

# WE ARE FAMILY!

Nourishing recipes to  
fuel your day

**ROUSES** + *Kellogg's*  
MARKETS



# BRINGING FUN TO THE FAMILY MEAL

If you're raising a family, you probably only have about five minutes until someone asks, **"What do we have to eat?"** So Rouses Markets and Kellogg's have come together to give you delicious recipes and meal solutions that will satisfy the entire family!

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In honor of National Family Meals Month™, created by the FMI Foundation, we've been cooking up irresistible ways to get your family to the table, and for good reason! Last year, a meta-analysis study from *The Journal of Nutrition Education and Behavior* revealed that eating together is good for the mind, body, and spirit. Two notable findings include:

1. **Family meals improve fruit and vegetable consumption** – overwhelmingly, studies within the meta-analysis showed a positive relationship between family meals and increased fruit and vegetable intake.
2. **Family meals improve family functioning** – nearly all the studies demonstrated a positive relationship between family meals and measures of family functioning including family connectedness, communication, expressiveness, and problem-solving<sup>1</sup>.

So every September, we celebrate Family Meals Month to help families all across the US enjoy the benefits of eating more home-cooked meals together.

As your family grocery store and a mainstay of nutritious foods, we've created 12 recipes that

feature ingredients from Rouses Markets and from Kellogg's. From breakfasts to start your day to flavor-packed lunches, satisfying snacks, and healthy takes on your favorite restaurant meals, all 12 of these recipes are delicious and fun to make and will have your family celebrating Family Meals Month everyday!

**Let's get cooking!**



<sup>1</sup>[https://www.jneb.org/article/S1499-4046\(19\)31154-6/fulltext](https://www.jneb.org/article/S1499-4046(19)31154-6/fulltext)



# PERSONAL NOTES FROM:



**APRIL SINS, MS, RDN, LDN,**  
Rouses Dietitian

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"As your Rouses Markets Dietitian and as a mom, the importance of family meals is evident by the numerous studies such as a 24% increase in healthy foods consumption when families eat 3 or more meals together per week. Sometimes weeks are busy at my house with afterschool activities, but finding the time to eat together, even on the weekends, can help support family time."



**DAVID GROTTTO, MS, RDN, LDN,**  
Kellogg's Senior Manager  
of Wellbeing

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"We are proud to collaborate with April and Rouses to bring you this collection of recipe favorites that your family is sure to enjoy. At Kellogg, we're committed to creating Better Days for families through our foods made from plants that deliver physical, emotional and societal wellbeing. Enjoy!"





**PREP TIME:** 5 minutes  
**TOTAL TIME:** 5 minutes  
**SERVING SIZE:** 1 serving

## BREAKFAST BANANA SPLIT BOWL

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### INGREDIENTS

- 1 ¼ cups Kellogg's® Rice Krispies® cereal**
- ⅓ cup Strawberries, quartered**
- ¼ Banana, small, split lengthwise and sliced**
- 2 tsp Chocolate syrup (optional)**
- 2 tbsp Frozen non-dairy whipped topping, thawed, or aerosol whipped cream**
- ½ tsp Rainbow sprinkles**
- ½ cup Rouses fat free milk**

Not your typical ice cream parlor treat! This kid-friendly breakfast version puts a whole new spin on the morning. Perfect for little hands to help assemble!

### DIRECTIONS

1. Place **Kellogg's® Rice Krispies® cereal** in serving bowl.
2. Arrange strawberries and banana on top. Drizzle with chocolate syrup (if desired). Spoon whipped topping on fruit. Add sprinkles. Serve with **Rouses fat free milk**.

### VARIATION

Follow step 1 above. Use ¾ of a small banana. Do not slice banana. Instead lengthwise cut banana in half arrange banana on top of cereal in an "X". Add whipped topping and strawberries. Drizzle with chocolate syrup. Top with sprinkles and 1 maraschino cherry. Serve with **Rouses fat free milk**.



**PREP TIME:** 5 minutes  
**TOTAL TIME:** 5 minutes  
**SERVING SIZE:** 1 serving

## KELLOGG'S RAISIN BRAN<sup>®</sup> SMOOTHIE BOWL

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### INGREDIENTS

½ cup	Yogurt, low-fat plain
½	Banana, small ripe, cut up
2 tbsp	Fat-free milk
1 tbsp	<b>Rouses creamy peanut butter</b>
1 tbsp	Honey
1 cup	<b>Kellogg's Raisin Bran<sup>®</sup> cereal</b> or <b>Kellogg's<sup>®</sup> Raisin Bran Crunch<sup>®</sup> cereal</b>
½ tsp	Flaxseeds

Smoothie in a bowl? Why not? Take Kellogg's Raisin Bran<sup>®</sup> cereal and add plain low-fat yogurt, banana, fat-free milk, Rouses creamy peanut butter, honey and flaxseeds.

### DIRECTIONS

1. In blender container or food processor bowl combine yogurt, banana, milk, **Rouses creamy peanut butter** and honey. Cover and blend until smooth, stopping to scrape down the sides of the blender container, as necessary.
2. Pour **Kellogg's Raisin Bran<sup>®</sup> cereal** into serving bowl. Pour yogurt mixture over top. Sprinkle with flaxseeds. Serve with a spoon.





**PREP TIME:** 20 minutes  
**TOTAL TIME:** 20 minutes  
**SERVING SIZE:** 10 servings

## WHOLE WHEAT BANANA-NUT PANCAKES

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### INGREDIENTS

1 cup	Whole wheat flour
½ cup	<b>Kellogg's® All-Bran® Original cereal</b>
2 tbsp	Brown sugar
1 tsp	Baking soda
1 tsp	Cinnamon
¼ tsp	Salt
¼ tsp	Nutmeg
1	Egg, slightly beaten
1 ¼ cups	<b>Rouses milk</b>
1	Banana, medium, mashed (½ cup)
⅓ cup	Pecans or walnuts, chopped
	Maple syrup
	Banana slices (optional)
	Pecans, chopped (optional)

Delicious pancakes, featuring whole wheat flour, Kellogg's® All-Bran® Original cereal, mashed banana and pecans, make great fare for breakfast or casual suppers.

### DIRECTIONS

1. In large bowl combine flour, **Kellogg's® All-Bran® Original cereal**, brown sugar, soda, cinnamon, salt and nutmeg.
2. In medium bowl stir together egg, **Rouses milk** and banana. Add to flour mixture, mixing until just combined. Stir in 1/3 cup pecans.
3. For each pancake, on hot, lightly greased griddle or large skillet pour about 1/4 cup batter. Cook over medium heat about 2 minutes on each side or until golden brown, turning when pancakes have bubbly surfaces and edges are slightly dry.
4. Serve with syrup, banana slices (if desired) and pecans (if desired).



**PREP TIME:** 35 minutes  
**TOTAL TIME:** 35 minutes  
**SERVING SIZE:** 10 servings

## EGGO® WAFFLE BOWL BEEF AND BEAN CHILI

Cooking the chili powder for a few minutes along with the tomato paste and sautéed vegetables gives this chili a rich, deep flavor. Serve it in easy-to-make waffle bowls for hearty snacks at your next party. Recipe inspired by Guy's Grocery Games.

*See directions on page 7.*

### INGREDIENTS

2 tsp	Vegetable oil	¼ tsp	Black pepper, coarsely ground
4	Green onions, sliced with white and green portions separated	2 cups	Chicken broth, reduced sodium
2 cloves	Garlic, minced	1 can (15 oz)	Black beans, rinsed and drained
¾ cup	Red bell pepper, chopped	1 can (14 ½ oz)	Diced tomatoes
¼ cup	Tomato paste	10	<b>Kellogg® Eggo® Homestyle waffles</b>
2 tbsp	Chili powder		<b>Rouses shredded cheddar cheese</b>
1 pound	Ground beef, extra-lean		<b>Sour cream</b>
½ tsp	Salt		



# EGGO® WAFFLE BOWL BEEF AND BEAN CHILI

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## DIRECTIONS

1. In nonstick Dutch oven heat oil over medium-high heat. Add white portions of green onions and garlic. Cook about 1 minute or until soft, stirring frequently. Stir in bell pepper. Cook, stirring occasionally, about 3 minutes more or until tender.
2. Stir tomato paste and chili powder into vegetable mixture. Cook, stirring constantly, about 2 minutes more or until brick red color. Add ground beef, salt (if desired) and pepper. Cook, stirring occasionally to break up meat, until browned.
3. Carefully add broth, beans and undrained tomatoes to beef mixture. Bring to boiling. Reduce heat. Simmer, uncovered, for 15 to 20 minutes or until desired consistency.
4. Meanwhile, place muffin pan upside down on baking sheet. Roll **Kellogg® Eggo® Homestyle waffles**, one at a time, between two pieces of wax paper to 5- to 5 1/2-inch diameter circles. Drape flattened waffles on muffin cup bottoms. Bake at 400° F for 6 to 8 minutes or until crisp. Remove muffin pan from baking sheet. Carefully remove waffles from bottom of muffin pan cups. Turn over. Place, right side up, on warm baking sheet. Bake at 400° F about 3 minute more or until golden and crisp. Remove waffles from pan. Place on wire rack to cool.
5. Place each waffle “bowl” in shallow soup bowl. Ladle chili into bowls. Sprinkle with remaining green portions of green onions, **Rouses shredded cheddar cheese** (if desired) and dollop with sour cream (if desired).





**PREP TIME:** 20 minutes  
**TOTAL TIME:** 20 minutes  
**SERVING SIZE:** 6 servings

## SALMON CAKES WITH MUSTARD SAUCE

### INGREDIENTS

1 can	Salmon
(14 $\frac{3}{4}$ oz.)	
<b>3 cups</b>	<b>Kellogg's® Rice Krispies® cereal</b>
$\frac{1}{2}$ cup	Celery, finely chopped
$\frac{1}{2}$ cup	Onions, finely chopped
2	Eggs
2 tbsp	Lemon juice
$\frac{1}{4}$ tsp	Pepper
$\frac{1}{2}$ cup	Sour cream, non-fat
<b><math>\frac{1}{4}</math> cup</b>	<b>Rouses light mayonnaise</b>
$\frac{1}{2}$ tsp	Dill weed
2 tbsp	Dijon mustard
$\frac{1}{4}$ cup	Tomatoes, chopped
2 tbsp	Green onions, sliced

A chilled Dijon dipping sauce adds pizzazz to these savory salmon cakes.

### DIRECTIONS

1. Place salmon and liquid in large mixing bowl. Remove skin and center bone, if desired, and discard. Add remaining salmon pattie ingredients (**Kellogg's® Rice Krispies® cereal**, celery, onion, eggs, lemon juice and pepper) and thoroughly combine. Shape mixture into 6 patties.
2. Coat 12-inch nonstick fry pan with cooking spray. Place over medium heat. When pan is hot, add patties and cook about 4 minutes on each side or until browned, turning once. Serve hot with Mustard Sauce.
3. To make Mustard Sauce, combine sauce ingredients (sour cream, **Rouses light mayonnaise**, dill weed and Dijon mustard). Serve with hot Salmon Patties and garnish with tomatoes and green onions.



**PREP TIME:** 10 minutes  
**TOTAL TIME:** 15 minutes  
**SERVING SIZE:** 36 servings

## CHEESY BLACK BEAN QUESADILLA TRIANGLES

### INGREDIENTS

12	<b>Morningstar Farms® Spicy Black Bean Veggie Burgers</b>
2 cups	<b>Rouses shredded cheddar jack cheese</b>
13 ounces	Roasted-tomato salsa
4 tbsp	Southwest seasoning
2	Red, yellow and green bell peppers
36	10 inch round flour tortillas

Oh, the folded goodness of tasty ingredients wrapped into a delightful finger food. Serve up some fun with these Cheesy Black Bean Quesadillas.

### DIRECTIONS

1. In large mixing bowl, combine diced **Morningstar Farms® Spicy Black Bean Burger**, **Rouses shredded cheddar jack cheese**, salsa, seasoning and peppers. Mix thoroughly and set aside.
2. Cut tortillas into 7-inch triangles.
3. Place 2 ounces of mixture in center of each triangle; fold each corner into the center, overlapping one another. Repeat.
4. In nonstick pan, brown each quesadilla about 1 minute on each side.
5. Finish in 350°F oven for 5 minutes.
6. Serve with cilantro, lime or sour cream, if desired.





**PREP TIME:** 25 minutes  
**TOTAL TIME:** 25 minutes  
**SERVING SIZE:** 6 servings

# TURKEY TACO SKILLET DINNER

All the flavors of a great taco are stirred into this easy-to-prepare, one-dish skillet dinner.

*See directions on page 11.*

## INGREDIENTS

1 pound	Ground turkey, extra lean	1 package (1 ¼ oz.)	Taco seasoning, reduced-sodium
1 tsp	Vegetable oil	½ cup	Cheddar cheese (2 oz.), shredded
1 can (15 ½ oz.)	Kidney beans, rinsed and drained	1 cup	Kellogg's® Crispix® cereal
1 can (14 ½ oz.)	Rouses diced tomatoes		
1 can (8 oz.)	Rouses no salt added tomato sauce		
1 cup	Kellogg's® All-Bran® Complete® Wheat Flakes cereal		
1 cup	Corn, frozen, whole kernel		
⅓ cup	Water		





# TURKEY TACO SKILLET DINNER

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## DIRECTIONS

1. In large skillet cook turkey in oil over medium-high heat about 5 to 7 minutes or until no longer pink, stirring to break up big chunks. Stir in beans, undrained **Rouses diced tomatoes**, **Rouses no salt added tomato sauce**, **Kellogg's® All-Bran® Complete® Wheat Flakes cereal**, corn, water and taco seasoning.
2. Bring turkey mixture to boiling. Reduce heat. Simmer, uncovered, over medium heat for 5 to 8 minutes or until desired consistency, stirring frequently.
3. Remove from heat. Sprinkle with cheese. Let stand, covered, for 5 minutes. Sprinkle with **Kellogg's® Crispix® cereal**.



**PREP TIME:** 10 minutes  
**TOTAL TIME:** 30 minutes  
**SERVING SIZE:** 8 servings

## CHIK'N & WAFFLES

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### INGREDIENTS

<b>8</b>	<b>Kellogg's® Eggo® Homestyle waffles</b>
1 bag (10 oz.)	Popcorn chicken, frozen
½ cup	Mayonnaise
1 tbsp	Buttermilk
<b>1 tbsp</b>	<b>Rouses Maple Syrup</b>
¼ tsp	Red pepper, ground
¼ tsp	Garlic powder
⅛ tsp	Salt
2	Green onions, thinly sliced

Chicken and waffles is a classic southern dish that's made its way into hearts and tummies across America. This recipe makes that sweet, savory, down-home favorite easy. You won't have to spend all afternoon cooking. With Eggo® Homestyle Waffles and frozen popcorn chicken, you'll have a tasty meal in just minutes.

### DIRECTIONS

1. Microwave **Kellogg's® Eggo® Homestyle waffles**, one at a time, at high for 15 to 20 seconds or until pliable. Using rolling pin, flatten waffles into 4 3/4-inch circles. Place on baking sheet. Position 1 to 2 pieces of chicken along middle of each waffle. Fold in sides of waffles, overlapping to form cones. Secure with wooden toothpicks. Bake at 400° F about 20 minutes or until crisp.
2. Meanwhile, for sauce, in small bowl stir together mayonnaise, buttermilk, **Rouses maple syrup**, red pepper, garlic powder and salt. Transfer to serving bowl. Sprinkle with green onions.
3. Serve chicken-filled cones with sauce.



**PREP TIME:** 10 minutes  
**TOTAL TIME:** 30 minutes  
**SERVING SIZE:** 12 servings

## MINI-MEATBALL SLIDERS

### INGREDIENTS

2 tbsp	Vegetable oil
1	Egg, slightly beaten
<b>2 cups</b>	<b>Kellogg's® Rice Krispies® cereal</b>
¼ tsp	Salt
¼ tsp	Pepper
¼ tsp	Onion powder
1 pound	Ground beef, lean
<b>2</b>	<b>Rouses sticks (1 oz. each) mozzarella string cheese, cut into 12 bite-sized pieces</b>
12	Dinner rolls, small, split horizontally and toasted
	Ketchup, mustard, lettuce, tomato slices, pickles and/or relish

Young chefs love helping to shape these cheese-filled meatballs.

### DIRECTIONS

1. Line 15 x 10 x 1-inch baking pan with foil. Pour oil into pan. Tilt pan to coat bottom with oil. Set aside.
2. In large bowl combine egg, **Kellogg's® Rice Krispies® cereal**, salt, pepper and onion powder. Add ground beef; mix well. Divide into 12 equal portions. Shape into large meatballs.
3. Place meatballs on prepared pan. Push one cheese piece into center of each meatball, reshaping meatball to completely enclose **Rouses sticks mozzarella string cheese**. Roll meatball to cover all sides with oil.
4. With adult help, bake at 350° F for 15 to 20 minutes or until meat is no longer pink. Serve meatballs in rolls. Top with ketchup (if desired).

### KID-FRIENDLY KITCHEN TIPS

Children of all ages should have an adult assistant with them at all times when cooking. • All the kids will love to get their hands into the meatball mix, but over-mixing ground meat means tough meatballs. Give each chef a portion of the mix (after you have initially mixed it) and then let them form their very own mini meatballs. • Older kids will be able to help insert the cheese and reshape the meatballs.





**PREP TIME:** 5 minutes  
**TOTAL TIME:** 125 minutes  
**SERVING SIZE:** 4 servings

## CRUNCHY BANANA POPS

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### INGREDIENTS

- 2 Bananas,  
medium ripe
- $\frac{1}{3}$  cup Yogurt, low fat  
strawberry or  
raspberry
- 1  $\frac{1}{2}$  cups Kellogg's® Special K  
Protein™ cereal
- 1-2 tbsp Rouses rainbow  
sprinkles

Frozen bananas coated with fruit-flavored yogurt and crunchy cereal make great snacks on warm spring days.

### DIRECTIONS

1. Peel and horizontally cut each banana in half
2. Place yogurt in shallow dish. Place cereal on wax paper.
3. Insert ice cream stick into each banana half. Roll banana halves in yogurt, then coat with Kellogg's® Special K Protein™ cereal. Place on wax-paper-lined baking sheet. Garnish with Rouses rainbow sprinkles.
4. Freeze at least 2 hours or until firm. Wrap individually in plastic wrap for storage up to 1 month.
5. Before serving, unwrap banana pops. Let stand at room temperature for 10 minutes.



**PREP TIME:** 15 minutes  
**TOTAL TIME:** 35 minutes  
**SERVING SIZE:** 12 servings

## DIP 'N' ROLL STRAWBERRY TREATS

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### INGREDIENTS

24 Strawberries,  
large, fresh

1 cup Semi-sweet  
chocolate morsels

1 tbsp **Rouses vegetable oil**

1 ½ cups **Kellogg's® Rice  
Krispies® cereal**

Skewers

Chocolate-covered strawberries are coated in crispy crunchiness for a fun take on a classic Valentine's Day delight.

### DIRECTIONS

1. Wash strawberries and pat dry with paper towels.
2. In small microwave-safe bowl combine chocolate morsels and **Rouses vegetable oil**. Microwave at high for 1 to 1 1/2 minutes or until melted, stirring every 30 seconds.
3. Place **Kellogg's® Rice Krispies® cereal** in shallow dish. Push skewers into strawberries through stem end. Dip in chocolate, allowing excess chocolate to drip off. Roll in cereal. Place on wax paper. Let stand at room temperature for 30 minutes or until chocolate is firm.



**PREP TIME:** 10 minutes  
**TOTAL TIME:** 30 minutes  
**SERVING SIZE:** 12 servings

# CARROT RAISIN MUFFINS

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## INGREDIENTS

1 ⅓ cup	<b>Rouses all-purpose flour</b>
1 cup	<b>Kellogg's® Frosted Mini-Wheats® Bite Size cereal</b>
2 tbsp	Sugar
2 ¼ tsp	Baking powder
2 tsp	Cinnamon
½ tsp	Salt
¼ tsp	Baking soda
1 cup	Raisins
2	Eggs, slightly beaten
½ cup	Fat free milk
1 tbsp	Vegetable oil
3 cups	Carrots, shredded (about 6 medium)

We added shredded carrots and raisins to these fragrant muffins for a whole new flavor.

## DIRECTIONS

1. In large bowl stir together **Rouses all-purpose flour**, **Kellogg's® Frosted Mini-Wheats® Bite Size cereal**, sugar, baking powder, cinnamon, salt and baking soda. Stir in raisins. Set aside.
2. In another bowl combine eggs, milk and oil. Stir in carrots.
3. Stir carrot mixture into dry ingredients just until moistened. Portion batter evenly into twelve 2 1/2-inch muffin-pan cups coated with cooking spray.
4. Bake at 400° F about 20 minutes or until toothpick inserted in center comes out clean. Serve warm.