

FREE
OCTOBER 2010

Brookshire's

celebratecooking



apples and squash
and pumpkins **oh my**
spook-tacular Halloween treats

Vol 4
Issue 6



Dear friends,

October is a month of transition, with the return to crisp, clear days and the crimson and golds of fall's dramatic foliage. To mark the seasonal turn, we've made some great changes of our own at Celebrate Cooking, and we think you'll enjoy our new features and layout! To make our recipes even easier to use, we've come up with a handy legend that gives you the recipe line-down in an easy-to-read format. Our recipes now contain symbols that refer to specific cooking and dietary requirements. Whether you're in a hurry or following a special diet, just look for our new quick-prep time and the following symbols in our recipe key: GF (Gluten-Free), DF (Dairy-Free), LF (Low-Fat).

For food sensitivities, the GF symbol indicates gluten-free recipes that taste great while DF options are specially designed for diabetics to be low in carbohydrates and added sugars. For those watching their waistlines or heart health, it's easy to find a low-fat option that guarantees only 5 grams or less of fat per serving! And, when you're in a rush to get dinner on the table, our new timer symbols indicate meals that can be prepared and cooked in under thirty minutes. Thanks to these changes at Celebrate Cooking, cooking and recipe-finding has never been easier!

I hope you're enjoying the changes Autumn brings because I love it! Enjoy the cooler temperatures and beautiful fall colors as you soak up the best rays of sun outdoors and leaf through the great new features at Celebrate Cooking.

Brooke
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Askbrook@brookshires.com

brooke's best bets

Q: What are your favorite foods you always have on hand?
A: Black beans, potatoes, bell peppers, carrots and oranges. Top choice is my favorite food, so mostly ingredients that encompass that cuisine.



colorful plate

When I cook, I love creating colorful plates that not only look great, but provide different nutrients, as well. It's fun to think about all the different fruit and vegetable families by color, trying to figure out which foods will both taste and look good together in my dishes. Avocados and green beans are my favorite greens. Carrots and cantaloupe make wonderful oranges and for rich purples, give me eggplant and ripe plums.

ask Brooke { Email questions for Brooke to askbrook@brookshires.com }

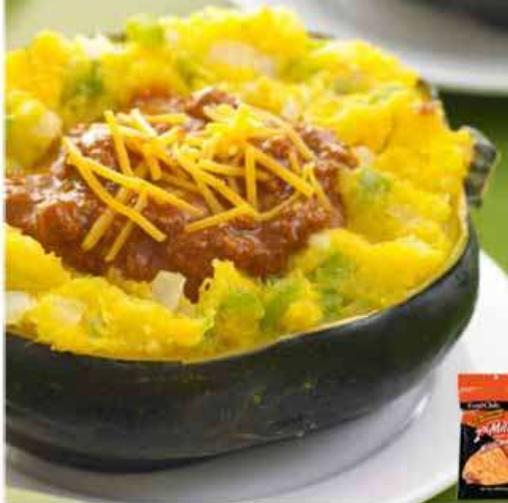
Tool of the Month: Apple Corer

When I think of autumn, I think of warm apple pie. That's why I love my easy-to-use apple corer. I keep it handy to save time and energy so my family can enjoy fall's delicious apple bounty throughout the season.



cozy up to autumn

Welcome autumn into your kitchen with a menu that celebrates the hearty flavors of fall. Whether roasted with butter and garlic, or in a delicious casserole baked with melted cheddar, your family will enjoy a meal with fun for a bowl of nature's favorite gourd.



mashed acorn squash with ginger

Prep Time: 20 minutes Cook Time: 18 minutes
Serves: 2
2 lbs butternut squash, peeled and cut into 1 1/2 inch cubes
1 1/2 Tbs unsalted butter
1/2 tsp ground ginger
Salt and ground white pepper, to taste

In large soup kettle with steamer basket, fill kettle with enough water to come to bottom of basket. Bring water to boil, add squash to steamer. Cover, and cook over medium high heat until squash is very tender when pierced with a thin-bladed knife, 14 - 16 minutes. Transfer squash to shallow bowl, add butter, ginger and salt and ground white pepper, to taste, mash with fork to a coarse puree. Adjust seasoning with salt, pepper and serve.

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chili baked squash

Prep Time: 20 minutes Cook Time: 1 hour 15 minutes
Serves: 6
2 medium acorn squash
1 Tbs olive oil
1/2 cup bell pepper, chopped
2 cloves garlic
1/2 cup onion, chopped
1/2 cup 2% cheddar cheese, shredded
1 (15 oz) can turkey chili
2 slices turkey bacon, cooked, crumbled
2 Tbs green onions
1 cup full-fat sour cream
Salt and pepper, to taste

Preheat oven to 350° F. Poke squash with a fork and place in the microwave for 5 minutes or until tender enough to cut. Halve squashes lengthwise and remove seeds. In a large baking dish, pour water into dish until 1/4 full and place squash cut side down; bake for 30 minutes. While squash is cooking and almost done, sauté bell pepper, garlic and onion in olive oil until vegetables are tender. Once squash is tender remove from oven and scoop out inside. In a large bowl, combine squash, vegetables and cheese. Pour water out of baking dish, place squash right side up in dish and return to oven for 10 minutes, or until cheese is melted. While squash is in the oven, heat chili as instructed on can. Take squash out of the oven and top with chili, bacon, green onions and sour cream. Salt and pepper, to taste.

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Brookshire's
food pharmacy

share meals. share life.

THESE SAVINGS GOOD
WEDNESDAY, OCTOBER 6 THRU
TUESDAY, NOVEMBER 2, 2010



Look for this tag in our stores to find the great items advertised in this issue of Celebrate Cooking.

Brookshire's welcomes you to our very own pumpkin patch

Children will fall in love with our big, carve-worthy jack-o-lantern pumpkins while you can choose one or two of our harvest-fresh selections to bake a delicious pumpkin pie. In either case, before or after all the excitement of Halloween trick-or-treating, you and your family can enjoy roasting the seeds for a nutritious and tasty snack.

This fall, pick your perfect pumpkin at Brookshire's, and carve out a little time to make a colorful autumn memory your family will remember forever.



For questions or comments call toll free 1-888-WE-RESPOND (1-888-937-3776). List of advertised specials available online at brookshires.com. All photographs, design, printing and preparation services are subject to availability. Supply, price, amount, time, date, store, etc. may vary without notice.