

# Winn✓Dixie

## FLAVOR

A MAGAZINE OF RECIPES  
AND SEASONAL INSPIRATION

FREE

## New Year Fresh Start

**BIG GAME  
BITES**

*(AND HEALTHY  
SNACKS, TOO)*

**+  
COUPONS  
INSIDE!**

**16**

RECIPES  
INSIDE

JANUARY 2017



PULLED CHICKEN WITH HOPPIN' JOHN AND GREENS, PAGE 17

**Feed Your  
Family for  
under \$10 with  
CURTIS STONE**  
ON PAGE 16



**NEW**

SINCE 1894

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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.



**STEPHANIE WILSON**

Stephanie Wilson is a nationally recognized registered dietitian and the director of sports nutrition at the University of Florida. She has worked with over 200 professional athletes and has provided nutrition coaching for over 50 Olympic medal winners and first-round draft picks.



Our Artisan Flat Crusted Deli Pizza is a great option for game day! Find more ideas on page 26.

## A Flavor-ful start to the new year

Whether you're a resolution-maker or not, there's no better time than the start of a new year to make a few tweaks in the kitchen. That's why we've packed this issue with healthy, satisfying recipes, like chef Curtis Stone's **hearty winter soup** (page 17) and a "**lasagna**" that swaps in zucchini for noodles (page 24), as well as ideas that will help you get a home-cooked meal on the table with ease—think **steak fajitas** made in the slow cooker (page 15). Ahead, you'll also find inspiration for **game-day snacks** (page 26) and maximizing fresh produce year-round with recipes that make the most of **seasonal citrus** (the orange beef on page 9 should satisfy any takeout cravings that hit this month!). And to help you maintain a balanced diet, we caught up with **Stephanie Wilson**, nutritionist at the University of Florida, who shared seven tips to being a healthier you in the new year (page 21).



We're always eager to see what you've cooked up from our pages! 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 and inspiration, head to [WinnDixie.com/Flavor](http://WinnDixie.com/Flavor).

Enjoy, and happy New Year!

—Gina Bastiani, **MAGAZINE MANAGER**

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January 2017



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RIPE TO PERFECTION

# Fresh Citrus

Let bright, seasonal citrus add pops of flavor and color to your cooking this winter. On the pages ahead, you'll find recipes that all have one thing in common: fresh (and refreshing) citrus. When shopping for these ingredient superstars, keep in mind that citrus is one of the only types of fruit that doesn't continue to ripen after it's picked—so stock up, then savor the bounty for days.

**TIP**

Citrus lasts about a week on the counter and two to three weeks in the fridge.

**FLORIDA GRAPEFRUIT**

This local fruit adds a vitamin C (and flavor!) boost to the sparkling waters featured on page 31.



## USE IT UP!

**INFUSE** peels into distilled vinegar for an all-purpose (and all-natural!) cleaning spray.

**STIR** zest into granulated sugar and use it to add a touch of sunshine into home-baked goodies.

**PACK** zest into a small container (like an ice cube tray), then freeze. Break off pieces as needed for use in stir-fries and sauces.



### ORANGES

Not just for snacking, oranges provide both sweetness and acidity to dishes. Try navel oranges in Asian-inspired recipes like the beef stir-fry on page 9. Seedless, easy-to-peel clementines and sweet mandarins are great in fresh salads, while thin slices of blood oranges make a show-stopping garnish for cocktails.

#### TIP

Look for firm fruit that feel heavy for their size, and avoid those with bruises or scratches.



### LIMES

Need to use up the rest of a bag of limes after taco night? Try using them to perk up the shrimp on page 9, rub over a buttered ear of corn, or add zest to whipped cream.



### LEMONS

To extract as much juice as possible from the lemons in our warming, Greek-inspired soup on page 10, pop them in the microwave for 15 seconds to soften, then juice with a citrus reamer or fork.



NEW!

EIGHT O'CLOCK®

# Infusions

**ALERT**

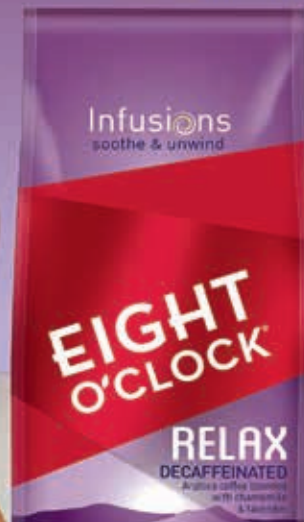
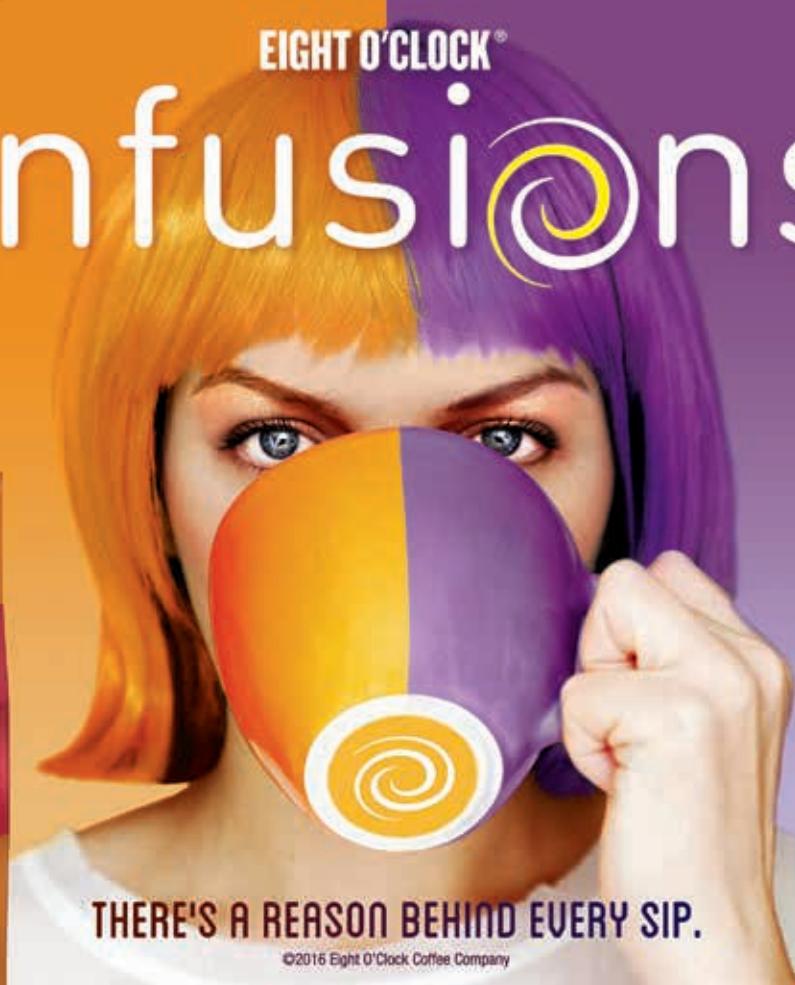
**HI-CAFFEINE**

Blended with  
caffeine & guarana

**RELAX**

**DECAFFEINATED**

Blended with  
chamomile & lavender



THERE'S A REASON BEHIND EVERY SIP.

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## new! TETLEY SUPER TEAS



Delectable teas with *vitamins*



## Orange Beef

**👤 SERVES 4**

**🕒 PREP 10 min.**

**🕒 COOK 15 min.**

**TIP** Serve this sweet and tangy version of classic takeout with a side of rice and steamed broccoli.

### INGREDIENTS

- 1 tsp. orange zest plus  $\frac{3}{4}$  cup juice from 2 oranges
- 4  $\frac{1}{2}$  Tbsp. soy sauce
- 3 Tbsp. orange marmalade
- 2 garlic cloves, minced
- 1  $\frac{1}{2}$  tsp. ground ginger
- $\frac{1}{2}$  tsp. red pepper flakes
- 1  $\frac{1}{2}$  Tbsp. cornstarch
- Salt and pepper
- 1  $\frac{1}{2}$  lb. sirloin steak, very thinly sliced
- 2 Tbsp. vegetable oil
- 3 scallions, thinly sliced

➔ **WHISK** orange zest and juice, soy sauce, marmalade, garlic, ginger, and red pepper flakes together in a medium saucepan. Bring to a boil over medium-high and reduce until thickened and syrupy, 5 to 7 minutes. Cover and set aside.



➔ **COMBINE** cornstarch with  $\frac{3}{4}$  teaspoon salt and  $\frac{3}{4}$  teaspoon pepper in a large bowl. Pat steak dry with paper towels, then add to cornstarch mixture and toss to coat.

➔ **HEAT** 1 tablespoon oil in a large nonstick skillet over high until just smoking. Add half of steak

and cook until crispy, turning halfway through, about 2 minutes per side. Transfer to a paper-towel-lined baking sheet, wipe out skillet, and repeat with remaining oil and steak.

➔ **ADD** cooked steak to saucepan and stir with orange-soy mixture to coat. Top with scallions and serve.



## Cilantro-Lime Shrimp

**👤 SERVES 4**

**🕒 PREP 10 min.**

**🕒 COOK 5 min.**

**GLUTEN-FREE**

### INGREDIENTS

- 1 Tbsp. brown sugar
- 1 Tbsp. ground cumin
- 2 tsp. chili powder
- 3 Tbsp. olive oil
- Salt and pepper
- 1 lb. peeled and deveined medium shrimp
- 2 limes
- 2 Tbsp. unsalted butter
- 2 tsp. seeded and minced jalapeño
- 1 garlic clove, minced
- 2 Tbsp. chopped fresh cilantro

➔ **COMBINE** brown sugar, cumin, and chili powder in a large bowl with 1 tablespoon oil, 1 teaspoon salt, and  $\frac{1}{2}$  teaspoon pepper. Add shrimp and toss to coat.

➔ **ZEST** then juice 1 lime. Cut remaining lime into quarters and set aside.

➔ **HEAT** remaining 2 tablespoons oil in a large skillet over medium-high until shimmering. Add shrimp and cook, turning halfway through, until just pink, about 2 minutes per side. Remove from heat.

➔ **STIR** in butter, jalapeño, garlic, lime zest and juice, and cilantro. Serve with lime wedges.


**MAKE IT A MEAL!**  
Serve this hot and tangy skillet dinner over rice or with a salad.



## Ripe to Perfection

### Greek Lemon and Chicken Soup

 SERVES 6

 PREP 10 min.

 COOK 15 min.

#### INGREDIENTS

- 8 cups chicken broth
- Salt and pepper
- 1 cup orzo pasta
- 1 large garlic clove, minced
- 3 cups cooked, shredded chicken
- 2 lemons
- 5 large eggs
- 3 scallions, thinly sliced
- $\frac{1}{4}$  cup chopped fresh dill

→ **POUR** broth into a large pot, season with 1 teaspoon salt and  $\frac{3}{4}$  teaspoon pepper, and bring to a boil over high. Add orzo and garlic, reduce heat to medium, and cook, stirring occasionally, until orzo is just tender, 5 to 7 minutes. Remove from heat and stir in chicken.

→ **ZEST** then juice 1 lemon, reserving zest and juice separately. Cut remaining lemon into wedges and set aside.

→ **WHISK** eggs and reserved lemon juice together in a medium bowl until combined. Slowly whisk in 1 cup of soup from the pot in a steady stream until combined. Slowly stir mixture back into pot and add scallions. Over low heat, cook mixture, stirring constantly, until thickened and creamy, about 2 minutes.

→ **SEASON** with salt and pepper to taste, divide among bowls, and sprinkle evenly with dill and reserved zest. Serve with lemon wedges.

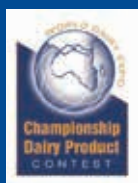






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# THE TASTE OF GAME DAY!

TREAT YOUR FOOTBALL FANS TO A  
BIG BATCH OF GREAT SNACKING FLAVOR





# TAKING IT SLOW

Assemble these five-ingredient slow-cooker recipes in the morning, and arrive home to a ready meal.

To create a **LIGHTER TAKE** on this comfort classic, we swapped out traditional cream of mushroom soup for golden mushroom.



## Slow-Cooker Chicken Stroganoff

**SERVES** 4  
 **PREP** 5 min.  
 **COOK** 8 hours

**TIP** Add an optional garnish of fresh parsley to brighten up this hearty dish.

### INGREDIENTS

- 1½ lb. boneless, skinless chicken breasts
- 1 (10.5-oz.) can condensed golden mushroom soup
- 4 oz. baby bella mushrooms, quartered
- 6 Tbsp. onion and chive cream cheese
- 12 oz. egg noodles

→ **COMBINE** chicken, soup, and mushrooms in a slow cooker. Cover and cook on low until chicken is cooked through, 7 to 8 hours. Remove chicken and set aside. Whisk in cream cheese until smooth and season with salt and pepper to taste.

→ **BRING** a large pot of salted water to a boil. Add noodles and cook over medium until tender, about 7 minutes; drain.

→ **CUT** chicken into bite-sized pieces and stir back into sauce. Divide noodles into bowls, top with stroganoff, and serve.



Boneless, Skinless Chicken Breasts



Condensed Golden Mushroom Soup



Baby Bella Mushrooms



Winn-Dixie Onion & Chive Cream Cheese



Winn-Dixie Medium Egg Noodles



## Fast Five

### Slow-Cooker Cheesy Taco Dip

**👤** SERVES 10 to 12

**🕒** PREP 5 min.

**🕒** COOK 1½ hours

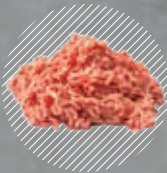
#### INGREDIENTS

- ¾ lb. ground beef
- 1 Tbsp. taco seasoning mix
- 1 (32-oz.) package cheese spread, cut into 1" pieces
- 2 (10-oz.) cans diced tomatoes with green chilies
- 1 cup chopped fresh cilantro

→ **COOK** beef in a large skillet over high, breaking up with a spoon, until crumbled and no longer pink, about 5 minutes. Remove from heat and stir in taco seasoning.

→ **COMBINE** browned beef, cheese, and tomatoes in a slow cooker. Cover and cook on low until cheese is completely melted, 1 to 2 hours, stirring halfway through.

→ **STIR** in ¾ cup cilantro. Sprinkle dip with remaining ¼ cup cilantro and serve warm with tortilla chips.



↓  
Ground Beef



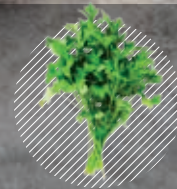
↓  
Winn-Dixie  
Taco Seasoning Mix



↓  
Winn-Dixie  
Smooth & Cheesy  
Cheese Spread



↓  
Winn-Dixie  
Diced Tomatoes &  
Green Chilies



↓  
Cilantro





Flank Steak



Winn-Dixie Fajita Seasoning Mix



Winn-Dixie Thick & Chunky Salsa



Bell Peppers



Red Onion



➦  
Add a  
bright garnish of  
CILANTRO AND  
LIME WEDGES,  
(optional).

## Slow-Cooker Steak Fajitas

👤 SERVES 4

🕒 PREP 10 min.

🕒 COOK 7 to 9 hours

### INGREDIENTS

- 1½ lb. flank steak, trimmed
- 1 (1-oz.) package fajita seasoning mix
- 1 (16-oz.) jar chunky salsa
- 2 bell peppers, any color, sliced into ½"-thick strips
- 1 red onion, thinly sliced

➔ **RUB** flank steak all over with fajita seasoning. Place in a slow cooker and top with salsa, bell peppers, and onion.

➔ **COVER** slow cooker and cook on low until steak can be shredded with a fork, 7 to 9 hours; shred into bite-sized pieces.

➔ **TRANSFER** meat and vegetables to a serving bowl using a slotted spoon. Season with salt and pepper to taste and serve with flour tortillas or over yellow rice.





"I've put my spin on this traditional New Year's Day dish by adding chicken and greens to it, which makes for a truly satisfying meal. I hope it helps to bring you and yours a very happy new year!"  
—CURTIS STONE



# A Healthy Start

BY CURTIS STONE

When it comes to sticking to your resolutions, chef Curtis Stone is here to remind you that healthy choices can be satisfying, too.



For Curtis Stone, maintaining a sensible diet is a family matter. "Eating healthy is so important for kids," says the dad of two boys. "We grow vegetables together and go to visit farms so they can see the animals." He also makes it a priority to get his sons involved in the kitchen. "It's a great introduction to where their food comes from," he says. With the recipes he's cooked up on the following pages, it will be easy to start new traditions in your own kitchen this year, whether that means cooking more healthfully, or simply just cooking more. Ahead, find a classic burger lightened up with ground turkey, Curtis' version of chicken with Hoppin' John and fresh seasonal greens, and other weeknight ideas perfect for cool nights. After all, as Curtis says, "Healthy eating is all about balance."



## Pulled Chicken with Hoppin' John and Greens

**👤 SERVES 4**  
**⌚ PREP 20 min.**  
**⌚ COOK 1½ hours**  
**GLUTEN-FREE**

### MAKE AHEAD

Chicken, black-eyed peas, and greens can be cooked (step 1) up to 1 day ahead, cooled, covered, and refrigerated. Rewarm over low heat before proceeding to step 2.

### INGREDIENTS

- 2 lb. chicken leg quarters
- ½ cup dried black-eyed peas
- 8 oz. mustard greens, stemmed, rinsed, and coarsely chopped
- 3 slices bacon, diced
- 1 small onion, diced
- ½ green bell pepper, diced
- 2 celery stalks, diced
- 3 garlic cloves, chopped
- 1 cup uncooked long-grain rice
- 1 fresh or dried bay leaf

**1.** In large pot, combine chicken, black-eyed peas, and 6 cups water. Bring mixture to a boil over medium-high heat, reduce heat to medium-low, and simmer 30 minutes.

**2.** Stir in greens and simmer 15 minutes, or until peas and greens are tender. Drain, reserving cooking liquid and solids separately. Cool chicken slightly. Discard chicken skin and bones. Shred and reserve meat with peas and greens.

**3.** In large heavy skillet over medium-high heat, sauté bacon 5 minutes, or until crisp. Using slotted spoon, remove bacon. Reduce heat to medium. Add onion, bell pepper, celery, and garlic. Sauté 8 minutes, or until onion is tender.

**4.** Stir in rice, bay leaf, 1 tbs. salt, and ½ tsp. pepper. Add 1¾ cups reserved cooking liquid, peas, chicken, and greens. Bring to a simmer. Cover tightly, reduce heat to low, and cook 20 minutes.

**5.** Remove from heat. Fluff with fork. Cover and let stand 15 minutes. Sprinkle with bacon.



## Hearty Winter Soup

**👤 SERVES 4**  
**⌚ PREP 10 min.**  
**⌚ COOK 30 min.**

### INGREDIENTS

- 12 oz. Italian sausage, casings removed
- 1 onion, chopped
- 2 celery stalks, diced
- 4 garlic cloves, diced
- 6 sprigs thyme, plus 1 tsp. thyme leaves for serving
- 6 cups low-sodium chicken broth
- 1 lb. white potatoes, cut into ¾-inch pieces
- 1 (15-oz.) can cannellini beans, rinsed, drained
- 4 slices French bread, warmed for serving

**1.** Heat large pot over medium-high heat. Add sausage and cook, breaking up meat, 5 minutes, or until just cooked through. Using slotted spoon, transfer sausage to plate and set aside.

**2.** Reduce heat to medium. Add onions, celery, garlic, and thyme sprigs to pot and sauté 8 minutes, or until onions are just softened. Add broth, potatoes, 2 tsp. salt, and ½ tsp. pepper and bring to a simmer. Simmer 15 minutes, or until potatoes are just barely cooked through.

**3.** Stir in beans and sausage and simmer 2 minutes. Season with salt and pepper. Remove thyme stems.

**4.** Ladle soup into bowls and sprinkle with thyme leaves. Serve with warm bread.





### Turkey Burgers with Parmesan Wafers

 **SERVES 4**

 **PREP** 15 min.

 **COOK** 12 min.

**MAKE-AHEAD** Lemon mayonnaise can be made up to 1 day ahead, covered and refrigerated. Parmesan wafers can be made up to 1 day ahead, stored in airtight container.

#### INGREDIENTS

- ½ cup finely grated Parmesan cheese
- 1 lb. ground turkey (85% lean)
- 3 tbs. olive oil

- ½ cup mayonnaise
- 1 lemon, zested, juiced
- 4 hamburger buns, toasted
- ½ red onion, very thinly sliced
- ¼ head romaine lettuce, thinly sliced (about 2 cups)

**1.** Preheat oven to 400°F. Line baking sheet with parchment paper. Using 1 tbs. cheese for each, form 8 mounds of cheese on baking sheet, spaced about 2 inches apart. Flatten mounds to even thickness. Bake 6 minutes, or until cheese melts and is pale golden. Cool on baking sheet until crisp. Sprinkle with pepper.

**2.** In medium bowl, mix turkey and 2 tbs. oil. Form turkey mixture into 4 patties just wider in diameter than buns. Season with salt and pepper. Heat large heavy skillet over high heat. Add 1 tbs. oil. Add patties and cook 3 minutes per side, or until brown and cooked through.

**3.** Meanwhile, in small bowl, whisk mayonnaise, lemon zest, and 4 tsp. lemon juice. Season with salt and pepper. Spread over burger bun tops and bottoms.


**4.** Top each bun bottom with a patty, then with onions, romaine, Parmesan wafers, and bun tops.



## Chile Verde

 **SERVES 4**

 **PREP 20 min.**

 **COOK 2 ½ hours**

**MAKE-AHEAD** Chile verde can be made up to 2 days ahead, cooled, covered, and refrigerated. Rewarm covered over low heat.

### INGREDIENTS

- 3 jalapeño chiles, stemmed, halved, and seeded
- 2 tbs. olive oil, divided
- 5 green onions, green and white parts divided and chopped
- 2 garlic cloves, peeled
- ½ tsp. ground cumin
- ½ bunch cilantro (stems included)
- 1½ lb. boneless pork shoulder, cut into 1-inch pieces
- 1½ cups low-sodium chicken broth
- 1 cup thinly sliced cabbage
- ½ avocado, peeled, pitted, and diced
- 8 corn tortillas, warmed
- 1 lime, cut into wedges

**1.** Preheat oven to 450°F. On heavy rimmed baking sheet, toss chiles with 2 tsp. oil. Roast 15 minutes, or until browned all over. Add green parts of onions to chiles and continue roasting 5 minutes, or until onions wilt.

**2.** Transfer mixture to blender. Add garlic, cumin, and all but 8 sprigs cilantro. Blend, adding ½ cup water to make a smooth purée. Season chile sauce with salt and pepper.

**3.** Meanwhile, season pork with salt and pepper. Heat large saucepan over medium-high heat. Add 1 tbs. oil and half of pork. Cook, turning as needed, 6 minutes, or until brown on all sides. Transfer pork to a plate. Repeat with remaining pork.

**4.** Pour off all of fat from saucepan. Add chile sauce, broth, and browned pork. Bring to gentle simmer. Reduce heat to medium-low, cover, and simmer, stirring occasionally, for 2 hours, or until pork is fork-tender. Season chile verde to taste with more salt.

**5.** Serve chile verde with white parts of onions, cabbage, avocado, tortillas, remaining cilantro sprigs, and lime wedges.



**CHILE VERDE**, a spicy Mexican stew made with pork and fresh chile peppers that's also known as "green chili," makes for a great cold-weather supper.

### 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 12/28/16 through 1/31/17.



# FOR HAPPY AND HEALTHY PETS



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# 7 HEALTH TIPS FOR 2017



It's always fun to indulge in holiday food and cheer, but the New Year provides a fresh opportunity to get back to feeling like the best you possible. We asked Stephanie Wilson, nutritionist at the University of Florida, for her tips to kick off 2017.

## Community Ties



# 6

**SHOP WITH A PLAN**

Healthy eating doesn't have to break the bank! Watch for sales at the store and opt for whole produce—an apple, for example, rather than precut apple slices.



# 1

**BREAKFAST LIKE A CHAMP**

We hear that breakfast is the most important meal of the day, but why? When we go for an extended period of time without food, our muscles start to break down, making it harder to burn fat. So for a strong body, make a morning meal part of your regular routine.

# 2

**FIGHT INFLAMMATION**

The holidays can leave you feeling bloated and uncomfortable. Eating lean proteins that are loaded with omega-3 fatty acids, like salmon or walnuts, helps the body fight inflammation.



# 4

**SNACK SMART**

Eating three balanced meals is a must, but so is smart snacking. Keep energy up between meals with fresh fruit and cheese, a handful of almonds, or Greek yogurt.

# 7

**DRINK UP**

Drink at least 64 ounces of water each day to keep the body hydrated. For a burst of flavor (and vitamin C!), add a squeeze of citrus.



# 3

**GET RESTFUL SLEEP**

Lack of energy often correlates with lack of sleep. Make it a priority to begin winding down 30 minutes before bed—try a cup of chamomile tea!

# 5

**TAKE YOUR VITAMINS**

Multi-vitamins can help your body get the essential nutrient and mineral boost that it needs.



FEED YOUR  
NUTRITION AMBITION.



ORGANIC INGREDIENTS



GLUTEN-FREE



HIGH-PROTEIN



Lean cuisine

This year, you're determined to live a healthy lifestyle—and you can start with what's in your freezer. Explore adventurous flavors from LEAN CUISINE®.

FEED YOUR PHENOMENAL™

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Instead of white rice with your orange beef from page 9, try pulsing raw cauliflower in your food processor to make **CAULIFLOWER RICE**.



For a gluten-free alternative, swap tortillas or wraps for **LETTUCE LEAVES** in recipes like the slow-cooker fajitas on page 15.

## Fresh Idea



Try heart-healthy **GROUND ALMONDS** instead of flour when baking crisps. They're also great when subbed for breadcrumbs on chicken, fish, or the jalapeño poppers on page 29.



# SWAPPING NOTES



Add a dose of whole grains to the chicken stroganoff on page 13 by using **WHOLE-WHEAT PASTA** instead of egg noodles.

Lightening up an everyday dish can be as simple as making smart substitutions. You can use the items shown here to make the recipes in this issue even more wholesome. Try one tonight!



Instead of pasta, use **ZUCCHINI RIBBONS** for a low-carb take on lasagna (find the recipe on the next page!).



When frozen, **SLICED BANANAS** can be a tasty alternative to sugary desserts (especially when dipped in a touch of chocolate, like on page 25).



Alongside the chips and creamy dip on page 26, include **BAKED CHIPS AND SALSA** for a lighter game-day snack option.





## Fresh Idea

### Zucchini “Lasagna” with Turkey Bolognese

**👤 SERVES** 4 to 6

**🕒 PREP** 15 min.

**🕒 COOK** 45 min.

**GLUTEN-FREE**

#### INGREDIENTS

- 3 zucchini, sliced lengthwise into 1/8"-thick pieces
- Salt and pepper
- 3/4 lb. ground turkey
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 Tbsp. Italian seasoning
- 1/2 tsp. red pepper flakes
- 2 1/2 cups Prestige Marinara Pasta Sauce
- 1 cup part-skim ricotta cheese
- 1 large egg
- 1 cup grated Parmesan cheese
- 1/2 cup finely chopped fresh basil, plus extra for serving

→ **PREHEAT** oven to 350°. Place zucchini on a wire-rack-lined baking sheet and sprinkle with 1 1/2 tsp. salt and 1/2 tsp. pepper.

→ **COOK** turkey in a large nonstick skillet over medium, breaking up meat, until crumbled and no longer pink, about 5 minutes.

→ **STIR** in onion, garlic, Italian seasoning, and red pepper flakes and cook until onion is softened, about 5 minutes. Stir in marinara, cover skillet, and remove from heat.

→ **MIX** ricotta, egg, and 1/2 cup Parmesan in a medium bowl. Pat zucchini dry with paper towels.

→ **SPREAD** a third of the turkey mixture in a greased 8x8" baking dish. Cover with 4

zucchini “noodles.” Spread half of the remaining turkey mixture over zucchini, followed by half of the ricotta mixture and half of the basil.

→ **TOP** with another layer of zucchini, followed by the remaining turkey mixture, remaining ricotta mixture, and remaining basil. Top with final layer of zucchini, cover dish tightly with foil, and place on a baking sheet.

→ **BAKE** until zucchini is tender, about 30 minutes. Uncover, sprinkle with remaining 1/2 cup Parmesan, and broil until cheese is browned, 3 to 5 minutes. Let rest 5 minutes, then sprinkle with extra basil and serve.





TOPPING  
TIME!

Sprinkles

Chopped nuts

Shredded coconut

Toffee bits

Granola

Crushed pretzels

Chocolate-Covered  
Banana Bites

MAKES about 24 pieces

PREP 15 min.

COOK 0 min.

GLUTEN-FREE

## INGREDIENTS


- 1 cup semisweet or milk chocolate chips
- 1 Tbsp. vegetable oil
- 2 ripe yet firm bananas, peeled and sliced into ½" rounds
- ½ cup assorted toppings

→ **MICROWAVE** chocolate chips and oil, stirring every 30 seconds, until melted. Whisk to combine and let cool slightly.

→ **SKEWER** banana slices with a toothpick and dip into chocolate mixture; transfer to a parchment-lined plate.

→ **SPRINKLE** desired toppings over coated bananas and freeze until hardened, about 2 hours. Keep frozen until ready to serve.





Stock up on classic  
**LIP LICKIN' CHICKEN**  
**WINGS** from the deli.




# BIG GAME BITES

Build the ultimate party spread with a mix of fun  
homemade snacks and can't-miss items from our stores.

For an easy app,  
pair **TORTILLA**  
**CHIPS** with creamy,  
ready-to-serve **STONEMILL**  
**KITCHENS SPINACH-**  
**ARTICHOKE DIP** from  
our deli.







Package the flavors  
of an old-school  
sandwich in this impressive  
**ITALIAN-SUB WREATH.**  
Recipe on page 29!



Stuff creamy  
**CRAB DIP** into  
**JALAPEÑOS** for a  
spicy, satisfying snack.  
Recipe on page 29!



Our  
**ARTISAN FLAT  
CRUSTED DELI PIZZAS**  
in Cheese (\$4 ea.), Margarita,  
Ultimate Meat, and Pepperoni  
(\$5 ea.) just need to be  
baked at home.





## The Party Planner

Find ready-to-serve  
**POPCORN CHICKEN**  
in our deli.



### Chicken and Waffle Bites

- MAKES** 20
- PREP** 10 min.
- COOK** 10 min.

#### INGREDIENTS

- 20 pieces popcorn chicken
- $\frac{1}{4}$  cup maple syrup
- 1 Tbsp. Dijon mustard
- 5 waffles, toasted and cut into quarters

→ **PREHEAT** oven to 350°. Place popcorn chicken on a baking sheet and bake until heated through and re-crisped, about 10 minutes.

→ **WHISK** together maple syrup and mustard and set aside.

→ **PLACE** one piece of chicken on each waffle quarter and skewer with toothpicks to secure. Drizzle with maple mixture and serve.

### Cuban Sliders

- MAKES** 12
- PREP** 10 min.
- COOK** 15 min.

#### INGREDIENTS

- 5 Tbsp. mayonnaise
- 2 Tbsp. Dijon mustard
- 1 (12-oz.) pack Hawaiian rolls
- 8 oz. sliced ham
- 8 oz. sliced turkey
- 9 slices Swiss cheese
- 36 bread and butter pickle chips
- 2 Tbsp. unsalted butter, melted

→ **PREHEAT** oven to 375°. Whisk mayonnaise and mustard together and set aside. Without pulling rolls apart, cut in half horizontally to separate top and bottom.

→ **TRANSFER** bottom half of rolls to a greased 9x13" baking dish. Spread with mayonnaise mixture and layer with ham, turkey, cheese, and pickles. Cover with top half of rolls and brush with butter.

→ **BAKE** until cheese is melted, 10 to 15 minutes. Separate sandwiches with a serrated knife and serve.





## Crab-Stuffed Jalapeño Poppers

**👤 SERVES** 8  
**🕒 PREP** 15 min.  
**🕒 COOK** 23 min.

### INGREDIENTS

- 4 oz. fresh or canned crabmeat
- 3 oz. cream cheese, softened
- ½ cup shredded Monterey Jack cheese
- 1½ Tbsp. finely chopped chives
- 1½ Tbsp. finely chopped cilantro
- ½ tsp. garlic salt
- 8 large jalapeños, stemmed, halved lengthwise, and seeded
- ½ cup panko breadcrumbs

→ **PREHEAT** oven to 400°.

→ **STIR** together crabmeat, cream cheese, shredded cheese, chives, cilantro, and garlic salt.

→ **PLACE** halved peppers on a foil-lined baking sheet and gently

stuff with crab mixture. Sprinkle breadcrumbs evenly over stuffed peppers and bake until peppers are tender, about 20 minutes.

→ **BROIL** until topping is golden brown, 2 to 3 minutes. Let cool slightly and serve.

## Italian-Sub Wreath

**👤 SERVES** 8  
**🕒 PREP** 15 min.  
**🕒 COOK** 20 min.

### INGREDIENTS

- 2 (8-oz.) tubes crescent roll dough, chilled
- 4 oz. sliced mortadella, bologna, or ham
- 5 oz. sliced sharp provolone
- 4 oz. sliced salami
- ½ cup thinly sliced red onion
- ½ cup sliced jarred roasted red pepper, blotted dry
- ¼ cup chopped fresh basil
- 1 large egg
- 1 tsp. water

→ **PREHEAT** oven to 375°. Unroll crescent dough. On a large greased pizza pan or rimless baking sheet, arrange crescent dough pieces in a circular pattern, with the pointed ends facing toward the outer edge of the pan and the wider ends overlapping each other by half.

→ **PRESS** edges of dough together to adhere. Working on the overlapping portions, layer mortadella, provolone, and salami, folding slices in half to fit. Top evenly with onion, red pepper, and basil. Gently pull pointed ends of dough toward the center of the circle, tucking them under the dough at the center to form a wreath shape.

→ **WHISK** egg with water and gently brush all over surface of dough. Transfer to oven and bake until dough is puffed and golden, about 20 minutes. Let cool before slicing and serve.



**🍪**  
 Get into the team spirit with a fun, frosted **COOKIE CAKE** from the bakery!





# INTRODUCING *Prestige* — REAL GELATO



**The true taste of real Italian Gelato.**

Available in four decadent flavors, expertly crafted in the traditional Italian style with the finest hand-picked ingredients from around the world.

Exclusively at

**BILO**

**HARVEYS**

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# What's New

Exciting products to try right now!

## PRODUCT SPOTLIGHT

# Brand-New Bubbles

Sparkling waters are all the rage right now, and for a reason—they're crisp, refreshing, and a healthy swap for soda, too. Our new SE Grocers Sparkling Water line is all-natural and comes in flavors like grapefruit, orange, and coconut. Try them with a squeeze of fresh citrus, or, if you're on the go, straight from the can.



**NEW!**

SE Grocers Flavored Sparkling Water  
\$2.99 ea., 12 pk.

Try our coconut flavor paired with fresh lime!





## What's New

# Tea Time!

Thirst-quenching tips for taking three new SE Grocers iced teas (all free of preservatives and artificial colors and flavors) to the next level.



SE Grocers  
Spring Water  
\$2.75 ea.,  
24 pk.

**NEW!**

## DRINK UP!

Drinking enough H<sub>2</sub>O each day is a vital healthy habit. Here are some ideas for getting your recommended daily ounces.

Hydrate on the go with new SE Grocers spring water (above), now in stores. Stock up, then stash bottles in the fridge, your desk drawer, and your gym bag.

Looking to warm up while you hydrate? Try sipping on a cup of herbal tea with lemon.

Add low-cal flavor to plain water with thinly sliced cucumber, fresh mint sprigs, or a squeeze of fresh citrus.

1

### Southern-Style Sweet Tea

#### TIP

Mix with equal parts lemonade for a refreshing Arnold Palmer.



2

### Unsweetened Brewed Tea

#### TIP

Make your own sweetener: Boil 1 cup each sugar, water, and mint leaves. Steep for 30 minutes, then strain.



3

### Green Tea with Ginseng and Honey

#### TIP

Freeze orange slices with water in an ice cube tray. Add a touch of honey before freezing, for extra sweetness.



SE Grocers  
Teas  
\$2.50 ea.,  
128 oz.



# 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.



**NEW!**

**BILO**

**HARVEYS**

**Winn✓Dixie**





COMING NEXT MONTH...

# Valentine's Day

Make sure to pick up the next copy of *Flavor* for romantic recipes, five-ingredient desserts, and much more!

**PLUS**

Fondue night

Gift ideas

Flower tips



# SAVE WHEN YOU SHOP!

Check out these exclusive store coupons.

**\$1 off**

any one SE Grocers Asian Sauce

10 oz. Less Sodium Soy Sauce, Teriyaki Sauce,  
12.2 oz. Sweet & Sour Sauce, 13 oz. Sweet Chili Sauce  
or 15 oz. Soy Sauce • with card

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**\$1 off**

any one gallon of  
SE Grocers Assorted Tea

with card

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MANUFACTURER'S COUPON EXPIRATION DATE: 3/31/17

**SAVE  
\$1.00**

any one (1) box  
of Tetley® Tea



MANUFACTURER'S COUPON

**EXPIRES 02/28/17**

ONE COUPON PER PURCHASE

**SAVE \$1**

when you buy any two (2)  
HERSHEY'S COOKIE LAYER CRUNCH  
Pouches (6.3 oz.) or XL bars (3.5 oz.)



NEW! Infusions

**SAVE  
\$1.00**

when you buy any ONE (1)  
bag of Eight O'Clock® Coffee,  
10 oz or larger



MANUFACTURER'S COUPON EXPIRES 04/01/2017

**SAVE  
\$1.50**

off any one (1)

**EL MONTEREY**

Item  
(21oz or larger)





# SAVE WHEN YOU SHOP!

Check out these exclusive store coupons.

STORE COUPON

12/28/16 – 1/31/17

**\$1 off**

**any one  
Prestige Gelato**

30 oz. • **With card**

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coupon

STORE COUPON

12/28/16 – 1/31/17



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coupon

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**BLO**

**HARVEYS**

**Winn/Dixie**

STORE COUPON

12/28/16 – 1/31/17



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STORE COUPON

12/28/16 – 1/31/17



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**HARVEYS**

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**SAVE  
\$1.00**

See in store for coupon

**when you buy any two (2)  
HERSHEY'S COOKIE LAYER CRUNCH  
Pouches (6.3 oz.) or XL bars (3.5 oz.)**

**RETAILER:** We will redeem coupon for face value plus 8¢ handling if submitted in compliance with Hershey's redemption policy incorporated herein by reference. Void if reproduced, transferred, auctioned or where prohibited by law. Good only in the USA. Cash value 1/100¢. Retailer mail coupon to: The Hershey Company, CMS Department #34000, One Fawcett Drive, Del Rio, TX 78840. **LIMIT ONE COUPON PER PURCHASE.**

**MANUFACTURER'S COUPON** EXPIRATION DATE: 3/31/17

Coupon valid only on brand/size stated. One coupon per purchase. Void if copied or transferred. Consumer pays any sales tax. **RETAILER:** Tetley USA Inc., will pay retail price paid up to maximum value of coupon plus 8¢ handling on stated product only if submitted in compliance with the Tetley USA Inc. coupon redemption policy (available at [www.nchmarketing.com](http://www.nchmarketing.com)). Proof of purchase of sufficient stock of product must be provided on request. Coupon void where prohibited, taxed, or restricted. Cash value 1/100¢. Mail coupons to Tetley USA Inc., PO Box 870146, El Paso, TX 88587-0146 © 2016 Tetley USA Inc.

See in store for coupon

**MANUFACTURER'S COUPON** EXPIRES 04/01/2017

**CONSUMER:** ONE COUPON PER CUSTOMER PER PURCHASE. Good Only On Product Indicated. Consumer Pays Any Sales Tax. **Void If Copied.** Only Valid Coupons May Be Redeemed. It is unlawful to knowingly redeem a counterfeit coupon. **RETAILER:** Ruiz will redeem one (1) validly issued coupon per purchase of product indicated at the cash value of .001¢ plus 8¢ handling. Void where taxed, restricted, transferred or reproduced. Coupons not properly redeemed will be void and held. Mail to Ruiz Foods, CMS Dept #71007, 1 Fawcett Drive, Del Rio, Texas 78840. Consumer to pay applicable sales tax.

See in store for coupon

**MANUFACTURER'S COUPON** EXPIRATION DATE: 03/31/17

**Save \$1.00 when you buy any  
ONE (1) bag of Eight O'Clock® Coffee, 10 oz or larger**



Coupon valid only on brand/size stated. One coupon per purchase. Void if copied or transferred. Consumer pays any sales tax. **RETAILER:** Eight O'Clock Coffee Company will pay retail price paid up to maximum value of coupon plus 8¢ handling on stated product only if submitted in compliance with the Eight O'Clock Coffee coupon redemption policy (available at [www.nchmarketing.com](http://www.nchmarketing.com)). Proof of purchase of sufficient stock of product must be provided on request. Coupon void where prohibited, taxed, or restricted. Cash value 1/100¢. Mail coupons to **Eight O'Clock Coffee Company, PO Box 870146, El Paso, TX 88587-0146.** ©2016 Eight O'Clock Coffee Company

See in store for coupon



# NEW YEAR, FRESH START

We asked how you make—and keep!—your New Year’s resolutions.

## HOW LONG DO YOU USUALLY STICK TO YOUR RESOLUTIONS?

HOW LIKELY ARE YOU TO MAKE A NEW YEAR’S RESOLUTION?

**27%**  
Extremely unlikely

**23%**  
Extremely likely

HOW OFTEN DO YOU MAKE NEW YEAR’S RESOLUTIONS?

**32%**  
Every year



## YOUR TOP FOUR MOST POPULAR NEW YEAR’S RESOLUTIONS:



Eat healthier



Work out more



Stick to a budget



Drink more water



# Nutritional Info

January 2017

## RIPE TO PERFECTION

### Orange Beef

**Per Serving:** 360 Cal; 14g Fat (3g Sat Fat); 115mg Chol; 1110mg Sodium; 20g Carb; 1g Fiber; 13g Sugar; 41g Protein

### Cilantro Lime Shrimp

GLUTEN-FREE

**Per Serving:** 230 Cal; 14g Fat (5g Sat Fat); 195mg Chol; 820mg Sodium; 6g Carb; 0g Fiber; 3g Sugar; 20g Protein

### Greek Lemon and Chicken Soup

**Per Serving:** 340 Cal; 9g Fat (2.5g Sat Fat); 215mg Chol; 210mg Sodium; 26g Carb; 1g Fiber; 2g Sugar; 37g Protein

## FAST FIVE

### Slow-Cooker Chicken Stroganoff

**Per Serving:** 590 Cal; 13g Fat (5g Sat Fat); 210mg Chol; 600mg Sodium; 66g Carb; 4g Fiber; 5g Sugar; 50g Protein

### Slow-Cooker Cheesy Taco Dip

**Per Serving (for 12):** 280 Cal; 18g Fat (12g Sat Fat); 80mg Chol; 1360mg Sodium; 9g Carb; 0g Fiber; 7g Sugar; 18g Protein

### Slow-Cooker Steak Fajitas

**Per Serving:** 310 Cal; 13g Fat (6g Sat Fat); 70mg Chol; 1070mg Sodium; 18g Carb; 3g Fiber; 8g Sugar; 29g Protein

## FEED YOUR FAMILY

### Pulled Chicken with Hoppin' John and Greens

GLUTEN-FREE

**Per Serving:** 600 Cal; 20g Fat (6g Sat Fat); 185mg Chol; 310mg Sodium; 57g Carb; 7g Fiber; 4g Sugar; 45g Protein

### Hearty Winter Soup

**Per Serving:** 530 Cal; 14g Fat (5g Sat Fat); 25mg Chol; 2150mg Sodium; 73g Carb; 10g Fiber; 9g Sugar; 29g Protein

### Turkey Burgers with Parmesan Wafers

**Per Serving:** 700 Cal; 54g Fat (12g Sat Fat); 100mg Chol; 720mg Sodium; 25g Carb; 2g Fiber; 4g Sugar; 30g Protein

### Chile Verde

**Per Serving:** 530 Cal; 31g Fat (9g Sat Fat); 105mg Chol; 115mg Sodium; 31g Carb; 6g Fiber; 4g Sugar; 32g Protein

## FRESH IDEA

### Zucchini "Lasagna" with Turkey Bolognese

**Per Serving (for 6):** 360 Cal; 20g Fat (8g Sat Fat); 100mg Chol; 900mg Sodium; 18g Carb; 3g Fiber; 11g Sugar; 27g Protein

### Chocolate-Covered Banana Bites

GLUTEN-FREE

**Per Bite:** 45 Cal; 2.5g Fat (1.5g Sat Fat); 0mg Chol; 0mg Sodium; 7g Carb; 1g Fiber; 5g Sugar; 0g Protein

## PARTY PLANNER

### Cuban Sliders

**Per Slider:** 200 Cal; 9g Fat (2.5g Sat Fat); 25mg Chol; 980mg Sodium; 23g Carb; 1g Fiber; 3g Sugar; 14g Protein

### Chicken and Waffle Bites

**Per Bite:** 60 Cal; 2.5g Fat (0g Sat Fat); 5mg Chol; 135mg Sodium; 8g Carb; 0g Fiber; 3g Sugar; 2g Protein

### Crab-Stuffed Jalapeño Poppers

**Per Serving (2 poppers):** 100 Cal; 6g Fat (3g Sat Fat); 30mg Chol; 230mg Sodium; 5g Carb; 1g Fiber; 1g Sugar; 5g Protein

### Italian Sub Wreath

**Per Serving:** 400 Cal; 26g Fat (11g Sat Fat); 60mg Chol; 1000mg Sodium; 25g Carb; 0g Fiber; 5g Sugar; 14g Protein



SE GROCERS

Prestige

KETTLE  
COOKED  
CHIPS





A top-down view of a dark, textured bowl filled with golden-yellow, irregularly shaped potato chips. The chips are piled together, showing their crispy texture and varying shades of yellow. The background is dark and textured.

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