

in good taste™

fall/holiday 2016

recipe magazine

HALFTIME *hankering*s

German Chocolate
Brownies

+ seasonal picks

Stuffed Turkey and Wild Rice
& Butternut Squash Stuffing

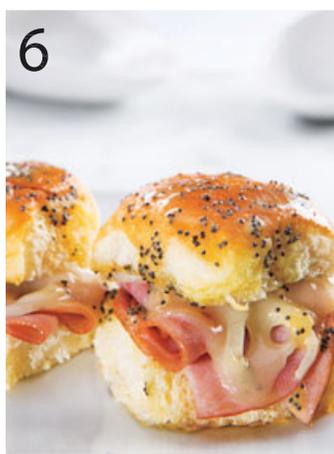
SAVE MART
SUPERMARKETS

SMART foods

Lucky

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SQUASH: *autumn's* BOUNTY

Winter has oranges, spring has asparagus, summer has berries and fall has squash. When it comes to autumn, no food represents the season like the colorful rinds and stout shapes of the squash.

Even though it is considered a vegetable for culinary use, squash is actually a fruit and part of the gourd family.

There are two types of squash: winter and summer. The classification refers to the age when the gourd is harvested. Summer squash like zucchini, pattypan and yellow crookneck is picked when the fruit is still immature and the skin can be eaten. Winter squash, on the other hand, refers to squash that is harvested when the fruit has reached its maturity. Winter squash, like butternut, acorn, spaghetti, hubbard, sweet dumpling, delicata and pumpkin, has a much longer shelf life than its summer equivalent.

nutrition

Packed with antioxidants like vitamins A, C and E, fiber and naturally fat-free, squash is a nutritional superstar. One cup of baked, unsalted butternut squash contains 82 calories, 0 grams of fat, and over 400% of the daily recommended values of vitamin A. Squash is also a good source of minerals like potassium, magnesium and manganese.

flavor

From the mild nutty flavor of spaghetti squash to the creamy pulp of the delicata, these fruits are hearty and satisfying, despite their low calorie and fat-free nutritional profile. Winter squash is naturally sweet with a rich texture while summer squash has a milder flavor and can be eaten raw or cooked.

preparation

Pies, soups, casserole fillings – whether used in sweet or savory dishes, the versatility of squash makes it a culinary favorite. There is no reason to be intimidated about cooking squash. Most winter squash can be easily prepared by slicing in half, scooping out its seeds and baking or roasting with a drizzle of olive oil or small amount of butter. A sprinkle of sea salt, pepper and spices will finish off the dish.

did you know...

- There are nearly 150 different varieties of squash.
- Nearly 99% of the pumpkins harvested are carved into jack-o-lanterns.
- Just like snowflakes, no two squashes are identical in weight, shape or color.
- Squash is one of the three main crops planted by Native Americans, often referred to as the “Three Sisters.” Maize (corn) and beans are the other two sisters.
- Like pumpkin seeds, the seeds of all winter squash can be roasted or ground to make flour or a butter-like spread.
- The largest pumpkin ever recorded was 1,810.5 pounds.



autumn's BOUNTY

Your choices are endless for filling this omelet!

Open-Faced Butternut Squash & Kale Omelet

Prep: 15 minutes

Cook/Bake: 20 minutes • Serves: 4

- 4 slices smoked bacon, chopped
- $\frac{3}{4}$ cup diced butternut squash
- $\frac{1}{2}$ cup chopped onion
- 1 teaspoon chopped fresh thyme leaves plus additional sprigs for garnish (optional)
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 4 cups loosely packed kale
- 8 large eggs
- $\frac{1}{3}$ cup half and half
- $\frac{1}{4}$ cup crumbled feta cheese

1. Preheat oven to 425°. In large, oven-safe skillet, cook bacon over medium heat 8 minutes, stirring occasionally. Add squash, onion, thyme, $\frac{1}{2}$ teaspoon salt and pepper; cook 6 to 8 minutes or until squash is tender, stirring occasionally. Add kale; cover skillet and remove from heat.

2. In medium bowl, whisk eggs, half and half and remaining $\frac{1}{4}$ teaspoon salt. Stir squash-kale mixture; add egg mixture to skillet and sprinkle with cheese.

3. Bake omelet 5 to 6 minutes or until internal temperature reaches 165°. Garnish with thyme sprigs, if desired.

Approximate nutritional values per serving:
282 Calories, 16g Fat (7g Saturated), 395mg Cholesterol, 866mg Sodium, 14g Carbohydrates, 2g Fiber, 19g Protein





winter SQUASH 101

The arrival of crisp fall weather means it's harvest time for colorful and tasty winter squash, also known as hard squash. When selecting your favorite, choose squash that is heavy for its size with a smooth skin. Due to its hard outer shell that protects the flesh, winter squash can be stored up to a month in a cool, dry place. Squash works well in many dishes, from soups and salads to pastas and vegetarian entrées. Read on to learn more about these bountiful fruits and how to savor them.

acorn

With a shape resembling an acorn, this squash has an orange-colored flesh with a delicious, mildly nutty taste. Look for acorn squash with a dull, green rind for the tenderest flesh. Acorn squash is great baked with the center scooped out and stuffed with a savory filling like rice pilaf... or try filling it with soup!



butternut



A skinnier neck and bulbous bottom give this squash its signature bell shape. It has a light tan rind and deep orange flesh with a sweet, butterscotch-like flavor. Once cut in half and roasted, peel off the skin and dice. Serve the caramelized cubes alongside meats, toss into salads or with pasta.

delicata

This ridged, pale yellow, earthy-tasting winter squash resembles summer squash. It's also known as sweet potato squash since it has a similar, creamy consistency when cooked. Its thin, edible skin allows this squash to be cooked more quickly than other varieties. Sliced into pretty scalloped rings or half-moons, delicata squash is great steamed, sautéed with olive oil and herbs, or simply added to simmering soups and stews.



golden nugget



Also known as small Oriental pumpkin, this softball-sized variety of squash resembles a pumpkin. Its colorful, orange rind should have a dull finish for a sweeter tasting, bright orange flesh. The squash can be roasted or steamed whole or halved; or cut in half and filled with a savory quinoa and sausage stuffing before roasting.

spaghetti

When roasted, the flesh inside this pale, oval-shaped winter squash separates into creamy, tender strands that resemble spaghetti. It's very mild tasting, so go bold with seasonings or sauces. It's the perfect low-carb substitute any way you sauce it, or used in place of rice noodles in Asian-style noodle bowls.



halftime HANKERINGS

The Tailgate Pizza Sub can also be cooked in a closed grill over medium-low heat 15 minutes or until cheese melts and it's heated through.



Ham & Cheese Oven Sliders

Prep: 20 minutes

Bake: 15 minutes • Makes: 24 sliders

- ½ cup plus 2 tablespoons unsalted butter (1¼ sticks), softened
- 3 tablespoons Dijon mustard
- 2 tablespoons poppy seeds
- 1 tablespoon Worcestershire sauce
- 2 packages (12 ounces each) original Hawaiian sweet rolls or savory butter rolls, sliced
- 1 pound 2 ounces Deli smoked ham
- 1 small yellow onion, halved and thinly sliced
- 6 slices Swiss cheese, cut into quarters

1. Position 2 oven racks to upper and lower positions; preheat oven to 350°. Line 2 rimmed baking pans with aluminum foil.

2. In medium microwave-safe bowl, with fork, mix butter, mustard, poppy seeds and Worcestershire until well combined. Using about two-thirds butter mixture, spread on cut sides of each roll. Divide bottom halves of rolls between two prepared pans; over butter mixture on bottom halves, evenly divide and fold ham slices. Evenly top ham with onion and 1 piece cheese; close sliders.

3. Heat remaining one-third butter mixture in microwave oven on high 20 to 30 seconds or just until melted. Evenly brush melted butter mixture over tops of sliders. Cover pans with foil; let stand 10 minutes.

4. Bake sliders 13 minutes or until cheese melts; uncover and bake 2 minutes longer or until tops of sliders are lightly browned.

Approximate nutritional values per serving (1 slider): 190 Calories, 10g Fat (6g Saturated), 43mg Cholesterol, 377mg Sodium, 18g Carbohydrates, 0g Fiber, 9g Protein



Tailgate Pizza Sub

Prep: 5 minutes

Bake: 20 minutes • Serves: 8

- Nonstick cooking spray
- 1 (16-ounce) loaf French baguette bread
- 5 ounces thinly sliced deli pepperoni (about 30 slices)
- 5 ounces thinly sliced deli salami (about 20 slices)
- 8 ounces thinly sliced deli ham (about 10 slices)
- ¾ cup pizza sauce
- 1 medium sweet onion, thinly sliced (about 1 cup)
- 2 teaspoons Italian seasoning
- 1 teaspoon crushed red pepper flakes (optional)
- 6 ounces thinly sliced mozzarella cheese (about 8 slices)

1. Preheat oven to 400°. Spray 24-inch-square sheet aluminum foil with nonstick cooking spray. Slice loaf of bread lengthwise, but do not cut all the way through. Evenly layer pepperoni, salami and ham inside bread. With spoon, evenly spread pizza sauce over meats; top with onion, Italian seasoning and pepper flakes, if using, and cheese.

2. Tightly wrap sub in prepared foil. Bake sub 20 to 25 minutes or until cheese melts and sub is heated through.

Approximate nutritional values per serving: 440 Calories, 20g Fat (9g Saturated), 70mg Cholesterol, 1431mg Sodium, 38g Carbohydrates, 2g Fiber, 24g Protein



German Chocolate Brownies

Prep: 30 minutes plus cooling

Bake/Broil: 35 minutes • Makes: 15 brownies

Brownies

- Nonstick baking spray
- 1½ cups all-purpose flour
- ¾ cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup unsalted butter (2 sticks), cubed
- 1½ cups semi-sweet chocolate chips (9 ounces)
- 4 large eggs
- 2 cups granulated sugar
- 1 teaspoon vanilla extract

Coconut Topping

- 3 tablespoons unsalted butter, melted
- 1½ cups sweetened coconut flakes
- ¾ cup chopped pecans
- ¾ cup packed light brown sugar
- 3 tablespoons light corn syrup
- 3 tablespoons whole milk or half and half

- 1.** Prepare Brownies: Preheat oven to 350°. Spray 13 x 9-inch metal baking pan with nonstick baking spray. In medium bowl, whisk together flour, cocoa powder, baking powder and salt.
- 2.** In medium saucepot, cook butter over medium-low heat 3 minutes or until it begins to bubble; stir in chocolate. Remove saucepot from heat and stir until chocolate mixture is smooth; cool 5 minutes.
- 3.** In large bowl, with mixer on low speed, beat eggs and sugar; slowly add vanilla extract and chocolate mixture. Gradually beat in flour mixture until well incorporated, scraping sides of bowl occasionally with rubber spatula.
- 4.** Pour batter into prepared pan. Bake 30 to 35 minutes or until toothpick inserted near the center comes out clean and brownie pulls away slightly from the sides. Cool 5 minutes on wire rack.
- 5.** Meanwhile, prepare Coconut Topping: Adjust oven rack to about 8 inches from source of heat; preheat broiler. In medium microwave-safe bowl, cook butter on high 25 seconds or until melted; add remaining ingredients and stir until well combined. With spatula or butter knife, evenly spread coconut mixture over brownie.
- 6.** Broil 4 to 6 minutes or until top is browned and bubbly. Cool in pan on wire rack at least 2 hours before cutting. Cut lengthwise into 3 strips, then crosswise into 5 strips.

Approximate nutritional values per serving:

546 Calories, 29g Fat (17g Saturated), 88mg Cholesterol, 242mg Sodium, 71g Carbohydrates, 4g Fiber, 6g Protein

italian NIGHT

To add some heat, use spicy Italian sausage and/or crushed red pepper flakes.

Slow Cooker Spaghetti with Italian Sausage

Prep: 10 minutes

Slow Cook: 6 hours 40 minutes

Serves: 8

- 1½ pounds Italian sausage, cut into 1-inch pieces
- 2 jars (24 ounces each) favorite pasta sauce
- 2 garlic cloves, minced (about 2 teaspoons)
- 1 medium green bell pepper, chopped (about 1 cup)
- 1 medium onion, chopped (about 1 cup)
- 2 teaspoons Italian seasoning
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 package (16 ounces) spaghetti, broken into thirds
- 2 cups water
- ½ cup grated Parmesan cheese

1. In 5- to 6-quart slow cooker bowl, combine all ingredients except spaghetti, water and cheese. Cover slow cooker with lid and cook on low 6 to 7 hours or on high 3½ hours.

2. Add spaghetti and water; stir to combine making sure spaghetti is completely submerged in liquid. Cover and cook on high 40 to 45 minutes longer or until spaghetti is tender. Serve with cheese.

*Approximate nutritional values per serving:
538 Calories, 22g Fat (8g Saturated),
56mg Cholesterol, 1286mg Sodium,
57g Carbohydrates, 6g Fiber, 21g Protein*



italian NIGHT

Parsley, Tomato & Mozzarella Salad in Frico Baskets

Prep: 45 minutes plus standing

Bake: 10 minutes • Serves: 6

Parsley, Tomato & Mozzarella Salad

- 1½ tablespoons extra virgin olive oil
- 2 teaspoons red wine vinegar
- 8 ounces fresh mozzarella, cut into ½-inch pieces
- ¼ small white onion, thinly sliced (about ¼ cup)
- ¾ cup quartered grape tomatoes
- ½ cup loosely packed chopped curly parsley leaves

Frico Baskets

- 1½ cups shredded Parmesan cheese (6 ounces)
- ¼ cup pine nuts, finely chopped
- ½ teaspoon fresh ground black pepper
- ¼ teaspoon paprika

1. Prepare Parsley, Tomato & Mozzarella Salad: In medium bowl, whisk together oil and vinegar. Add remaining ingredients; toss until well combined. Cover and refrigerate up to 4 hours. Makes about 2¼ cups.

2. Prepare Frico Baskets: Preheat oven to 350°. Line large rimmed baking pan with parchment paper or nonstick aluminum foil. In small bowl, combine cheese, pine nuts, pepper and paprika.

3. Place 6 mounds cheese mixture (about heaping ¼ cup each) on prepared baking pan, gently spreading each mound to 5-inch circle. Bake 10 to 12 minutes or just until edges begin to brown. With thin spatula, carefully transfer each circle to bottom side of muffin tin cup. With hand, press circle around cups to form bowl shape; let stand 5 minutes or until firm.

4. Place 1 Frico Basket onto each of 6 salad plates; evenly divide Parsley, Tomato & Mozzarella Salad into baskets.

*Approximate nutritional values per serving:
279 Calories, 20g Fat (10g Saturated), 51mg Cholesterol,
549mg Sodium, 55g Carbohydrates, 3g Fiber, 19g Protein*



how-to video!

Scan this code with your smart phone, or visit savemart.com or luckysupermarkets.com to watch our Parsley, Tomato & Mozzarella Salad in Frico Baskets video and view our online magazine.



Thanksgiving COUNTDOWN



3 to 1½ weeks before – Plan your menu. Order your fresh, all-natural or organic turkey from Save Mart. For prepared turkey dinners, order 2 weeks in advance as quantities are limited.

1 week before – Make a shopping list. Divide your list into two parts: 1) the things you need right away and 2) groceries that should be purchased last minute, such as perishable items.

Five to four days before – Shop for groceries. Double check your list to make sure you have everything you need. If you're cooking a frozen turkey, thaw it. Defrosting in the refrigerator can take three to four days, depending on the size of the bird. Thawed turkey can keep in the refrigerator two days.

Three days before – If you're using a fresh turkey, pick it up today.

Two days before – Finish details. Pick up any rented items, last minute perishables and floral centerpieces. Select serving dishes and utensils, as well as set the table.

One day before – Prepare make-ahead dishes. Prep vegetables for side dishes. Cover each dish and refrigerate. Some drinks can be prepared ahead of time as well.

Thanksgiving – Early in the day, cook the turkey and any other dishes not already prepared. Finally, relax and enjoy the day!

Thanksgiving COUNTDOWN





Stuffed Turkey with Sage Gravy

Prep: 20 minutes

Roast: 2 hours 45 minutes • Serves: 12

- 6 tablespoons unsalted butter
- 3 tablespoons minced fresh sage leaves
- 1½ teaspoons garlic powder
- ½ teaspoon cracked black pepper
- 1 (12- to 14-pound) fresh or frozen turkey, thawed
- 4 cups Wild Rice & Butternut Squash Stuffing (recipe at right)
- 2 teaspoons kosher salt
- 8 cups chicken broth
- ¼ cup all-purpose flour
- ½ cup dry sherry

1. Adjust oven rack to lowest position. Preheat oven to 350°. Place roasting rack in large roasting pan. In medium saucepot, melt butter over medium heat; remove from heat and stir in 1½ tablespoons sage, garlic powder and pepper.

2. Remove giblets, liver and neck from turkey. Loosely add stuffing to turkey cavity. Place turkey, breast side up, on rack; brush with ¼ cup butter mixture and sprinkle with salt. Tie legs with string and tuck wing tips under turkey to hold in place. Add 6 cups broth to roasting pan; tent turkey loosely with aluminum foil.

3. Roast turkey 2 hours. Remove foil and brush turkey with remaining butter mixture; add 1 cup broth to pan. Roast turkey 45 to 55 minutes longer or until juices run clear and internal temperature reaches 160° in thickest part of thigh, making sure thermometer doesn't touch bone. Transfer turkey to cutting board; loosely cover with aluminum foil. (Internal temperature will rise about 10° upon standing.)

4. Meanwhile, remove rack from roasting pan; with spoon, carefully skim excess fat from drippings. Place roasting pan with drippings over medium heat. Whisk in flour; add remaining 1 cup broth and heat to simmering, stirring to loosen browned bits from bottom of roasting pan. Simmer 5 minutes; whisk in sherry and remaining 1½ tablespoons sage; simmer 8 to 10 minutes longer or until gravy thickens, stirring occasionally. Makes about 5 cups.

*Approximate nutritional values per serving:
585 Calories, 21g Fat (9g Saturated), 294mg Cholesterol,
1595mg Sodium, 5g Carbohydrates, 0g Fiber, 83g Protein*

Wild Rice & Butternut Squash Stuffing

Prep: 45 minutes

Bake: 25 minutes • Serves: 12

- 2 cups wild rice
- Nonstick cooking spray
- 6 slices rye bread, cut into ¾-inch cubes (about 4½ cups)
- ¾ cup pecan pieces (about 3 ounces)
- 3 tablespoons unsalted butter
- 2 medium celery ribs, cut crosswise into ¼-inch pieces (about 1 cup)
- 1 small onion, chopped (about 1 cup)
- 4½ cups chopped butternut squash (from 2- pound squash)
- ¼ cup chopped fresh flat-leaf Italian parsley leaves
- ¼ cup chopped fresh sage leaves
- ¼ cup golden raisins
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ teaspoon ground nutmeg
- 1 can (14 ounces) chicken broth
- 2 large eggs

1. Preheat oven to 350°. In medium saucepot, heat 6 cups water to boiling over high heat. Stir in rice; reduce heat to medium. Cook, covered, 30 to 35 minutes or until rice is tender and liquid is absorbed.

2. Meanwhile, spray 9-inch square glass or ceramic baking dish with nonstick cooking spray. Place bread in single layer on rimmed baking pan. Spread pecans in single layer on separate rimmed baking pan. Bake bread 12 to 15 minutes or until lightly browned and crisp; toast pecans 10 to 12 minutes or until browned and fragrant. Cool bread and pecans 5 minutes; transfer bread to large bowl.

3. In large skillet, melt butter over medium-high heat. Add celery, onion and squash; cook 12 to 15 minutes or until vegetables are tender, stirring occasionally. Stir in parsley, sage, raisins, salt, pepper and nutmeg. Add broth and heat to simmering over medium heat; remove skillet from heat.

4. In small bowl, whisk eggs. Pour hot broth mixture over bread in bowl and toss until evenly moistened. Fold in rice, pecans and eggs, tossing gently until combined. Set aside 4 cups stuffing for turkey. Transfer remaining stuffing to prepared dish; cover tightly with aluminum foil. Bake stuffing 15 minutes; uncover and bake 10 to 15 minutes longer or until top is lightly browned. Makes about 10 cups.

*Approximate nutritional values per serving:
271 Calories, 9g Fat (3g Saturated), 38mg Cholesterol,
430mg Sodium, 39g Carbohydrates, 5g Fiber, 9g Protein*

leftover REVIVAL



Thanksgiving leftovers are inevitable. We try to share as much food as we can, but in the end there is often a lot that remains... don't be overwhelmed, get creative instead. Here are a few suggestions:

mashed potatoes

- > Golden pan-fried patties with chopped onion, egg and parsley
- > *Creamy soup with leeks, bacon bits and butter*

sweet potatoes

- > Wrap in corn tortillas with shredded turkey and jalapeños
- > Make mini-croquettes coated in cornmeal and pan fry

turkey

- > *Create a Waldorf turkey salad with grapes, apples, celery and mayo*
- > Cube and toss with cooked, buttered pasta and peas, then top with Parmesan and black pepper

rolls and breads

- > *Broil or toast with butter, chopped garlic and Parmesan cheese for quick garlic bread*
- > Make French toast for breakfast and serve with a dollop of cranberry sauce

cranberry sauce

- > Stir into applesauce or gelatin molds
- > Use instead of jelly to top toast, bagels or muffins





↑ Chef Tip
 Make this dish your own by adding frozen peas, sautéed sliced mushrooms, chopped broccoli, or chopped fresh herbs.

Turkey Noodle Bake

Prep: 25 minutes

Bake: 40 minutes • Serves: 8

- Nonstick cooking spray
- ½ medium onion, finely chopped (about ½ cup)
- 2 teaspoons vegetable oil
- ½ teaspoon ground white pepper
- 4 tablespoons unsalted butter
- 1½ cups cornflakes
- 2 large eggs
- 2 cans (10.75 ounces each) 25% less sodium chicken noodle soup

- 1 can (10.75 ounces) cream of onion or cream of mushroom with garlic soup
- 1½ tablespoons Dijon mustard
- 6 slices sourdough or white bread, cut into ¾-inch cubes (about 6 cups)
- 4 cups shredded leftover or cooked turkey

- 1.** Preheat oven to 375°. Spray 13 x 9-inch baking dish with nonstick cooking spray.
- 2.** Meanwhile, in large skillet, cook onion in oil over medium heat 5 to 6 minutes or until tender, stirring occasionally; stir in pepper.

- 3.** In medium microwave-safe bowl, heat butter in microwave oven on high 25 seconds or until melted. Add cornflakes; stir until well combined.

- 4.** In large bowl, beat eggs. Stir in soups and mustard until well combined. Fold in bread, turkey and onion. Transfer mixture to prepared dish; evenly sprinkle with cornflake mixture. Bake 40 to 45 minutes or until top is golden brown.

Approximate nutritional values per serving:
 255 Calories, 11g Fat (5g Saturated),
 86mg Cholesterol, 626mg Sodium,
 18g Carbohydrates, 2g Fiber, 18g Protein

sweet FINALE

This pie is even better when topped with whipped cream, pecans and/or finely chopped crystallized ginger.

Gluten-Free Gingered Pumpkin Pie

Prep: 20 minutes plus cooling and chilling

Bake: 1 hour 10 minutes

Serves: 8

- 2 large eggs
- 1 can (15 ounces) pure pumpkin
- $\frac{3}{4}$ cup half and half
- 4 tablespoons unsalted butter, melted
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$ cup packed light brown sugar
- $1\frac{1}{2}$ teaspoons pumpkin pie spice
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons finely chopped crystallized ginger
- 1 (7.5-ounce) frozen gluten-free pie crust

1. Place large rimmed baking pan in oven; preheat oven to 350°.

2. In large bowl, whisk eggs; add pumpkin, half and half, butter and vanilla extract and whisk until well blended. Add sugar, pumpkin pie spice and salt; whisk until well blended. Sprinkle ginger into mixture and blend. Pour pumpkin mixture into pie crust. Place pie pan onto preheated rimmed baking pan; shield pie crust edges with foil strips or pie crust shield to prevent overbrowning, if desired.

3. Bake pie 1 hour 10 minutes to 1 hour 20 minutes or until toothpick inserted in center comes out clean. Cool pie completely on wire rack. Cover and refrigerate at least 2 hours or up to overnight before serving.

Approximate nutritional values per serving:
269 Calories, 14g Fat (9g Saturated), 94mg Cholesterol,
306mg Sodium, 32g Carbohydrates, 2g Fiber, 4g Protein





Cranberry-Pomegranate Mold

Prep: 20 minutes plus chilling • Serves: 12

- 1½ cups fresh cranberries, thawed if necessary
- 2 cups chilled pomegranate juice
- ½ cup water
- ½ cup granulated sugar
- ⅛ teaspoon salt
- 2 (3-ounce) packages cranberry or cherry flavor gelatin dessert
- 1 cup pomegranate seeds
- ¾ cup chopped walnuts plus additional for garnish (optional)
- 1 tablespoon lime zest
- Whipped cream (optional)

- 1.** In food processor with knife blade attached, pulse cranberries until chunky. In medium saucepot, heat ¾ cup pomegranate juice and water to boiling over high heat. Whisk in sugar and salt, stirring until dissolved.
- 2.** Place gelatin in large bowl; pour hot pomegranate juice mixture over gelatin and stir 2 minutes or until gelatin dissolves. Stir in pomegranate seeds, walnuts, zest, cranberries and remaining 1¼ cups pomegranate juice.
- 3.** Pour gelatin mixture into 5-cup ring mold (or 6-cup Bundt® pan); cover tightly with plastic wrap and refrigerate 5 hours or until set.
- 4.** To unmold, gently run a thin, flexible spatula around inside edge of mold. Place plate over mold; invert to release gelatin mold. Serve garnished with whipped cream and chopped walnuts, if desired.

Approximate nutritional values per serving: 174 Calories, 5g Fat (1g Saturated), 0mg Cholesterol, 94mg Sodium, 32g Carbohydrates, 2g Fiber, 3g Protein

Chef Tip

Gelatin mold can be covered and refrigerated up to 4 days.

holiday TRADITIONS

Allowing meat to stand after cooking helps to retain its juices.

Pepper-Crusted Sirloin Roast with Brandy Sauce

Prep: 15 minutes

Cook/Roast: 35 minutes • Serves: 8

Brandy Sauce

- 2 garlic cloves, minced
- 2 teaspoons olive oil
- ¼ cup plus 2 tablespoons brandy
- 3 cups less-sodium beef broth
- 2 teaspoons chopped fresh thyme
- 4 tablespoons unsalted butter, softened
- 2 teaspoons Dijon mustard
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Pepper-Crusted Roast

- 1 (3½- to 4-pound) center cut sirloin roast, fat trimmed, cut crosswise in half
- 3 tablespoons coarse ground black pepper
- 2 teaspoons salt
- ¼ cup extra virgin olive oil

1. Prepare Brandy Sauce: Heat medium saucepot over medium-high heat until hot. Add garlic and oil and cook 3 minutes, stirring occasionally. Reduce heat to medium; add brandy and cook 1 to 2 minutes or until almost evaporated. Add broth and thyme; heat to boiling over high heat. Reduce heat to medium-low and simmer 30 minutes. Stir in butter, Dijon, salt and pepper.

2. Meanwhile, prepare Pepper-Crusted Roast: Preheat oven to 350°. Rub roast with pepper and salt. Heat large skillet over medium-high heat until hot. Add oil and beef; sear all sides of beef 1 minute or until browned. Transfer roast to roasting pan; roast 20 to 22 minutes or until internal temperature reaches 135° for medium-rare, turning beef once halfway through cooking. Let stand 5 minutes before slicing. Serve sauce over beef.

Approximate nutritional values per serving:

367 Calories, 18g Fat (7g Saturated), 110mg Cholesterol, 1157mg Sodium, 3g Carbohydrates, 1g Fiber, 37g Protein





Caramelized Onion & Gruyère Mashed Potatoes

Prep: 20 minutes

Cook: 30 minutes • Serves: 8

- 5 medium russet potatoes, peeled and cut into large chunks (about 5 cups)
- 1 large onion, chopped
- 2 tablespoons olive oil
- 1 cup grated Gruyère cheese
- ½ cup milk, warmed
- 4 tablespoons unsalted butter, cut into pieces
- 2 teaspoons salt
- ¼ teaspoon white pepper
- 1 pinch nutmeg

1. Heat large covered saucepot of salted cold water and potatoes to boiling over high heat. Reduce heat to low; simmer, uncovered, 20 minutes or just until potatoes are tender.

2. Meanwhile, heat medium saucepot over medium-high heat until hot; add onion and oil and cook 5 minutes, stirring occasionally. Reduce heat to medium-low; cook 15 to 18 minutes longer or until onion is browned.

3. Drain potatoes; transfer to large bowl. Add cheese, milk, butter, salt, pepper and nutmeg. With mixer on medium-high speed, mix potatoes 2 to 3 minutes until smooth; stir in onion.

*Approximate nutritional values per serving:
258 Calories, 13g Fat (7g Saturated),
31mg Cholesterol, 649mg Sodium,
26g Carbohydrates, 3g Fiber, 8g Protein*

party BITES





Jalapeño Popper Wonton Bites

Prep: 35 minutes • Bake: 10 minutes • Serves: 12

- 12 slices fully cooked bacon
- 1 container (8 ounces) spicy jalapeño cream cheese
- ½ (8-ounce) package cream cheese, softened
- 1 cup finely shredded Mexican cheese blend
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- Nonstick cooking spray
- 24 wonton wrappers
- ¼ cup shredded Parmesan cheese
- Thinly sliced jalapeño peppers (optional)

1. Preheat oven to 350°. Prepare bacon as label directs; cool and crumble.
2. In large bowl, with rubber spatula, fold cream cheeses, cheese blend, garlic powder, black pepper and bacon until well blended.
3. Spray mini muffin tin(s) with nonstick cooking spray; line each cup with 1 wonton wrapper. Spoon about 1 heaping tablespoon cream cheese mixture into each wrapper; sprinkle with Parmesan cheese.
4. Bake 12 to 15 minutes or until wontons are crispy and golden and filling is heated through. Top with jalapeño pepper slices, if desired. Makes 24 bites.

Approximate nutritional values per serving (2 bites): 180 Calories, 11g Fat (6g Saturated), 30mg Cholesterol, 377mg Sodium, 11g Carbohydrates, 0g Fiber, 8g Protein

Buffalo-Ranch Chicken Wonton Bites

Prep: 45 minutes • Cook: 10 minutes • Serves: 18

- 3 cups finely chopped rotisserie chicken meat
- ¾ cup finely chopped celery
- ½ cup crumbled blue cheese
- ½ cup finely grated carrot
- 1 garlic clove, crushed with press
- ½ cup buffalo wing sauce
- ½ cup ranch dressing
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- Nonstick cooking spray
- 36 wonton wrappers
- Thinly sliced green onion for garnish (optional)

1. Preheat oven to 350°. In large bowl, toss chicken, celery, blue cheese and carrot.
2. In medium bowl, with spatula, fold garlic, buffalo wing sauce, ranch dressing, salt and pepper until well combined; fold in chicken mixture.
3. Spray mini muffin tin(s) with nonstick cooking spray; line each cup with 1 wonton wrapper. Spoon about 1 heaping tablespoon chicken mixture into each wrapper.
4. Bake 12 to 15 minutes or until wonton edges are crispy and golden brown and filling is heated through. Garnish with green onions, if desired. Makes 36 bites.

Approximate nutritional values per serving (2 bites): 163 Calories, 7g Fat (3g Saturated), 53mg Cholesterol, 614mg Sodium, 10g Carbohydrates, 0g Fiber, 11g Protein

CREATING THE *perfect cheeseboard*

Wow your guests this holiday season with an easy-to-assemble cheeseboard. First, choose several cheeses from soft to hard with a variety of sizes, shapes and textures. Here are some suggestions:

fresh and soft cheeses: Brie, Camembert, chèvre, mozzarella

semi-soft cheeses: Edam, fontina

hard cheeses: Cheddar, Gruyère, Manchego, Parmigiano-Reggiano

blue cheeses: gorgonzola, Roquefort, Stilton

A rustic cutting board works well for presenting cheese along with accompaniments like:

- chunks or slices of Baguette or other crusty bread
- assorted crackers
- fresh fruit including red grapes, apples or pears
- dried fruits such as figs, dates, apples or cherries
- nuts like cashews, almonds, pecans or macadamias

Finally, decorate your board to celebrate the season using natural items such as fresh herbs, chestnuts or leaves.

Since cheese is best served at room temperature, you can assemble the cheeses on your board in advance and refrigerate, then let stand at room temperature 30 minutes before serving.

Add any accompaniments just before serving.





Marinated Feta & Olives

Prep: 10 minutes plus chilling • Serves: 12

- 1 medium lemon
- 1 $\frac{1}{3}$ cups pitted mixed olives (about $\frac{1}{2}$ pound)
- $\frac{3}{4}$ cup extra-virgin olive oil
- 1 teaspoon whole peppercorns
- $\frac{1}{4}$ teaspoon red pepper flakes
- 1 package (4 ounces) chunk-style feta cheese
- 1 pint-sized glass jar with lid
- 2 sprigs fresh thyme
- 1 small sprig fresh rosemary

1. Cut $\frac{1}{2}$ -inch x $2\frac{1}{2}$ -inch slices zest from half the lemon, then cut crosswise into $\frac{1}{2}$ -inch pieces; squeeze 1 tablespoon juice from lemon. In medium bowl, toss olives, $\frac{1}{4}$ cup oil, peppercorns, pepper flakes and lemon juice and zest until combined; fold in cheese.

2. Spoon half the olive mixture into jar; nestle thyme and rosemary sprigs along inside wall of jar. Fill jar with remaining olive mixture; pour remaining $\frac{1}{2}$ cup oil into jar.

3. Close jar with lid; refrigerate at least 2 days before serving to allow flavors to meld. Olive mixture will keep refrigerated up to 1 week. Let olive mixture stand at room temperature 15 minutes before serving. Makes about 2 cups.

*Approximate nutritional values per serving:
82 Calories, 8g Fat (2g Saturated), 8mg Cholesterol, 215mg Sodium,
2g Carbohydrates, 1g Fiber, 2g Protein*

↑ Chef Tip
Remaining oil mixture in jar can be puréed in a blender or food processor for an instant creamy salad dressing or flavorful pasta sauce.



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