated sugar, divided
- ¼ cup potato starch
- 1 tsp. baking powder
- ½ tsp. salt
- ¼ cup Schnucks canola oil
- 2 egg yolks
- ¼ cup plus 1 tbsp. lemon juice
- 1 tbsp. lemon zest
- 1 tsp. almond extract
- 3 egg whites (about 6 tbsp.)
- ¼ cup Schnucks powdered sugar
- Sliced almonds and lemon slices, for garnish

1. Preheat oven to 325 degrees with a rack in middle position.
2. In a medium bowl, sift together almond flour, 6 tablespoons granulated sugar, the potato starch, baking powder and salt.
3. In another bowl, whisk together oil, egg yolks, ¼ cup lemon juice, the lemon zest and almond extract until well combined. Stir into flour mixture.
4. In a third bowl, beat together egg whites and remaining granulated sugar with a hand mixer until stiff peaks form. Fold into batter, one-third at a time, then pour into a loaf pan.
5. Bake until a toothpick inserted into center comes out clean, 45–60 minutes. Remove from oven and let cool in pan, 10–15 minutes. Invert pan onto a wire rack and let cake cool completely before removing from pan.
6. In a small bowl, stir together powdered sugar and remaining 1 tablespoon lemon juice; drizzle over cake. Serve garnished with almonds and lemon slices.

PER SERVING: 229 CAL, 16G FAT (2G SAT FAT), 61MG CHOL, 234MG SODIUM, 18G CARB (1G FIBER, 9G SUGARS), 5G PRO

EASTER

made easy

This Easter, simplify your meal planning with quick, affordable recipes that offer delicious flavors and the vibrant colors of spring.

Have other fresh fruit on hand?

This recipe is very versatile! Replace the cherries, berries or both with a different chopped fruit. Other berries, citrus, pears or apples also work well.

SPRING BEET SALAD

SERVES: 4 ACTIVE: 5 MIN TOTAL: 10 MIN

- 2 medium beets, cooked, peeled and diced
- 1 cup cherries, pitted and halved
- 1 cup raspberries
- 1 cup quartered strawberries
- 2 tbsp. Schnucks olive oil
- 1 tbsp. balsamic vinegar
- 1 tbsp. lime juice
- 1 tsp. Schnucks honey
- ¼ cup goat cheese, crumbled
- 2 tbsp. chopped fresh mint
- 2 tbsp. chopped pistachios

1. In a large bowl, stir together beets, cherries, raspberries and strawberries.
2. In a small bowl, whisk together oil, balsamic vinegar, lime juice and honey. Drizzle over salad and gently toss to coat. Scatter with goat cheese, mint and pistachios. Serve immediately.

PER SERVING: 182 CAL, 11G FAT (2G SAT FAT), 7MG CHOL, 64MG SODIUM, 21G CARB (6G FIBER, 14G SUGARS), 4G PRO

RED POTATOES WITH PARSLEY BUTTER

SERVES: 8 ACTIVE: 5 MIN TOTAL: 30 MIN

- 2 lbs. small red potatoes
- 3 tbsp. butter, cut into slices
- ¼ cup chopped fresh Italian parsley or 2 tbsp. dried parsley
- 2 tsp. Schnucks minced garlic
- ½ tsp. cracked black pepper

1. In a medium saucepan, cover potatoes with cold water. Bring to a boil and, if desired, season with salt.
2. Reduce heat to medium-low; simmer until potatoes are fork-tender, about 20 minutes. Drain, then gently stir in butter, parsley, garlic and cracked black pepper until coated. Let rest 5–10 minutes before serving.

PER SERVING: 127 CAL, 4G FAT (3G SAT FAT), 11MG CHOL, 1MG SODIUM, 21G CARB (2G FIBER, 1G SUGARS), 2G PRO

CHERRY CITRUS SLOW-COOKER HAM

SERVES: 16 ACTIVE: 25 MIN TOTAL: 4 HR 40 MIN

- 1 7- to 8-lb. bone-in spiral-sliced ham
- 5 tangerines
- 1 20-oz. can Schnucks sliced pineapple, juice and rings separated
- 1 12-oz. bag Schnucks frozen dark sweet cherries, thawed and divided
- ½ cup Schnucks packed dark brown sugar
- ½ cup Schnucks honey
- ¼ tsp. ground allspice
- 2 tbsp. Schnucks unsalted butter
- ¼ cup fresh thyme sprigs, divided
- 1 1/2 cups Schnucks canola oil

1. Coat a 7-quart slow cooker with cooking spray and add ham. Zest and juice 2 tangerines. Slice remaining tangerines into wedges.
2. In a saucepan, stir together tangerine zest and juice, ¼ cup pineapple juice, 1½ cups cherries, the brown sugar, honey, allspice, butter and half the thyme sprigs. Bring to a simmer over medium heat, stirring occasionally.
3. Reduce heat to medium-low. Cook, stirring occasionally, until reduced by one-third, about 10 minutes. Pour over ham in slow cooker. Cover and cook on Low 3 hours.
4. Preheat oven to 400 degrees with a rack in lower-third position. Uncover slow cooker and transfer stoneware insert to oven. Roast, basting 2–3 times with glaze juices, until ham is golden brown and caramelized, 30–45 minutes. Remove from oven and let rest 10 minutes.

5. On a sheet pan lined with foil, arrange tangerine wedges and pineapple rings in a layer and drizzle with oil. Roast until slightly browned, 10–20 minutes. Remove from oven and let cool 20 minutes.
6. Transfer ham to a serving platter with roasted fruit. Scatter with remaining cherries, drizzle with glaze juices and garnish with remaining thyme sprigs. Serve warm immediately.

PER SERVING: 356 CAL, 9G FAT (9G SAT FAT), 141MG CHOL, 1378MG SODIUM, 30G CARB (1G FIBER, 26G SUGARS), 43G PRO

Look at the slow-cooker manufacturer's manual or the bottom of the stoneware insert for **oven-safety guidelines**.

One App. All the *savings.*

Download the Schnucks Rewards app today!

