MADE • LOVED • GROWN
Local

GATEWAY to the BEST

St. Louis Style SANDWICHES
PG. 6

Fresh Local PRODUCE
PG. 8

Toasted Ravioli & BEER CHEESE
PG. 3

Free schnucks.com/simplyschnucks
All the flavors of the rainbow.

With a full spectrum of delicious Schnucks brand flavors, there are surprises in store.
Gateway to the Best
Pork steak, Provel, Ted Drewes ... the list goes on! Find out what it means to eat like a true St. Louisan.

Local Love
Schnucks is proud to carry the freshest produce around, grown by your neighbors right down the road.

Get Jammin’
Make local last longer by using your summer produce to craft freezer jams that are super simple and absolutely delicious!

Eat Good, Feel Great: No-Bake Breakfast Bites
Our dietitian-approved recipe packs protein into a bite-size breakfast to fuel your busiest mornings.

St. Louis is where we call home. In the 1930s, Edwin Schnuck and his wife, Anna, were looking for a place to sell Anna’s potato salad, a family favorite. Edwin owned his own wholesale meat packaging business and worked out of the family kitchen. Anna’s potato salad accompanied many meals and was shared with friends and neighbors. Edwin and Anna made their dream come true in 1939, when they opened their first store in North St. Louis. Their friends and neighbors became their customers, and that potato salad recipe—well, it has stood the test of time. Schnucks Deli still makes it fresh every day!
St. Louis knows how to eat. From gooey butter cake to even gooier Provel cheese, Schnucks has all the delicious flavors that make St. Louis who we are. Whether you’re from St. Louis or just curious about the city’s signature foods, we’ll show you how to eat like a local with these tried-and-true favorites—made local or loved local!
LOVED LOCAL

Provel is made from a blend of white Cheddar, Swiss and Provolone cheeses that melts without creating “strings” when you take a bite. This creamy cheese blend tops St. Louis-style pizzas and sandwiches. Pick up Imo’s® branded Provel® cheese from your local Schnucks!

MADE LOCAL

Anheuser-Busch started as a small brewery in St. Louis in 1852 and is now one of the largest producers of beer in the world. Its path to becoming the first nationwide beer included innovations such as the use of refrigerated railcars and the introduction of pasteurization to the brewing process.

CHEESY ST. LOUIS DIP
TOTAL: 10 MIN - 16 SERVINGS

2 tbsp. Schnucks butter
1 lb. Imo’s® branded Provel® cheese
¼ cup Budweiser Discovery Reserve Red Lager
¼ cup Schnucks milk
1 tsp. Schnucks Dijon mustard
½ tsp. garlic powder
½ tsp. Schnucks onion powder
¼ tsp. Schnucks cayenne pepper

1. Melt butter in a medium saucepan over medium-low heat.
2. Add remaining ingredients to pan. Continue to cook, stirring constantly, until combined and melted, about 8 minutes. Serve warm.

PER SERVING: CAL 134, FAT 10G (6G SAT. FAT), CHOL 29MG, SODIUM 446MG, CARB 2G (1G FIBER, 0G SUGARS), PRO 6G

PRETTY MUCH ANYTHING CAN BE USED AS A DIPPER, BUT WE RECOMMEND A LOCAL FAVORITE: SCHNUCKS TOASTED RAVIOLE.
Buttery Breakfast
Brighten up your cake with fresh fruit and whipped cream. Serve with a hot mug of St. Louis’ own Kaldi’s coffee.

Gooey Dessert
Top with chocolate and caramel sauces, whipped cream, chopped walnuts and fresh pitted cherries.

Gooey BUTTER CAKE two ways
Gooey Butter Cake

Consisting of a cake bottom covered with a sweet, buttery filling, this St. Louis staple originates from the 1930s and can be found in countless bakeries throughout the city. However, Schnucks makes St. Louis’ best-selling gooey butter cake! Legend has it that this delicious treat was created when a German baker—trying to make an ordinary coffee cake—added the wrong proportions of ingredients, resulting in a gooey filling rather than a fluffy cake. Whether or not that’s true, gooey butter cake has been a St. Louis favorite for decades. Typically enjoyed for breakfast as a coffee cake, it can also serve as a decadent dessert!

Fitz’s Root Beer

Recognized as one of the best root beers in the U.S., Fitz’s is made according to an original recipe developed in St. Louis in 1947. We’re proud to say nobody sells more Fitz’s root beer than Schnucks. Select natural roots, spices and barks give Fitz’s its unique flavor, making it the perfect soda for any occasion!

Ted Drewes Custard

For almost 90 years, Ted Drewes has been serving up the best frozen treats from two St. Louis south side stands. If you can’t make it to a stand, we’ve got you covered—Schnucks offers this creamy custard in chocolate, vanilla and strawberry. As Ted would say, “It really is good, guys … and gals!”

ROOT BEER FLOAT BAR

Let your guests customize their floats with a smorgasbord of delicious toppings such as:

- whipped cream
- maraschino cherries
- caramel sauce
- chocolate sauce
- chopped nuts
- rainbow sprinkles
- chocolate sprinkles
- pirouettes wafers
- toasted coconut
- vodka (adults only)
THE GERBER

Loved local

The Gerber originates from St. Louis’ own Ruma’s Deli and is named after the owners’ neighbor, Dick Gerber. The Rumas allowed Mr. Gerber to make his own sandwiches in their kitchen and this one was so well-loved, it got a permanent spot on the menu.

TOTAL: 15 MIN - 4 SERVINGS

¾ cup Schnucks butter, softened
1 garlic clove, minced
1 tsp. Schnucks Italian seasoning
1 Schnucks bakery French mini loaf, halved lengthwise and cut in half
12 pieces thinly sliced ham
½ lb. shredded Imo’s® branded Provel® cheese
½ tsp. Schnucks paprika

1. Preheat oven to 400 degrees. In a small bowl, mix butter, garlic and Italian seasoning.
2. Spread mixture on cut sides of bread; top with remaining ingredients. Bake until bread is toasted and cheese has melted, 8-10 minutes. Serve open faced.

PER SERVING: CAL 457, FAT 32G (19G SAT. FAT), CHOL 105MG, SODIUM 1672MG, CARB 18G (2G FIBER, 1G SUGARS), PRO 23G

THE ST. PAUL

Loved local

This St. Louis curiosity gained fame in the city’s Chinese-American restaurants. How it gained its name is part of the sandwich’s disputed history, but its St. Louis origins are unquestionable.

TOTAL: 20 MIN - 4 SERVINGS

2 tsp. Schnucks vegetable oil
4 Schnucks eggs, beaten
1 cup bean sprouts
½ cup chicken, cooked and diced
½ cup green onions, thinly sliced
½ tsp. Schnucks garlic powder salt and pepper, to taste
8 slices Schnucks white bread, divided
8 leaves iceberg lettuce, divided
2 local tomatoes, thinly sliced, divided
¼ cup dill pickle chips, divided
¼ cup mayonnaise, divided

1. In a small pan, heat ½ teaspoon oil over medium heat. In a medium bowl mix eggs, bean sprouts, chicken, green onions, garlic powder, salt and pepper until combined.
2. Sauté ½ cup of egg mixture until golden brown, about 2-3 minutes per side, flipping once. Repeat for remaining egg mixture, adding ½ teaspoon oil each time, to make four egg patties.
3. Assemble sandwiches by topping bread with egg patties and remaining ingredients.

PER SERVING: CAL 336, FAT 16G (3G SAT. FAT), CHOL 181MG, SODIUM 426MG, CARB 33G (2G FIBER, 6G SUGARS), PRO 18G
SCHNUCKS PORK STEAK SANDWICH

TOTAL: 20 MIN - 4 SERVINGS
2 pork steaks, grilled and sliced
¼ cup Maull’s Original BBQ sauce
4 hamburger buns of choice
1 cup Schnucks Deli coleslaw
¼ cup Schnucks dill pickle chips

Toss pork steak slices in barbecue sauce and evenly distribute among bottom buns. Add coleslaw, pickles and top buns.

PER SERVING: CAL 405, FAT 17G (5G SAT. FAT), CHOL 82MG, SODIUM 584MG, CARB 38G (1G FIBER, 13G SUGARS), PRO 25G

Learn how to grill the perfect pork steak on page 4 of our June 2019 issue, located in the catalog archive at Schnucks.com/simplyschnucks!

It doesn’t get more St. Louis than covering a Schnucks pork steak (we invented it!) with Maull’s BBQ sauce. This spicy, semisweet tomato-based sauce helped put St. Louis barbecue on the map and is still made in the original downtown Maull’s factory.

Go all in by serving these pork sandwiches with Schnucks Red, White & Barbecue Baby Back Rib chips!
For salsa:
2 2½ cups local watermelon, diced
1 1 local jalapeño, finely diced
¼ ¼ cup red onion, finely diced
¼ ¼ cup cilantro, finely chopped
2 2 tbsp. lime juice
salt and pepper, to taste

For tacos:
8 8 Schnucks corn tortillas, warmed
1 1 Schnucks rotisserie chicken, shredded
½ ½ cup crumbled queso fresco or feta

1. In a medium bowl, combine all salsa ingredients. Cover and refrigerate at least one hour before serving.
2. Build tacos by evenly topping warm tortillas with chicken, salsa and cheese.

PER SERVING: CAL 198, FAT 7G (3G SAT. FAT), CHOL 57MG, SODIUM 364MG, CARB 15G (2G FIBER, 4G SUGARS), PRO 19G
local peach & bell pepper

TOTAL: 25 MIN - 4 SERVINGS
1 Pillsbury thin pizza crust
1 tbsp. Schnucks extra-virgin olive oil
1 clove garlic, minced
1 cup Schnucks shredded mozzarella cheese
¼ cup local red bell pepper, diced
2 local peaches, thinly sliced
2 tbsp. local honey
1 cup arugula

1. Preheat oven to 400 degrees. Spray a baking sheet with nonstick cooking spray. Unroll pizza crust onto baking sheet and shape as desired. Prebake crust for 8 minutes and remove from oven.
2. Combine olive oil and garlic; brush on crust and top with cheese, red peppers and peaches.
3. Return to oven and bake until crust is golden brown, 6-10 additional minutes. Drizzle with honey and top with arugula; serve immediately.

PER SERVING: CAL 342, FAT 11G (3G SAT. FAT), CHOL 4MG, SODIUM 496MG, CARB 53G (3G FIBER, 20G SUGARS), PRO 9G
local collard green

TOTAL: 20 MIN* - 8 SERVINGS
* does not include refrigeration time

2 tbsp. mayonnaise
2 tbsp. rice vinegar
1 tbsp. local honey
1 tsp. Schnucks garlic powder
1 tsp. Schnucks ground celery seed
1 bunch local collard greens, stems removed and thinly sliced
1 local green bell pepper, thinly sliced
1 local red bell pepper, thinly sliced
2 cups red cabbage, shredded
2 carrots, shredded
4 green onions, thinly sliced
¼ cup fresh parsley, finely chopped
salt and pepper, to taste

1. In a large bowl, whisk together mayonnaise, vinegar, honey, garlic powder and celery seed.
2. Toss collard greens, peppers, cabbage, carrots, green onions and parsley in dressing and season with salt and pepper.
3. Cover and refrigerate at least one hour before serving. Serve as a side or on top of grilled brats with yellow mustard.

PER SERVING: CAL 70, FAT 2G (0G SAT. FAT), CHOL 1MG, SODIUM 55MG, CARB 13G (4G FIBER, 5G SUGARS), PRO 3G
local tomato

TOTAL: 15 MIN* - 4 SERVINGS  
* does not include refrigeration time

4 large local tomatoes, stems removed, chopped  
1 cucumber, peeled, stem and seeds removed, chopped  
2 green onions, roots removed, chopped  
1 local jalapeño, stem and seeds removed, chopped  
1 local red bell pepper, stem and seeds removed, chopped  
1 clove garlic, minced  
½ cup tomato juice  
¼ cup fresh flat leaf parsley  
3 tbsp. Worcestershire sauce  
3 tbsp. Schnucks extra-virgin olive oil, plus more for serving  
3 tbsp. Schnucks red wine vinegar  
2 tbsp. local honey  
½ tsp. Schnucks ground cumin  
salt and pepper, to taste

1. Blend all ingredients until smooth. Cover and chill at least 1 hour before serving.  
2. To serve, drizzle gazpacho with olive oil and garnish as desired. Serve with crusty bread.

PER SERVING: CAL 201, FAT 11G (2G SAT. FAT), CHOL 0MG, SODIUM 221MG, CARB 26G (4G FIBER, 20G SUGARS), PRO 3G
local corn & onion

TOTAL: 25 MIN - 12 SERVINGS

3 cups (about 4 ears) local corn, shucked, kernels removed from cob
½ cup Schnucks shredded Colby Jack cheese
⅛ cup local onion, finely diced
1 local jalapeño, finely diced
2 tbsp. cilantro, finely chopped
1 tbsp. Schnucks lime juice
1 tsp. garlic powder
2 Schnucks eggs, beaten
¼ cup heavy cream
1 cup Schnucks all-purpose flour
1 tsp. baking powder
½ tsp. salt
½ tsp. black pepper
Schnucks vegetable oil
2 green onions, thinly sliced, for garnish
¼ cup sour cream, for garnish

1. In a large bowl mix corn, cheese, onion, jalapeño, cilantro, lime juice, garlic powder, eggs, cream, flour, baking powder, salt and pepper.
2. Heat ¼-inch vegetable oil in a skillet over medium heat. Drop batter by ¼-cup scoops, flattening slightly, and cook until golden brown on each side, about 2-3 minutes per side. Top each fritter with 1 tablespoon sour cream and green onions before serving.

PER SERVING: CAL 182, FAT 11G (5G SAT. FAT), CHOL 41MG, SODIUM 153MG, CARB 17G (2G FIBER, 2G SUGARS), PRO 5G
local peach caprese salad

TOTAL: 10 MIN - 4 SERVINGS

4 local peaches, thinly sliced
2 cups cherry tomatoes, halved
¼ cup red onion, thinly sliced
1 cup fresh mozzarella pearls
¼ cup fresh basil leaves, thinly sliced
1 clove garlic, minced

2 tbsp. balsamic vinegar
2 tbsp. Schnucks extra-virgin olive oil
salt and pepper, to taste

1. In a large bowl, combine peaches, tomatoes, onions, mozzarella and basil.
2. In a separate bowl whisk together garlic, vinegar and oil. Drizzle over salad, season with salt and pepper and serve immediately.

PER SERVING: CAL 246, FAT 15G (6G SAT. FAT), CHOL 30MG, SODIUM 133MG, CARB 19G (4G FIBER, 17G SUGARS), PRO 10G
local peach & pepper jam

TIME: 15 MIN      YIELD: 32 OZ.

4½ cups local peaches, peeled and finely chopped
1 local red bell pepper, seeded and finely diced
2 local jalapeños, seeded and diced
½ tsp. lemon zest
2 tbsp. lemon juice
3½ cups Schnucks sugar

1. Add all ingredients to a heavy-bottom, non-reactive pot and bring to a boil over medium heat, stirring constantly. Reduce heat to medium-low and continue to stir until thickened, about 6-8 minutes. Let cool.
2. Carefully pour jam into jars, leaving ¼ inch of space at top. Cover and refrigerate up to two weeks or freeze up to three months.

PER 1 TBSP. SERVING: CAL 46, FAT 0G (0G SAT. FAT), CHOL 0MG, SODIUM 0MG, CARB 12G (0G FIBER, 12G SUGARS), PRO 0G

Perfect as a glaze for chicken and shrimp, or as the star of a cheese platter!

Tastes great on grilled cheese, BLTs or avocado toast!

Make local last longer by preserving your peak-season produce with these super-simple freezer jams. No canning required!

For more ideas on utilizing fresh produce, check out the pickling story on page 11 in the August 2017 issue, located in our catalog archive at Schnucks.com/simplyschnucks.
spiced local tomato jam

TIME: 1 HR 15 MIN     YIELD: 10 OZ.

1 ½ lbs. local tomatoes, chopped
1 cup sugar
¼ cup Schnucks apple cider vinegar
1 tsp. Schnucks allspice
¼ tsp. Schnucks cayenne pepper
1 tsp. salt

1. Add all ingredients to a heavy-bottom, non-reactive pot and bring to a boil over medium heat, stirring often. Reduce heat to medium-low and simmer, stirring occasionally, for one hour. Let cool.
2. Carefully pour jam into jars, leaving ¼ inch of space at top. Cover and refrigerate up to two weeks or freeze up to three months.

PER 1 TBSP. SERVING: CAL 28, FAT 0G (0G SAT. FAT), CHOL 0MG, SODIUM 75MG, CARB 7G (0G FIBER, 7G SUGARS), PRO 0G

local onion & bacon jam

TIME: 1 HR 10 MIN     YIELD: 16 OZ.

½ pound thick-sliced local bacon, chopped
4 medium local onions, peeled and diced
¼ cup Schnucks raisins
2 tbsp. stone-ground mustard
2 tbsp Schnucks dark brown sugar
2 tbsp. balsamic vinegar

1. In a heavy-bottom pot, cook bacon over medium heat until crispy. Drain all but 1 tablespoon bacon fat.
2. Reduce heat to low; add remaining ingredients and ¼ cup of water. Cover and cook over medium heat, stirring occasionally, until jam thickens and becomes dark brown, about one hour; add water if needed. Let cool.
3. Carefully pour jam into jars, leaving ¼ inch of space at top. Cover and refrigerate up to two weeks or freeze up to three months.

PER 1 TBSP. SERVING: CAL 27, FAT 1G (0G SAT. FAT), CHOL 3MG, SODIUM 58MG, CARB 3G (0G FIBER, 2G SUGARS), PRO 1G

Take your burger to the next level, or top an egg sandwich!
NO-BAKE BREAKFAST BITES

TOTAL: 45 MIN - 22 SERVINGS

1/3 cup rolled oats
1 cup almonds
1/4 cup collagen protein powder
1 tbsp. chia seeds
1 tbsp. flax seeds
1/2 cup peanut butter
1 tsp cinnamon
1 tsp ground ginger
1/4 cup honey
1 tsp. vanilla extract
3 tbsp. ground nuts of choice

1. In a blender or food processor, grind oats and almonds.
2. In a large bowl, mix together all ingredients except ground nuts.
3. Form mixture into 22 1-inch balls and roll in ground nuts, if desired.
4. Cover and refrigerate for 30 minutes before serving. Store in refrigerator for up to six weeks.

PER SERVING: CAL 78, FAT 5G (1G SAT. FAT), CHOL 0MG, SODIUM 20MG, CARB 6G (1G FIBER, 4G SUGARS), PRO 3G

BENEFITS FROM THE BEES ▼

Raw honey is unprocessed, which helps preserve the natural enzymes and nutrients. Local honey contains a blend of local pollen, which may help lessen the effects of seasonal allergies.

CHERRY CHOCOLATE
Add 1/4 cup chopped dried cherries and 1/4 cup chopped dark chocolate to the mix. Roll in 3 tbsp. ground pistachios.

LEMON BLUEBERRY
Add 1/3 cup chopped dried blueberries and zest from 2 lemons to the mix. Roll in 3 tbsp. ground cashews.

KARA BEHLKE
Schnucks Director of Health and Wellness

Start your day right with the arch as your backdrop! Sunrise yoga at Kiener Plaza takes place every Tuesday at 7 a.m. This FREE 45-minute event is for all skill levels. Throughout July, Schnucks will be providing healthy snacks after the fun!

EAT GOOD. FEEL GREAT
Naturally sweet and free of added colors or flavors, St. James Winery premium fruit wines are crafted from 100% pure fruit juice. These internationally awarded fruit wines are perfect for outdoor summertime sipping or for mixing with spirits to make these wine cocktails.

1. PEACH MANGO SPRITZER
- 1½ oz. St. James Winery Mango Wine
- 1½ oz. St. James Winery Peach Wine
- 3 oz. sparkling lemon water
- 1 oz. blanco tequila

**Method:** Combine ingredients over ice.

**Glassware:** hurricane or highball

**Garnish Suggestions:** lemon wheel, paper straw

2. STRAWBERRY LEMON SHAKE-UP
- 3 oz. St. James Winery Strawberry Wine
- 1 oz. citrus vodka
- 3 lemon wedges, plus ½ oz. lemon juice
- 1 strawberry, hulled and quartered
- 1 bar spoon superfine sugar

**Method:** Combine ingredients in a mason jar with ice. Add lid and shake. Double-strain drink over fresh ice and top with club soda.

**Glassware:** mason jar

**Garnish Suggestions:** strawberries, paper straw

3. BLACKBERRY MOJITO
- 3 oz. St. James Winery Blackberry Wine
- 8 mint leaves
- 2 blackberries
- ½ oz. fresh lime juice
- 1 oz. white rum
- 1 bar spoon superfine sugar
- club soda

**Method:** Combine mint, blackberries and lime juice in a shaker; muddle. Add wine, rum and ice; shake. Double-strain drink over fresh ice and top with club soda.

**Glassware:** highball

**Garnish Suggestions:** blackberries, mint sprig

Recipes created by mixologist Jessica Taylor, CSS, SP
Discover new ways to enjoy America’s favorite fruit wines at stjameswinery.com | St. James, MO
Sip Sweetly. Sip Responsibly.
LET US DO THE SHOPPING AND WE’LL DELIVER TO YOUR CAR*!

NEW! Your scheduled order is loaded directly into your car at Schnucks!

schnucksdelivers.com

*Curbside Delivery only available in select stores and markets.