

MARIANO'S

JULY-SEPTEMBER 2019

**HEAD TO
MILWAUKEE**

Our fuel points
make summer
road trips easy

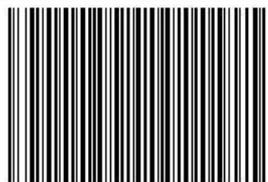
Perfect PARTIES

ALL THE ESSENTIALS FOR A FUN SUMMER SHINDIG

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COUPONS
(AND MORE!) INSIDE**

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A Culinary Connection



As we enjoy what is arguably Chicago's best season — summer! — by indulging in the fresh seasonal produce and opportunities to gather with loved ones outside, I want to take a moment to celebrate our Mariano's team for their work on Stuff the Squad, our annual food drive. Each year, we raise food donations for local food pantries with the help of both the Chicago Police Department and local police departments around our 44 stores. This year's drive runs from June through September across our various locations.

Stuff the Squad is just one of the ways that we use food to connect the greater community. Whether it's participating in outside events that unite food lovers such as Chicago Gourmet, or holding in-store community events like our Friday night Live at Mariano's! music series, food is a vehicle to bring us a little closer to our friends and neighbors. Because we believe a connected community is a strong one, we'll continue to make Mariano's both a community and a culinary destination. Take our focus on Hatch

chiles in August, for example, where we'll be showcasing the famous peppers in store, providing recipes and offering a curated selection of products. With these events, we hope to be more than a market — we strive to be a place you can come discover new culinary ingredients, connect with neighbors and feel a part of something special.

While offering these events and opportunities, we're still the store you know and love. So let us help make it easier to gather this summer with friends and family. From the spirits table to the buffet table, we have you covered for any type of event.

In keeping the customer front of mind, we strive every day to be the best we can be. We're continually grateful that you continue to be part of the Mariano's experience, and we look forward to serving you this season and well into the future.

Michael Marx,
President, Roundy's Division



This magazine benefits Blessings in a Backpack, which helps fight food insecurity in elementary school children. Every Friday during the school year, the nonprofit sends children who face hunger home with a bag of food for the weekend.

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WHAT'S IN STORE

The find New and in season at Mariano's



FRÖNEN

Locally made Frönen is a dairy-free, gluten-free, GMO-free, soy-free frozen treat. Made with just a small handful of simple ingredients, including honey and maple syrup instead of refined sugar, it's easy to indulge all summer long.



ROUXSTER'S COOKHOUSE

Created by locally lauded chef John Meyer, Mariano's new culinary counter – currently available at Bronzeville and Park Ridge locations – serves Southern favorites like Nashville Hot chicken sandwiches, shrimp po' boys, chicken gumbo and smoked gouda mac & cheese, plus Meyer's famous banana pudding and sweet potato pie.



POP STOP

New look, same great taste: Pop Stop's fresh-popped popcorn – made on-site all day – is available in flavors like plain, caramel, cheddar or the classic Mariano's Mix, and comes wrapped up in vibrant, fun new packaging.



PHOTO CAKE PRINTER

Take custom cakes to the next level with our new photo cake printer. Bring in a printed image to the bakery and our team of talented bakers will top one of our fresh cakes with your photo in frosting. Talk about a sweet celebration.

ILLINOIS LOTTERY

Now Mariano's shoppers will see Illinois Lottery machines installed in Mariano's stores, as well as special signage announcing the availability of Lottery games for purchase at the customer service counter. Additionally, Mariano's and the Illinois Lottery will team up for special in-store events and experiences in the coming months to celebrate the new partnership.



OAK LAWN FUEL CENTER

Whether you're looking to tackle multiple errands at once or fuel up for a summer getaway, the new Fuel Center at our Oak Lawn location is a fast way to strike an item off the to-do list. Bonus? Shop with your Mariano's reward card and you'll get 1 fuel point for every \$1 you spend. Redeem points at the pump for up to \$1 off per gallon.



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STORE LOCATIONS

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AURORA 3025 E. New York St. Aurora, IL 60504 630-236-0683	GURNEE 6655 Grand Ave. Gurnee, IL 60031 847-856-8502	PARK RIDGE 1900 S. Cumberland Ave. Park Ridge, IL 60068 847-696-2360
BANNOCKBURN 2999 Waukegan Rd. Bannockburn, IL 60015 847-267-0294	HARWOOD HEIGHTS 7401 W. Lawrence Ave. Harwood Heights, IL 60706 708-867-8543	RAVENSWOOD 1800 W. Lawrence Ave. Chicago, IL 60640 773-334-3549
BLOOMINGDALE 144 Gary Ave. Bloomington, IL 61018 630-671-9116	HOFFMAN ESTATES 2575 W. Golf Rd. Hoffman Estates, IL 60169 847-490-2043	ROSCOE VILLAGE 3350 N. Western Ave. Chicago, IL 60618 773-327-2093
BRIDGEPORT 3145 S. Ashland Ave. Chicago, IL 60608 773-247-2633	JEFFERSON PARK 5353 N. Elston Ave. Chicago, IL 60630 773-481-6731	SHOREWOOD 950 Brook Forest Ave. Shorewood, IL 60404 815-577-2741
BRONZEVILLE 3857 S. Martin Luther King Dr. Chicago, IL 60653 773-268-2839	LAKE ZURICH 1350 E. Route 22 Lake Zurich, IL 60047 847-438-4003	SKOKIE 3358 W. Touhy Ave. Skokie, IL 60076 847-763-8801
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CRYSTAL LAKE 105 Northwest Hwy. Crystal Lake, IL 60014 815-261-4705	LOMBARD 345 W. Roosevelt Rd. Lombard, IL 60148 630-629-3965	VERNON HILLS 1720 N. Milwaukee Ave. Vernon Hills, IL 60061 847-816-0994
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ELMHURST 678 N. York St. Elmhurst, IL 60126 630-782-0017	NORTHBROOK 784 Skokie Blvd. Northbrook, IL 60062 847-559-1145	WESTERN SPRINGS 4700 Gilbert Ave. Western Springs, IL 60558 708-246-6210
EVERGREEN PARK 2559 W. 95th St. Evergreen Park, IL 60805 708-422-2001	NORTHFIELD 1822 Willow Rd. Northfield, IL 60093 847-446-6870	WESTMONT 150 W. 63rd St. Westmont, IL 60559 630-964-2254
FRANKFORT 21001 S. LaGrange Rd. Frankfort, IL 60423 815-464-3376	OAK LAWN 11000 S. Cicero Ave. Oak Lawn, IL 60453 708-346-0698	WHEATON 625 S. Main St. Wheaton, IL 60187 630-690-6451
GLENVIEW EAST 25 Waukegan Rd. Glenview, IL 60025 847-724-4685	ORLAND PARK 9504 142nd St. Orland Park, IL 60462 708-226-0006	

Indicates store location with a 



ZERO HUNGER ZERO WASTE

While we've long committed to initiatives that tackle environmental and community health initiatives, we're taking it to the next level with our ambitious new Zero Hunger, Zero Waste plan. The new initiative of Mariano's parent company Kroger seeks to end hunger in our communities while eliminating company food waste — all by 2025.

Here's how we'll do it:



Continue to set and achieve goals that make us a zero-waste company by 2020 (we're right on track!).



Eliminate all food waste both in stores and across the company by 2025.



Increase our composting capabilities, turning unsold food into clean, renewable energy.



Reduce carbon emissions, adopt renewable energy and foster energy efficiency.



Establish a \$10 million innovation fund through the Kroger Foundation to help find sustainable solutions to hunger issues.



Donate 3 billion meals by 2025, with every donated meal being healthy, nutritious and well balanced.



Partner with like-minded organizations such as the World Wildlife Fund and Feeding America to tackle new challenges.



Advocate for public policy solutions that address food insecurity and divert food waste from landfills.



Use different outlets and approaches to transform Kroger communities and improve overall health for millions of American by 2025.

Inspired? Learn more at thekrogerco.com/sustainability — and join us in our mission.

It's in the bag



April Lee, the brains behind The Topsy Housewife blog, gives us a peek inside her bag.

"The grab-and-go food selection at Mariano's has the best food options for a quick, easy and delicious lunch."

"I shop at the Northbrook location. Find me at the hot bar, grabbing lunch while shopping to create recipes for my blog."



"I love being able to pick up thoughtful gifts while I'm doing my grocery shopping."



1. Floral department
2. Mariano's chicken & dumpling soup
3. Chateau dumplings
4. Mariano's buttercream cupcakes



5. Whispering Angel rosé
6. Summer sweet corn
7. Mariano's poke bowls
8. Barilla pasta
9. Talenti pistachio gelato



"I love the wine selection and the Mariano's case discount."

(15 percent off when you purchase four or more bottles — and keep an eye out for 20 percent off case sales, happening periodically throughout the year)



CHATEAU POTATO DUMPLING ALFREDO WITH SWEET CORN & ARUGULA

"I love working with and highlighting local brands, like Chateau Dumplings, a 92-year-old, fourth-generation, immigrant-founded family business. This recipe is great for summer because it's comfort food that cooks in minutes and is perfect for hot weather."

- 1 jar alfredo sauce
- 1 package of arugula and spinach mix (about 3 to 4 cups)
- 1 box of Chateau large potato dumplings, thawed and cut into bite-sized pieces (4 to 6 pieces per dumpling)
- 1 bag frozen corn or about 1 cup of corn cut from the cob
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon black pepper
- olive oil

Sauté corn in a skillet with olive oil. While cooking the corn, bring water for the dumplings to a boil and cook dumplings according to package directions.

Add the salt, pepper, paprika and garlic powder to the corn. Add a couple of handfuls of the spinach/arugula mix to the pan and sauté with the corn. Add alfredo sauce and let the mixture simmer.

Meanwhile, drain your dumplings and add to the sauce. Simmer for a couple of minutes. Add a final handful of the spinach/arugula mixture and incorporate into the dish. Top with Parmesan cheese.

A PERFECT HATCH

This August, Mariano's celebrates the Hatch chile with events, products and special prepared foods that celebrate the small green pepper.

About the Hatch chile:

Mini in size but mighty in flavor, the Hatch chile hails from Hatch, New Mexico, and has developed a devoted following thanks to a blend of heat, sweet and smokiness. The well-balanced taste makes the Hatch chile a versatile addition to a range of dishes, from stews to dips to burgers and sandwiches.

In August, Mariano's locations across the city and suburbs will have fresh Hatch chiles on hand. Also find Hatch-centric items across the store, from grocery items to prepared foods, perfect for spicing up any meal. Items include:

Products:

Private Selection Hatch Green Chile Potatoes

Hatch Green Chile Enchilada Sauce

Johnsonville Hatch Bratwurst

Prepared foods:

Deli/specialty cheese department:

Hatch Cheddar Cheese

Hatch Queso Dip

Hatch Mac & Cheese

Hatch Focaccia

Meat counter:

Hatch Pub Burgers

Hatch-Seasoned Bacon

Hatch Sausages



TEXAS-STYLE CHILI

Ryan Piotrowski, chef de cuisine, Dove's Luncheonette (1545 N. Damen Ave.)

"I like to use hatch chiles to brighten up my chili. They have a great texture, level of heat and acidity that helps lift the heavy flavors and cut the fat. By adding them to the chili at the end of the cooking process they act as a seasoning adjustment."

Serves 4

- 1 pound ground beef
- 1/4 pound ground pork
- 1/4 bunch celery, diced
- 1/2 medium yellow onion, diced
- 4 cloves garlic, sliced
- 1/2 small can chipotles, chopped
- 3/4 cup brown sugar
- 3 1/2 cups chicken broth
- 1 1/2 cups kidney beans, dry
- 1 cup Hatch chiles
- 2 teaspoons paprika
- 1 1/2 teaspoons mustard powder
- 1/8 teaspoon cayenne pepper powder
- 1 1/4 teaspoons cumin seeds, toasted and ground
- 3/4 teaspoon black pepper corns, toasted and ground

3/4 teaspoon coriander seeds, toasted and ground

1 bay leaf, toasted and ground

Submerge kidney beans in 2 inches of water. Cook at a simmer over low heat until they are no longer crunchy in the center. This will take nearly an hour to complete and more water may need to be added to the pot to keep the beans submerged as they swell with cooking.

When cooking is complete, season the beans in the cooking liquid with an ounce of salt and hold them in the liquid until ready to add to the meat and vegetables. In a large pot, cook the ground beef and pork until the meat begins to color. While the meat is cooking, toast the spices in a 350 degree oven. Allow them to cool, then grind in a spice grinder or blender.

Add all spices to the meat while it continues to cook. After mixing the spices into the meat, add the chipotle peppers and their liquid along with the garlic, onions, celery and brown sugar and continue to cook.

Once the onions begin to look clear, add the pork stock and bring to a boil. Reduce the heat to a simmer and cook for 30 minutes. Add the beans and a little bit of their cooking liquid. Bring to a boil one more time and turn off. Immediately add the hatch chiles.

Taste and salt if needed then top with plenty of cheese and scallions.



GREEN CHILE CHEDDAR BISCUIT SAUSAGE SANDWICH

Jeff Mauro, chef/owner, Pork & Mindy's

FOR THE BISCUITS:

- 3 cups self-rising flour
- 3/4 stick cold butter
- 1 3/4 cup buttermilk
- 1 cup aged yellow cheddar, shredded
- 1/2 cup fresh Hatch chiles
- 2 tablespoons melted butter

In a large bowl with pastry blender or fork, cut butter into flour until mixture resembles coarse crumbs. Add buttermilk and mix with fork until mixture forms soft dough and leaves side of bowl. Turn onto lightly floured surface. Sprinkle cheese and chiles on top and knead gently to mix dough thoroughly. Do not over mix. Roll or pat out dough to 1/2-inch thick. Cut biscuits with a 2-inch biscuit cutter. Do not twist.

Place biscuits in lightly oiled skillet, nearly touching. Brush tops lightly with melted butter. Bake at 425 degrees for 22 minutes or until lightly browned.

FOR THE SANDWICH:

- 1 roll breakfast sausage, cut into 1/2-inch slices
- 1 tablespoon butter
- 2 tablespoons all-purpose flour
- 2 cloves of garlic, minced
- 1 cup whole milk
- 2 teaspoon chopped chives
- salt
- pepper
- chopped chives

Heat a skillet to medium heat and brown sausage until crisp, about 5-6 minutes each side. Reserve fat in pan and set aside sausage. Add butter to reserved fat and melt. Add garlic and cook for 30 seconds. Whisk in flour and cook until blond in color. Slowly whisk in milk, salt and pepper and simmer until thickened. Crumble two of the cooked sausage patties and add with chopped chives to create a gravy.

TO ASSEMBLE:

With a fork, carefully split a hot biscuit into two. Drizzle a bit of honey on bottom biscuits and put sausage patty on bottom. Close and serve with a side of garlic sausage gravy for dipping.

HATCH CHILE SALSA VERDE

Rick Ohlemacher, executive chef, The Heritage (7403 Madison St., Forest Park)

"Hatch chiles work well with most proteins. They have a subtle earthy heat with vegetable undertones."

Makes 2 gallons

- 2 large Hatch chiles, charred on a gas burner or under the broiler until skin is mostly blacked, skin and seeds removed
- 2 large avocados
- 8 scallions, white parts only



GET BACK TO HUMAN
VEGAN | PALEO | NO REFINED SUGARS | DAIRY-FREE



FUEL UP AND HIT THE ROAD

The summer road trip has never been easier or more budget friendly thanks to Mariano's fuel points. Fill up the tank and head north to foodie haven **MILWAUKEE**, where delicious options await.

Sip: Colectivo Coffee
(13 Milwaukee locations)

This independently owned, Milwaukee-based coffee roaster is an artisan coffee pioneer, sourcing beans from origin and roasting each batch by hand since 1993. Stop by one of 13 Milwaukee locations and sip their award-winning coffee paired with fresh-baked pastries.

Snack: Milwaukee Public Market
(400 N. Water St.)

This food-lovers' paradise features local vendors – including Thai-namite, C. Adam's Bakery and Thief Wine Shop & Bar – hawking a wide range of both prepared and packaged creations. Feeling inspired? Plan your next trip around one of the market's many cooking classes.

Savor: Tre Rivali
(200 N. Broadway)

Former Sable chef Heather Terhune – who appeared on season 9 of "Top Chef" – now helms the kitchen at Tre Rivali, creating a Mediterranean menu with dishes like pappardelle with braised pork neck ragout, olive oil-brained charred octopus and grilled swordfish with creamy corn flan.

Stop: Mars Cheese Castle
(2800 W. Frontage Road, Kenosha)

Situated between Chicago and Milwaukee, Mars Cheese Castle provides a delicious mid-trip stop. Stretch your legs while stocking up on locally made artisan cheeses, meats and beers; or grab a seat in the restaurant and dig into their legendary fried cheese curds.



FUEL POINTS

Shop: Metro Market
(1123 N. Van Buren St., Milwaukee; 4075 N. Oakland Ave., Shorewood)

Stock up on edible souvenirs at Metro Market locations, filled with plenty of Wisconsin-made foods, beverages and sweets. Pro tip: Friday nights, drop by the Van Buren or Shorewood locations to savor local food and drinks while enjoying live music from local artists.

Stay: Brouhouse Inn & Suites
(1215 N. 10th St.)

The iconic Pabst Brewery has been converted into a unique hotel with historic spaces, sustainable design and stellar service. Drop by the on-site Jackson's Blue Ribbon Pub for classic American food, local beers and spirits and warm Wisconsin hospitality.

Shop using your Mariano's Rewards Card and you'll earn 1 fuel point for every \$1 you spend. To redeem fuel points, simply scan your Mariano's Rewards Card at Mariano's Fuel Centers or participating BP and Amoco fuel stations, and get up to \$1 off per gallon of gas. Still accumulating those points? Customers who haven't earned enough for a discount will still receive 3 cents off per gallon.

**Look for specially marked items at Mariano's, which come with additional fuel points.*



PROUD OF WHAT'S NOT IN OUR FOOD.

MARIANO'S PRICE EFFECTIVE: THROUGH MONDAY, SEPTEMBER 30, 2019. 

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MARIANO'S PRICE EFFECTIVE: THROUGH MONDAY, SEPTEMBER 30, 2019. 

\$1 OFF

SIMPLE TRUTH CAGE FREE EGGS

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\$1 OFF

SIMPLE TRUTH ORGANIC FROZEN FRUIT

10 oz. varieties

LIMIT 1 OFFER PER PERSON WITH THIS COUPON

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EXCLUSIVELY AT



*For every 100 Fuel points redeemed up to 1,000, earn 10 cents off per gallon on BP fuel, up to \$1 per gallon. Mariano's members who have not earned 100 points will earn 3 cents off per gallon. All points are valid for a single use only, up to 35 gallons. Any unused rewards are forfeited. May not be valid with other offers. Points expire at the end of the following month they have been earned. Rewards are redeemable at participating locations. Not valid where prohibited by law. See www.marianos.com for details and participating locations.

TIME TO GATHER

Sunny days and warm nights provide the perfect backdrop for gathering with friends and family. To keep the table filled with delicious, seasonal food and drinks, we turned to top local chefs to share their favorite dishes for summer entertaining. Light up the grill, gather your favorite people and spend time connecting while enjoying the best thing about Chicago – summer!

GRILLED CORN WITH HERB & LIME BUTTER

Brian Jupiter, executive chef/partner, Frontier (1072 N. Milwaukee Ave.) and Ina Mae Tavern & Packaged Goods (1415 N. Wood St.)

"This recipe is the perfect side for any summer gathering, especially if you are grilling other dishes. It's easy and quick for the host to prepare and cook, and is a nice twist on the classic corn on the cob. It's always a crowd pleaser."

Serves 4-6

- 4 whole ears of corn
- 1/2 cup butter
- 2 tablespoons chopped cilantro
- 1 tablespoon lime zest
- 1 tablespoon lime juice
- 1 teaspoon garlic
- 1 teaspoon salt
- 1 teaspoon pepper

Leave the butter to sit out and soften, then whip with all ingredients except the corn.

Remove the husk from the corn and drizzle with oil, then sprinkle with salt and pepper. Place the corn on a hot grill and cook on all sides until cooked through, about 15 minutes. (To check that corn is done, pierce kernels with a knife. When they feel tender, corn is done.)

As the corn finishes cooking, baste with the butter mixture, then serve.



SALMON WITH SUMMER CORN SALAD

Sarah Stegner and George Bumbaris, chefs/owners, Prairie Grass Café (601 Skokie Blvd., Northbrook)

"With this salad, it can make a difference how tender the corn is and when it is picked. The early season corn is always the sweetest and most tender."

Serves 4

- 4 filets Wild Alaskan salmon
- 2 cups shaved fresh corn*
- 1/4 cup red tomatoes, no seeds, finely diced
- 1/8 cup red onion, finely diced
- 2 tablespoons fresh cilantro, finely chopped
- juice from 1 lime

- splash of rice wine vinegar
- drizzle of honey
- olive oil
- salt
- fresh white pepper
- fresh herbs (thyme, parsley, chives or a mix)

Marinate salmon in fresh herbs and olive oil. Set aside.



Mix all vegetables and the cilantro in a medium bowl. In a separate bowl, create a basic vinaigrette with lime juice, vinegar, honey and olive oil. Toss vegetables with vinaigrette to taste and season with salt and pepper.

Season salmon filets with salt and pepper. Grill or sauté skin-side down for 2-3 minutes, then flip to cook for another 3-4 minutes. Top with corn salad to serve.

**If the corn is not first of the season tender, blanch in salted boiling water or grill.*



UNDYIU (VEGETABLE CLAY POT)

Marisa Paolillo, chef/owner, Mango Pickle (5842 N. Broadway St.)

"I love this recipe because it is the quintessential melding of a regional traditional preparation with seasonal local ingredients."



GRILLED STEAK TACOS

Rick Ortiz, chef/owner, Antique Taco, (1360 N. Milwaukee Ave.; 1000 W. 35th St.; 125 S. Clark St. in Revival Food Hall)

"There is nothing like grilling carne asada in the backyard. It is a quick and easy dish to cook anytime. The whole family loves it!"

Serves 12

STEAK:

- 2 pounds inner skirt steak
- 2 limes
- 1 tablespoon olive oil
- 1 tablespoon kosher salt
- 1/2 cup beer, preferably lager

SPICE:

- 1 tablespoon ground ancho chile
- 1 tablespoon paprika
- 1 tablespoon kosher salt
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- 2 teaspoons Mexican oregano

SALSA:

- 4 roma tomatoes
- 4 garlic cloves, roasted
- 1/2 yellow onion
- 2 arbol chilies, chopped
- kosher salt to taste

TOPPINGS:

- 1 cup crumbled queso fresco
- 2 cups arugula
- 1 cup red onion, sliced thin

- 2 limes, cut into wedges
- kosher salt to taste
- 1 dozen yellow corn tortillas

Trim any excess fat from the inner skirt steak, then marinate with squeezed limes, olive oil, kosher salt and beer for 30 minutes to 1 hour.

Preheat grill to 350 degrees. Once grill is nice and hot, char the roma tomatoes and yellow onion. Wrap the garlic and chopped arbol chilies in aluminum foil and cook over the grill with the tomatoes and onion.

Once the tomatoes, onions, garlic and chiles have nice, deep color, place them in a bowl. Add salt and mash with a fork. Keep this salsa warm.

Bring the grill to 400 degrees. Lightly pat the skirt steak dry and liberally season both sides with the spice mixture. Place the skirt steak directly on the grates and grill the first side for 5-6 minutes (depending on the thickness of the skirt steak). Flip the steak and grill for another 2-3 minutes. Remove the skirt steak directly to a cutting board and let it rest for 2-3 minutes. (Important note: do not move the steak while cooking. If your grill begins to flare, close the lid to calm the flame.)

Quickly heat both sides of the tortillas until they puff. Stack them in a cloth towel and wrap. Slice the skirt steak against the grain. Immediately assemble steak on a hot tortilla and garnish with warm salsa, arugula, cilantro, onion, lime, queso and a pinch of salt.

Serves 4-6

FOR THE MASALA:

- 1 cup cilantro, coarsely chopped with medium and thin stems
- 5 curry leaves
- 1/2 cup new spring green garlic with stems, coarsely chopped
- 1 serrano chili
- 1 1-inch piece of raw ginger, peeled
- 1 teaspoon sugar
- 1 tablespoon sesame oil

- 1/2 teaspoon turmeric
- 1 tablespoon sesame seeds
- 1 teaspoon coriander powder
- 1 tablespoon garam masala salt to taste

VEGETABLES:

- 8 spring onions, sliced into thirds
- 2 new spring green garlic, sliced into thirds
- 1 cup snap peas
- 1 cup fingerling potatoes, sliced 1/4-inch thick

TO GARNISH:

- 1 cup grilled asparagus
- 1/4 cup sesame seeds
- 1/2 cup cilantro, chopped
- handful of pea shoots

Blend all masala ingredients in a food processor and toss into the vegetable mixture. Place mixture into a terra cotta pot or stock pot with 1 cup water. Seal tightly. Cook low and slow on the stove for 20 minutes, lightly stirring to ensure that vegetables do not stick to the bottom. Transfer the mixture to the oven and cook at 350 degrees until the vegetables are tender, about 20 minutes. Top with grilled asparagus, toasted sesame seeds, chopped cilantro and pea shoots.



STRAWBERRY GIN BUCK COCKTAIL

Frontier (1072 N. Milwaukee Ave.)

- 9 ounces gin (Frontier likes Prairie Organic)
- 4 1/2 ounces strawberry simple syrup
- 4 1/2 ounces lime juice
- 12 ounces ginger beer
- lemonade
- ginger ale
- lime

Add all ingredients into punch bowl with ice and lime wheels. Top to taste with half lemonade, half ginger ale. Garnish with fresh lime wedges.



Wild Cherries

Digging into a bowlful of cherries is one of summer's sweetest snacks. But cherries can easily be incorporated into a wide range of recipes, too. From main dishes to desserts, local chefs share their favorite ways to cook with the bright red fruits.



CHERRY CRUMBLE

Maynard Llera, culinary director, The h.wood Group, including Mason (613 N. Wells St.)

"This summer dessert is a delicious combination of sweet cherries and walnut crumble baked to crunchy perfection and served with a scoop of vanilla ice cream."

Serves 12

CRUMBLE

- 1/2 pound cold butter, cubed
- 1 1/2 cups brown sugar
- 1 1/4 cups flour
- 1 cup rolled oats
- 1/2 cup walnuts
- 1/2 teaspoon salt

Put all ingredients into a food processor. Pulse until crumbs are pea-sized, roughly 10-15 pulses. Set aside.

FILLING

- 6 1/2 cups fresh cherries, pitted
- 1 1/4 cups sugar
- 1 1/4 cups water
- 5 tablespoons corn starch
- 2 tablespoons salt
- 2 tablespoons lemon juice

Mix together water and corn starch. Set aside. In a pot, mix cherries and sugar. Pour in corn starch mix. Cook over low heat for 35 minutes. Once cool, add lemon juice.

Place cherry mix into a 9-inch pie dish. Top with walnut crumble mix. Bake at 350 for 30 minutes, or until crumble is golden brown. Cool and store.



HAM AND CHERRY APPETIZERS

Erick Williams, chef/owner, Virtue Restaurant & Bar (1462 E. 53rd St)

"I love using cherries while they are in season because they are so versatile. They don't only have to be used in a sweet dessert, but are a great complement to a savory meat like ham or in a rum cocktail."

Serves 4

- 1 cup cherries, halved
- 1 tablespoon olive oil plus more for drizzling
- 1 cup whole-milk ricotta
- 1/2 baguette, sliced 1/2" thick and toasted
- 8 thin slices of prosciutto

Combine cherries, 1 tablespoon olive oil and a pinch of salt and pepper in a medium bowl. Let macerate just until fruit begins to release juices, 15 minutes.

Drizzle toast with olive oil and spread with ricotta. Place prosciutto atop the ricotta and top with cherries. Drizzle with more oil if desired, and juices from bowl.



ANTS ON A LOG

Tim Graham, chef

"In kindergarten in the Midwest, we often had 'ants on a log' for our afternoon snack. I wanted to update that childhood version with a fun take for adults."

Serves 10

- 1/2 pound chicken livers, cleaned and soaked
- 1 dash pink salt
- 1/2 white onion, julienned
- 4 tablespoons olive oil, divided
- 1/2 cup brandy
- 1/2 cup cream
- 1/2 cup peanut butter
- 2 tablespoons brown sugar
- 2 tablespoons sherry vinegar
- 1/4 pound butter, cubed
- 1 teaspoon salt
- 1/2 cup bourbon
- 1/4 cup dried cherries
- 10 stalks of celery, washed and cut into thirds

Drain chicken livers, season with pink salt and set aside. Sauté white onion in 2 tablespoons of olive oil over medium heat until brown. When done, place in blender. Add chicken livers to same pan, sauté over medium heat in remaining olive oil until medium, when they start to release a red liquid (this is hemoglobin).

Add brandy to the pan, light the mixture with a stick lighter and allow the flames to dissipate. When the flames go off, all of the alcohol has burnt off. Add cream and bring to boil. Reduce heat and add to blender with onions. Add peanut butter, brown sugar and sherry vinegar to blender, then puree until smooth.

With blender still running, add butter one cube at a time until fully emulsified. Season with salt and refrigerate until ready to use.

Heat a sauce pan over medium heat until hot. Add bourbon to the pan, light with a stick lighter and allow to flame off. Add dried cherries and set aside to cool.

To assemble, spread chicken liver mousse onto each piece of celery and garnish with bourbon cherries. Serve immediately.

ALSATIAN CHICKEN

Doug Wroble, chef/manager, Space 519 | The Lunchroom (200 E. Chestnut St.)

"The fresh flavor of ripe cherries personifies early summer. In this dish, the sweetness of the ripe cherries balances the tartness of the vinegar in the sauce. This dish works as well as for a dinner party as it does outside for a family gathering."

Serves 4

- 1 three-pound chicken, cut into 8 pieces
- 2 teaspoons olive oil
- 6 tablespoons butter, divided
- 8 cloves garlic
- 4 shallots, minced
- 1 cup cider vinegar
- 3 tablespoons honey
- 1 cup dry Riesling (or other dry but fruity white wine)
- 3 tablespoons tomato paste
- 1 cup chicken stock
- 2 cups cherries, pitted and halved
- 1 tablespoons finely chopped fresh parsley
- salt
- pepper

Season chicken with salt and pepper.

Heat olive oil and 2 tablespoons butter in a large skillet over medium-high heat. Add half of the chicken pieces, skin-side down, and sear until well-browned, turning once, about 10 minutes per side. Remove and set aside. Repeat with remaining chicken pieces.

Pour off fat in pan, reserving just enough to thinly coat the skillet.

Reduce heat to medium, add garlic and shallots and cook, stirring frequently, until soft and slightly brown, about 3-5 minutes. Deglaze skillet with vinegar, honey and wine, scraping brown bits off bottom with a wooden spoon. Continue to cook until you have reduced vinegar mixture by about one-third (around 3-5 minutes) then stir in tomato paste.

Add chicken stock. Return chicken to skillet and simmer for 10-15 minutes. Turn chicken and continue cooking until juices from chicken run clear, about 15 minutes more. (If sauce becomes too thick, thin with a small amount of chicken stock or water.)

Transfer chicken from skillet to platter and set aside.

Increase heat to medium-high, add cherries and continue cooking until sauce is thick and glossy, about 5 minutes. Cut remaining butter into small pieces. Remove skillet from heat and whisk butter into sauce. Adjust seasoning with salt and pepper.

Stir any drippings from the chicken back into sauce. Return chicken to skillet, turning to coat evenly with sauce. To serve, arrange chicken on platter, pour remaining sauce over the pieces and sprinkle with parsley.



CHERRY MUSTARD

LM Restaurant Group, Grant Park Bistro (800 S. Michigan Ave.), Land & Lake Kitchen (81 E. Wacker Drive), Troquet River North (111 W. Huron St.) and more.

- 2 pounds pitted fresh bing cherries (frozen sweet cherries will work as well)
- 1 cup white distilled vinegar
- 1 cup Sugar in the Raw or granulated cane sugar
- 1 teaspoon allspice
- 1 teaspoon kosher salt
- 3/8 cup whole grain mustard
- fresh ground black pepper to taste

Combine cherries, vinegar, sugar and salt in a heavy-bottomed pot or Dutch oven. Bring to a simmer over medium heat, stirring frequently until sugar is dissolved and ingredients are well combined. Continue to cook on low until cherries soften and liquid begins to thicken, about 30-45 minutes. (Note that frozen cherries will soften quicker, but may need more time to reduce since they release more liquid than fresh cherries.) Strain mixture through

a colander and reserve liquid.

Add cherries to a food processor and add cooking liquid until cherries are almost covered. Puree mixture until well blended. Add mustard and gently pulse until just incorporated. Add some fresh ground black pepper at this point if desired. Mix well and allow to cool.

Serve with pork, beef, on a cheese plate, or with rillettes and mousses.

SUMMER with Tito's

Tito's Handmade Vodka has developed a devoted following – and become a favorite of Mariano's shoppers – thanks to a smooth, flavorful profile that provides an ideal base for fun summer cocktails. Here, local experts share how they'll be savoring the spirit this summer.



THE BARRYMORE

PJ O'Connor, head bartender, Chicago Cut (300 N. LaSalle Dr.)

"I love this refreshing cocktail on a hot summer day. It has all the elements – sweet, floral, mint and bubbles – plus just enough Tito's to make it the perfect drink."

- 2 ounces Tito's vodka
- 1/2 ounce St. Germain liquor
- splash of Champagne
- sprinkle of cane sugar
- 3 fresh strawberries
- 3 mint sprigs
- 1 cup crushed ice

Muddle the strawberries in a cocktail shaker and sprinkle with cane sugar. Add Tito's, St. Germain and ice. Shake vigorously and pour over crushed ice into a snifter. Top with a splash of Champagne and stir in mint sprigs.

WHITE COSMOPOLITAN

Callan O'Leary, mixologist, Martini Room (161 E. Chicago St., Elgin)

"I like this cocktail because it's refreshing, balanced and not too sweet. Plus, it's super easy to make."



- 1 1/2 ounces Tito's vodka
- 1/2 ounce triple sec or any other orange liqueur
- 1/4 ounce lime juice
- 3/4 ounce white cranberry juice
- 1-2 leaves of fresh mint, plus extra for garnish
- lemon slice for garnish

Place mint leaves into a cocktail shaker. Add all liquid ingredients. Add about 1/2 cup of ice. Shake well for about 20 seconds. Pour into chilled cocktail glass. Garnish with lemon and mint.



TITO'S SPRING SODA

Sarah Traynor, cocktail and spirits director, Brass Heart (4662 N. Broadway St.)

"When we opened, I polled our first guests for our vodka selection and Tito's was definitely a favorite. I also lived in Austin, so I feel the love for Tito's!"

- 2 ounces Tito's vodka
- 3 strawberries
- 4 basil leaves, plus more to garnish

- 3/4 ounce lemon
- 3/4 ounce basil syrup*
- 2 ounces soda water

Muddle strawberries with a splash of vodka on top – this helps break them down. Add lemon juice, basil syrup, Tito's and torn basil leaves. Stir. Top with soda and stir again.

*Substitute two lemon wedges and extra strawberries if you prefer no basil syrup



*BASIL SYRUP

- 1/2 cup fresh basil
- 1/2 cup spinach (for color only, don't worry about flavor)
- 1 cup simple syrup

Blanch basil and spinach for 10 seconds in boiling water, strain into a colander and place the colander in an ice bath to retain the color of the greens. Pulse the basil/spinach 3-4 times in a blender with 1 cup simple syrup. Double strain. Syrup keeps for a week.

WATER COOLER TALK



Pedro Soto, bar manager, Terra and Vine (1701 Maple Ave., Evanston)

"We wanted to offer something that invoked summer and refreshment, especially for our patio. What could be more iconic for summer than watermelon?"

- 1 1/2 ounces Tito's vodka
- 1/2 ounce lime juice
- 1/2 ounce simple syrup
- 2 1/2 ounces watermelon juice
- 1 sage leaf (optional)

Mix vodka, lime juice and simple syrup and shake with ice. Strain into ice-filled Collins glass and top with watermelon juice. Garnish with sage leaf (optional).



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Maybe it's just us, but we think every shopping trip is enhanced when it begins with a piping hot cup of coffee in your hands. That's why we sourced the legendary roasters at Vero Coffee and Gelato to create an in-house authentic Italian café experience.



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BE THE CHANGE

Giving back has always been part of LaDell Johnson's life. Growing up down the street from where she lives now in the Kenwood-Oakland neighborhood, her parents preached the value of helping others, and even when she was young, Johnson volunteered at a local preschool. "My parents helped others, and it rubbed off on me," Johnson says.

That lesson stuck. Decades later, Johnson heads up St. Elizabeth's Food Pantry, a volunteer position that involves coordinating both the parish's weekly on-site pantry and the monthly mobile pantry. She places food orders, coordinates deliveries from the Greater Chicago Food Depository, manages volunteers, prepares food for clients and promotes the pantry through social media, word of mouth and distributing flyers at local businesses. "The door is open to anybody," she says. "We want to serve the community."

Johnson connected with St. Elizabeth's 25 years ago, when she enrolled her son in the parish school and started going to mass there. "[St. Elizabeth's] and I have been joined at the hip ever since," Johnson says. Since then, she has been an integral part of the parish community, and three years ago, she took over pantry duties. "The St. Elizabeth community opened my eyes to what I needed to do," she says. "I have this expression: If it's to be, it's up to me. I can't do everything by myself, but I'm going to do what I can to make it work."

While she coordinates most facets of the operation, Johnson relies on volunteers to help unload trucks, bag groceries and coordinate distribution. While the weekly pantry duties require three volunteers, the mobile pantry requires a team of 30 or so. According to Johnson, volunteers range from students and adults who need service hours to Chicagoans just looking to give back. "One of the things I demand from my volunteers is that they treat everyone with respect," she says. "Because you could be on the other side of that table. You got to give respect to get it."

In addition to her duties at St. Elizabeth, Johnson works full-time as a security guard in the Loop, helps people who have lost a loved one to violence through Chicago Survivors and spends time with her family, including her five grandkids. "When you get off work, you find the energy to do what you need to do because it's your passion. If it's your passion, you're not tired."

**St. Elizabeth's food pantry is open Thursday nights from 6-8 p.m., and the mobile pantry is open the 4th Saturday of the month from 10 a.m.-noon. Looking to volunteer? Email LaDell at giaoffour@gmail.com.*



From left to right: Watch Commander Matt Wolenberg, Officer Dawn Odoi, Officer Angelo Tenerelli, Bloomingdale Mayor Franco Coladipietro, Director of Public Safety Frank Giammarese, Officer Jonathon Chrabot, Deputy Chief Tim Roberts, Officer Phillip Jaffe



SQUAD GOALS

At our signature Stuff the Squad events, Mariano's teams up with local police departments to deliver food to community organizations battling food insecurity. We couldn't do it without strong partnerships with groups like the Bloomingdale Police Department.

"It's given us an opportunity to give back to the community and help others who may be in need of support," says Director of Public Safety Frank Giammarese.

A 31-year police veteran, Giammarese heads up a department of 65 employees, including 50 officers, to serve Bloomingdale, a city of 22,000 people west of Chicago. "We have a special community with special people. That's what gives us the drive every day to do the right thing for visitors and residents alike."

For Stuff the Squad, Giammarese and his team drop by Mariano's, fill their squad cars with bags of donated food, then drive them to the local food pantry. According to Giammarese, the positive impact of Stuff the Squad reverberates throughout the community. His team enjoys doing it, the pantry appreciates the police department's involvement and they set an example for giving back. "It embraces that philosophy of giving back to others, people who are a little down on their luck or going through some tough times," Giammarese says. "I think people appreciate the fact that the police aren't out there just doing police work, they're doing things to help. It's a positive experience for everybody."

While Stuff the Squad provides a more formal way to get involved, Giammarese and his team stay

connected to the community through day-to-day activities. "I shop at Mariano's personally, so we have our professional approach one day and then the next day we might be in there having a cup of coffee or buying groceries. So we're very visible in the community."

Forging connections is essential to the department's success, and partnerships with local businesses like Mariano's help accomplish that mission. "We work very closely with a lot of community businesses that embrace the same philosophy of going above and beyond to do our part," Giammarese says. "Sometimes we have a tough job. But our overall objective is to make it a good community for everybody."

GOING GOURMET



TOMATO PIE

Todd Stein, executive chef/partner, The Bristol (2152 N. Damen Ave.), Formento's (925 W. Randolph St.) and Nonna's (925 W. Randolph St.)

"Tomato pie is a classic southern dish that is near to my heart, as my mother made this simple recipe growing up. Tomatoes are in their prime, making for a great late summer/early fall meal, and their sweetness is perfect for a savory pie like this one."

Serves 6

- 1 9-inch frozen pie shell
- 1/2 cup red onion, diced
- 6 Roma tomatoes, cut in half horizontally, lightly squeezed to remove excess juice (roughly chop to yield approximately 3 cups of chopped tomatoes)
- 1/2 teaspoon kosher salt
- 1/4 cup basil, chopped
- 2 cups grated cheese (we like a combination of sharp cheddar and Monterey Jack)
- 1/4 cup Parmesan, grated
- 1/2 cup mayonnaise
- 2 tablespoons Dijon mustard
- 1 teaspoon of hot sauce (I prefer Frank's Hot Sauce or Tabasco)

freshly ground black pepper

- 1 tablespoon horseradish

Set oven to 350 degrees. Set out pie crust to thaw for 10 minutes. Follow directions for the pie crust to pre-bake the shell, usually 8-10 minutes. Let cool.

Lightly salt the chopped tomatoes and set them in a colander over a bowl to drain. Squeeze as much moisture as you can out of the chopped tomatoes by using your hands or paper towels, pressing into the tomatoes down to release the moisture into the bowl below.

In a medium bowl, mix together cheeses, mayonnaise, hot sauce, black pepper, horseradish and Dijon mustard. The mixture should be the consistency of soft mashed potatoes.

Place the chopped onion over the bottom of the pre-baked pie crust. Place chopped tomatoes over the onions, then basil over the tomatoes. Spread the cheese mixture over the top to cover the pie completely.

Place in the oven and bake until browned and bubbly, about 25 minutes. Cool for 10 min before cutting and serving. Can be served hot, room temperature or cold, as desired.

Catch Todd Stein at the Mariano's tent at Chicago Gourmet!

Celebrating THE SPRITZ



Bright, bubbly and oh-so-refreshing, the Aperol Spritz blends three ingredients – Aperol, prosecco and soda – to create a light aperitif that's not just Italy's most popular, but ranks in the top 10 number of cocktails sold around the world.

Whip up a Spritz and make summer even sweeter – or drop by an upcoming Mariano's event to celebrate the cocktail.

THE APEROL SPRITZ

"An iconic collaboration of sweet meets bitter, the Spritz is an effervescent expression of summer in a glass. For me it's not summer until I'm enjoying one of these – and when doing so I'm instantly transported to a quaint al fresco patio in Italy." – **Serafin Alvarado**, Master Sommelier and Director of Wine Education at Southern Wine & Spirits

- Aperol
- prosecco
- splash soda
- orange slice

Fill a wine glass with ice. Combine prosecco, followed by Aperol in equal parts. Add a dash of soda. Garnish with an orange slice.

TOAST WITH US!

Mariano's will be celebrating the Aperol Spritz at our New City store as well as at Chicago Gourmet, where we'll be serving the Spritz in our Mariano's tent alongside dishes from chefs like:

- Todd Stein** The Bristol, Formento's, Nonna's
- Rob Boyd** Punch House
- Jimmy Bannos Jr.** Purple Pig, Piggie Smalls
- Greg Wade** Publican Quality Bread
- Cameron Grant** Osteria Langhe
- Kevin Hickey** The Duck Inn
- Tigist Reda** Demera

Check Mariano's Facebook page for info on our New City event, where you'll learn the finer points of crafting the cocktail, and swing by and visit us at Chicago Gourmet (September 27-29, Millennium Park).

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ROUXSTER'S OPENING

With Nashville Hot sandwiches, shrimp po' boys and smoked gouda mac & cheese, Rouxster's Cookhouse brings a dose of the south to our Park Ridge and Bronzville locations. To mark the opening, customers stopped by our Park Ridge store to sample chef John Meyer's homemade comfort food – soon to be a Mariano's customer favorite.



STUFF THE SQUAD

Local police departments team up with Mariano's for the 5th annual Stuff the Squad, which supports local food pantries through the sales of non-perishable food items at all Mariano's suburban locations. Customers can purchase food donations for \$1, \$5 or \$10. See our Facebook page or visit marianos.com for store dates and info.

When: July 13-20; August 17-24

CYPRESS GROVE EVENT

Sample Cypress Grove cheese alongside Goose Island brews with help from Goose Island's Beer Educator Cara Condon. Looking for more? Join Mariano's and Cypress Grove on July 21 from 4 p.m.-9 p.m. for a 400-person cheeseboard class (\$10).

When: July 20, noon-4 p.m.

Where: Bucktown Mariano's, 2112 N. Ashland Ave.

SHRED415 OUTDOOR SUMMER SERIES

Enjoy a live DJ, free food and drinks, goodies and giveaways at this free workout class, led by the experts at Shred415.

When: July 20, August 17, September 21, October 19, 9 a.m.-10:15 a.m.

Where: South Loop Mariano's, 1615 S. Clark St.

PINE RIDGE WINEMAKER EVENT

Winemakers from Pine Ridge Vineyards stop by three Mariano's locations to share samples of their Chenin Blanc and Viognier wines.

When: July 23 at Lakeshore East (333 E. Benton Pl.), July 24 at Westmont (150 W. 63rd, Westmont), July 25 at Bucktown (2112 N. Ashland Ave.), all events 5 p.m.-7 p.m.

Where: Visit our Facebook page for details!

CHICAGO GOURMET

Drop by the Mariano's tent at Chicago Gourmet to dig into food and drinks from chefs like Todd Stein, Kevin Hickey and more.

When: September 27-29

Where: Millennium Park, 205 E. Randolph St.



Dave Phinney Appearance

Award-winning winemaker Dave Phinney dropped by our West Loop location on May 22 for a meet and greet. The creator of wine lines Orin Swift and Locations shared the inspiration behind his wines while doling out samples, meeting fans and signing bottles.



WOMEN AT WORK

To celebrate Women's History Month, local female culinary artisans posted up at Mariano's stores throughout March to sample their creations. Artisans included Jenny Yang of Phoenix Bean Tofu, Evelyn Rivera of Muchacha Salsa, Megan Klein of Field & Farmer (formerly Here) and Chrishon Lampley of Love Cork Screw wines.

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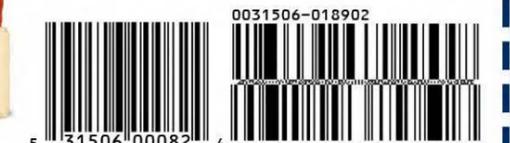
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Wine Down

Knowing our customers like a wider selection no matter what they're shopping for, we've added a Fine Wine Wall to several locations, including Arlington Heights, Bucktown, Naperville, Broadway and New City. These stores now boast a more expansive range of unique, innovative and special wines at a range of price points – including 75 to 100 new bottles.

Not sure what to choose? Here are a few current favorites:

Belle Glos Dairyman Pinot Noir, Russian River Valley, California

Grown near the Pacific Ocean, this complex pinot features blends, concentrated dark cherries and boysenberries, baking spices and minerality, and a rich, velvety texture.

Duckhorn Cabernet Sauvignon

This Napa Valley-based producer – one of California's most notable – has been creating complex, full-bodied, well-balanced cabernet wines from grapes grown around the area since the 1970s.

Quilt Cabernet Sauvignon

Quilt gets its name from weaving together grapes from nine different notable Napa Valley regions, resulting in a wine that's rich, structured and full-bodied, with notes of blackberry preserves, charred meat and molasses.

Veve Clicquot Rosé Champagne

Crisp, dry and clean with hints of strawberry and cherry, this sparkling rosé is extra satisfying on a warm summer day. But this classic bottle hits the spot year-round – and isn't just for special occasions.

Grgich Hills Estate Chardonnay

This certified organic Napa Valley wine boasts bright pear, apple and stone fruit flavors with balanced acidity, plus a long and lingering finish.



Play while you shop

Illinois Lottery is now at Mariano's



18+ Be Smart, Play Smart™ Must be 18 or older to play. Crisis counseling and referral services can be accessed at 1-800-GAMBLER or text "ILGamb" to 53342. For additional info or to exclude yourself, call 1-800-252-1775 or visit illinoislottery.com.



BLUEBERRY QUINOA PANCAKES

Matt Ayala, executive chef, Cochon Volant Brasserie (100 W. Monroe St.)

Kid: Henry, 5

"My son loves breakfast so we try to make fun options together, even during the week. One of his favorites, which is also a favorite at the restaurant, are blueberry quinoa pancakes. They're sweet pancakes but they're also a great source of protein because of the quinoa and blueberry jam. To keep things quick during the week, I make the blueberry jam and quinoa ahead of time."

FOR THE BLUEBERRY JAM:

- 2 cups frozen blueberries
- 3/4 cup orange juice
- 1/2 cup brown sugar
- 1 tablespoon red wine vinegar
- 1 teaspoon vanilla concentrate
- 1 teaspoon unsalted butter
- 1 teaspoon fruit pectin
- salt

Add orange juice, brown sugar, red wine vinegar, vanilla concentrate and unsalt-

ed butter in a sauce pot. Once brown sugar is dissolved and the mixture comes to a boil, add frozen blueberries and turn heat to low. Cook on low until the mixture starts to thicken. Once the blueberry jam thickens, remove from heat. Add pectin and salt to taste.

FOR THE PANCAKE MIX:

- 1 cup flour, sifted
- 2 eggs
- 1 pint whole milk
- 2 tablespoons unsalted butter
- 4 tablespoons cooked quinoa
- pinch of salt

Sift the flour and salt into a large mixing bowl. Whisk eggs and whole milk in a separate large bowl. Melt butter in a non-stick pan. Make a well in the center of the flour, add liquid mixture slowly and begin to mix. Once the milk and eggs are half incorporated, add melted butter. Once incorporated, add cooked quinoa and mix. (Make sure not to over mix. Think about making a biscuit; if you overwork biscuit batter, your biscuits will be tough. The same thing happens with pancakes.) Let the pancake mix stand for at least 30 minutes before cooking.

To plate, pile pancakes on top of one another and top with blueberry jam. Add maple syrup and powdered sugar if desired.



YOGURT & GRANOLA

Amy Morton, owner, Found Kitchen and Social House (1631 Chicago Ave., Evanston) and The Barn Steakhouse (Rear of 1016 Church St., Evanston)

Kids: Ruby Rae, 18; Abra J., 17; Taluhla Rose, 15

"One of our family favorites is homemade granola and plain low-fat Greek yogurt. I don't use exact proportions, as it's best to make it based on texture that you like. It's quick, easy, delicious, healthy and gives you great energy to start your day!"

- | | | |
|---|------------------------------|----------------------|
| oats (for best results, don't use stone ground) | unsweetened shredded coconut | raw cashews |
| slivered almonds | dried strawberries | maple syrup or honey |
| | cocoa nibs | olive oil |
| | | salt |

Combine all ingredients. Bind with maple syrup or honey and a bit of olive oil. Pour onto baking sheet and mix together well directly on baking sheet with your hands until the mixture is good and sticky. Cook in oven at 325 for 15-20 minutes, or until desired crunch is reached. Mix with Greek yogurt and serve.

SOUFFLÉ PANCAKE WITH FRESH FRUIT, YOGURT AND HONEY

Matthias Merges, chef/proprietor, Folkart Management Hospitality Group

Kids: Gretl, 17; Tatum, 14

"The best part of this dish is that my kids love it. For busy working parents, it's easy to make everything the night before. You have a half-hour while it cooks, so you can get the kids ready and then enjoy a delicious breakfast to start the day."

FOR THE BATTER:

- 4 whole eggs
- 1 cup 2% milk
- 2/3 cup organic whole wheat flour
- 4 tablespoons butter, divided
- 1 tablespoon raw sugar
- juice of one lemon

FOR THE FRUIT:

- 1 sliced honey crisp apple
- 1 sliced banana
- 1 pint raspberries
- 3 springs mint, leaves picked
- 1 tablespoon organic raw honey

Combine fruit in a mixing bowl. Mix together and reserve.

Preheat oven to 400. Combine batter ingredients minus 2 tablespoons of butter in blender. Blend on high for one minute. Let mixture sit for 15 minutes, or overnight in the refrigerator.

When it's time to cook, heat a small cast iron pan over medium flame until hot. Add two tablespoons butter and coat bottom of pan.

Pour pancake mixture in hot pan and carefully transfer to oven. Cook for 30 minutes or until fluffy.

When pancake is ready, carefully remove from oven. Cut middle of pancake and place a tablespoon of organic yogurt in the middle of the pancake. Place the fruit salad over the yogurt.



BACK-TO-SCHOOL BREAKFASTS

After a busy summer comes September and all things back-to-school – including hectic mornings. Keep things easy while ensuring kids get the necessary nutrients with these morning recipes, courtesy of chefs who are also parents.



FRENCH TOAST

Tony Priolo, chef/owner, Piccolo Sogno (464 N. Halsted St.), Nonnina (340 N. Clark St.) and Maillard Tavern (494 N. Milwaukee Ave.)

Kids: Violet, 5; Tessa, 10 months

"This dish is a great way to keep kids focused at school and ready for a great day."

- 2 eggs
- 1/2 cup half-and-half
- 1 tablespoon vanilla
- zest of one orange
- 1/4 teaspoon ground cinnamon

- 4 slices bread (thick white bread is good, but you can use any bread you prefer)

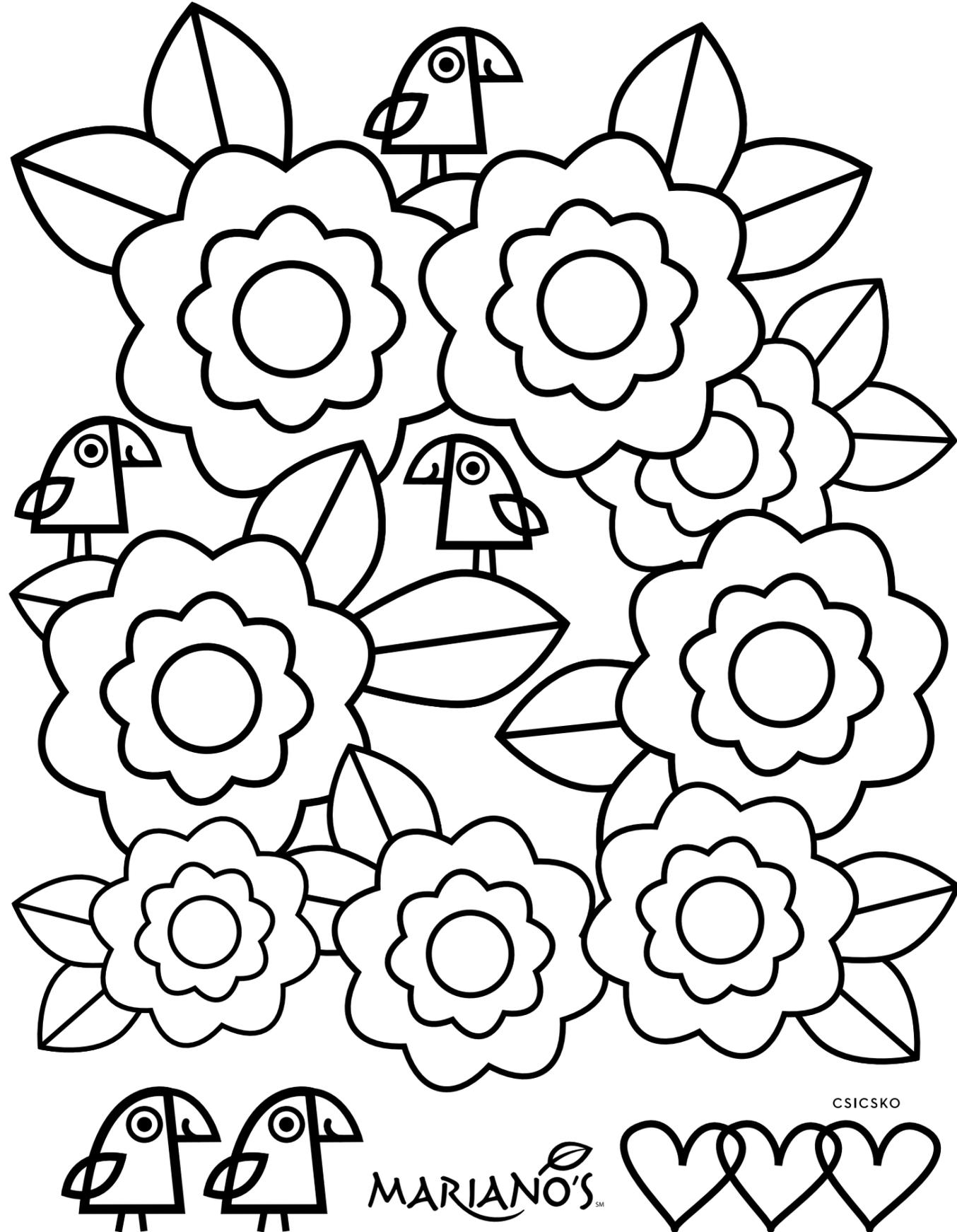
- 1 tablespoon unsalted butter
- 1/8 cup mixed fresh berries

In a mixing bowl, add eggs, half-and-half, cinnamon, vanilla and orange zest. Whip until all ingredients are incorporated. In a nonstick or cast-iron pan, add 1 tablespoon of butter. Heat the pan. Dip a piece of bread into the mixture, coating each side, then place in the warm pan with the butter. Cook until brown, about 30 seconds each side. Place on a plate and top with mixed berries and warm maple syrup.

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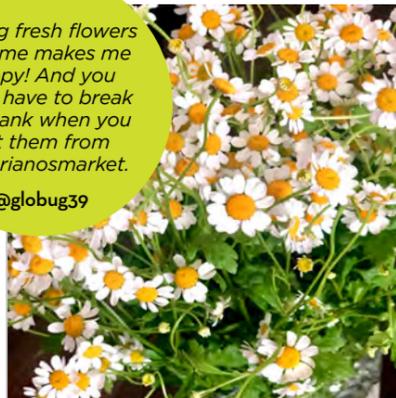


Edmund loves grocery shopping with his mommy.

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