

in good taste™

summer 2015

recipe magazine

rubs & **MARINADES**

Lemon-Thyme Grilled
PORK CHOPS *and*
Jalapeño-Lime
Grilled Fish
Tacos

+

tastes of
summer

Gazpacho,
and Crunchy
Slaw *with* Creamy
Lime Dressing

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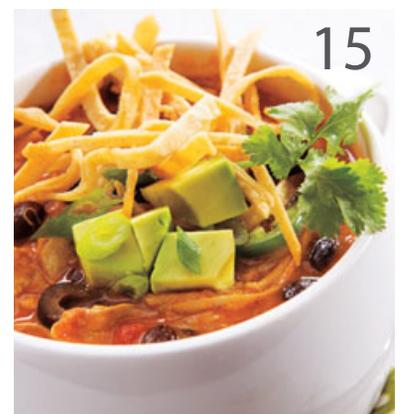
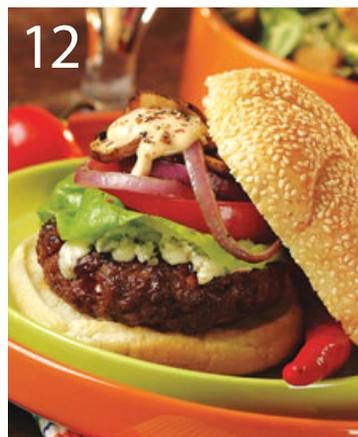
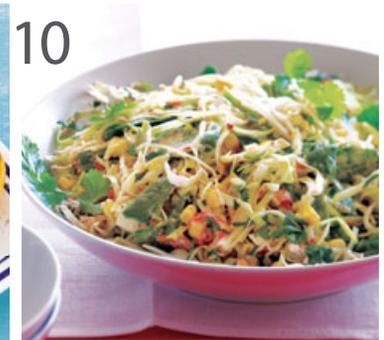
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herbs



IRRESISTIBLE HERBS

Enhance the flavor of any dish, from breakfast to dessert, with just a sprinkling of herbs. Each herb adds a unique taste with color and texture providing an unexpected bonus.

- > **dill** – Feathery green leaves, known as fronds, with a pungent and aromatic flavor. A small amount brightens salads, eggs, soups and sauces, and is often used in pickling. It's also considered an ancient digestive aid.
- > **basil** – With fresh clove-like flavor, the Greeks referred to this versatile herb as the "Herb of Kings." From pasta sauces and seafood to vegetables and fruits, and an essential in Mediterranean dishes like pesto, this herb enhances taste without overwhelming.
- > **mint** – Cool and refreshing, with over 30 varieties available, this sweet herb enlivens lamb, fruit dishes, baked goods and desserts. Its invigorating flavor can also be experienced in drinks such as the classic mint julep or the popular mojito. The leaves also make an attractive garnish.
- > **thyme** – A member of the mint family, this herb has a slight lemon aroma. It's a staple herb of French cuisine, and is often used to flavor meats, vegetables, poultry, fish, sauces, stews and stuffing.

- > **chives** – Slender, hollow stems with a delicate yet mild onion flavor, also known as an appetite enhancer. To easily chop chives, snip them with scissors. Use them to perk up soups, salads, egg dishes, sauces, dips, potatoes and cottage cheese.
- > **cilantro** – Parsley-like leaves of the coriander plant with a lively, distinctive flavor that meshes well with spicy dishes. This herb is widely used in Asian, Caribbean and Latin American cuisines.
- > **rosemary** – Sweet and highly aromatic with hints of lemon and pine, this herb was originally used to treat ailments of the nervous system. The flavor complements meats, especially lamb, poultry, vegetables and even fruit salads.
- > **flat-leaf parsley** – A mild herb with a slight peppery essence. While curly parsley is often used to garnish plates, flat-leaf Italian parsley, with a more pronounced flavor, is the variety of choice for most cooks. This all-around herb plays well with beef, pork, vegetables, rice and pasta dishes, cheese sauces, soups, herb butters and stuffing.

Watermelon-Basil Lemonade

Prep: 20 minutes

Cook: 3 minutes • Serves: 8

- 1 package (2/3 ounce) fresh basil, stems removed
- 1 1/2 cups water
- 3/4 cup Sunny Select Granulated Sugar
- 2 tablespoons lemon zest
- 1 (7- to 8-pound) seedless watermelon, rind removed, cut into large chunks (about 12 cups)
- 1 1/2 cups fresh lemon juice (from about 6 large lemons)

1. Roughly chop half the basil leaves. (You should have about 1/4 cup.) In small saucepot, heat water and sugar over medium heat 3 to 5 minutes or until sugar dissolves, stirring frequently. Remove saucepot from heat; stir in lemon zest and chopped basil. Let stand 10 minutes.
2. Meanwhile, in blender or food processor with knife blade attached, in batches if necessary, purée watermelon until smooth. Into large pitcher, strain watermelon purée through fine-mesh strainer; discard solids. Into same pitcher, strain sugar mixture; discard solids.
3. Stir in lemon juice. Refrigerate at least 2 hours or up to 3 days. Stir in remaining basil leaves just before serving. Makes about 8 cups.

Approximate nutritional values per serving: 151 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 2mg Sodium, 39g Carbohydrates, 1g Fiber, 2g Protein



grilling **OUTSIDE THE BOX**

Mastering grilling is more than just cooking a succulent steak. To be a true barbeque connoisseur, you must learn how to properly grill fruits and vegetables! Generally, make sure you start with clean grates and lightly coat the surface with oil using a cloth or cooking spray prior to preheating the grill. The oil will seal the pores of the grate's surface and minimize sticking. Below are some more of our favorite helpful tips to turn your produce into smoky, delectable treats.

FRUIT GRILLING TIPS:

- > Select firm but ripe pieces. Firmly textured fruits such as apples and pears tend to retain their structure during grilling. Softer fruits like plums, nectarines, melons and bananas – even grapes on their stem – will soften quickly.
- > Leave the fruit unpeeled to help retain its shape while grilling. Most fruit can simply be washed, halved and pitted or cored.
- > If you want to grill sliced fruit, it helps to use a hinged grill basket or perforated barbeque topper, or place a sheet of nonstick aluminum foil directly on the grill. Fruit can be threaded onto skewers to serve with a dipping sauce.
- > When ready to grill, it helps to lightly brush fruit with a mild cooking oil or melted butter. Grill fruit over medium direct heat just until fruit softens and browns slightly, turning once halfway through cooking.
- > For a sugary-crisp coating, sprinkle brown or granulated sugar on the cut sides of the fruit; let stand 10 minutes to allow the sugar to dissolve. Grill fruit, cut sides down, for several minutes. If using a glaze, brush it on fruit near the end of cooking so the sugars don't burn.

VEGETABLE GRILLING TIPS:

- > Preheat the grill on medium-high heat. If you can hold your hand five inches above the grill for only three to four seconds, then the heat is just right.
- > Cut vegetables into equal-sized pieces to ensure vegetables will be finished cooking at the same time.
- > Tossing vegetables in a little oil is an easy no-stick trick.
- > Turn the vegetables every three minutes or so for even cooking, and remove from the grill when they're tender-crisp. They'll continue cooking after being removed from the grill.
- > For a flavor boost, marinate vegetables in equal parts olive oil and balsamic vinegar, along with minced garlic, fresh herbs such as basil, oregano, marjoram and/or rosemary, and salt and pepper.



Grilled Watermelon Salad

Prep: 20 minutes

Cook: 15 minutes • Serves: 6

- 1 large red onion, cut into ½-inch thick rounds
- 3 tablespoons canola oil
- 1 seedless watermelon (about 3 to 4 pounds), rind removed, cut into 2-inch-thick half moons
- 1 cup crumbled feta cheese
- 2 tablespoons Sunny Select Balsamic Vinegar
- 1 teaspoon Sunny Select Salt
- ½ teaspoon Sunny Select Ground Black Pepper
- 2 cups arugula or baby spinach for garnish (optional)

1. Prepare outdoor grill for direct grilling over medium-high heat. Brush both sides of onion rounds with 1 tablespoon oil.

2. Place watermelon and onion on hot grill rack; cook 10 to 12 minutes or until watermelon and onion are charred, turning once halfway through cooking. Remove from grill; let stand 5 minutes.

3. Cut watermelon into about 1½-inch chunks and chop the onion. In large bowl, toss cheese, vinegar, salt, pepper, watermelon, onion and remaining 2 tablespoons oil. Serve immediately over arugula, if desired. Makes about 7 cups.

Approximate nutritional values per serving:

222 Calories, 12g Fat (4g Saturated), 22mg Cholesterol, 671mg Sodium, 24g Carbohydrates, 2g Fiber, 5g Protein





rubs & MARINADES

For something different, try the Seasoned Cajun or Coffee Rub (at right) on your pork chops.

Lemon-Thyme Grilled Pork Chops

Prep: 10 minutes plus standing

Grill: 10 minutes • **Serves:** 4

- 1½ tablespoons Sunny Select Light Brown Sugar
- 2 teaspoons Sunny Select Ground Coriander
- 1 teaspoon chopped fresh thyme leaves
- 1 teaspoon Sunny Select Garlic Powder
- 1 teaspoon Sunny Select Ground Ginger
- 1 teaspoon Sunny Select Salt
- 1 teaspoon freshly ground black pepper
- 4 bone-in pork loin chops (about 2 pounds)
- 2 small lemons, cut in half

1. Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, stir brown sugar, coriander, thyme, garlic powder, ginger, salt and pepper until well combined. Evenly coat both sides of pork chops with spice mixture.

2. Place pork chops and lemons, cut side down, on hot grill rack. Cook pork chops 10 to 12 minutes or until internal temperature reaches 145°, turning once halfway through cooking; cook lemons 5 to 6 minutes or until light grill marks appear.

3. Transfer pork chops and lemons to serving platter. Loosely cover with aluminum foil and let stand 5 minutes. Serve pork chops with lemons for squeezing over pork.

Approximate nutritional values per serving:
318 Calories, 15g Fat (6g Saturated), 87mg Cholesterol,
654mg Sodium, 8g Carbohydrates, 1g Fiber, 32g Protein

reinvented RUBS & *memorable* MARINADES

A flavorful spice rub or marinade is often what you need to turn meat or fish into your next go-to recipe. With so many varieties of oils, vinegars and seasonings, the sky's the limit for creativity. Experimenting with your favorite ingredients allows you to create the exact taste you have in mind, and take your rubs and marinades to the next level.

IT'S A RUB

A mixture of herbs, spices and seasonings applied to the surface of meats, poultry, fish and seafood helps form a desirable crust on the outside. Rubs can also be applied under the skin of chicken or turkey for additional flavor. A moist ingredient, such as oil, Worcestershire or mustard, can be added to create a wet rub.

THE WHOLE SPICE

For more sophisticated rubs, start with whole spices. They have a deeper taste and aroma and stay fresher longer. Experiment with toasting whole spices prior to grinding to release a warm, earthy and sometimes nutty flavor. Use 2 to 3 tablespoons of whole spices per pound of meat. Toast them in a dry skillet for a few minutes, or just until they become fragrant. Then, grind or finely chop, and mix with 1½ teaspoons of kosher salt.

MARINATE ON THAT

Making a marinade to remember – that tenderizes and adds flavor – means finding new combinations of the typical ingredient triumvirate: an acidic liquid, oil and herbs/spices. For beef and pork, plan on ¼ cup of marinade per pound, and a bit less for poultry or fish.

ACIDS

To tenderize, choose a wine, vinegar, fruit juice or combination of them to use for the acid. Anything goes that properly complements your fat and spice selections.

OILS AND FATS

Oils help seal flavors into foods while keeping them moist. When selecting an oil, consider how strong of a flavor you want so you don't overpower the seasonings. For something new, try avocado or coconut oil or any type of milk, from dairy to almond to coconut.

HERBS AND SPICES

From dried basil and citrus peel to paprika and grated ginger, herbs and spices will make your final product look and taste unique.

SUGAR AND HONEY

The addition of sugar or honey caramelizes and boosts browning, but don't overdo it or your meat will burn. Agave or maple syrup can also be used to impart subtle sweetness.

HERE ARE SOME OF OUR FAVORITES TO TRY:

Seasoned Cajun Rub (for pork, chicken or fish)

Makes: about ½ cup

- 2 tablespoons Cajun seasoning
- 2 tablespoons packed Sunny Select Brown Sugar
- 2 tablespoons Sunny Select Paprika
- 2 tablespoons kosher salt
- ½ teaspoon granulated garlic
- ½ teaspoon Sunny Select Ground Black Pepper
- ½ teaspoon onion powder

Coffee Rub (for beef and pork)

Makes: about ½ cup

- ¼ cup ground coffee
- 1½ tablespoons ground cumin
- 1 tablespoon Sunny Select Ground Coriander
- 1 teaspoon Sunny Select Ground Black Pepper
- ½ teaspoon ground Sunny Select Cayenne Pepper
- ½ teaspoon Sunny Select Salt

For either rub recipe: Combine all ingredients in a small bowl. After applying rub to meat, cover and refrigerate overnight for best flavor penetration. Rub ingredients can be stored in an airtight container at room temperature up to 3 months.

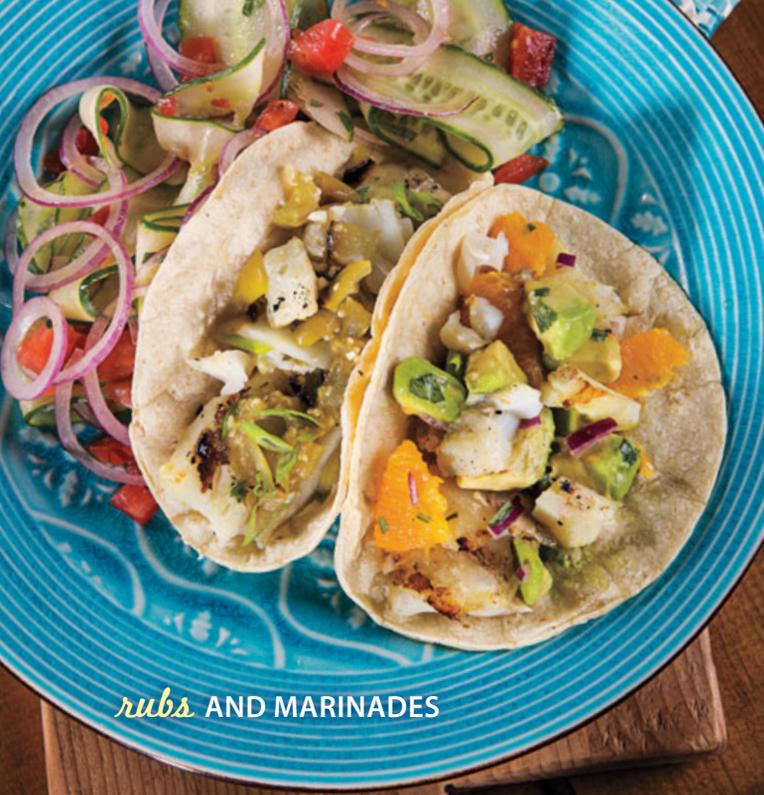
Southwest Marinade (for beef or chicken)

Makes: about 2¼ cups

- 1 cup finely chopped onion
- ½ cup Sunny Select Olive Oil
- ¼ cup chipotle Tabasco® sauce
- 3 tablespoons Sunny Select Chili Powder
- 3 tablespoons Sunny Select Dijon Mustard
- 1½ tablespoons crushed oregano
- 1½ tablespoons finely chopped garlic
- 1½ tablespoons ground cumin
- 1 tablespoon fresh lime juice
- 1½ teaspoons lime zest
- ½ teaspoon Sunny Select Salt

Whisk together all ingredients in medium bowl until well blended. Marinate meat in refrigerator at least 2 hours or up to 6 hours. Drain and discard marinade before cooking.





rubs AND MARINADES

Jalapeño-Lime Grilled Fish Tacos

Prep: 30 minutes plus marinating

Grill: 6 minutes • Serves: 4

- 1 garlic clove
- 1 small jalapeño chile pepper, stem end trimmed and coarsely chopped
- ¼ cup fresh lime juice
- 3 tablespoons Sunny Select Extra Virgin Olive Oil
- 1 tablespoon white tequila (optional)
- 1 teaspoon Sunny Select Honey
- 1 teaspoon lime zest
- ½ teaspoon Sunny Select Salt
- 4 boneless, skinless cod fillets (about 1½ pounds)
- 2 medium tomatoes (about 12 ounces), diced
- ½ English cucumber, thinly shaved with vegetable peeler
- ½ small red onion, thinly sliced
- 1 teaspoon chopped fresh cilantro leaves plus additional for garnish (optional)
- 8 (6-inch) corn tortillas
- Sliced green onions, for garnish (optional)

1. In blender, blend garlic, jalapeño, lime juice, oil, tequila, honey, lime zest and salt until smooth. Makes about ½ cup marinade. Place fish in large zip-top plastic bag. Reserve 3 tablespoons marinade; pour remaining marinade in bag. Seal bag, pressing out excess air. Gently massage fish in bag to coat; refrigerate 1 hour.

2. Prepare outdoor grill for direct grilling over medium heat. Meanwhile, in medium bowl, combine tomatoes, cucumber, onion, cilantro and 3 tablespoons reserved marinade until well combined.

3. Place fish on hot grill rack; cover and cook 6 to 8 minutes or until internal temperature reaches 145°.

4. On microwave-safe plate, stack tortillas between 2 damp paper towels, and heat in microwave oven on high 35 to 45 seconds or until warm. Cut fish into chunks. Fill tortillas with fish and relishes (recipes follow); garnish with cilantro and/or green onions, if desired, and serve with tomato mixture.

*Approximate nutritional values per serving:
356 Calories, 12g Fat (2g Saturated), 77mg Cholesterol,
800mg Sodium, 30g Carbohydrates, 1g Fiber, 29g Protein*

← Chef Tip

Fish can also be cut into squares to fill slider buns along with relishes, or simply serve fish topped with relish.

Tomatillo Relish

Prep: 20 minutes

Grill: 5 minutes • Makes: about 1 cup

- 6 medium tomatillos, husks removed, rinsed, and cut crosswise in half through stem
- Sunny Select Nonstick Cooking Spray
- 1 garlic clove, minced
- 1½ tablespoons fresh lime juice
- 1 tablespoon Sunny Select Extra Virgin Olive Oil
- ¼ teaspoon Sunny Select Ground Coriander
- ¼ teaspoon Sunny Select Salt

1. Prepare outdoor grill for direct grilling over medium heat. Lightly spray cut sides of tomatillos with nonstick cooking spray. Place tomatillos, cut side down, on hot grill rack; cover and cook 4 to 5 minutes or until lightly charred. Transfer tomatillos, cut side up, to plate; cool 5 minutes. Core and chop tomatillos.

2. In small bowl, combine remaining ingredients and chopped tomatillos. Makes about 1 cup relish.

*Approximate nutritional values per serving (each ¼ cup):
48 Calories, 4g Fat (1g Saturated), 0mg Cholesterol,
145mg Sodium, 4g Carbohydrates, 1g Fiber, 1g Protein*

Avocado-Orange Relish

Prep: 20 minutes

Makes: about 1¾ cups

- 3 medium oranges, peeled and segmented, segments cut crosswise in half
- 2 tablespoons chopped fresh cilantro leaves
- 2 tablespoons finely chopped red onion
- 1 tablespoon fresh lime juice
- 2 teaspoons Sunny Select Extra Virgin Olive Oil
- ¼ teaspoon Sunny Select Salt
- 1 pinch ground Sunny Select Cayenne Pepper
- 1 medium ripe avocado, peeled, pitted and cut into ½-inch pieces

In medium bowl, toss all ingredients except avocado until well combined; gently fold in avocado.

*Approximate nutritional values per serving (each ¼ cup):
85 Calories, 5g Fat (1g Saturated), 0mg Cholesterol,
85mg Sodium, 10g Carbohydrates, 3g Fiber, 1g Protein*



tastes OF SUMMER

Our chilled soup gets a bit of heat from a jalapeño chile pepper. The amount of heat in chile peppers may vary, so try using hot sauce in addition to the jalapeño seeds according to personal taste preferences.

Gazpacho

Prep: 30 minutes plus chilling

Makes: about 8 cups

- 4 medium Roma tomatoes, seeded and finely chopped (about $\frac{3}{4}$ pound)
- 2 cups low sodium tomato juice
- 2 cups vegetable stock
- $\frac{1}{4}$ cup Sunny Select Tomato Paste
- 3 tablespoons Sunny Select Extra Virgin Olive Oil
- 3 tablespoons Sunny Select Red Wine Vinegar
- 2 teaspoons Worcestershire sauce
- 4 green onions, thinly sliced
- 2 garlic cloves, minced
- 1 medium English cucumber, finely chopped
- 1 red bell pepper, finely chopped

- 1 small jalapeño pepper, seeds reserved, finely chopped
- $1\frac{1}{2}$ teaspoons Sunny Select Salt
- 1 teaspoon Sunny Select Ground Black Pepper
- Parsley sprigs for garnish (optional)
- Toast points for serving (optional)

Reserve $\frac{2}{3}$ cup tomatoes; transfer remaining tomatoes to blender. Add tomato juice, stock, tomato paste, oil, vinegar and Worcestershire sauce to blender; blend until smooth. Transfer to large bowl and fold in onions, garlic, cucumber, bell pepper, jalapeño, salt, pepper and reserved tomatoes. If desired, for additional heat, stir in jalapeño seeds. Cover and refrigerate at least 4 hours, or for best flavor, overnight. Serve garnished with parsley and toast points, if desired.

Approximate nutritional values per serving (1 cup):
 93 Calories, 5g Fat (1g Saturated), 0mg Cholesterol,
 493mg Sodium, 11g Carbohydrates, 3g Fiber, 2g Protein

tastes OF SUMMER

Crunchy Slaw with Creamy Lime Dressing

Prep: 20 minutes plus standing • Serves: 6

Dressing

- 1 garlic clove, crushed with press
- ½ cup Sunny Select Mayonnaise
- 3 tablespoons fresh lime juice
- 2 tablespoons Sunnyside Farms Sour Cream
- 1 teaspoon Sunny Select Granulated Sugar
- 1 teaspoon hot sauce
- ¾ teaspoon Sunny Select Salt

Slaw

- 1 bag (14 ounces) packaged pre-cut coleslaw mix
- 4 green onions, cut crosswise into 2-inch pieces, then thinly sliced lengthwise
- ½ cup diced red bell pepper
- ¼ cup thawed Sunny Select Frozen Corn
- 2 tablespoons packed coarsely chopped fresh basil leaves
- 2 tablespoons packed coarsely chopped fresh cilantro leaves

1. Prepare Dressing: In small bowl, whisk together all ingredients.
2. Prepare Slaw: In large bowl, toss all ingredients. Toss slaw mixture with dressing until well combined. Let stand at least 10 minutes before serving.

Approximate nutritional values per serving:
178 Calories, 14g Fat (3g Saturated), 9mg Cholesterol,
404mg Sodium, 9g Carbohydrates, 2g Fiber, 2g Protein

↓ **Chef Tip**
Prepared slaw can be made up to 12 hours in advance.



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Montreal Turkey Burgers

Servings: 4 • Prep Time: 10 minutes • Cook Time: 12 minutes

- 1 ¼ pounds **Foster Farms® Ground Turkey**
- 1 tablespoon **McCormick® Grill Mates® Montreal Chicken Seasoning**
- 4 hamburger rolls

DIRECTIONS: Mix Ground Turkey and Chicken Seasoning in medium bowl until well blended. Shape into 4 patties. Grill over medium heat 4 to 6 minutes per side or until burgers are cooked through (internal temperature of 165°F). Toast rolls on the grill, open-side down, about 30 seconds. Serve burgers on toasted rolls with desired toppings and condiments.



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summer SEND-OFF

If using a gas grill for indirect grilling, preheat grill with all burners on. Once preheated, turn off one of the burners for a 2-burner grill, or the center burner for a 3-burner grill.



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Gorgonzola-Chipotle Burgers

Prep: 25 minutes

Grill: 8 minutes • Serves: 4

- 1½ pounds ground chuck
- ¼ cup finely chopped chipotle chile peppers in adobo plus 1 tablespoon adobo sauce
- 3 teaspoons Sunny Select Olive Oil
- ¾ teaspoon Sunny Select Salt
- ¾ teaspoon Sunny Select Ground Black Pepper
- ½ cup Sunny Select Mayonnaise
- 1 package (8 ounces) cremini mushrooms (baby bella), sliced (about 3 cups)
- 1 medium red onion, sliced into rings (about 1 cup)
- 1 container (4 to 5 ounces) crumbled Gorgonzola cheese
- 4 sesame seed buns
- 4 leaves green leaf lettuce
- 1 medium tomato, cut into 4 slices

1. Cover half of outdoor grill rack with foil. Prepare outdoor grill for direct grilling over medium-high heat. In large bowl, gently mix meat, chile peppers, 1 teaspoon oil, ½ teaspoon salt and ½ teaspoon black pepper until well blended but not overmixed. Form mixture into four ½-inch-thick patties.

2. In small bowl, combine mayonnaise and adobo sauce. In medium bowl, toss mushrooms, onion and remaining 2 teaspoons oil, ¼ teaspoon salt and ¼ teaspoon black pepper.

3. Place burgers on hot grill rack. Place mushrooms and onion on foil-covered grill rack. Cover and cook 8 to 10 minutes or until internal temperature of burgers reaches 155° and mushrooms and onion are tender, turning burgers once and stirring mushrooms and onion halfway through cooking. Top burgers with cheese during last minute of cooking.

4. Serve burgers on buns topped with lettuce, tomato, mushrooms, onion and mayonnaise mixture.

Approximate nutritional values per serving:

751 Calories, 57g Fat (34g Saturated), 110mg Cholesterol, 1486mg Sodium, 44g Carbohydrates, 3g Fiber, 35g Protein

BBQ Grilled Chicken Pizza

Prep: 15 minutes

Grill: 18 minutes • Serves: 4

- 2 slices smoked bacon, cut into ¼-inch pieces
- 1 package (14 ounces) pre-baked pizza crust
- ¾ cup barbeque sauce
- ⅔ cup shredded mozzarella cheese
- 1 package (6 ounces) Foster Farms® Grilled Chicken Breast Strips
- 1 cup sliced red, yellow and/or orange bell peppers
- ⅓ cup diced red onion
- Chopped fresh basil leaves for garnish (optional)



1. Prepare outdoor grill for indirect grilling over low heat (about 200°). In small skillet, cook bacon over medium heat 5 to 6 minutes or until almost cooked through, stirring occasionally; transfer bacon to paper towel-lined plate to drain.

2. Place pizza crust on bottom of rimmed baking pan or cookie sheet. Spread pizza crust with barbeque sauce, leaving ½-inch border around entire pizza crust; sprinkle with cheese, chicken, bacon, bell pepper and onion.

3. Slide pizza onto unlit section of grill rack. Cover and cook 8 to 10 minutes or until cheese is melted, moving pizza if necessary to prevent crust from burning. Sprinkle pizza with basil, if desired; cut pizza into 8 slices to serve.

Approximate nutritional values per serving:

481 Calories, 11g Fat (7g Saturated), 30mg Cholesterol, 1376mg Sodium, 69g Carbohydrates, 3g Fiber, 23g Protein



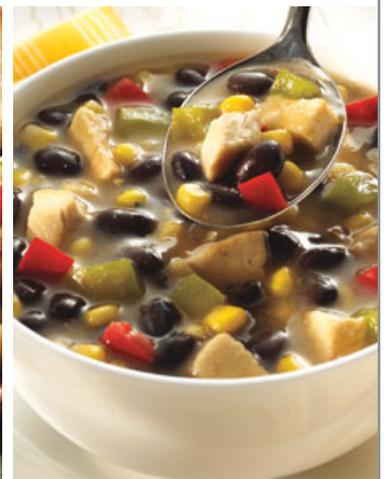
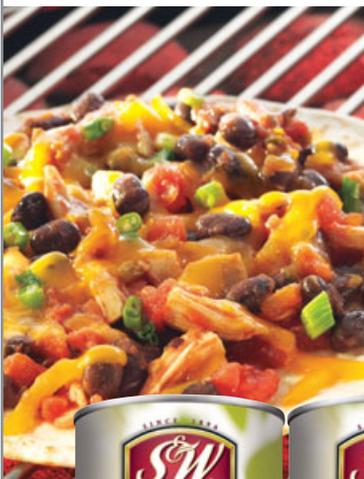
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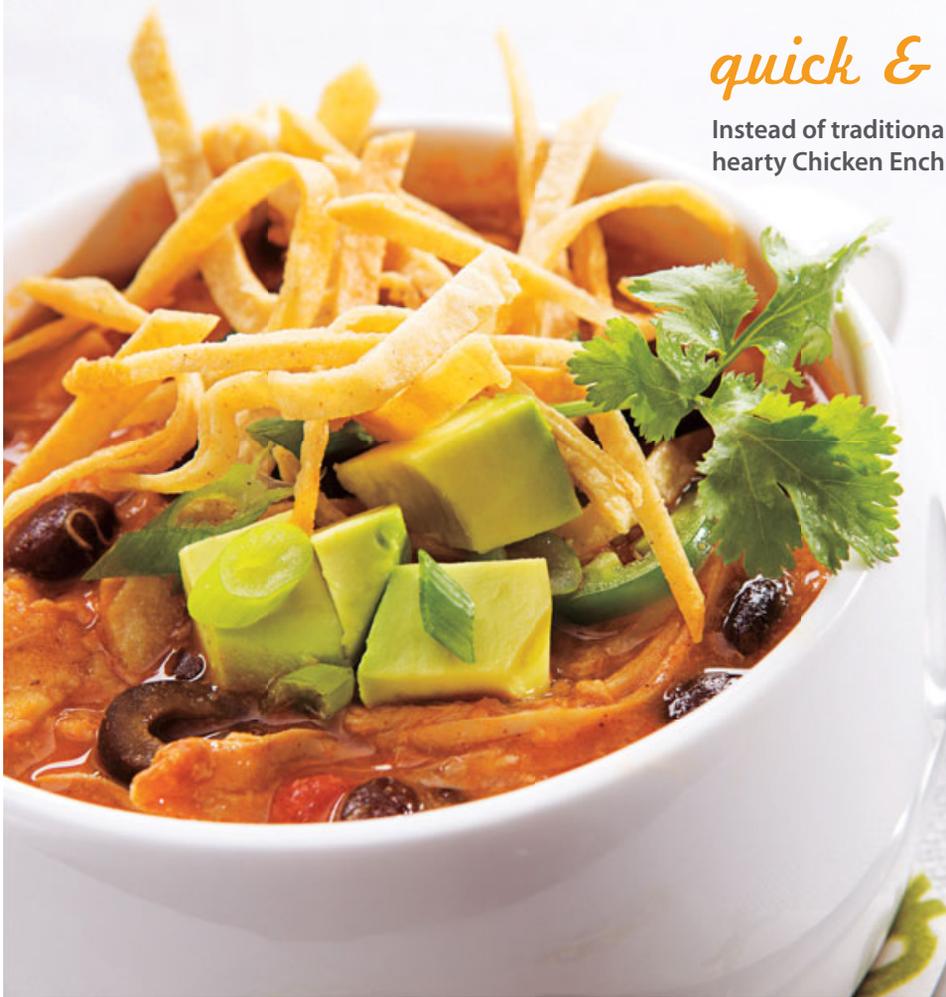


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Chicken Enchilada Soup

Prep: 20 minutes

Cook: 25 minutes • Serves: 8

- 2 tablespoons Sunny Select Vegetable Oil
 - ½ medium yellow onion, diced
 - 1 garlic clove, minced
 - 1 teaspoon ground cumin
 - ¾ teaspoon Sunny Select Ground Coriander
 - ¼ teaspoon Sunny Select Salt
 - 1 container (32 ounces) less-sodium chicken broth
 - 1 can (14.5 ounces) diced tomatoes, drained
 - 1 can (10 ounces) enchilada sauce
 - 1 can (4 ounces) diced mild green chiles
 - 1 can (15 ounces) S&W® Premium Organic Black Beans, drained
 - 8 (6-inch) corn tortillas, cut into ½-inch pieces, pieces separated
 - 3½ cups shredded boneless, skinless cooked chicken or rotisserie chicken meat
 - 1½ cups Sunnyside Farms Shredded Cheddar Cheese
 - 2 tablespoons fresh lime juice
 - 2 teaspoons hot sauce
- Sliced avocado, crushed tortilla chips or strips, sliced black olives, sliced green onions, sliced jalapeño and fresh cilantro sprigs for garnish (optional)

1. In large saucepot, heat oil over medium-high heat. Add onion and garlic; cook 3 to 4 minutes or until onion is soft, stirring occasionally. Stir in cumin, coriander and salt; cook 2 minutes, stirring occasionally.

2. Add broth, tomatoes, enchilada sauce and green chiles; heat to boiling. Reduce heat to medium-low; add beans and tortillas and cook, covered, 8 to 10 minutes or until tortillas begin to soften and soup thickens, stirring occasionally. Add chicken and cook, uncovered, 4 to 5 minutes or until heated through, stirring occasionally. Remove from heat; stir in cheese, lime juice and hot sauce. Makes about 10 cups.

3. Serve soup topped with garnishes, if desired.

Approximate nutritional values per serving:
370 Calories, 15g Fat (6g Saturated), 80mg Cholesterol,
1280mg Sodium, 29g Carbohydrates, 4g Fiber, 28g Protein





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