Kansas City Summer

Kansas City is an extra awesome place in the summertime. Sitting in the stands at the Royals game, watching a match at Sporting KC, cheering on KC Current in their brand new stadium, a trip to the KC Zoo or the Nelson Art Gallery are where memories are made that live long in the hearts of us all.

Balls Food Stores, along with our teammates, have always believed in giving back to the communities we serve. From our humble beginnings in 1923, we still believe in the principals and values of our founders, Sidney and Mollie Ball, that if we take care of our teammates, our teammates will take care of our customers, our customers will take care of the company, and the company will take care of us. We have always been very innovative and we were fast to adapt to change. We were the first grocer in the country to develop a “Buy Fresh Buy Local” Program to encourage our hometown growers and livestock breeders to share their passion and products right here in our stores. Buy Fresh Buy Local makes each Hen House store into a local farmer’s market every day of the week.

From supporting local farmers to our commitment to sustainability through our Reuse, Reduce, Recycle Program, we have paired with Ripple Glass for the past 15 years and are now the largest collection site for recycling glass. We recycle more than any other retailer in the greater Kansas City area making us the greenest company in Kansas City.

Our commitment to Kansas City continues to run deep and we still live our vision today: To be the best run, friendliest supermarkets in town, where teammates are passionate about providing excellent customer service and where teammates and customers love to shop for great tasty food that is good for you. Stop by your local Hen House Market and see what our local farmers are producing this summer and create some special memories for you and your family with great tasting food that is really good for you.

God Bless,

David Ball
Balls Food Stores
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lovin’ it local |
Peruvian Chicken Thighs

Ingredients
- 2 pounds chicken thighs, boneless, skinless
- 5 cloves garlic peeled
- 1/3 cup low sodium soy sauce
- 2 tablespoons lime juice
- 1 tablespoon extra virgin oil
- 2 teaspoons cumin
- 1 teaspoon paprika
- ½ teaspoon dried oregano
- Black pepper to taste

Preparation
- Puree garlic, soy sauce, lime juice, oil, cumin, paprika, oregano and a pinch of black pepper in a blender.
- Put chicken in a large Ziploc bag and add marinade from blender. Place in refrigerator and allow to marinate for 30 minutes to overnight.
- Preheat oven to 400 degrees and place chicken pieces in a 13x9 roasting pan. Baked uncovered for 25-30 minutes or until the chicken reaches an internal temperature of 165 degrees using a food thermometer. While chicken is baking, prepare dipping sauce.

Dipping Sauce
- 3 jalapenos seeded, ribs removed and roughly chopped
- 1 cup fresh cilantro leaves
- 2 green onions, chopped, (green parts only)
- 2 cloves garlic peeled
- ½ cup light or vegan mayonnaise
- ¼ cup plain Greek yogurt
- 1 tablespoon lime juice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons extra virgin olive oil

Preparation
- Combine all ingredients except for olive oil in a blender process until smooth. With the blender still on, slowly drizzle in olive oil. Transfer to a bowl and refrigerate until ready to serve.
- Remove chicken from oven, plate and pour dipping sauce in a small dipping bowl and serve with sides if desired.
Meet the Bari Girls, our fabulous influencers who infuse energy and style into healthy living. These culinary connoisseurs are all about turning everyday meals into gourmet, health-conscious masterpieces. They inspire our community to embrace the art of entertaining with a focus on wellness. Follow their adventures for chic hacks, elegant solutions, and a playful touch that will elevate your summer gatherings. With the Bari Girls, you’re sure to be dazzled, delighted, and inspired to live your healthiest, most stylish life!
Beef Up! your Greens

lovin’ it local
Jasper’s Beef Tenderloin Caesar Salad

Indulge in the timeless classic of a Caesar salad, a culinary masterpiece that originated in Tijuana, Mexico, in the 1920s. Created by Caesar Cardini, this salad boasts simplicity with its ingredients. This salad is a testament to the notion that simple ingredients, when combined with finesse, can create culinary brilliance. Add Chef Jasper’s signature thinly sliced tenderloin for a delicious dish of culinary excellence.

Salad
1 garlic clove, crushed
Kosher salt to taste
Juice from half a lemon
3-4 anchovies
1 teaspoon Worcestershire sauce
2 tablespoons red wine vinegar
1/4 cup extra-virgin olive oil
Freshly ground pepper
1/2 head of romaine, outer leaves removed
1 large egg, coddled
2 tablespoons grated Romano cheese
1 cup croutons

Preparation
• Place garlic, lemon and salt in a wooden bowl and mash. Add anchovies and Worcestershire. Continue to mash into a puree. Add vinegar and mix together. Continue to stir while you drizzle in olive oil until dressing becomes thick. Add cracked pepper. Tear romaine leaves and pat dry. Place in large bowl and toss with a coddled egg followed by the dressing. Add grated cheese and croutons along with more cracked pepper.

Beef Tenderloin
1 CHB 8-12 oz tenderloin of beef (Filet Mignon)
1 teaspoon orange marmalade
1 tablespoon olive oil
Salt and pepper to taste
2 cloves garlic, minced
1 sprig of fresh rosemary

Preparation
• Rub the beef tenderloin with olive oil, minced garlic, salt, pepper, marmalade and fresh rosemary.
• Heat a skillet over medium-high heat with a little oil, garlic and rosemary. Sear the beef tenderloin on all sides until nicely browned, about 2 minutes per side. Cook another 4-5 minutes in pan.
• Transfer the beef tenderloin to a cutting board and slice into strips.

To Serve:
• Slice the tenderloin and serve atop Caesar salad on a chilled plate.

Totally: Local & Delicious

Hen House and American Hereford Association have a long history of providing Choice beef to Kansas City. Hen House’s dedication to “keeping it local” and the presence of the National Beef and the American Hereford Association Headquarters helps provide over 10,000 jobs for ranchers, farmers and grocers. Best of all, it provides a quality product that is:

- fresh
- all natural
- humanely-handled
- additive-free
- USDA Choice
- an American Royal Winner

*Colorado State University Research

CERTIFIED HEREFORD BEEF®
S
ince 1954, Jasper’s has been a Kansas City dining destination, featuring classic Italian specialties along with fresh seasonal dishes from the kitchen of chef and current owner Jasper Mirabile.

As with many Midwestern success stories, the family history begins overseas. Leonardo Mirabile was born in 1900 in Sicily. As a young man, Leonardo, like millions of other southern Italians at the time, decided to take a gamble and move to America. After relocating several times, he opened a bar in Kansas City. His wife, Josephine, cooked a few home style Italian dishes that were popular with the drinkers, putting the creation of a full-fledged restaurant in the works.

Through the 1960s, Jasper’s morphed from these simple home style dishes to more upscale dining, featuring popular items such as Caesar salad and Fettucine Alfredo.

Adding trattoria-style Marco Polo’s Groceria and Deli was next in the ‘80s, featuring imported specialty ingredients, sandwiches and sides for casual meals.

In 1998, Jasper’s and Marco Polo’s move to a new location at 103rd Street and State Line surprised longtime customers, but soon became a go-to spot for diners with an expanded menu & trained chef Jasper Mirabile Jr. (“J.J.”) at the helm. In his own style, Jasper creates dishes from his Sicilian background with heavy influences from Tuscany and the Piemontese regions of Italy.

Seventy years after that first enterprise, the Mirabiles show no signs of stopping. “There’s always a Miracle on the clock. We are so fortunate, you just don’t realize,” says owner Jasper Mirabile. With cookbooks, a weekly radio show, public appearances and a special weekly recipe featuring fresh ingredients from Hen House, Chef Jasper is a KC fixture, not only at his restaurant, but at charitable events and happenings throughout the metro.

With an emphasis on fresh ingredients & an eye toward Italian tradition, chef Jasper continues to delight Kansas City’s palates with every dish served. “I walk in the front door every day and I see my dad’s photo there,” he said. “And I look at it and I thank him, and I know he’s watching down on me. We’re looking forward to the next seventy years!”

Go to henhouse.com to view Jasper’s weekly recipe.

Don’t forget to pick up Chef Jasper’s Original Italian Pasta Sauce at your local Hen House.
Grilling Outdoors?
Gotta Have S’mores!
The Benefits of Beetroot

- **Nutrient-Rich Powerhouse:** Beetroot is packed with essential vitamins and minerals like vitamin C, potassium, manganese, and folate, making it a nutritious addition to any diet.

- **Heart Health Hero:** Consuming beetroot can help lower blood pressure and improve cardiovascular health, thanks to its nitrate content which helps relax and dilate blood vessels.

- **Digestive Aid:** Beetroot is high in dietary fiber, which promotes healthy digestion, prevents constipation, and supports a healthy gut microbiome.

- **Detox Delight:** Beetroot contains antioxidants, particularly betalains, which help support liver function and aid in detoxification processes, keeping your body clean and energized.

UnBeetable Red Velvet Cupcakes

**Cupcakes**
1¾ cups flour
1 cup sugar
2 tablespoons cocoa powder
1½ teaspoon baking powder
1½ cups grated beets
¾ cup buttermilk
1 tablespoon white vinegar
1½ teaspoon vanilla extract
2 eggs, at room temperature

**Cream Cheese Icing**
1 stick butter, softened
1 8 oz package cream cheese, softened
1¾ cups powdered sugar
1 teaspoon vanilla

**Preparation**

- Preheat oven to 350 degrees F. Line a 12-hole muffin tin with cupcake liners. In a small bowl combine, flour, cocoa powder and baking powder. Set aside.

- Place grated beetroot, buttermilk, and white vinegar in a food processor. Process until smooth.

- In the bowl of a stand mixer, combine butter and sugar. Add the eggs and mix well. Add the beet mixture, mix well, and then add the vanilla. Add the flour mixture and beat until well combined.

- Fill each hole in the muffin tin with ¼ cup batter. Bake for 20-25 minutes or until a skewer inserted into the middle of the cupcakes come out clean. Transfer onto a wire rack to cool completely.
Add bright color & earthy flavor to summer salads with beets. They’re not just red, either: beets come in golden, white, purple & striped varieties, too! Low in calories & high in antioxidants, beets can be a tasty addition to main dishes, sides or salads.
Mushroom Jerky

Ingredients
8 ounces Shiitake mushrooms
¼ cup reduced sodium soy sauce
1 tablespoon maple syrup or honey
2 teaspoons rice wine vinegar
1 teaspoon liquid smoke

Preparation
- Wash the mushrooms and dry with a paper towel.
- Slice the mushrooms into ¼ inch slices.
- In a 9x13 inch baking pan, combine the mushroom jerky marinade ingredients.
- Transfer the mushrooms to the pan and toss to fully coat in marinade. Cover the pan with cling film and refrigerate for 30 minutes to overnight.
- Preheat the oven to 250°F (125 C). Line a baking tray with parchment paper.
- Using tongs, remove the mushrooms from the marinade, allowing any excess to drip off. Space them out evenly on the baking tray.
- Bake on the middle shelf for 1 hour.
- Remove the tray from the oven and flip the mushrooms. Rotate the tray in the oven and bake for an additional hour.
Mushrooms are found in delicious dishes world-wide, with an almost limitless range of shapes, sizes and textures. Mushrooms are a lot like plants, but they lack chlorophyll and have to take nutrients from other materials. With flavors ranging from subtle to bold, mushrooms can be the star of the show or the perfect supporting partner.

Fabulous Fungi!

Mushroom spores are tiny particles that are the reproductive cells of mushrooms. There are many benefits to using them. Here are a few:

**Boosts Immunity**
They contain polysaccharides, which are known to have immune-boosting properties. Some studies have shown that consuming polysaccharides can help strengthen your immune system and reduce inflammation in your body. Additionally, mushroom spores also contain antioxidants which help protect your cells from damage caused by free radicals.

**Improves Digestion**
They contain dietary fiber, which is essential for good digestion. Fiber helps keep your digestive system running smoothly. In addition, dietary fiber helps regulate blood sugar levels and can even help lower cholesterol levels in the body.

**Promotes Weight Loss**
They are low in calories but high in nutrients and rich in protein, which helps keep you feeling full for longer periods of time and prevents overeating. They also contain essential vitamins and minerals that can help support healthy weight loss while providing your body with essential nutrients it needs to stay healthy.

Overall, mushroom spores offer a wide range of health benefits that make them a great addition to any diet. So if you’re looking for a nutritious way to improve your health, consider adding some mushroom spores into your diet today.

Cashew Cream Pasta Primavera

400°F
40-45 min.

Ingredients
1½ cups salted cashews
3 cups water, divided
1 garlic bulb
Olive oil
½ cup frozen peas
½ cups broccoli
½ cup diced bell pepper
½ cup zucchini
½ cup squash
1 box penne or rigatoni pasta

Preparation
• Place the salted cashews and 1½ cups water in a bowl and soak for 2-3 hours to soften. Drain the water, rinse, and set aside.

• Preheat oven to 400 degrees F. Cut the top off of the garlic bulb. Place it on foil and drizzle with olive oil. Wrap garlic head in the foil and roast for 40-45 minutes. Remove from oven, unwrap foil, and let it cool.

• Squeeze the garlic from the bottom and pop out the individual roasted cloves. Place the cashews, roasted garlic, and 1½ cups water in a blender. Blend on high until smooth and creamy. Set aside.

• Cook pasta according to the package directions.

• Heat 1 tablespoon olive oil in a skillet over medium heat. Add the vegetables and cook 7-10 minutes until softened. Add the cashew sauce to the skillet and turn to medium low heat to warm.

• Add the cooked pasta to the skillet and toss to coat.

If you’re looking for ways to incorporate more plant-based foods in your diet, cashew cream is an easy switch! It’s high in protein, beneficial fats and as a plant-based dairy alternative, cholesterol-free. Easy to make at home, cashew cream can be substituted for dairy products in your favorite sweet or savory recipes.
**Asparagus Stuffed Marinated Chicken Breast**

Make quick and easy summer meals delicious, too, with pre-marinated chicken from your local Hen House Deli. Fresh and ready to cook, our variety of flavors range from classic to bold. Perfect for a stir-fry, salad or sheet pan dinner, our chicken will make any cook the flavor hero of summertime meals!

**Chicken**
- 4 Hen House Marinated Chicken Breasts
- 1 tablespoons olive oil

**Asparagus Filling**
- 12-15 asparagus spears, woody ends removed
- 1 clove garlic
- 8 slices provolone cheese

**Lemon Butter Sauce**
- 1 lemon, juiced
- 2 tablespoons butter, melted
- 1 clove garlic, minced

**Preparation**
- Preheat oven to 375 degrees F.
- Cut a slit in each chicken breast to create a pocket about ¾ of the way through, without cutting all the way through.
- Stuff each chicken breast with 3-4 asparagus spears and 2 slices of provolone cheese.
- Heat 1 tablespoon olive oil in an oven-proof pan. Sear on each side until golden, about 3-4 minutes per side.
- Place the pan in the oven and bake for 12-15 minutes until the internal temperature reads 165 degrees F on a meat thermometer.
- In a small bowl, combine the lemon juice, melted butter, and minced garlic, spoon over the chicken, and serve.

**Serving Suggestion:**
Serve over a bed of Turmeric Rice
Entertain effortlessly.

Keep your cooking and clean up easy with all the essentials for the perfect get together.
Cabbage
• is highly nutritious and rich in vitamin C, fiber and vitamin K.
• is an inexpensive way to eat healthy.
• has only 22 calories per cup.
• contains powerful antioxidants, including polyphenols and sulfur compounds.
Grilled Cabbage
With Garlic and Walnuts

Ingredients
1 head green cabbage
1/2 cup extra-virgin olive oil, plus more for brushing
3 cloves garlic, minced
3 tablespoons apple cider vinegar
2 tablespoons fresh oregano, minced
1/2 teaspoon fine sea salt, plus more for seasoning
1/4 teaspoon black pepper
1/2 cup toasted chopped walnuts

Preparation
• Combine the olive oil, vinegar, oregano, salt, and pepper in a small bowl.

• Meanwhile, slice the cabbage in half from top to the bottom, then cut each half into 4 wedges, keeping the core intact.

• Brush the cabbage with extra olive oil and sprinkle with salt to taste.

• Put the cabbage on the grill and close the cover.

• Grill the cabbage for 7 minutes, then flip and grill for another 8 minutes or until tender on the inside and lightly charred on the outside. Remove from grill and place on a plate.

• Pour the garlic mixture over the cabbage and sprinkle with toasted walnuts.
Sweet Chili Asian Slaw

**Ingredients**
- 3 cups green cabbage or Chinese cabbage, shredded
- 3 cups red cabbage, shredded
- 1 carrot, julienned
- 3 green onions, finely sliced on the diagonal
- Chopped peanuts
- Chow mein noodles

**Dressing**
- 3 tablespoons peanut oil
- 3 tablespoons rice vinegar
- 2 tablespoons sweet chili sauce
- 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- ½ teaspoon ginger
- ¼ teaspoon granulated garlic
- Salt and pepper to taste

**Preparation**
- Combine all the dressing ingredients in a small bowl.
- In a large bowl combine the cabbages, carrot, green onion, peanuts, and chow mein noodles.

Toss with the dressing and refrigerate for 1-2 hours before serving.
NEW

HONEY DRIZZLED and BARBEQUE SIZZLED™

Boar’s Head

KC Deli Provisions Tier 1
Focaccia Bread Art

Ingredients
- 4 cups flour
- 2 teaspoons kosher salt
- 2 teaspoons instant yeast
- 2 cups lukewarm water
- 4 tablespoons olive oil, divided
- Tomatoes, onions, herbs, peppers, olives, or other vegetables for decorating

Preparation
- In a large bowl, combine the flour, salt, yeast, water, and 1 tablespoon olive oil. Mix until all the liquid is absorbed and it forms a sticky ball. Coat the ball with 1 tablespoon olive oil so it won’t dry out. Cover the bowl with plastic wrap and let rise in refrigerator overnight.
- Pour 2 tablespoons of olive oil onto a 9x13 pan. Place the dough on the pan and turn to coat in the olive oil. Punch the dough down and let it rise on the counter for 2 hours.
- Heat the oven to 425 degrees. Pour a tablespoon of olive oil top of the focaccia and then use your fingers to make dimples in the dough. Decorate with your choice of herbs and vegetables to make your own art.
- Bake for 25-30 minutes until golden. Remove from the oven and cool completely.

Dutch Country Family Farms represents a community co-op of farmers near Rich Hill, MO who work and live under faith-based family values. Using horse operated equipment, this Old Order Mennonite community is deeply rooted in agricultural heritage with commitment for minimal environmental impact. They offer highest quality, naturally grown local produce on today’s markets: such as cabbage, summer squash, cucumbers, cantaloupe, watermelon, tomatoes, blackberries and fall squash.
Beginning production in 2016, Restless Spirits distillery in North Kansas City continues a family tradition of entrepreneurship and innovation.

Founder Michael Shannon is a fifth-generation Kansas City native of Irish descent; his family has deep roots in the business community and his personal brand and product development experience has led Restless Spirits to success.

His wife, Benay, has taken on the role of head distiller, dedicated to crafting spirits that she enjoys tasting and sharing. Her skills have earned the “Missouri Distillery of the Year” award every year since 2016.

After pursuing separate careers but still linked by a love of good whiskey, co-founder John Boettcher and Mike met in their teens working retail which led to a lifelong friendship. Their bond of friendship and love of good Irish whiskey led to their founding the Restless Spirits Distilling Company alongside Mike’s wife, Benay.

Offering a range of carefully crafted spirits, Restless Spirits honors the Irish roots of the founders with an eye toward diverse modern tastes.

The finest ingredients and botanicals from around the world plus careful aging produce top-quality spirits, perfect for sipping solo or combined into a wide range of delicious cocktails.

The distillery is located in North Kansas City and offers tours plus an event space; their products are available in Harry’s Liquor Stores as well as other liquor stores throughout the metro.
The Queen Bee

Ingredients
2 oz Builders Botanical Gin
0.75 oz Lavender Honey simple syrup
0.5 oz lemon juice

Preparation
• Shake all ingredients with ice in a shaker. Double strain into a Nick&Nora glass (or a teacup!). Garnish with a lemon twist or a lavender sprig if available.
• To make Lavender Honey simple syrup - heat 1 cup honey, 1 cup water, 3 tbsp of dried lavender in a small pan until honey is dissolved. Remove from heat and let sit for about 20 minutes. Strain lavender. Will keep approx 1 month if refrigerated.
The Rise of Mock-tails: Fresh, Fun, and Perfect for Entertaining

In recent years, mock-tails have surged in popularity, redefining the art of entertaining with their fresh, vibrant flavors and alcohol-free appeal.

**Fresh Flavors And Ingredients**

One of the key reasons for the rise of mock-tails is the emphasis on fresh, high-quality ingredients. Traditional cocktails often rely on sugary mixers and alcohol, but mock-tails celebrate the natural flavors of fruits, herbs, and spices with combinations like cucumber and mint, pineapple and basil, or blackberry and lavender.

**Creative And Fun**

Mock-tails offer endless opportunities for creativity. Without the constraints of alcohol, you can experiment with a wide range of flavors and textures. Try our mock-tail recipes or create your own. Garnish your mock-tails with edible flowers, citrus twists, or herb sprigs.
Summer Sippers for Everyone!

Rosemary Cider Mock-tail

**Ingredients**
- 4 ounces Louisburg apple cider
- 4 ounces club soda or seltzer
- 1 tablespoon simple syrup
- 1 sprig fresh rosemary

**Preparation**
- Place rosemary in the bottom of a glass and muddle. Add the soda, simple syrup and apple cider and stir well.

Mint Mojito Mock-tail

**Ingredients**
- 1 tablespoon fresh lime juice
- 1-2 tablespoons simple syrup
- 1 teaspoon lime zest
- 1 cup ice cubes
- 1/2 cup sparkling water
- Lime slices and mint sprigs, for garnish

**Preparation**
- Combine lime juice, simple syrup, mint leaves and lime zest in a pitcher; using the handle of a long wooden spoon, lightly crush the mint and zest. Add ice cubes and sparkling water; stir to mix well. Place in a glass and garnish with lime slices and mint sprigs.

Watermelon Mint Mock-tail

**Ingredients**
- 2 fresh mint leaves, plus more for garnish
- Ice
- 3/4 cup watermelon
- ¼ cup club soda
- Small slice watermelon for garnish

**Preparation**
- Combine the mint, ice, and watermelon in a blender and blend until smooth.
- Add the club soda and stir. Garnish with mint leaves and watermelon slice.

Find fresh herbs and produce for garnish in your Hen House Produce Department.

Perfect For Entertaining
Mock-tails are the perfect addition to any entertaining repertoire. They cater to a wide audience, including those who abstain from alcohol, designated drivers, and younger guests. By offering a variety of delicious mock-tails, you ensure that everyone feels included and can join in the celebration.

Health-Conscious And Inclusive
As more people adopt healthier lifestyles, mock-tails have become a popular choice for those looking to enjoy social gatherings without the negative effects of alcohol.

Embrace The Mock-tail Trend
With their fresh ingredients, creative flair, and inclusive appeal, mock-tails are here to stay. They add a touch of elegance and excitement to any occasion, making them the perfect choice for modern entertaining!
Casual entertaining is taking center stage this summer, with hosts opting for laid-back gatherings that focus on great food, good company, and relaxed vibes. One of the hottest trends in casual entertaining is creating seafood spreads that highlight local, seasonal flavors.

**Creating Your Seafood Spread**

1. **Start with Fresh, Local Seafood from your Local Hen House Market.**
2. **Incorporate Oysters.**
3. **Offer a Variety of Dishes: ceviche, seafood salads, grilled fish skewers, and seafood dips**
4. **Highlight Seasonal Flavors like mango, pineapple, citrus, and fresh herbs**

**Creating a Fun and Relaxed Environment**

1. **Set the Scene:**
   - Create a welcoming atmosphere with comfortable seating, soft lighting, and upbeat music. Use natural elements like seashells, driftwood, and fresh flowers to decorate your space and enhance the coastal vibe.
2. **Keep It Casual:**
   - Encourage guests to mingle and move around by serving food buffet-style. This laid-back approach makes it easier for people to socialize and enjoy the evening.
3. **Offer Refreshing Drinks:**
   - Complement your seafood spread with a selection of refreshing drink such as crisp white wines, light beers, and summer cocktails like mojitos and sangria. Don’t forget to include our creative mock-tails for those who prefer non-alcoholic options.
4. **Interactive Elements:**
   - Add an interactive element to your gathering by incorporating fun activities like a seafood cooking demo, a shucking station for oysters, or a seafood tasting game. These activities can make your event more memorable and enjoyable.
Sea-Cuterie Board

Ingredients
Steamed Crab Legs
- Steamed FREE at your local Hen House
Steamed Jumbo Shrimp
- Steamed FREE at your local Hen House
Steamed lobster – cut in shell into smaller servings
- Steamed FREE at your local Hen House
Raw Oysters
Canned Sardines – served in can
Canned Anchovies – served in can
Olives
Cheese Variety
Crackers
Fig Jam
Capers
Whole Grain Mustard
Cocktail Sauce – recipe below
Tartar Sauce – recipe below

Classic Cocktail Sauce
Ingredients
½ cup ketchup
1 tablespoon lemon juice
1 tablespoon horseradish sauce
2 teaspoons Worcestershire sauce

Mix ketchup, lemon juice, horseradish, and Worcestershire in a small bowl. Refrigerate one hour before serving.

Tartar Sauce
Ingredients
1 cup mayo
1 tablespoon onion, finely diced
1 tablespoon capers with juice, finely diced
1 tablespoon dill
2 teaspoons Worcestershire
2 teaspoons lemon juice

Mediterranean Bean Summer Salad
Ingredients
15 ounce can of red kidney beans, drained and well rinsed.
15 ounce can of garbanzo beans, chickpeas drained and well rinsed.
1 cup cherry tomato, halved
1 cup diced cucumber
1 cup red, yellow, or orange bell peppers, diced
½ cup diced zucchini
½ cup diced yellow squash
¼ cup diced red onion
½ cup olives
½ cup feta cheese

Dressing
¼ cup olive oil
¼ cup red wine vinegar
1 tablespoon sugar or honey
1 teaspoon Italian seasoning
Salt and pepper to taste

Preparation
In a small bowl, Whisk the dressing ingredients together. Set aside.

In a large bowl, add the beans, vegetables, olives, and cheese. Pour the dressing over the salad and stir well to coat.

Chill the salad for 1-2 hours before serving.
**Roasted Garlic Black Eyed Pea Hummus**

**Ingredients**
- 1-15 oz can Black Eyed Peas, Reserve liquid
- 3 tablespoons Tahini paste
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 garlic bulb
- ½ teaspoon Salt

**Preparation**
- Preheat oven to 400 degrees. Cut the top off of the garlic bulb. Place it on foil and drizzle with olive oil. Wrap garlic head in the foil and roast for 40-45 minutes. Remove from oven, unwrap foil, and let it cool.
- Drain (reserving liquid) and rinse black eye peas
- Place in food processor with the roasted garlic
- Add Tahini paste, lemon juice, olive oil, salt, and ½ of the reserved liquid. Blend together until creamy and smooth. Add more liquid if needed.

**Cannelloni Bean Sun Dried Tomato Hummus**

**Ingredients**
- 15 oz can cannelloni beans
- ¼ cup sun dried tomatoes
- 3 tablespoons olive oil
- 1 tablespoon tahini
- 1 tablespoon lemon juice
- ¼ teaspoon cumin
- ¼ teaspoon coriander
- ¼ teaspoon salt
- 1 tablespoon chopped basil, for garnish

**Preparation**
- Drain the cannelloni beans and reserve the liquid. Place all ingredients in a blender and blend well.
- Add in the reserved bean liquid until you reach the desired consistency.
- Place in a bowl and garnish with chopped basil.
Brunch

Goals

Orange Juice
(Fresh Squeezed in Store Daily)

Photographed at No Vacancy Guest House & Gathering Place, KC, MO.

30 lovin’ it local
Homemade Toaster Pastries

Ingredients
- 2¼ cups flour
- ¼ cup sugar
- 1 teaspoon salt
- 2 sticks unsalted butter, cold and cubed
- ¼ cup cold water
- ½ teaspoon almond extract
- Raspberry, Strawberry, or Peach preserves

Egg Wash
- 1 egg
- 2 teaspoons water

Glaze
- 1 cup powdered sugar
- 1-2 tablespoons milk
- ½ teaspoon vanilla

Sprinkles

Preparation
- In a food processor or large mixing bowl, add the flour, sugar, and salt. Pulse lightly, until just combined. Add the cubed butter and pulse for 10-20 seconds, until the mixture looks sandy and no large clumps remain.
- Combine the water and almond extract and pour into the food processor while pulsing the dough mixture until the mixture comes together and a dough ball has formed being careful to not over mix.
- Remove the dough from the food processor and place on a lightly floured surface. Fold the dough 2-3 times and shape into a 1-inch thick, rectangle. Wrap the dough in plastic wrap and let it rest in the refrigerator for 30 minutes to 1 hour.
- Once the dough has cooled and rested, flour your work surface to roll out the dough. Cut the dough into two pieces. Roll one dough piece into a rectangle, about ⅛ of an inch thick. Using a pastry cutter, pizza cutter, knife or bench scraper, cut the dough into rectangles 3 inches wide x 4 inches in height.
- Lift the cut rectangles off your work surface with a spatula or bench scraper and place them onto a baking sheet. These will be the bottoms of your toaster pastries. Brush the dough edges lightly with water. Fill each center with 1 heaping teaspoon of your choice of preserves, leaving about ¼-inch border from filling to the edge of the dough. Cover each filled pastry with a second dough rectangle and crimp the edges together with a fork. Repeat process with the remaining half of the dough.
- In a small bowl, mix together the egg and water.
- Brush each filled rectangle with egg wash and bake at 375 degrees for 25-30 minutes, or until golden brown and the pastry is fully baked. Let cool 30-45 minutes before glazing.

Make the Glaze
- In a small bowl, whisk together the powdered sugar, vanilla and milk until smooth.
- Use a spoon or spatula to glaze each cooled pastry. Top with sprinkles of your choice.

Overnight Oats

Ingredients
- ½ cup old fashioned oats
- ½ cup milk
- ¼ cup vanilla Greek yogurt
- pinch of sea salt
- fruit, nut butter, nuts, seeds, etc.

Preparation
- Add oats, milk, yogurt, and sea salt into a mason jar or storage container with a lid. Stir ingredients together. Place in the refrigerator overnight.
- In the morning, remove lid and stir. If too thick add a little milk. Top with your favorite toppings and enjoy.
DANIELS FAMILY PRODUCE

Daniels Produce is owned and operated by Andy and Tannie Daniels and daughter, Kelly. Andy graduated from the University of Nebraska in 1974 with a Bachelor’s degree in Agronomy and Agricultural Economics. Andy and Tannie have been farming for the past 40 years. In the early 80’s they diversified into fresh market vegetable production due to a lack of opportunities in conventional farming. Today Daniels Produce raises close to 600 acres of vegetables.

With the help of their three young children, they began selling melons and sweet corn at a roadside stand in Columbus. The business began to grow as the years passed and in the early nineties they began to sell their sweet corn wholesale to other produce vendors and a few grocery stores. Soon local and regional warehouses began to take interest in adding the Daniels products to their produce line. Hen House was one of those retailers. The retail stand flourished as well, thanks to the continuous support of the community of Columbus.

These expansions in sales required a great increase in acres of vegetables production. Today, Daniels Produce raises over 600 acres of vegetables every year. Eighty percent of which is dispersed throughout Nebraska, Kansas, Missouri, and as far as Texas and Florida.
The Daniels Family Farm is committed to growing the sweetest local peaches and cream variety candy corn you’ll ever taste. Theirs is so sweet that they named it Andy’s Candy Corn®. The Daniels also grow eggplants, peppers and pumpkins.
Skewer Up! with these Kabobs

Grilled Certified Hereford Beef & Mushroom Kabobs

This summer classic is just as simple as it is healthy. Tasty Certified Hereford Beef steak paired with fresh vegetables for a quick and easy steak kabob dinner.

**Ingredients**

- 3 Certified Hereford Beef rib eye or strip steaks, cut into 1-inch thick cubes
- 8 - 10 mushrooms
- 2 tablespoons finely chopped fresh oregano
- 1 tablespoon minced garlic
- ½ teaspoon ground red pepper
- 2 tablespoons butter, melted
- 2 medium zucchini and/or yellow squash, cut into 1-inch slices
- 1 package grape tomatoes
- Salt and pepper

**Preparation**

- Combine oregano, garlic and red pepper in small bowl; reserve half for vegetables. Coat steak cubes in remaining seasoning mixture.
- Alternately thread vegetables and beef onto six 8-inch metal skewers.
- Place kabobs on grill over medium, ash-covered coals; brush kabobs with half of seasoned butter. Grill kabobs, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 9 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove from heat and enjoy.

Hen House Guarantee:

- Our Beef is packaged FRESH IN STORE by certified butchers.
- We have only one ingredient – BEEF • NO additives • NO hidden claims
lovin'  it local

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AMERICA THE BURGERFUL

Build a better burger with 100% real, natural cheese.
In a world increasingly conscious of health and wellness, the spotlight has turned to alternative sugars as a healthier substitute for traditional refined sugar. These natural and low-calorie sweeteners offer a range of benefits that can help you maintain a balanced diet without sacrificing sweetness. Unlike refined sugar, which is often linked to health issues like obesity, diabetes, and tooth decay, alternative sugars provide a more nutritious way to satisfy your sweet tooth. They often have a lower glycemic index, meaning they cause less of a spike in blood sugar levels, which is particularly beneficial for those managing diabetes or looking to avoid energy crashes.

What’s trending in the world of alternative sugars? Here are a few popular choices making waves:

**Date Sugar**
Made from ground dried dates, this sweetener retains the fiber and nutrients of whole dates, making it a more nutritious option.

**Coconut Sugar**
Made from the sap of coconut palm trees, it has a lower glycemic index than regular sugar and retains some nutrients from the coconut palm.

**Beet Sugar**
This well-known sweetener is 99.95% sucrose, which is identical to white cane sugar. (Readily available, beet sugar makes up 20% of the world’s total production.) Use beet sugar in any recipe, just as you would cane sugar.

**Agave Nectar**
A natural sweetener derived from the agave plant, often used as a honey substitute due to its similar consistency.

**Honey**
Honey has a deeper, sweeter taste than table sugar, so you might use less of it when cooking or baking. Honey’s balance of fructose and glucose makes it easier for the body to digest than table sugar, and it has less of an impact on blood glucose levels.

**Monk Fruit**
Monk fruit sweeteners have no calories. They are 150-200 times sweeter than sugar, so very little is needed to provide the same sweetness. Therefore, only a small amount is used to sweeten soft drinks, juices, desserts, candies and condiments.

By incorporating alternative sugars into your diet, you can enjoy the sweet flavors you love without the negative health impacts of refined sugar. These alternatives offer a variety of tastes and textures that can enhance your culinary creations, from baked goods to beverages. As more people seek healthier lifestyles, the demand for and innovation in alternative sugars continues to grow, providing an ever-expanding array of options for the health-conscious consumer.
Protein pack your toast
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Move over avocado toast, there's a new kid in town. Hiland Dairy Cottage Cheese Toast is a healthy, easy, and delicious breakfast idea or afternoon snack.

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TRY THEM BOTH AND LET YOUR TASTE BUDS DECIDE.

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Savor your Summer with RED GOLD.
UNAPOLOGETICALLY INDULGENT

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COMPLETE YOUR SUMMER MEAL PLANNING WITH THE NEW SWEET & SAVORY FRUIT SALADS

A burst of freshness in every bite combining your favorite fruit items paired with various cheese and nut combinations drizzled with a tasty dressing that will bring your senses to a new level.

SURE TO BE A SUMMERTIME HIT THAT YOU CAN ADD TO ANY MEAL AND OR EVENT.
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Farmer Owned and Sustainably Sourced
Save $2 per 1 lb of rotisserie turkey

ROTISSERIE TURKEY
Find it in the deli.

Mocktail Recipe
Sunset Sangria (Tropicana® Caribbean Sunset)

Ingredients:
- 2 oz Tropicana Caribbean drink
- 1.5 oz white grape juice
- 1/2 oz peach nectar
- 1 oz soda water
- Sliced orange for garnish
- Lime or lemon wedge for garnish

Instructions:
1. Fill glass with ice.
2. Pour Tropicana Caribbean Sunset drink, white grape juice, peach nectar and soda water into ice-filled glass.
3. Garnish with sliced orange, lime or lemon wedge.

Agalima and Master of Mixes are turning up the Heat in 2024!
EMBRACE THE CHEESY GOODNESS ON YOUR PLATE THIS SUMMER.

with Red Apple CHEESE

MANGO TABANERO NACHOS
Mango Habanero Gouda

SMOKED CHEDDAR BURGER

WISEGUY WHITE PIZZA
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summer yummin'
available at henhouse your market
Microwave Little potatoes for five minutes in kit provided. Let cool.

Combine seasoning pack, chopped green onions, and 1/2 cup mayonnaise.

Pour dressing over cooled potatoes. Stir gently. Serve.
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- Hepatitis B
- Influenza
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- Meningococcal
- Pneumococcal
- Polio booster
- Rabies (pre- and post-exposure)
- Tetanus/Diphtheria
- Tetanus/Diphtheria/Pertussis
- Typhoid Fever
- Yellow Fever (state-certified)

Most vaccines are available for order within one business day.
We recycle 300 TONS of cardboard each month.

Our salad bar uses recycled cardboard containers.

We collect and recycle any plastic bags at each of our stores. Our Bag to Bag recycling program diverted nearly 124 Tons of plastic bags from landfills last year.

We have improved truck fleet efficiency by 17.3% in the past year.

We, along with our customers, have provided over 463,000 meals to Harvesters per year.

We compost approximately 40 tons per month.

We use energy efficient bulbs in our store - 40% More energy efficient.

We are the No. 1 recycle collection center in Kansas City for Ripple Glass each year.

All light bulbs and ballasts, used steel, aluminum and copper materials are recycled.

We use a Super High Efficiency refrigeration system that saves over 15% in energy.

We use heat reclamation from refrigeration compressor to heat water for internal use reducing the need for hot water heaters and therefore using less energy.
Indulge in the sweet flavors of summertime with locally made Tippin’s Pies.

TippinsPies.com