



HealthCents



Sweet & Tangy Pulled BBQ Chicken and Slaw Sandwiches pg.6

picnic
Perfect!

GAME DAY GO-TOS!

SEPTEMBER IS FAMILY MEALS MONTH

+ MORE!

REDNER'S

*"Wellness isn't only
about the food you eat
or the weight on
the scale. It's about
joy & happiness."*



A Message from Meredith

How many times in the past month have you said, "Wow, time flies" or "I'm SO busy" or "I can't get caught up" as an excuse not to do something? I'll admit, I do it too, but why isn't it more acceptable to simply enjoy our downtime? In a world that is on constant overdrive, it's important to enjoy the simple pleasures in life, like reading a book, thinking, or daydreaming.

Most Americans are overscheduled in their day-to-day lives, but there should be time in the day dedicated to doing something that is meaningful to you! If you had just 10, 15, or 20 minutes each day, what would help improve your physical, mental, and emotional health? My "must-have" activity changes daily depending on how the day went or how the week is going. Some days I need meditation or journaling. Other days I need to get on the treadmill and run, wander aimlessly through my favorite makeup store, or go for a drive, blast my music, and sing. And because I'm a new mom, the number one and most needed activity to counter my busy lifestyle involves a long, hot shower with the door locked!

Whatever it takes to bring sanity, peace, and relaxation to your life, find it, get it, and take it! It will be worth every second.

Meredith McGrath RD, LDN Corporate Dietitian

For more information, visit us at RednersMarkets.com or follow us on social media to keep up to date on the latest nutrition information and offerings.



HealthCents

2019 August-September *Contents*



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Quick Convenience

Life® cereal is the crunchy wholesome choice that's great for Mom, Dad, and the little ones you can't help but love. Each tasty square is made with whole grain goodness so you can savor the sweet moments that bring your family together.



Chewy offers fun and convenient varieties made with whole grains, delicious ingredients, and no high fructose corn syrup. Be sure to try our Chewylicious range of products!

From the Ground Up™ Cauliflower Snacks are NEW to Redner's; these items are plant-based snacks that are tasty and nutritious for everyone to enjoy.

Every **Think!®** Protein + 150 Calorie Bar offers the perfect balance of protein and fiber with no more than 5g of sugar in decadent flavors like Chunky Chocolate Peanut. Filled with roasted peanuts and rich chocolate flavor, this bar is a delicious way to keep you going throughout your day.

Top 5 Supplements for Good Health

The right program of vitamin supplements can help deliver a natural recipe for fulfilling a healthy diet and supporting overall health. With so many supplements to choose from, here are the top five supplements to create a powerful core regimen for good health.



Meal Helpers

Daisy® Light Sour Cream – Now with Daisy Squeeze Light Sour Cream, there's no spoon required! This easy-to-use package dispenses the same Daisy Light Sour Cream you love – with just a squeeze. It's perfect for toppings and in your favorite recipes.

Rice-A-Roni – Try chopping veggies into tiny pieces so your kids are less likely to notice them when you add them to their favorite Rice-A-Roni flavor or recipe.



Better-For-You Beverages

Introducing Zevia® Organic Tea – the first and only zero calorie and zero sugar tea platform. Naturally sweetened with a delicate balance of flavor, Zevia Organic Tea is USDA Organic and brewed with Fair Trade Certified Tea.

V8 +Hydrate™ offers superior hydration with an isotonic blend of natural electrolytes from sweet potato and hints of fruit for a delicious beverage that helps you replenish quickly.

Treo™ Birch Water is hand-tapped organic birch water infused with a blend of organic juices, bold fruit flavors and natural sweeteners to provide a sweet, hydrating flavor, as well as the nutrient benefits of the tree.

Neuro® provides a variety of natural flavors while slipping in some key ingredients that can help target some of your daily goals: better sleep, less stress, improved hydration, and more energy.



THE MORE NATURAL SPORTS DRINK

More Natural Ingredients than Gatorade Thirst Quencher & Gatorade Zero



NATURAL FLAVORS
& SWEETENERS



POTASSIUM-PACKED
ELECTROLYTES



COCONUT
WATER



NEW 8PK TEAM PACK

Go to www.drinkbodyarmor.com/redners2019
for a chance to **WIN** a BODYARMOR sideline prize pack & \$100 gift card

picnic Perfect!

Enjoy the hot weather and tasty food with a fresh and fun summer picnic! Combine tangy barbeque flavors with crisp slaw and toss colorful rotini with traditional pasta salad ingredients for picnic plates that are easy to assemble and hold up well in the heat. Read our picnic safety tips on the next page to make sure your mouthwatering picnic fare stays safe and delicious!



Sweet & Tangy Pulled BBQ Chicken and Slaw Sandwiches

Prep: 1 hour 15 minutes

Slow Cook: 4 hours • Serves: 8

Pulled BBQ Chicken Sandwiches

- 1 tablespoon olive oil
- 1 large onion, thinly sliced
- 1 teaspoon salt
- 2 cups canned crushed tomatoes
- ¼ cup dark brown sugar
- 3 tablespoons Worcestershire sauce
- 2 tablespoons stone ground Dijon mustard
- 1 tablespoon smoked paprika
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- ⅛ teaspoon ground black pepper

- 2 pounds boneless, skinless chicken breasts
- 8 whole wheat hamburger buns

Slaw

- 3 tablespoons light olive oil mayo
- 1½ tablespoons stone ground mustard
- 1 tablespoon apple cider vinegar
- 1 tablespoon sugar
- ⅛ teaspoon ground black pepper
- 3 cups bagged coleslaw mix with red cabbage and carrots

1. Pulled BBQ Chicken Sandwiches: In large skillet, heat oil over medium heat; add onion and cook 5 minutes or until onions begin to soften, stirring occasionally. Sprinkle with salt; reduce heat to medium-low and cook 1 hour or until onions are golden brown, stirring frequently to prevent burning.

2. In 5- to 6-quart slow cooker, stir tomatoes, brown sugar, Worcestershire, mustard, paprika, chili powder, garlic powder, pepper and caramelized onions; add chicken and spoon tomato mixture over chicken to coat. Cover and cook on high 4 hours or low 8 hours or until chicken is very tender. Transfer chicken to large bowl; shred with 2 forks and stir into slow cooker with sauce.

3. Slaw: In large bowl, whisk all ingredients except coleslaw; add coleslaw and toss. Makes about 3 cups.

4. Serve chicken mixture on buns topped with slaw.

*Approximate nutritional values per serving:
340 Calories, 9g Fat (2g Saturated), 45mg Cholesterol,
790mg Sodium, 44g Carbohydrates, 6g Fiber, 22g Protein*



Village Pasta Salad

Prep: 15 minutes plus chilling

Cook: 10 minutes • Serves: 8

- 1 box (1 pound) tri-color rotini (corkscrew) pasta
- 4 ounces feta cheese, cut into ½-inch pieces
- 1 package (10 ounces) grape or cherry tomatoes, each cut in half
- 1 cup Italian salad dressing
- ½ cup drained pitted black olives, each cut lengthwise in half (about 3 ounces)
- 2 tablespoons coarsely chopped fresh Italian parsley leaves
- 1 teaspoon Italian seasoning
- ½ teaspoon ground black pepper
- ½ teaspoon salt

1. Heat large covered saucepot of salted water to boiling over high heat. Add pasta and cook as label directs; drain. Rinse pasta under cold water and drain.

2. In large bowl, toss pasta with remaining ingredients until well blended. Cover and refrigerate at least 2 hours or up to 2 days.

Approximate nutritional values per serving:

393 Calories, 19g Fat (4.5g Saturated), 13mg Cholesterol, 600mg Sodium, 49g Carbohydrates, 3g Fiber, 9g Protein



Picnic Food *Safety*

Whether you want to enjoy a simple family outing or are celebrating a special occasion, a picnic is a perfect way to combine great food with company. When it comes to keeping your picnic safe, it's important to keep the organisms you can't see from spoiling your fun. Follow these simple guidelines for safe outdoor eating.



Packing & Storing

Pack chilled foods in an insulated cooler just before leaving. Opt for two coolers – one with drinks and the other with perishable food. Surround the contents of both coolers with plenty of ice or frozen gel packs. Pack the cooler until it's full; it will stay cold longer than one that's only partially full.

Proper Transport

Place the cooler in the front of your air-conditioned car, rather than the trunk or rear. When you arrive at the picnic site, place the cooler in a shaded area.

Hand Washing

Always wash your hands before and after handling food, especially if it's raw meat. In case soap and water aren't available at the picnic site, be sure to bring a bottle of water, soap, paper towels, anti-bacterial towelettes and plastic garbage bags.

Two-Hour Rule

Bacteria and organisms that cause food poisoning thrive and multiply between the temperatures of 41° and 140°F. Limit the amount of time prepared foods are kept out to under two hours (one hour if the outside temperature is 90°F or hotter). Discard any leftovers.

Meat Safety

When packing, place beef, poultry and fish in the bottom of the cooler to prevent dripping. Pack a meat thermometer to ensure meats reach a safe temperature and cook them within one hour of leaving home. Grill chicken and turkey to 165°F; pork, beef (steaks, chops and roasts) and fish to 145°F; and ground beef/pork/lamb to 160°F. Use separate plates and utensils when handling uncooked meat and another clean set when removing and serving grilled food.

Alternate Options

When refrigeration options are limited, pack foods that don't require insulation. Opt for unpeeled fresh fruit, nut butter sandwiches, dried fruit and nuts, muffins, crackers and chips.

With a little prevention, you can make your next picnic a safe and delicious one for your family and friends.

What's a party without nachos? Top crunchy tortilla chips with Mexican-style beef sausage and your other favorites.



game
day
go-tos!

Mexican-Style Beef Sausage Nachos

Prep: 45 minutes • Serves: 6

- 1 pound Mexican-Style Beef Sausage
 - ½ cup salsa
 - 1 can (4 ounces) diced mild green chiles, drained
 - 8 ounces low salt tortilla chips (about 60 chips)
 - 1 cup canned low sodium black beans, rinsed and drained
 - 1¾ cups shredded Mexican cheese blend
 - 2 cups thinly sliced lettuce, such as iceberg or romaine
 - 1 cup diced seeded tomatoes
- Garnishes: sliced avocado, fresh chopped cilantro leaves, sliced ripe

olives, sour cream, sliced jalapeño peppers, lime wedges

- 1.** Mexican-Style Beef Sausage: Combine 1 pound ground beef (93% or leaner), 2 tablespoons red wine vinegar, 1½ teaspoons dried oregano leaves, 1½ teaspoons smoked paprika, 1½ teaspoons chili powder, 1 teaspoon garlic powder, ½ teaspoon salt and ½ teaspoon chipotle chili powder in large mixing bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into ½-inch crumbles and stirring occasionally.
- 2.** Add salsa and green chiles to sausage mixture; cook 2 to 3 minutes until heated through.

- 3.** Preheat oven broiler to high. Spread chips in single layer on large aluminum foil-lined baking sheet. Spread sausage mixture evenly over chips. Top with beans; sprinkle with cheese. Broil 5 to 8 minutes or until cheese is melted and begins to brown. Remove from oven. Top with lettuce and tomatoes. Garnish with avocado, cilantro, olives, sour cream, jalapeños and lime wedges, if desired.

Chef Tips

Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

Photos and recipes courtesy of



Funded by Beef Farmers and Ranchers

Flaky Beef-Stuffed Pinwheels

Prep: 30 minutes • Serves: 72

- 1 package (16 to 24 ounces) fully-cooked boneless beef pot roast with gravy
- ½ cup shredded Asiago cheese
- 1 package (17.3 ounces) frozen puff pastry (2 sheets), defrosted
- 4 green onions, cut in half lengthwise, then cut into thin long strips

1. Heat beef pot roast with gravy in microwave according to package directions. Remove pot roast from container; discard gravy. Shred pot roast in large bowl with 2 forks; stir in cheese. Set aside.

2. Heat oven to 400°F. Spray 2 metal baking sheets with nonstick cooking spray. Unfold each puff pastry sheet onto lightly floured surface.

3. Cut each sheet in half with sharp knife or pizza cutter to make four 10 x 4¾ inch rectangles.

4. Working with 1 rectangle at a time, place a long side in front of you. Place ¼ of the beef mixture onto pastry, leaving a ½-inch border on the long side closest to you. Lay ¼ of the green onion strips lengthwise over beef mixture. Roll up pastry jelly-roll fashion starting with long side opposite you. Brush water along border and seal pastry. Repeat with remaining pastry, beef mixture and green onions.

5. Cut pastry rolls crosswise into ½-inch-thick slices, forming pinwheels. Arrange 1 inch apart on prepared baking sheets. Bake in 400°F oven 15 to 17 minutes or until golden brown, rotating pans halfway through baking. Transfer pinwheels to wire rack; cool slightly. Serve warm.



Wow your friends with this delicious beef appetizer. Fully-cooked beef Pot Roast from your grocery store is mixed with cheese and wrapped in puff pastry. Even though you take a short cut, you can take all the credit.

Tips for Your Football Feast!

Score a touchdown this football season with a winning game-day spread! If you're hosting, follow these tips to root for your favorite team without the stress while presenting your hungry crowd with an unforgettable football feast.

KEEP APPETIZERS SIMPLE

Party apps should be fun and easy to eat. Start with bite-size appetizers that don't require much preparation such as cured meats, cheeses, chips and easy-to-make dips. Try hummus, salsa and guacamole or change things up with a light and creamy Greek yogurt-feta dip.

GAME-DAY DRINKS

No one wants to make a drink run during game time, so be sure to plan ahead. Pick up sparkling spirits and fruit juices to create a combination of refreshing beverages, or stick with your favorite traditional brews. Based on 12-ounce bottles or cans, you'll roughly want to stock five six-packs for 10 people. Please celebrate responsibly.

BUILD A FOOTBALL BUFFET

If you're not one for being in the kitchen on game day, try your best to prep in advance so you can enjoy the fun too! With that in mind, buffets are best, and any football buffet should include a few traditional favorites such as wings, subs, pizza or nachos (try the Mexican-Style Beef Sausage Nachos from the PA Beef Council on the previous page!). Or, consider prepping slow cooker chili earlier in the day and pair it with a spread of fresh, crunchy and cool toppings. No matter what fare your buffet features, make sure you have enough for all of your hungry fans. It's always better to have more and send any leftovers home with guests.

KIDDING AROUND

Young children most likely won't be interested in sitting quietly and watching the game, so be sure to provide any kids attending with activities to keep them entertained and be ready to serve finger foods they'll devour. Pizza, mac and cheese, hot dogs and cheese cubes are great, age-appropriate options. Consider some healthier options as well – pre-packaged fruits and veggies such as baby carrots and apple slices are perfect party dippers for kids. Let them choose from healthy dips like hummus, guacamole or peanut butter.

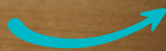
September is family meals month

From improving overall nutrition to decreasing the likelihood of depression, sharing family meals at home presents numerous advantages. During September, National Family Meals Month™, reap the benefits of frequent family meals by gathering together around the table as often as your schedule permits. Make more nutritious family meals happen, starting with our three delicious, easy-to-make recipes.



Fish Dippers with Lemon-Chive Dipping Sauce

Crispy fish dippers paired with a light, zesty dipping sauce make for a quick, easy, heart-healthy and flavorful family meal.



Beef Taco Rice Bowl

Combine your favorite taco ingredients in this bowl that can also be served over tortilla chips or in a corn tortilla.



Chicken Teriyaki Noodles

Skip the takeout! Make homemade teriyaki noodles with sesame chicken and a variety of veggies in less than 30 minutes.



Fish Dippers with Lemon-Chive Dipping Sauce

Prep: 25 minutes

Bake: 20 minutes • Serves: 4

Fish Dippers

Nonstick cooking spray

- 1 pound fresh cod fillets (or other white fish such as tilapia, catfish or haddock)
- 2 large eggs, lightly beaten
- 1 cup all-purpose flour
- 1 cup panko breadcrumbs
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon salt
- 1 teaspoon ground black pepper

Lemon-Chive Dipping Sauce

- ½ cup plain nonfat Greek yogurt
- ⅓ cup light olive oil mayo
- 1 tablespoon chopped fresh chives
- 1 tablespoon fresh lemon juice

1. Fish Dippers: Preheat oven to 425°F; spray rimmed baking pan with nonstick cooking spray. Cut fillets in 4 x 1-inch sticks.

2. In wide, shallow dish, whisk eggs; place flour in separate wide, shallow dish. In third wide, shallow dish, stir breadcrumbs, garlic powder, paprika, salt and pepper.

3. Dip fish sticks in flour, shaking off excess, then in eggs, then in breadcrumb mixture, patting lightly so mixture adheres; place on prepared pan. Bake fish sticks 15 minutes or until lightly browned and crisp and internal temperature reaches 145°F, turning once. Makes about 16 fish dippers.

4. Lemon-Chive Dipping Sauce: In small bowl, stir all ingredients. Makes about 1 cup.

5. Serve Fish Dippers with Lemon-Chive Dipping Sauce.

Approximate nutritional values per serving (4 fish dippers, ¼ cup sauce): 380 Calories, 10g Fat (2g Saturated), 100mg Cholesterol, 570mg Sodium, 40g Carbohydrates, 2g Fiber, 27g Protein

Beef Taco Rice Bowl

Prep: 15 minutes

Cook: 25 minutes • Serves: 4

- 2 teaspoons olive oil
- 1 small onion, chopped
- 1 pound 93% lean ground beef
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground red pepper
- 2 cups instant whole grain brown rice
- 1 medium tomato, chopped
- ½ ripe avocado, peeled and sliced
- 3 cups shredded romaine lettuce
- 1 cup drained and rinsed canned no salt added black beans
- ⅓ cup Mexican style shredded cheese
- 4 lime wedges

Plain nonfat Greek yogurt and/or fresh cilantro for garnish (optional)

1. In large skillet, heat oil over medium heat; add onion and cook 5 minutes or until tender, stirring occasionally. Stir in beef; cook 8 minutes or until browned, breaking up beef with side of spoon.

2. Stir in chili powder, cumin, garlic powder, salt and ground red pepper; reduce heat to low and cook 10 minutes. Cool slightly.

3. Prepare rice as label directs; divide into 4 bowls. Top rice with beef mixture, tomato, avocado, lettuce, beans and cheese; serve with lime wedges garnished with yogurt and cilantro, if desired.

Approximate nutritional values per serving: 540 Calories, 20g Fat (6g Saturated), 80mg Cholesterol, 530mg Sodium, 57g Carbohydrates, 10g Fiber, 36g Protein

Chicken Teriyaki Noodles

Prep: 15 minutes

Cook: 25 minutes • Serves: 6

- 1 box (13.25 ounces) whole grain spaghetti
- 1 tablespoon plus 2 teaspoons sesame oil
- 1 pound boneless, skinless chicken breasts, trimmed, cut into 1-inch pieces
- 2 medium carrots, cut into matchsticks
- 1 medium head broccoli, cut into florets
- 1 red bell pepper, sliced
- 1 cup snow peas, stem ends trimmed
- 5 tablespoons reduced sodium teriyaki sauce
- 2 tablespoons less-sodium soy sauce
- 3 tablespoons water
- ½ cup chopped green onions

1. Heat large saucepot of salted water to a boil over high heat; add spaghetti and cook as label directs. Drain; return to saucepot. Add 1 tablespoon sesame oil and toss; cover to keep warm.

2. In large skillet, heat remaining 2 teaspoons sesame oil over medium-high heat; add chicken and cook 8 minutes or until browned, stirring frequently. With slotted spoon, transfer chicken to bowl.

3. To same skillet, add carrots, broccoli, bell pepper and snow peas; cook 5 minutes or until crisp-tender, stirring frequently. Stir in chicken; cook 2 minutes or until heated through.

4. In small bowl, whisk teriyaki sauce, soy sauce and water. Add chicken-vegetable mixture and teriyaki sauce mixture to spaghetti; toss and serve garnished with green onion.

Approximate nutritional values per serving: 400 Calories, 8g Fat (1g Saturated), 55mg Cholesterol, 520mg Sodium, 55g Carbohydrates, 9g Fiber, 28g Protein

Pack
it with

Love



Packing your child's lunch is a great way to ensure healthy, well-balanced meals. Here are some suggestions to keep lunches creative and interesting for kids of all ages!

Aim for Color since we eat with our eyes as well as our taste buds.

Use Bento Boxes for the framework of your child's lunch to promote portion control and different foods in each box! Italian today, Mexican tomorrow!

Use Leftovers for kids! Kids have favorite dinners that pack well in plastic containers or thermoses for their lunch meal.

In a Sandwich Rut? Wrap it up instead! Make pinwheels or roll-ups with their favorites.

Involve your Kids in lunch prep which increases their likelihood of consuming the meal at school!

Best Packable Dairy Foods

- ✓ **Shelf Stable Milk** – A whole, natural nutrient powerhouse
- ✓ **Chocolate Milk** – The essential choice for active kids
- ✓ **String Cheese** – A delicious protein-packed snack
- ✓ **Greek/Icelandic Yogurt** – Helps keep kids satisfied
- ✓ **Shredded Cheese** – Sprinkle on the taste!
- ✓ **Yogurt Tubes** – Provide calcium for growing kids
- ✓ **Cabot® Cracker Cuts** – An easy, pre-cut addition to build a better snack



5

Ways to Keep
Dairy Cold

- 1 Purchase **portable yogurts** and store in freezer until they're needed in your child's lunch.
- 2 **Freeze fruits** like grapes, cherries, mangoes and more to help keep dairy foods chilled, then enjoy when thawed!
- 3 Make **smoothies** ahead of time, freeze in single serving containers and pack it in a lunch box when desired.
- 4 Make sure to buy **insulated lunch bags** and thermoses to ensure your food is kept cool from the moment it leaves the refrigerator/freezer.
- 5 When assembling your child's lunch bag, make sure to place dairy foods *close* to **2 frozen gel packs** to ensure they're kept fresh and cold until your child eats lunch.

AmericanDairy.com



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ASSOCIATION NORTH
EAST



lunch box makeover: *Build a Bento Box*

Mini Waffle Sandwiches:

Toasted Mini Waffles,
Pepper Jack Cheese,
Sliced Green Olives
& Mustard



Mini Waffle Sandwiches:

Toasted Mini Waffles, Turkey,
Cheese & Olive Oil Mayo


D.I.Y. Mini Pizza Bagels:

Toasted Mini Bagels, Pizza Sauce,
Shredded Cheese & Mini Pepperoni




For perfectly portioned, kid-friendly meals that make lunchtime fun, start packing lunches bento style! Bento, or boxed lunch, originated in Japan and has taken off stateside in a big way. Bento is a particular hit with kids who love the variety of colors, shapes and textures – as well as the kid-sized portions.


The key to a successful bento is a shallow plastic or stainless steel container that seals securely. There are many cute bento boxes available, but you might have a suitable food storage box in your kitchen cabinet that will work just fine. Your box might already have compartments; if not, you can easily create dividers for food by placing things like berries or yogurt in colorful paper or silicone baking cups. And keep in mind that bentos need to be packed fairly full to ensure that the items inside won't move around in transit. Finally, put bento boxes in thermal lunch bags along with a couple of ice packs to keep the food cool until lunchtime.



Cheese Tortellini, Mini Pepperoni & Black Olive Kabobs with Pizza Sauce



Cherry Tomato & Mini Cucumber Kabobs with Hummus



Turkey, Cheese & Apple Kabobs with Honey Mustard (Brush apples with lemon juice to prevent browning)



SHOW 'EM YOUR GAME PLATE



Bacon Sriracha Football Cheese Ball

Servings: 8-10

INGREDIENTS

- 1 pound thick-cut bacon
- 1/4 cup packed brown sugar
- 1 teaspoon crushed red pepper flakes
- 8 ounces Wisconsin Gouda cheese, shredded (2 cups)
- 4 ounces Wisconsin cream cheese, softened
- 2 tablespoons softened butter
- 1 green onion, thinly sliced
- 1 teaspoon soy sauce
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- Sriracha chili sauce to taste
- 1 slice (1 ounce) Wisconsin mozzarella cheese, cut into thin strips
- Assorted vegetables and pretzels

INSTRUCTIONS

Heat oven to 400°F. Place baking rack on an aluminum foil-lined rimmed baking sheet. Place bacon strips in a single layer on rack; rub each strip with brown sugar. Sprinkle with red pepper flakes. Bake 15-20 minutes or until crisp. Cool completely. Crumble bacon; cover and refrigerate.

Beat Gouda, cream cheese, butter, green onion, soy sauce, garlic powder, pepper and sriracha to taste in bowl; mix well. Shape into a ball; wrap in plastic wrap. Refrigerate 1 hour. Remove from refrigerator. Shape cheese ball into a football. Rewrap; refrigerate for least 1 hour.

Press bacon onto football just before serving. Arrange mozzarella on football for laces. Serve with vegetables and pretzels.