

# Winn✓Dixie

## FLAVOR

A MAGAZINE OF RECIPES  
AND SEASONAL INSPIRATION

FREE

*Cook  
from the  
Heart* ♥♥

A ROMANTIC  
MEAL FROM  
CURTIS STONE

PG 18

+  
COUPONS  
INSIDE!

**17**  
NEW  
RECIPES TO  
TRY NOW

FEBRUARY 2017



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COOKED  
CHIPS







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## Welcome

Our SE Grocers Classic Tin Roof Ice Cream makes for a decadent sundae. Find more cool treat ideas on page 30!



## Make it a sweet month

In this issue of *Flavor*, we've got everything you need to add a little warmth—and romance—to your February. We checked in with chef **Curtis Stone**, whose under \$10 family recipes (page 10) will make weeknight cooking a breeze. Then, for a special Valentine's Day, Curtis shared his favorite recipes for setting the mood (page 18). Also

inside, we've got inspiration to add a bit of cheer to the shorter winter days with **fun party ideas** on page 22 (fondue, anyone?) and **tips for finding the perfect roses** for that special someone on page 17. I personally can't wait to make up a batch of the five-ingredient **strawberry shortcake pops** on page 29!

We'd love to hear what you're cooking up this winter. Send us an email at [flavor@winn-dixie.com](mailto:flavor@winn-dixie.com) or post a photo with the hashtag **#WinnDixieFlavor**. We'll be sure to retweet, like, and share your pics! And for even more recipes, head to [WinnDixie.com/Flavor](http://WinnDixie.com/Flavor).

Happy Valentine's Day!

—Gina Bastiani, **MAGAZINE MANAGER**

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### MEET OUR PARTNERS



**CURTIS STONE**

Curtis Stone is an award-winning chef, *New York Times* best-selling author, and busy dad of two young boys. His two critically acclaimed restaurants, Maude and Gwen, have received rave reviews from the media, and he has appeared on a number of top-rated cooking programs.



**SARAH ANNE WARD**

Sarah Anne Ward is a New York-based photographer known for her often quirky and conceptual perspective. When not on assignment, she is shooting personal projects and globe trotting.

PHOTOGRAPH BY MICHELLE PAULSEN (GINA)



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February 2017



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All about creamy and versatile avocados



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# Ripe to Perfection



Avocados are an excellent source of healthy fats. According to the American Heart Association, their monounsaturated fat can help reduce the “bad” kind of cholesterol (LDL).

IN SEASON NOW

## Avocados

Ultra creamy and packed with healthy fats, avocados make a bright, satisfying addition to sandwiches, salads, and more. Find ideas and recipes on the pages ahead.



High in fiber and containing nearly 20 different vitamins and minerals, the mild-flavored avocado makes a healthy substitute for mayo, cream cheese, and butter-based spreads.



The next time you have leftover avocados, think outside the guac! Slather this antioxidant-rich fruit on hair and skin for a nourishing, spa-worthy mask.

**BUY** A ripe avocado will give to gentle pressure when squeezed. Surprisingly, the peel's color doesn't indicate ripeness! Here's a trick that does: Lift up the stem and look for a yellow-green color underneath—tan or brown means your avocado is overripe.

**STORE** Keep avocados on the counter if you're planning to eat them right away, or stash them in the fridge to delay ripening by a few days. Only using half? Store leftovers with the pit to avoid browning. To further preserve color, sprinkle lemon juice over the exposed portion, then wrap with plastic.


**PREP** Halve an avocado lengthwise and twist to separate. Firmly hit the pit with the blade of a heavy chef's knife, wedging the blade inside. Gently wiggle knife to remove pit. Alternatively, slip a spoon in between the pit and the flesh and gently scoop it out.



## Baked Avocados with Bacon and Egg

 SERVES 4

 PREP 5 min.

 COOK 25 min.

 GLUTEN-FREE

### INGREDIENTS

- 3 slices bacon, chopped
- 2 large avocados, halved and pitted
- Salt and pepper
- 4 medium eggs
- 2 tsp. chopped fresh parsley
- Hot sauce, for serving (optional)

→ **PREHEAT** oven to 400°.

→ **COOK** bacon in a medium skillet over medium until crispy, 6 to 8 minutes. Transfer to a paper-towel-lined plate and reserve bacon fat.

→ **SLICE** a very thin sliver off the bottom of each avocado half so it lays flat, flesh side up. Using a spoon, scoop a hole out of the middle of each half deep enough to fit an egg. Transfer to a parchment-lined baking sheet.

→ **BRUSH** avocado flesh with some of the reserved bacon fat and season with salt and pepper. Crack eggs into avocados, transfer to oven, and bake until egg whites are just set, 13 to 15 minutes.


→ **SEASON** avocados with salt and pepper and top with bacon and parsley. Serve immediately with hot sauce if desired.


Serve this upgraded egg-in-a-hole as is for an energizing, low-carb breakfast, or round it out with toast points—perfect for dipping!



## Southwestern Cobb Salad with Avocado Ranch

 **SERVES 4**

 **PREP 30 min.**

 **COOK 0 min.**

**GLUTEN-FREE**

### INGREDIENTS

#### Salad:

- 2 heads romaine lettuce, chopped
- 3 cooked chicken breasts, sliced
- 1 cup canned black beans, drained
- 1 avocado, pitted and diced

- 1 cup fresh pico de gallo, drained
- 1 cup frozen corn, thawed
- 6 slices bacon, cooked and crumbled

#### Dressing:

- 1 avocado, halved, pitted, and peeled
- $\frac{2}{3}$  cup buttermilk
- $\frac{1}{3}$  cup milk
- $\frac{1}{2}$  cup chopped fresh cilantro
- $1\frac{1}{2}$  Tbsp. ranch seasoning
- 1 lime, zested and juiced
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper

→ **DIVIDE** lettuce over four bowls or plates. Arrange remaining salad ingredients on top, in sections.

→ **COMBINE** all dressing ingredients in a blender and purée until smooth.


→ **DRIZZLE** dressing on top of salads and serve.









### Sweet and Spicy Pineapple Guacamole

 **MAKES** about 2 cups

 **PREP** 10 min.

 **COOK** 0 min.

**GLUTEN-FREE** **VEGETARIAN**

**TIP** Use this guacamole as a topping for the tostadas on page 15.

#### INGREDIENTS

- 3 avocados, halved and pitted
- Salt and pepper
- $\frac{3}{4}$  cup chopped fresh pineapple

$\frac{1}{2}$  cup finely chopped red onion

$\frac{1}{2}$  cup chopped fresh cilantro

1 Tbsp. minced jalapeño, plus more to taste  
Tortilla chips, for dipping

→ **SCOOP** avocado flesh into a medium bowl and coarsely mash with 1 teaspoon salt.

→ **STIR** in pineapple, red onion, cilantro, and jalapeño. Season with salt, pepper, and more jalapeño (if desired) to taste, and serve with tortilla chips.





# The Dinner Game Plan

BY CURTIS STONE

When it comes to getting healthy and fun family dinners on the table, Curtis Stone takes a cue from his career as a busy chef and restaurant owner: Make a strategy. "Never in a million years would I have my cooks show up on a Tuesday and say, 'Ok, what are we going to do tonight?' We walk in with a total game plan," he says. The same thing goes at home: "I organize my home like I organize my restaurants," he says. This means setting the table and putting out breakfast options for the next morning

on Sunday night, and cooking dishes that can be made ahead and reheated on busy days, like hearty chicken with homemade dumplings and his take on spicy, New Orleans-style beans and rice. On the pages ahead, you'll find those affordable recipes, plus more—all include a step that can be done ahead of time, saving you time *and* sanity.



## Grilled Pork Chops and Creamy Potato Salad

**👤 SERVES 4**

**🕒 PREP 15 minutes**

**🕒 COOK 35 minutes**

**MAKE-AHEAD** Potatoes can be cooked (but not sliced) up to 1 day ahead, cooled, covered, and refrigerated. Potato salad dressing can be made up to 1 day ahead, covered and refrigerated.

### INGREDIENTS

- 1 lb. red-skinned potatoes
- $\frac{3}{4}$  cup sour cream
- 2 tbs. whole milk
- 4 tsp. Dijon mustard
- 1 lemon, zested, juiced
- 3 green onions, sliced, white and green parts separated
- 1 dill pickle, sliced
- 2 hardboiled eggs, peeled, sliced
- $\frac{1}{2}$  tsp. garlic powder
- $\frac{1}{2}$  tsp. mustard powder
- $\frac{1}{2}$  tsp. onion powder
- 4 pork chops, about 8 oz. each
- 1 tbs. olive oil

### METHOD

**1.** In large pot, add potatoes, 1 tsp. salt, and enough cold water to cover potatoes by 1 inch. Bring to a boil, reduce heat to medium-low, and simmer 25 to 30 minutes, or until potatoes are just tender when pierced with a knife. Drain and cool.

**2.** Slice potatoes into  $\frac{1}{4}$ -inch-thick slices. Transfer to serving platter. Sprinkle with salt and white parts of onions.

**3.** In medium bowl, whisk sour cream, milk, mustard, lemon zest, and 1 tbs. lemon juice. Season with salt and pepper. Spoon over potatoes. Top with pickles, eggs, and green parts of onions.

**4.** In small bowl, mix garlic powder, mustard powder, onion powder, 2 tsp. salt, and 1 tsp. pepper. Sprinkle evenly over pork chops and coat with oil.

**5.** Preheat grill pan over medium-high heat. Grill pork 3 minutes



per side, or until grill marks form and center of pork is barely pink. Transfer to platter to rest 5 minutes. Serve with potato salad.

- 1 tsp. chopped fresh sage
- $\frac{1}{3}$  cup buttermilk
- 1 large egg, beaten to blend

## Easy Chicken and Dumplings

**👤 SERVES 4**

**🕒 PREP 15 minutes**

**🕒 COOK 40 minutes**

**MAKE-AHEAD** This recipe can be made up to 1 day ahead, cooled, covered, and refrigerated. Rewarm covered over low heat.

### INGREDIENTS

- 2 tbs. butter, plus 1 tbs. melted butter, divided
- 2 carrots, peeled, diced
- 2 celery stalks, diced
- $\frac{1}{2}$  onion, diced
- 2 garlic cloves, chopped
- $\frac{1}{3}$  cup plus  $\frac{3}{4}$  cup unbleached all-purpose flour, divided
- 4 cups low-sodium chicken broth
- $1\frac{1}{2}$  lb. boneless skinless chicken thighs, fat trimmed, cut into  $1\frac{1}{2}$ -inch pieces
- 2 tsp. baking powder

### METHOD




**1.** In Dutch oven or large heavy pot over medium heat, melt 2 tbs. butter. Add carrots, celery, onions, and garlic. Cook, stirring occasionally, for 4 minutes or until vegetables begin to soften. Stir in  $\frac{1}{3}$  cup flour, 2 tsp. salt, and  $\frac{1}{4}$  tsp. pepper. Add broth and bring to a boil. Reduce heat to medium-low and add chicken. Partially cover pot and simmer 20 minutes.

**2.** In medium bowl, whisk remaining  $\frac{3}{4}$  cup flour, baking powder, sage,  $\frac{1}{2}$  tsp. salt, and  $\frac{1}{4}$  tsp. pepper. Stir in buttermilk, egg, and 1 tbs. melted butter. Using 2 spoons, scrape spoonfuls of dumpling batter into simmering chicken mixture.

**3.** Cover and simmer 15 minutes, or until dumplings are puffed and firm and chicken is tender. Divide among bowls and serve.



## Baked Chimichangas with Cilantro-Lime Cream

 **SERVES 4**  
 **PREP 20 minutes**  
 **COOK 20 minutes**

**MAKE-AHEAD** Tomato sauce and cilantro-lime cream can be made up to 1 day ahead, covered separately, and refrigerated. Rewarm tomato sauce over gentle heat.

### INGREDIENTS

One 14.5-oz. can crushed tomatoes  
2 chipotle chiles in adobo sauce from a can  
2 garlic cloves  
½ rotisserie chicken, meat picked and coarsely shredded (about 3 ½ cups)  
½ cup sour cream  
1 cup loosely packed fresh cilantro leaves, divided  
1 lime, zested, juiced  
Eight 6-inch flour tortillas  
Canola oil, for brushing  
1 cup shredded Monterey Jack cheese  
1 cup thinly sliced green cabbage  
½ avocado, pitted, peeled, sliced

### METHOD

1. Preheat oven to 425°F.  
  
2. In blender, combine tomatoes, chipotle, garlic, ¼ cup water, and 1 tsp. salt and puree until smooth. Transfer mixture to

medium saucepan. Bring to boil over medium heat. Reduce heat and simmer 10 minutes to blend flavors. In medium bowl, toss chicken with ¾ cup sauce to coat. Keep remaining sauce warm.

3. Meanwhile, in clean blender, blend sour cream, ½ cup cilantro, lime zest, and 1 tbs. lime juice until smooth. Season with salt and refrigerate.

4. Brush 1 side of tortillas with oil and place oiled side down on cutting board. Divide chicken mixture and cheese among tortillas and tightly roll up each tortilla. Line chimichangas seam-side-down in 13x9-inch baking dish and bake 20 minutes, or until edges are crisp and golden.

5. Spoon remaining tomato sauce and cilantro-lime cream over chimichangas. Top with remaining ½ cup cilantro, cabbage, and avocado.



### USING YOUR PANTRY

Items commonly found in the pantry such as salt, pepper, vinegar, oil, and butter are not included in the total cost of each recipe. All other ingredients are calculated based on the portion used in the recipe. However, we know some recipes may call for items not commonly used, so the full price of those unique items will be added to the recipe cost—and we'll still keep it under \$10! Cost is valid from 1/25/2017 through 2/21/2017.







**Feed Your Family**



## New Orleans-Style Red Beans and Rice with Sausage

**👤 SERVES 4**  
**⌚ PREP 15 minutes**  
**⌚ COOK 1½ hours**

**MAKE-AHEAD** Can be made up to 3 days ahead, cooled, covered, and refrigerated. Rewarm, covered, over low heat, adding more broth as needed.

### INGREDIENTS

- 14 oz. smoked sausage (preferably Andouille)
- 4 tsp. olive oil, divided
- 1 small onion, finely chopped
- ½ green bell pepper, finely chopped
- 1 celery stalk, finely chopped
- 3 garlic cloves, finely chopped
- 1 small bay leaf
- ½ tsp. dried thyme, crumbled
- ⅞ tsp. cayenne pepper
- 8 oz. dried small red beans
- 4 cups reduced-sodium chicken broth
- 1 tsp. hot sauce (such as Crystal or Tabasco)
- 2 cups steamed white rice
- 2 green onions, thinly sliced

### METHOD

**1.** Dice half of sausage and slice remaining sausage into ⅓-inch-thick rounds. Heat 2 tsp. oil in 6-qt.

pressure cooker over medium-high heat. Add diced sausage and sauté 3 minutes, or until golden brown.

**2.** Stir in onions, bell peppers, celery, garlic, bay leaf, thyme, cayenne, ¾ tsp. salt, and ¼ tsp. black pepper and cook 1 minute. Add beans, broth, and hot sauce.

**3.** Lock pressure cooker lid in place and bring to high pressure over high heat. Reduce heat to medium to stabilize pressure. Cook for 1 hour.

**4.** Remove from heat and allow pressure to subside for 20 minutes. Unlock pressure cooker and remove lid, tilting it away from you to allow steam to escape. At this point beans will be very tender and broth thickened into a sauce consistency. For a thicker consistency, coarsely mash bean mixture.

**5.** In a heavy medium skillet over medium-high heat, add remaining 2 tsp. oil. Add sliced sausage and cook 2 minutes per side, or until crisp. Set aside.

**6.** Spoon rice into bowls and spoon bean mixture over rice. Top with seared sausages and green onions, and serve.



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# Tostada Time

Revamp Taco Tuesday with a bright, spicy pork tostada dinner. Just set up the slow cooker in the morning, and all you have to do come dinnertime is put out your fixings. Olé!

## USE IT UP!

Any leftover braised pork works great as a hearty topping for game-day nachos.

## Pulled Pork Tostadas

**👤 SERVES** 4 to 6  
**🕒 PREP** 15 min.  
**🕒 COOK** 9 to 10 hours  
**GLUTEN-FREE**

## INGREDIENTS

- 2 ½ lb. boneless pork shoulder, trimmed
- 1 Tbsp. ground cumin
- 1 tsp. dried oregano
- 1 large onion, chopped fine
- 4 garlic cloves, chopped
- 1 (16-oz.) jar salsa verde
- Salt and pepper
- 12 tostada shells
- 2 avocados, pitted, peeled, and thinly sliced
- 6 radishes, thinly sliced
- ½ cup chopped fresh cilantro
- 2 limes, cut into wedges

➔ **PLACE** pork in a slow cooker and rub all over with cumin and oregano. Arrange onion and garlic around pork and top with salsa. Cover and cook on low until fork-tender, 9 to 10 hours. Transfer pork to a large bowl and shred.

➔ **TRANSFER** remaining juices in slow cooker to a wide saucepan and boil until liquid is thick enough to coat a spoon, 5 to 10 minutes; stir in pork and season with salt and pepper to taste.

➔ **SPOON** pork over tostadas and top with avocado, radishes, and cilantro. Serve with lime wedges.



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## PREMIUM PASTA SAUCE



Imported Italian tomatoes slow cooked with fresh basil, onions, and garlic for a perfect traditional sauce.

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# Let Love Bloom

For a fun twist on classic roses, stop by the floral section to select romantic buds in a color that matches your special someone's personality! We have bouquets in prices fit for any budget—or, to customize your own, just ask your store florist.

*white*

IS FOR  
INNOCENCE



*pink*

IS FOR  
SWEETNESS



*yellow*

IS FOR  
FRIENDSHIP



*red*

IS FOR  
ROMANCE



*orange*

IS FOR  
ENTHUSIASM



*purple*

IS FOR  
CHARM



PHOTOGRAPHS BY DAVE BRADLEY (FLOWERS);  
CLAUDIA WAX (CHOCOLATES, STUFFED DOG, WINE);  
VIA ISTOCK (CARD)

## TIP!

### Make your flowers last longer

Start with a clean vase  
and fresh water.

Add the provided nutrition  
packet immediately.

Remove flowers and clean  
vase every three days.

## AND DON'T FORGET...

Pair a beautiful bouquet  
with any of these items  
for a romantic gift.



Assorted chocolates  
from Russell Stover  
and Whitman's,  
\$7.99-\$9.99 ea.



Valentine Sweet  
Thoughts Puppy,  
\$8 ea.



Wine



Greeting cards

Card represents an  
assortment, styles  
vary by store.



# Cooking from the Heart

**Curtis Stone offers tried-and-true ideas for the most romantic day of the year.**

Even though cooking is his day job, preparing a romantic meal is still Curtis Stone's favorite way to celebrate Valentine's Day. "It's one of those great days when you stop for a minute and appreciate your partner," says Curtis, who is married to the actress Lindsay Price. "I like to cook something that we can share and that can be made, in part, ahead of time. Then we pop it in the oven and sit and have a glass of wine together." Two of his favorite dishes to cook up are a juicy steak with cheesy potatoes and a decadent lobster mac and cheese that's on the table in only an hour. "We don't eat lobster every night of the week, it's kind of a luxurious ingredient," the chef says. "It's like ordering a really nice bottle of wine—you don't do it all the time, but when you do, it feels special."

And while dinner is a romantic affair, the whole family—which includes 5-year-old Hudson and 2-year-old Emerson—finds ways to celebrate the holiday together. "Last year, Hudson and I cut out a bunch of love hearts and left a trail from the bedroom to the kitchen where we'd made a breakfast," Curtis says.

When it comes to menu planning (for breakfast or dinner), Curtis keeps one rule in mind: "The best thing to do is to cook specifically to the person you're celebrating," he says.













## T-Bone Steak and Potatoes with Cheesy Butter

 **SERVES 2**

 **PREP** 15 minutes

 **COOK** 35 minutes

**MAKE-AHEAD** Cheesy butter can be made up to 5 days ahead, covered, and refrigerated. Bring to room temperature before serving.

### INGREDIENTS

- 4 tbs. unsalted butter, softened
- ¼ cup finely grated Parmesan cheese
- ¼ cup finely grated sharp cheddar cheese
- ½ tsp. garlic powder
- 6 small red-skinned potatoes (about 3 oz. each)
- 1 tbs. olive oil, divided
- 1 tsp. paprika

- ½ tsp. onion powder
- 1 T-bone steak (about 1 inch thick; 12 to 16 oz.)
- 1 tbs. finely chopped fresh chives

### TO MAKE CHEESY BUTTER AND COOK POTATOES:

**1.** Preheat oven to 450°F. In small bowl, stir butter, cheeses, and garlic powder until creamy with small bits of cheese still visible. Season lightly with salt and pepper.

**2.** On baking sheet, toss potatoes with 1 tsp. oil and sprinkle with salt. Bake potatoes 30 minutes, or until tender when pierced with fork. Cool slightly. Split potatoes open. Set aside 1 tbs. cheesy butter and slather inside of potatoes with remaining cheesy butter. Return

potatoes to oven for 2 minutes to melt cheesy butter.

### MEANWHILE, TO COOK STEAK AND SERVE:

**3.** Heat large, heavy skillet over high heat. In small bowl, mix paprika and onion powder with 1 tsp. each salt and pepper. Sprinkle mixture all over steak and coat with remaining 2 tsp. oil. When skillet is hot, add steak and cook 3 minutes per side for medium-rare doneness (for more well-done steak, transfer to oven for 2 to 5 minutes). Place steak on a cutting board and slather with remaining cheesy butter; rest 5 minutes.

**4.** Carve steak. Divide potatoes and steak slices among two plates and sprinkle with chives.





### Lobster Mac and Cheese

**SERVES 4**

**PREP** 30 minutes

**COOK** 30 minutes

**MAKE-AHEAD** Cheese sauce can be made up to 1 day ahead, cooled, covered, and refrigerated. Rewarm over low heat before adding pasta and lobster.

#### INGREDIENTS

- ¼ cup finely grated Parmesan cheese
- ¼ cup panko (Japanese breadcrumbs)
- 1 tbs. cold butter; 1 tbs. melted butter
- 2 tsp. finely chopped fresh flat-leaf parsley
- Six 3-oz. raw lobster tails
- 1 shallot, thinly sliced
- 2 garlic cloves, thinly sliced
- 1 cup heavy cream
- ¾ cup whole milk

- 4 oz. Brie cheese, cut into large pieces
- 1 tbs. brandy (optional)
- ½ lb. small shell pasta

**1.** In small bowl, mix Parmesan, panko, melted butter, and parsley. Season lightly with salt and pepper. Reserve.

**2.** Using kitchen shears, carefully snip through underside of lobster tails lengthwise on both sides where softer cartilage meets hard shell. Strip away softer cartilage from underside and reserve. Working from head side of tail, carefully pull lobster meat from shell. Cut meat into 1-inch pieces and reserve.

**3.** Heat medium heavy saucepan over medium heat. Add remaining 1 tbs. butter to melt. Add shallots and garlic and sauté 5 minutes, or until shallots are tender but have

not taken on any color. Add cream and milk and bring to a simmer.

**4.** Combine cream mixture, Brie, and brandy in blender. Blend 1 minute, or until smooth. Season sauce with 2 ½ tsp. salt and ½ tsp. pepper.

**5.** Preheat oven to 450°F. In large pot of boiling salted water, add pasta and cook, stirring often, 7 minutes, or until barely al dente. Drain well. Return pasta to pot with sauce and lobster meat. Cook over medium heat 3 minutes, or until lobster meat is just barely cooked through.

**6.** Divide pasta mixture among four 1½-cup ramekins or one 11x7x2-inch baking dish. Sprinkle with breadcrumb mixture and bake 5 minutes, or until crumbs are golden and sauce is bubbling. Cool 5 minutes before serving.



# Flavorful Fondue

For the ultimate romantic date night or a fun gathering with friends, try cheesy or chocolaty fondue (or both!). Load up on fun dippers and a bottle of your favorite wine for a night to remember!

## MIX IT UP!

For a Cajun variation, substitute 3 cups **GRATED PEPPER JACK CHEESE** for the Swiss and Parmesan cheeses, and  $\frac{3}{4}$  teaspoon **CAJUN SEASONING** for the Dijon mustard.

## Classic Cheese Fondue

 **SERVES** 10 to 12

 **PREP** 5 min.

 **COOK** 25 min.

**GLUTEN-FREE** **VEGETARIAN**

## INGREDIENTS

- 3 cups white wine
- 2  $\frac{1}{2}$  cups shredded Swiss cheese (10 oz.)
- $\frac{1}{2}$  cup grated Parmesan cheese
- 3 Tbsp. cornstarch
- 1 garlic clove, minced
- 2 tsp. Dijon mustard
- 2 tsp. lemon juice
- Salt
- 1 Tbsp. minced fresh chives

→ **HEAT** wine in a large saucepan over medium until simmering. Meanwhile, in a large bowl, toss together cheeses, cornstarch, and garlic.

→ **REDUCE** heat to low and wait until wine is no longer simmering. Whisk in cheese mixture 1 cup at a time, whisking constantly until each cupful is fully melted before adding the next.

→ **WHISK** in mustard and lemon and cook, whisking constantly, until sauce is creamy and glossy, about 15 minutes. Season with salt to taste, top with chives, and serve warm.

**KEY  
INGREDIENT:**  
new SE  
Grocers Fancy  
Shredded  
Swiss Cheese.



## TAKE A DIP!

### For Chocolate

Sugar cookies  
Brownie bites  
Marshmallows  
Strawberries  
Doughnut holes

### For Cheese

Steamed veggies  
Lip Lickin' Popcorn  
Chicken  
Bell peppers  
Crusty bread  
Sliced pepperoni  
Cocktail smokies

### For both!

Pretzel rods  
Mini croissants  
Apple slices  
Grapes  
Bacon

### MIX IT UP!

For a Mexican chocolate variation, whisk in  $\frac{3}{4}$  teaspoon **GROUND CINNAMON** and a pinch **CAYENNE PEPPER** to chocolate mixture before serving.

## Chocolate Fondue

 **SERVES** 10 to 12

 **PREP** 5 min.

 **COOK** 15 min.

**GLUTEN-FREE**

### INGREDIENTS

- 1 cup half-and-half
- 3  $\frac{1}{2}$  cups milk or semisweet chocolate chips
- 2 tsp. vanilla extract
- $\frac{1}{4}$  tsp. salt

→ **HEAT** half-and-half in a large saucepan over medium until simmering. Remove from heat and add chocolate chips, vanilla, and salt. Whisk until smooth and serve warm.



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# Sweet & Simple

Who said Valentine's Day has to be a labor of love? These crowd-pleasing desserts each have just five ingredients and come together in mere minutes.

## Red Velvet Lava Cakes

- SERVES 4**
- PREP 5 min.**
- COOK 11 min.**

### INGREDIENTS

- 1 cup boxed red velvet cake mix
- 1 large egg
- ¼ cup vegetable oil
- 4 white chocolate truffles
- 1 Tbsp. confectioner's sugar

→ **PREHEAT** oven to 425°. Grease 4 (4-oz.) ramekins thoroughly and set aside.

→ **WHISK** cake mix, egg, and oil with 3 tablespoons water in a medium bowl until completely smooth. Divide batter among ramekins.

→ **PLACE** a truffle in the center of each ramekin, pressing gently until it is submerged by about half. Bake until cakes are puffed and tops are just set, about 11 minutes.

→ **FLIP** a small dessert plate over each ramekin and carefully turn upside down to release cakes. Dust with confectioner's sugar and serve immediately.

A gooey, single-serve lava cake is just minutes away!



Red Velvet Cake Mix



Egg



Winn-Dixie Vegetable Oil



White Chocolate Truffles



SE Grocers Confectioner's Sugar



## Fast Five

### Chocolate-Raspberry Hand Pies

**MAKES** 8

**PREP** 15 min.

**COOK** 15 min.

#### INGREDIENTS

- 1 (15-oz.) package refrigerated pie crusts
- ½ cup chocolate-hazelnut spread
- ⅓ cup red raspberry preserves
- 1 large egg, beaten
- 4 tsp. coarse, or turbinado, sugar

→ **PREHEAT** oven to 425°. Unroll pie crusts and, using a 4" heart-shaped cookie cutter, cut out 6 hearts from each crust.

→ **COMBINE** remaining scraps and use a rolling pin to roll out on a lightly floured counter

to original thickness of pie crust. Cut out 4 additional hearts (for 16 total).

→ **ARRANGE** 8 hearts on a parchment-lined baking sheet. Carefully spread 1 tablespoon chocolate-hazelnut spread over each, leaving a ½" border all around. Dollop 2 teaspoons of jam in center of each heart.

→ **CUT** a small heart window in each of the remaining 8 hearts with a paring knife and place over the prepared hearts, gently stretching to fit.

→ **WHISK** egg with 1 tablespoon water and brush over hand pies. Using a fork, crimp edges to seal. Sprinkle tops evenly with sugar and bake until golden brown, 12 to 14 minutes. Serve warm.



Winn-Dixie  
Refrigerated  
Pie Crusts



Chocolate-Hazelnut  
Spread



Red Raspberry  
Preserves



Egg



Coarse Sugar







**NEW!**



No calories

No sweeteners

No sodium

No artificial colors or flavors

**JUST NATURALLY REFRESHING**

SE GROCERS

EXCLUSIVELY AT BILO HARVEYS Winn/Dixie



**SE** GROCERS

# CLASSIC ICE CREAM

NO  
ARTIFICIAL  
FLAVORS



NO HIGH FRUCTOSE  
CORN SYRUP



NEW



Classic ice cream made with  
real, quality ingredients.

EXCLUSIVELY AT **BILO** HARVEYS Winn/Dixie





### Strawberry Shortcake Pops

**MAKES** about 15

**PREP** 10 min.

**COOK** 5 min., plus 1 hour chilling time

#### INGREDIENTS

- 1 pound cake, finely crumbled
- ¼ cup finely chopped strawberries
- ¼ cup vanilla frosting
- 2 cups white chocolate chips
- Red sugar sprinkles

→ **MIX** together cake crumbs, strawberries, and frosting in a large bowl until combined. Scoop out 1 heaping tablespoon cake mixture, roll into a 1½" ball, and transfer to a wax-paper-lined baking sheet.

→ **MICROWAVE** chocolate chips in a small, deep bowl, stirring every 15 seconds, until melted.

→ **DIP** a lollipop stick into melted chocolate, then insert stick into cake ball. Repeat with remaining

cake mixture, then freeze pops until very firm, about 30 minutes.

→ **RE-MELT** chocolate, then dip pops to coat. Sprinkle with red sugar and return to baking sheet. Let pops harden at room temperature before serving, about 30 minutes.



Pound Cake



Strawberries



Vanilla Frosting



White Chocolate Chips



Red Sugar Sprinkles



WHAT'S NEW

# Sweet Scoops

Parlor-worthy suggestions for taking our new SE Grocers Classic Ice Cream to the next level.

CHOCOLATE



NEAPOLITAN



BLACK CHERRY



VANILLA



SE Grocers Classic  
Neapolitan Ice  
Cream, \$3 ea.



NEW!

Our new line of SE Grocers Classic Ice Cream has no artificial flavors or high fructose corn syrup. With 12 flavors, including chocolate, Neapolitan, black cherry, and vanilla, you're guaranteed to find an ice cream everyone will love.

PHOTOGRAPH BY SARAH ANNE WARD FOOD STYLING BY MAGGIE RUGGIERO  
PROP STYLING BY PAOLA ANDREA RAMIREZ



1

### Very Cherry Milkshake



SE Grocers  
Classic  
Black  
Cherry Ice  
Cream



SE Grocers  
Whole Milk



2

### Choco-nutty Sundae



SE Grocers  
Classic Tin  
Roof  
Ice Cream



SE Grocers  
Shelled  
Walnuts



3

### Classic Ice Cream Sandwiches



SE Grocers  
Classic  
Vanilla,  
Chocolate, or  
Strawberry  
Ice Cream



Bakery  
Sugar  
Cookies



4

### Orange Creamsicle Float



SE Grocers  
Classic  
Vanilla Ice  
Cream



Chek  
Real Sugar  
Orange Soda





# MARDI GRAS

WE'VE GOT EVERYTHING YOU NEED TO LET THE GOOD TIMES ROLL!

## MAKING MARDI GRAS MEMORIES

This year, our Louisiana stores are celebrating 60 years of heritage—that's 60 years of providing customers with everything needed for a memorable Mardi Gras! We've asked some iconic Louisiana community members about their favorite experiences and how to best embrace the season. Head to our store for all of your Mardi Gras needs to celebrate in true Louisiana style!



Traditional jambalaya and king cake (pictured below) are Mardi Gras staples!



*"There is magic in the air during Mardi Gras! Each year my family and I attend at least three parades and enjoy a lot of delicious king cakes! It's all about family, fun, and food."*

—Terrance Osborne, artist



“Growing up, my family would take annual trips from New England to New Orleans to celebrate Mardi Gras. Today, raising four sons in an era in which more and more activities are indoors, Mardi Gras still delivers great memories—weeks of good, family-oriented, outdoor fun that my children will always cherish.”

—Trey Edwards, Regional Vice President



“I kick off Mardi Gras by going to my momma's house! I love seeing that king cake box on the table because I know it's carnival time.”

—Amanda Shaw, musician



“Mardi Gras defines New Orleans and brings people together in ways that defy description. It represents our culture and our diversity. Parades are moving theater featuring music, dance, costuming, and masking. Admission is free and we supply complimentary mementoes. Some cities guard their treasures inside museums; New Orleans shares hers on the street.”

—Arthur Hardy, Mardi Gras authority



# FOR HAPPY AND HEALTHY PETS



## Whiskers &Tails

**Whiskers & Tails** is committed to using only high quality protein and ingredients that are perfectly balanced, with just the right amount of vitamins and minerals, available at an everyday low price.



EXCLUSIVELY AT **BILO** HARVEYS Winn/Dixie



# FOR HAPPY AND HEALTHY PETS

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**Whiskers & Tails** is committed to using only high quality protein and ingredients that are perfectly balanced, with just the right amount of vitamins and minerals, available at an everyday low price.



EXCLUSIVELY AT BILO HARBVEYS Winn/Dixie



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Check out these exclusive store coupons.

**\$1 off**

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Whiskers & Tails Dry Dog Food  
14lb and larger  
with card



BILO HARVEYS WinnDixie

**\$1 off**

SE GROCERS

any one  
Whiskers & Tails Dry Cat Food  
14lb and larger  
with card



BILO HARVEYS WinnDixie

**\$1.00 OFF**



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48oz. Select Ice Cream



**\$1 off**

SE GROCERS

any one  
SE Grocers Ice Cream  
48 oz. Assorted Varieties  
with card



BILO HARVEYS WinnDixie



# SAVE WHEN YOU SHOP!

Check out these exclusive store coupons.

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1/25/17 - 2/21/17



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for  
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**BI•LO HARVEYS Winn✓Dixie**



COMING NEXT MONTH...

# Easing into Spring

Make sure to pick up the next copy of *Flavor* for recipes featuring in-season berries, festive food for St. Patrick's Day, and much more.



## PLUS

Easy weeknight meals

New snacks

All things seafood



## You Told Us

# Matters of the Heart

We asked you: How do you celebrate a sweet Valentine's Day?

### DO YOU CELEBRATE?



67%



33%

### WHAT'S YOUR GO-TO GIFT?

1



Greeting  
cards

2



Chocolates

3



Dining out

## Fun Facts!

7%

of respondents got  
engaged or  
married on  
Valentine's Day!

Roses are your holiday  
hero flower.

69%

of respondents give  
them to loved ones!

*"My dad was born on  
Valentine's Day, so  
we always honor him  
with a heart-shaped  
homemade cake."*

— Store Customer

## YOUR FAVORITE VALENTINE'S DAY MEALS

"Depends  
on what my  
Valentine  
wants"

"Any meal with  
a nice dessert"

"Italian"

"We have made steaks in  
the shape of a heart from  
your store"

"Pancakes for  
breakfast"





# PERFECT SIZE FOR 2 <sup>TO</sup> 4 TRY NEW VARIETIES!



INCLUDES 6-INCH PAN,  
FILLING AND CRUST MIXES

For delicious recipes and tips, follow us on [f](#) and [p](#)

Flavors available in most stores.

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**TRY IT  
HOT!**

# TruMoo<sup>®</sup>

**NO GMOs.  
ALL SMILES.**

TruMoo Chocolate Milk contains NO genetically modified ingredients (GMOs). You can feel good about giving your kids something delicious and nutritious anytime. Don't forget to try it hot!





# Nutritional Info

February 2017

## RIPE TO PERFECTION

### Baked Avocados with Bacon and Egg

GLUTEN-FREE

**Per Serving:** 260 Cal; 22g Fat (4.5g Sat Fat); 170mg Chol; 200mg Sodium; 9g Carb; 7g Fiber; 1g Sugar; 10g Protein

### Southwestern Cobb Salad with Avocado Ranch

GLUTEN-FREE

**Per Serving:** 500 Cal; 19g Fat (4g Sat Fat); 70mg Chol; 950mg Sodium; 50g Carb; 20g Fiber; 11g Sugar; 38g Protein

### Sweet and Spicy Pineapple Guacamole

GLUTEN-FREE VEGETARIAN

**Per 1/4 cup:** 130 Cal; 11g Fat (1.5g Sat Fat); 0mg Chol; 5mg Sodium; 9g Carb; 5g Fiber; 2g Sugar; 2g Protein

## FEED YOUR FAMILY

### Grilled Pork Chops and Creamy Potato Salad

**Per Serving:** 680 Cal; 35g Fat (12g Sat Fat); 295mg Chol; 690mg Sodium; 24g Carb; 2g Fiber; 4g Sugar; 62g Protein

### Easy Chicken and Dumplings

**Per Serving:** 550 Cal; 24g Fat (10g Sat Fat); 185mg Chol; 530mg Sodium; 38g Carb; 3g Fiber; 6g Sugar; 43g Protein

### Baked Chimichangas with Cilantro-Lime Cream

**Per Serving:** 501 Cal; 27g Fat (11g Sat Fat); 68mg Chol; 740mg Sodium; 33g Carb; 2g Fiber; 1g Sugar; 35g Protein

### Bacon and Green Onion Stuffing

**Per Serving:** 580 Cal; 33g Fat (18g Sat Fat); 120mg Chol; 1000mg Sodium; 52g Carb; 4g Fiber; 6g Sugar; 16g Protein

### New Orleans-Style Red Beans and Rice with Sausage

**Per Serving (for 10):** 610 Cal; 21g Fat (6g Sat Fat); 60mg Chol; 1190mg Sodium; 69g Carb; 6g Fiber; 6g Sugar; 39g Protein

## FRESH IDEA

### Pulled Pork Tostadas

GLUTEN-FREE

**Per Serving (for 6):** 470 Cal; 25g Fat (5g Sat Fat); 75mg Chol; 820mg Sodium; 34g Carb; 6g Fiber; 8g Sugar; 27g Protein

## VALENTINE'S DAY WITH CURTIS

### T-Bone Steak and Potatoes with Cheesy Butter

**Per Serving:** 1220 Cal; 64g Fat (30g Sat Fat); 175mg Chol; 510mg Sodium; 103g Carb; 10g Fiber; 8g Sugar; 58g Protein

### Lobster Mac and Cheese

**Per Serving:** 730 Cal; 41g Fat (25g Sat Fat); 260mg Chol; 770mg Sodium; 51g Carb; 3g Fiber; 5g Sugar; 36g Protein

## PARTY PLANNER

### Classic Cheese Fondue

GLUTEN-FREE VEGETARIAN

**Per Serving (for 12):** 150 Cal; 8g Fat (5g Sat Fat); 25mg Chol; 580mg Sodium; 1g Carb; 0g Fiber; 1g Sugar; 9g Protein

### Chocolate Fondue

GLUTEN-FREE

**Per Serving (for 12):** 260 Cal; 17g Fat (10g Sat Fat); 5mg Chol; 55mg Sodium; 32g Carb; 3g Fiber; 28g Sugar; 3g Protein

## FAST FIVE

### Red Velvet Lava Cakes

GLUTEN-FREE VEGETARIAN

**Per Cake:** 470 Cal; 33g Fat (9g Sat Fat); 105mg Chol; 25mg Sodium; 40g Carb; 1g Fiber; 25g Sugar; 5g Protein

### Chocolate-Raspberry Hand Pies

GLUTEN-FREE

**Per Hand Pie:** 420 Cal; 20g Fat (14g Sat Fat); 90mg Chol; 280mg Sodium; 56g Carb; 2g Fiber; 24g Sugar; 4g Protein

### Strawberry Shortcake Pops

**Per Pop:** 130 Cal; 6g Fat (0g Sat Fat); 0mg Chol; 105mg Sodium; 16g Carb; 0g Fiber; 10g Sugar; 2g Protein