

A close-up photograph of a white bowl filled with spaghetti. The spaghetti is topped with several large, cooked shrimp, artichoke hearts, and fresh spinach leaves. The background is a soft-focus wooden surface.

# High Five!

Simplify your life with these hearty High Five recipes — delicious dishes made with only five main ingredients.

**OUTPOST**  
CO-OP SINCE 1970



## Spaghetti with Shrimp, Spinach and Artichokes

Servings: 6. Prep time: 15 minutes.

### *The High Five*

- 1 pound shrimp, peeled and deveined
- 4 ounces baby spinach, coarsely chopped
- 1 15-ounce can artichoke hearts, drained and trimmed
- 1 pound whole wheat spaghetti
- 1 ½ cups shredded Parmesan cheese

### *Pantry and Kitchen Items*

- ¼ cup olive oil
- ½ teaspoon salt
- Freshly ground black pepper

1. Boil a pot of water for the spaghetti. Prep the shrimp and pat dry with paper towels.
2. In a large sauté pan, heat the olive oil over medium high heat for about a minute, then add the shrimp and salt. Stir and turn the shrimp until they turn pink. Add the spinach and artichoke hearts and stir until the spinach is just wilted and the artichoke hearts are heated through.
3. While you sauté the shrimp, cook the spaghetti according to package directions. Drain well.
4. Add the drained spaghetti to the sauté pan, and toss to mix well. Sprinkle in the Parmesan as you toss, coating the hot pasta with cheese. Grind pepper over the pasta to taste and serve hot.

## Jamaican Chicken and Quinoa

Servings: 6 – 8. Prep time: 4 hours, 15 minutes; 10 minutes active.

### *The High Five (Four!)*

- 1 ½ cups quinoa
- 2 ½ cups chicken stock
- 4 cups chopped sweet potatoes
- 4 medium boneless, skinless chicken thighs

### *Pantry and Kitchen Items*

- 2 tablespoons jerk seasoning
- ½ teaspoon salt

1. Put quinoa, stock, sweet potatoes, jerk seasoning and salt in the crock of a slow cooker and stir to mix well. Nestle the chicken thighs down into the quinoa.
2. Cover and cook on low for 4 hours. Uncover and taste; everything should be tender and fragrant. Serve warm.

*With the magic of jerk seasoning, this simple slow-cooker meal takes on a spicy island vibe. Chicken thighs simmer with the quinoa, infusing the grain with flavor as they become fall-apart tender.*



## Ravioli and Chard Diavolo

Servings: 4. Prep time: 15 minutes.

### *The High Five*

- 1 pound frozen ravioli
- 1 bunch Swiss chard, stems and leaves separated
- 2 cups spicy pasta sauce (Diavolo-style)
- 1 cup frozen peas, thawed
- 4 ounces smoked mozzarella, cut in small cubes

### *Pantry and Kitchen Items*

- 1 teaspoon olive oil

1. Boil a pot of water for the ravioli. Cook the ravioli for the recommended time, about 5 minutes, then drain. Chop the chard stems and leaves and keep them separate.
2. In a large sauté pan, heat the oil over medium-high heat and sauté just the stems of the chard for about 2 minutes. Add the leaves and stir for a minute, until wilted. Add the sauce and peas and bring to a boil.
3. Add the cooked and drained ravioli and toss to coat with sauce. Stir in the mozzarella cubes and stir until they start to melt. Serve immediately.

*Pick your favorite ravioli — beef, cheese or veggie are equally good in this dish. Sautéing the chopped chard stems adds a pleasing crunch.*



## Easy Egg Curry

Servings: 4. Prep time: 20 minutes.

### *The High Five (Four!)*

- 1 cup chopped yellow onion
- 1 15-ounce can diced tomatoes with juice
- ½ cup frozen peas
- 4 large eggs

### *Pantry and Kitchen Items*

- 1 tablespoon oil
- 1 tablespoon curry powder
- ½ teaspoon salt

1. Place a large sauté pan over medium-high heat and drizzle with oil. Add the onions and stir. When they begin to sizzle, reduce the heat to medium-low. Stir frequently for about 10 minutes.
2. When the onions are soft and golden, add the curry powder and stir for several seconds until fragrant. Add the tomatoes, peas and salt and stir. Raise the heat to medium-high and bring mixture to a boil.
3. Simmer for about 4 minutes, or until slightly thickened. Use your spoon to form four indentations in the tomato mixture, evenly spaced around the pan. Carefully crack an egg into each indentation. Cover the pan and reduce the heat to medium. Cook for about 4 minutes, until the whites are set but the yolks are still runny, or longer if you want a firmer yolk. Serve hot.

# Impact Report

## A SUSTAINABILITY REPORT CARD

FISCAL YEAR 2025

HEALTHY FOOD • STRONG COMMUNITIES • RESPONSIBLE OPERATIONS

# OUTPOST

CO-OP SINCE 1970

Photo: Rdkerson Orchards | New Berlin, WI



Scan here to read  
up on all the good  
your co-op brings  
to our community!

# BVGN

**BAY VIEW GALLERY NIGHT**  
**FRIDAY MAY 29 | 5 - 8**

**JOIN US FOR FUN FOOD + WINE DEMOS, MUSIC,  
FUNKY FRESH POP UP, STAFF ARTISTS IN THE  
AISLES + MORE!**

**VISIT OUR FOUR  
NEIGHBORHOOD LOCATIONS:**

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

**LET'S OWN A GROCERY STORE TOGETHER**

WWW.OUTPOST.COOP

## MAY SOUP MENU

ALL OF OUR CO-OP MADE SOUPS ARE MADE  
FROM SCRATCH USING OUR FROM-SCRATCH STOCK,  
FRESH ORGANIC OR ALL-NATURAL INGREDIENTS

### YOU'LL TASTE THE DIFFERENCE!

- 01 CHEESY POTATO SOUP | WF
- 02 GOLDEN SPLIT PEA | V + WF
- 03 CHEF'S CHOICE
- 04 GINGER CHICKEN NOODLE
- 05 PUMPKIN MINSTRONE | V
- 06 RED LENTIL COCONUT CURRY | V + WF
- 07 CHICKEN WILD RICE | WF
- 08 BROCCOLI CHEDDAR CHEESE | WF
- 09 BEAN + BARLEY SOUP | V + WF
- 10 CHEF'S CHOICE
- 11 GINGER CHICKEN NOODLE
- 12 SPINACH COCONUT | V + WF
- 13 FLORENTINE SOUP | WF
- 14 CHICKEN MULLIGATAWNY
- 15 INDIAN VEGETABLE SOUP | WF
- 16 SPINACH LENTIL | V
- 17 CHEF'S CHOICE
- 18 GINGER CHICKEN NOODLE
- 19 TOMATO PARMESAN | WF
- 20 PUMPKIN MINSTRONE | V
- 21 CHICKEN WILD RICE | WF
- 22 BROCCOLI CHEDDAR CHEESE | WF
- 23 RED LENTIL COCONUT CURRY | V + WF
- 24 CHEF'S CHOICE
- 25 GINGER CHICKEN NOODLE
- 26 PERUVIAN QUINOA | V + WF
- 27 SPINACH COCONUT | V + WF
- 28 CHICKEN MULLIGATAWNY
- 29 INDIAN VEGETABLE SOUP | WF
- 30 GOLDEN SPLIT PEA | V + WF
- 31 CHEF'S CHOICE

### MAMA'S VEGGIE CHILI SERVED DAILY

WF = WHEAT FREE | V = VEGAN



**Saturday, May 9**

11am - 4pm  
at our Bay View location only!

