

Schnucks Cooks favorites



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Summer screams for ice cream, sundaes and, while you're at it, cool and refreshing sorbets. The avid ice cream addict may have noticed Culinaria's ultra-premium pints arrived on store shelves last year. Flavors such as chunky Pistachio, tropical Coconut Mango, refreshing Mint Chocolate Chip and Jamocha Almond with ribbons of fudge have attracted fans begging for more. Culinaria recently introduced three new varieties: Crème Brûlée, caramel and custard ice cream swirled with caramelized sugar, Peanut Butter Cup ice cream loaded with mini peanut butter cups and swirls of peanut butter and satisfying Strawberry ice cream with strawberry purée and bits of fruit in every bite. All ice creams aren't created equal, and Culinaria's unique creamy confections include 16% butterfat to ensure a decadent, indulgent treat. Culinaria ice creams are dense, creamy and rich with a luscious and velvety consistency.

What could be more tempting than rich chocolate sauce poured over Culinaria ice cream, sundaes and shakes! Culinaria Sea Salt Caramel Chocolate Sauce and Culinaria Chocolate Fudge Sauce each deliver a very

creamy texture and intense chocolate flavor. Prepared with quality ingredients such as cream, pure cane sugar, unsalted butter, cocoa powder and vanilla extract, these sauces are also perfect drizzled over fresh berries or bananas, brownies, cheesecake, angel food cake, crêpes and waffles. Simply heat the sauces in their jar with the lid removed in the microwave to soften slightly or heat longer to make "hot fudge sauce."

On the lighter side, Culinaria also created four guilt-free varieties of fat- and cholesterol-free sorbet. The perfect palate cleanser, mid-afternoon treat or after-dinner dessert, sweet-tart Raspberry and Lemon sorbets rouse the taste buds with each and every bite. New flavors include exotic and tangy Passion Fruit Pomegranate and Pink Grapefruit with real grapefruit purée – two flavors the whole family will love. For a quick dessert, top pound cake with sorbet and berries, or fill a glass with a scoop or two of sorbet, then top with sparkling wine, ginger ale, sparkling juice or lemonade for a fizzy summer cocktail or mocktail.

Laredo Chicken Casserole

Active Time: 15 minutes
Total Time: 50 minutes • Serves: 6

- 1 package (8 ounces) Schnucks shredded sharp Cheddar cheese, divided
- 1 Schnucks classic, herb or BBQ whole roasted chicken, skin removed and meat shredded
- 1 can (15 ounces) Schnucks dark red kidney beans, rinsed and drained
- 1 can (14.5 ounces) Schnucks Mexican style diced tomatoes, drained
- 1 can (10¾ ounces) condensed cream of mushroom soup
- 1 cup Schnucks frozen corn
- 1 cup Schnucks frozen green peas
- ½ cup Schnucks sour cream

Preheat oven to 350°F. Set aside ¾ cup cheese. In large bowl, combine remaining ingredients. Spread mixture into 2½-quart or 11 x 7-inch glass or ceramic baking dish. Sprinkle with reserved cheese. Bake 30 minutes. Let stand 5 minutes before serving.

Each serving: about 360 calories, 11 g total fat (5g saturated), 80 mg cholesterol, 1130 mg sodium, 24 g carbohydrate, 7 g fiber, 39 g protein

Napa Green Apple Slaw

Active Time: 15 minutes
Total Time: 15 minutes • Serves: 6

- 1 lime
- 1 large Granny Smith apple, unpeeled, cored and coarsely chopped
- 1 cup shredded carrots, coarsely chopped
- 1 small head Napa cabbage, very thinly sliced (about 4 cups)
- ¼ cup coarsely chopped fresh cilantro leaves
- ⅔ cup refrigerated slaw dressing
- ¼ teaspoon freshly ground black pepper

Squeeze juice of lime into medium bowl. Add apple and toss to combine. Add remaining ingredients and toss until evenly coated with dressing. If not serving right away, cover and refrigerate up to 1 day ahead.

Each serving: about 200 calories, 12 g total fat (2g saturated), 10 mg cholesterol, 170 mg sodium, 22 g carbohydrate, 6 g fiber, 1 g protein

