



Copyright 2012

Issue 6

Nov 2012-Jan 2013

# cents able HEALTH

FOR THE WAY WE LIVE AND EAT TODAY

FREE



GET  
**Crockin'**  
with one-pot  
dinners

**Grab  
& go**  
snack recipes

**Sweet &  
savory**  
sweet potato recipes

**PLUS fresh, affordable recipes in every issue!**

# Ask Whitney!



**I'm having guests over, and I'm concerned about respecting food choices and allergies. What should I do?**



**Whitney, RD, LD**  
Fareway Corporate Dietitian

**A:** Don't be overwhelmed—many allergies and food choices overlap. The most common allergens include peanuts, tree nuts, shellfish, fish, eggs, wheat and soy. However, gluten-free, vegetarian and vegan diets have become more popular. With that in mind, how are you to plan a party? It may seem impossible, but with a few key ideas, you can please all your guests and enjoy your holiday celebrations:

1. **Tell your guests** what's in every dish and **save labels** so you can be confident of all ingredients.
2. **Offer alternatives.** Fruits and vegetables tend to be safe bets for all lifestyles and allergies. Having at least one fruit or veggie option will ensure all guests are satisfied.
3. **Prevent cross contamination.** Allergies and food intolerances don't make exceptions—be smart when making different dishes.
4. **Don't take offense.** Guests may or may not choose to eat what is offered. Enjoy yourself—you're surrounded by friends and family and did your best to meet everyone's needs.

Welcome Caitlyn, RD, LD,  
to the Fareway Family!



Caitlyn joins the CentsAble Health team to help you and your family develop and maintain healthy lifestyles. She shares creative and practical ways to incorporate nutritious foods into your day—without breaking the bank!

## Want to contact Whitney or Caitlyn?

Send your nutrition questions to:  
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For more information on the products featured in this issue of CentsAble Health Magazine, please visit the following websites: [www.sabra.com](http://www.sabra.com), [www.fritolay.com](http://www.fritolay.com), [www.chex.com](http://www.chex.com), [www.bigelowtea.com](http://www.bigelowtea.com), [www.cascadeicewater.com](http://www.cascadeicewater.com), [www.fiberone.com](http://www.fiberone.com), [www.sunsweet.com](http://www.sunsweet.com), [www.oldorchard.com](http://www.oldorchard.com), [www.bushbeans.com](http://www.bushbeans.com), [www.landolakes.com](http://www.landolakes.com), [www.porkbeinspired.com](http://www.porkbeinspired.com), [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)

# Healthier Holiday Treats

The holidays are all about having fun, good company and great food. However, holiday parties are usually followed by holiday pounds—about seven pounds to be exact. Excellent holiday eats don't have to break your calorie bank; just save the recipes on the following pages to impress your guests (with healthy treats!)



## Chocolate Coffee Toffee Chex® Mix

Makes 40 servings (¼ cup each)  
Total Time: 15 minutes

### INGREDIENTS

4 cups **Chocolate Chex® cereal**  
2 cups **Cinnamon Chex® cereal**  
1 cup bite-size pretzel twists  
1 cup pecan halves  
½ cup toffee bits  
1 Tbsp. instant coffee granules or crystals  
1 tsp. hot water  
1 cup semi-sweet chocolate chips  
¼ cup Fareway unsalted butter  
1 cup powdered sugar

### DIRECTIONS

In large bowl, MIX cereals, pretzels, pecans and toffee bits. In small microwavable bowl, STIR coffee granules and water until coffee is dissolved. ADD chocolate chips and butter. MICROWAVE uncovered on high 1½ minutes, stirring after 1 minute, until mixture is smooth. POUR over cereal mixture; STIR until evenly coated. POUR into 2-gallon resealable food-storage plastic bag. ADD powdered sugar. SEAL bag; SHAKE gently until well coated. SPREAD on waxed paper or foil to cool. STORE in airtight container.

Nutrition information per serving: 115 calories; 5.5 g total fat; 2 g saturated fat; 0 g trans fat; 2.5 mg cholesterol; 67 mg sodium; 15 g carbohydrate; 0 g fiber; 1 g protein







## Tomato Skewers

Makes 16 skewers  
Total time: 10 minutes

### INGREDIENTS

16 mozzarella chunks  
16 fresh basil leaves  
8 cherry tomatoes, cut in half  
Drizzle of extra virgin olive oil  
Drizzle of balsamic vinegar  
Salt and pepper, to taste

### DIRECTIONS

THREAD skewers with mozzarella, basil and tomatoes. DRIZZLE with oil and vinegar and season with salt and pepper.

**Nutrition information per skewer:** 46 calories; 3 g fat; 2 g saturated fat; 8 mg cholesterol; 217 mg sodium; 1 g carbohydrate; 0 g fiber; 3 g protein

## Asian Crab Cakes With Sesame Sour Cream

Makes approx. 40 crab cakes  
Total time: 45 minutes

### INGREDIENTS

#### Sauce

$\frac{3}{4}$  cup fat-free Land O Lakes® sour cream  
1 Tbsp. prepared horseradish  
1½ tsp. sesame oil  
1 Tbsp. sesame seeds

#### Crab Cakes

$\frac{1}{2}$  cup sliced green onions  
 $\frac{1}{3}$  cup fat-free Land O Lakes® sour cream  
2 tsp. finely chopped fresh ginger  
1 tsp. finely chopped fresh garlic  
2 tsp. soy sauce  
1 egg, beaten  
4 (6 ounce) cans white crab, drained  
2 cups finely crushed saltine crackers  
2 Tbsp. canola oil



### DIRECTIONS\*

HEAT oven to 400°F. COMBINE all sauce ingredients in small bowl; MIX well. SET aside. COMBINE green onion, sour cream, ginger, garlic, soy sauce and egg in medium bowl. STIR in crab meat and 1 cup cracker crumbs until well mixed. SHAPE level tablespoons of mixture into 1½-inch patties; FLATTEN slightly. PLACE remaining 1 cup crushed crackers in shallow dish. COAT both sides of each patty in crackers. COAT nonstick skillet with oil over medium heat. COOK, turning once, until golden brown on each side (4 to 6 minutes). PLACE browned crab cakes onto baking sheets. BAKE for 5 to 8 minutes or until heated through. SERVE immediately with sour cream sauce.

*\* Crab cakes may be made ahead and frozen up to 2 weeks. Prepare crab cakes as directed; cool completely. Place in resealable food storage containers between sheets of waxed paper; seal tightly. Thaw at room temperature for 20 minutes. To reheat, place crab cakes onto baking sheets; cover with foil. Bake at 350°F. for 10 to 12 minutes or until heated through. Serve immediately.*

**Nutrition Information per crab cake:** 51 calories; 3 g total fat; 18 mg cholesterol; 103 mg sodium; 3 g carbohydrate; 0 g fiber; 3 g protein





## Shrimp Cocktail

Makes 8 to 10 servings  
Total time: 10 minutes

### INGREDIENTS

½ cup ketchup  
2 Tbsp. fresh lemon juice  
Dash Worcestershire sauce  
1 Tbsp. prepared horseradish  
2 to 3 dozen cooked, peeled and deveined shrimp

### DIRECTIONS

COMBINE first four ingredients and SET aside for cocktail sauce. SERVE with shrimp and lemon wedges.

**Nutrition information per serving:** 37 calories; .5 g fat; .5 g saturated fat; 38 mg cholesterol; 216 mg sodium; 3 g carbohydrate; 0 g fiber; 5 g protein

Horseradish, and foods containing horseradish, can be used to clear out your sinuses and alleviate sinus pressure.

## Buffalo Chicken Dip

Makes 20 (1/4 cup) servings  
Total time: varies

### INGREDIENTS

2 (10 ounce) cans chunk chicken OR 2 cups shredded cooked chicken  
2 (8 ounce) containers fat free cream cheese  
1 (8 ounce) container fat free Greek yogurt  
1 Tbsp. Ranch seasoning  
¾ cup hot pepper sauce  
1 cup cheddar cheese

### DIRECTIONS

SEASON Greek yogurt with Ranch packet. For microwave, COMBINE all ingredients in microwave-safe dish. MICROWAVE, uncovered, on high for 5 minutes, or until hot, stirring halfway through cooking. For crock pot, COMBINE all ingredients. PLACE mixture in small crock pot and COVER. HEAT on high for 1½ hours or until hot and bubble or on low for 2½ to 3 hours. STIR and ENJOY. SERVE with Tostitos®.

**Nutrition information per serving:** 96 calories; 3 g fat; 2 g saturated fat; 25.7 mg cholesterol; 420 mg sodium; 2 g carbohydrate; 0 g fiber; 12 g protein

Fat in this recipe has been reduced by 73% per ¼ cup!







**Calorie Saver!**  
Calories per half cup serving have been reduced from 300 to 90!

## Light and Easy Eggnog

Total Time: 20 minutes  
Makes 6 (½ cup) servings

### INGREDIENTS

2 cups nonfat milk	⅓ cup sugar
2 large strips lemon zest	1 tsp. cornstarch
1 vanilla bean	Nutmeg, for garnish
2 large eggs plus 1 egg yolk	6 ounces dark rum, optional

### DIRECTIONS

COMBINE 1½ cups milk and the citrus zest in a medium saucepan. SPLIT the vanilla bean lengthwise and SCRAPE out seeds; ADD seeds and pod to the saucepan and BRING to a simmer over medium heat. Meanwhile, WHISK the eggs, egg yolk, sugar and cornstarch in a medium bowl until light yellow.

Gradually POUR the hot milk mixture into the egg mixture, whisking constantly, then POUR back into the pan. PLACE over medium heat and STIR constantly with a wooden spoon in a figure-eight motion until the eggnog begins to thicken, about 8 minutes. REMOVE from the heat and immediately STIR in the remaining ½ cup milk to stop the cooking. TRANSFER the eggnog to a large bowl and place over a larger bowl of ice to cool, then CHILL until ready to serve. REMOVE the zest and vanilla pod. ADD liquor, if desired, and GARNISH with nutmeg.

**Nutrition information per serving:** 90 calories; 2 g fat; 1 g saturated fat; 96 mg cholesterol; 59 mg sodium; 13 g carbohydrate; 0 g fiber; 5 g protein

## Basic Sangria

### INGREDIENTS

1 bottle red wine  
1 lemon  
1 orange  
5 strawberries, sliced, tops removed  
2 Tbsp. sugar (if using a sugar substitute, use equivalent per manufacturer's instructions)  
1 ounce brandy  
2 cups ginger ale or club soda  
Fresh mint, optional

### DIRECTIONS

CUT lemon in half and SQUEEZE juice from half into pitcher. SLICE remaining lemon and REMOVE seeds. ADD to pitcher. REPEAT with orange. ADD remaining ingredients. GARNISH with mint, if desired. CHILL and ENJOY.

**Nutrition information per serving:** varies



Only have time to cook once, but want dinner for the whole week?

# get crockin'!

Start with **Perfect Pulled Pork** and have meals in a flash the rest of the week.



## Perfect Pulled Pork

Makes 16-20 servings  
Total time: 6 hours

### INGREDIENTS

1 (5 pound) boneless pork shoulder  
1½ tsp. paprika  
2 tsp. black pepper  
1 tsp. cayenne pepper  
1 tsp. dried thyme  
1 tsp. garlic powder  
½ tsp. salt  
1 cup water  
Sandwich buns

### DIRECTIONS

COMBINE all seasonings in a small bowl and RUB evenly over roast. PLACE meat in 6-quart crock pot. ADD water. COVER and COOK on low for 6-8 hours or high for 4-5 hours, or until pork is very tender and pulls apart with a fork (145° F internal temperature). LET pork rest for 10-15 minutes, then SHRED with two forks. SERVE on buns with barbeque sauce.

**Nutrition information per serving:**  
210 calories; 10 g fat; 3 g saturated fat;  
95 mg cholesterol; 170 mg sodium;  
1 g carbohydrate; 0 g fiber; 28 g protein





## Pulled Pork Fried Rice

Makes 6 servings  
Total time: 30 minutes

### INGREDIENTS

½ pound cooked pulled pork  
1 cup long-grain rice  
4½ tsp. canola oil  
2 cups frozen mixed vegetables, thawed  
1 Tbsp. chicken broth  
2 tsp. low sodium soy sauce  
2 large eggs, lightly beaten

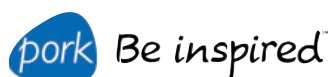
### DIRECTIONS

In a medium pot over medium-high heat, COOK rice according to package directions. FLUFF with a fork and SET aside, uncovered.

In a wok or large skillet over high heat, WARM the oil. ADD the pork and COOK, stirring occasionally, until lightly browned, about 2 minutes. TRANSFER about half of the pork to a plate or bowl and COVER loosely to keep warm.

ADD the rice and vegetables to the skillet and STIR-FRY until heated through, 1 to 2 minutes. STIR in the broth and soy sauce. MAKE a well in the center of the mixture and ADD the eggs, gently stirring the eggs occasionally until softly set, 1 to 2 minutes. STIR to mix the eggs into the rice. TOP with the reserved pork and SERVE.

**Nutrition information per serving:** 250 calories; 7 g fat; 2 g saturated fat; 95 mg cholesterol; 310 mg sodium; 31 g carbohydrate; 1 g fiber; 13 g protein



## Pork, Sweet Potato and Black Bean Stew

Makes 6 servings  
Total time: 7 hours

### INGREDIENTS

2 cups sweet potatoes, peeled and cut into 1-inch pieces  
1½ cups onions, chopped  
2 (14.5 ounce) cans fire-roasted diced tomatoes with green chilies, undrained  
1 (15 ounce) can **Bush's® black beans**, drained and rinsed  
2 Tbsp. chili powder  
2¼ tsp. cumin  
¼ cup creamy peanut butter (optional)  
3 cups spinach, coarsely chopped  
1½ pounds shredded pork

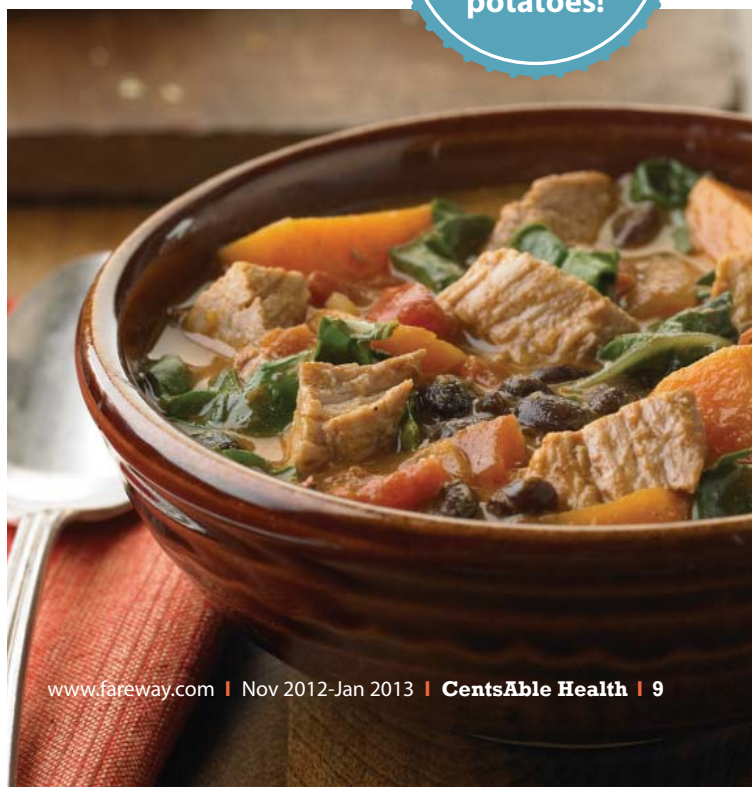


### DIRECTIONS

PLACE first six ingredients in crock pot, COVER, and COOK on low for 7½ hours. ADD peanut butter to liquid in crock pot and STIR to combine. STIR in pork and spinach. COOK 5 to 6 minutes longer, or until the spinach is tender.

**Nutrition information per serving:** 425 calories; 17.6 g fat; 5.2 g saturated fat; 76.5 mg cholesterol; 598.5 mg sodium; 38.5 g carbohydrate; 8.1 g fiber; 29.8 g protein

Turn to  
page 14 for  
more ways  
to use sweet  
potatoes!





# cook once, dine twice!

Turn Classic Beef Pot Roast into Steak Sandwiches  
or Hearty Shepherd's Pot Roast Pie

## Classic Beef Pot Roast with Root Vegetables

Makes 6 to 8 servings  
Total time: approx. 3 ½ hours

### INGREDIENTS

2 cloves minced garlic  
2 tsp. dried thyme leaves  
1 boneless beef chuck  
shoulder, arm or blade pot  
roast (2 ½ to 3 pounds)  
½ tsp. salt  
½ tsp. pepper  
1 (14.5 ounce) can beef broth  
1 pound small red-skinned  
potatoes, cut in half  
1 pound carrots, peeled and  
cut in 1½ inch pieces  
1 large onion, cut into  
8 wedges  
½ cup frozen peas  
2 Tbsp. all-purpose flour  
dissolved in ¼ cup cold water

### DIRECTIONS

COMBINE garlic and thyme;  
PRESS evenly onto all surfaces  
of beef pot roast and SEASON  
with salt and pepper. ADD beef  
and remaining ingredients to  
crock pot. COOK on high for 2½  
to 3 hours or until vegetables  
are fork tender and pot  
roast reaches 145°F internal  
temperature.

**Approx. nutrition information per  
serving:** 251 calories; 7 g fat; 2 g saturated  
fat; 57 mg cholesterol; 475 mg sodium;  
21 g carbohydrate; 3 g fiber; 24 g protein





## Hearty Shepherd's Pot Roast Pie

Makes about 4 servings  
Total time: approx. 1 hour

### INGREDIENTS

2 pounds leftover Classic Beef Pot Roast, shredded  
3 cups instant mashed potatoes OR 3 fresh  
mashed potatoes  
½ tsp. dried thyme leaves  
1½ cups shredded cheese  
2 cups frozen mixed vegetables

### DIRECTIONS

HEAT oven to 450°F. PREPARE mashed potatoes according to package directions OR BOIL potatoes until soft and MASH with electric mixer. SPRAY 8x8 inch baking dish with cooking spray and SPREAD half of potatoes over bottom of dish. SPRINKLE with ½ cup cheese. TOP evenly with shredded beef and vegetables. SPRINKLE with ½ cup cheese. SPREAD remaining potatoes over the top. SPRINKLE with remaining cheese. BAKE, covered, for 15 minutes. UNCOVER and continue baking for 10 to 12 minutes or until heated through and edges begin to brown. LET stand, loosely covered, 10 minutes before serving.

**Approx. nutrition information per serving:** 480 calories; 25 g fat; 13 g saturated fat; 77 mg cholesterol; 1325 mg sodium; 41 g carbohydrate; 4.0 g fiber; 19 g protein



## Steak and Caramelized Onion Sandwiches

Makes 4 servings  
Total time: 20 minutes

### INGREDIENTS

12 ounces leftover Classic Beef Pot Roast, cut into slices  
1 (14.5 ounce) can beef broth  
2 Tbsp. brown sugar, divided  
1 Tbsp. paprika  
1 Tbsp. olive oil  
1 medium yellow onion, cut in half and thinly sliced  
1 loaf ciabatta or bakery bread  
½ cup Parmesan cheese

### DIRECTIONS

COMBINE beef broth, 1 tablespoon brown sugar and paprika in medium sauce pan; BRING to a boil. REDUCE heat and SIMMER 15 minutes or until liquid has reduced to 1 cup. Meanwhile, HEAT oil in a large skillet over medium heat. ADD onion; COOK 5 to 7 minutes or until tender, stirring occasionally. REDUCE heat and SPRINKLE with remaining sugar. CONTINUE cooking for ten minutes or until onions are very tender and golden brown, stirring often. REMOVE from skillet and KEEP warm.

PREHEAT broiler. CUT bread loaf crosswise in four equal pieces. CUT each piece horizontally in half. PLACE cut-sides up on rimmed metal baking sheet so surface of bread is 3 to 4 inches from heat. BROIL for 30 seconds to 1 minute or until toasted. TOP bread with steak, onions and Parmesan cheese. SERVE with broth mixture for dipping.

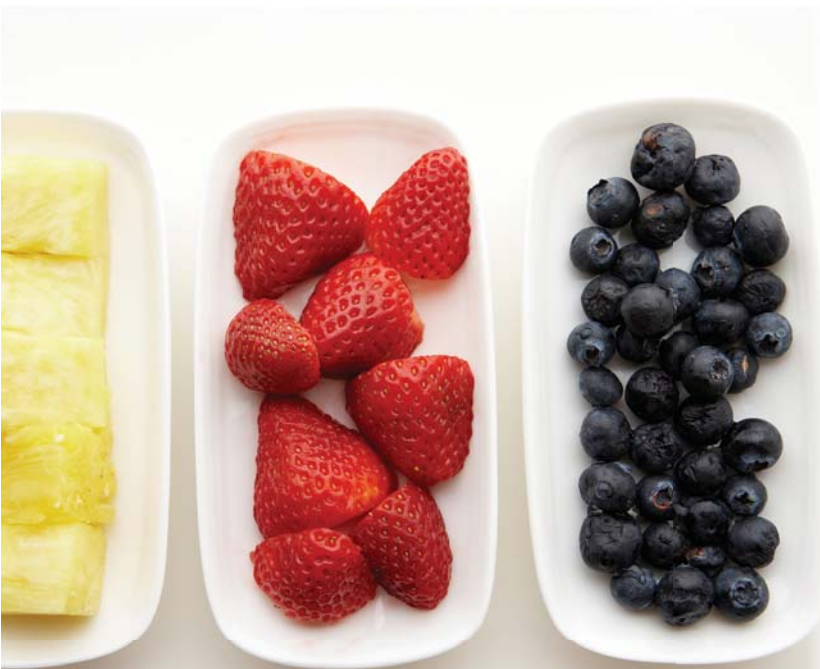
**Approx. nutrition information per serving:** 440 calories; 12 g fat; 3 g saturated fat; 54 mg cholesterol; 899 mg sodium; 47 g carbohydrate; 2.5 g fiber; 37 g protein



# snack ATTACK!



**W**hen that 3:00 PM hunger hits, don't deny yourself! Balanced snacks (i.e., a blend of carbohydrates, protein and fat) help keep blood sugar, energy, and your mood consistent. Aim to eat a snack about halfway between meals and keep them under about 250 calories.



## GRAB & GO

- Cut up veggies like celery, carrots and cucumbers and pair with low-fat dip
- Sabra® hummus is made from chickpeas, which makes it a good source of protein, fiber and monounsaturated fat
- Fresh fruit travels well, especially if you choose things like oranges, apples and sliced berries
- Whole grain crackers should have "whole grain" or "whole wheat" as the first ingredient. Remember, just because it's brown, doesn't mean it's whole wheat
- Fiber One® Brownies provide 20% of your recommended fiber intake with less than 100 calories





## MAKE IT INTERESTING



- Whole wheat pretzels with spicy mustard
- Rice cakes with peanut butter and raisins
- Low-fat yogurt with fruit: Sunsweet® Plum Amazins® have 50% more fiber and less sugar than raisins



## STAY HYDRATED

Every cell, tissue and organ in your body needs water to function correctly, making it extremely important to get enough throughout the day. Combine your snack with a calorie-free beverage to keep your body running smoothly.

- Cascade Ice® is a flavored sparkling water that has zero calories and is free of sugar, sodium and gluten
- Old Orchard® Healthy Balance® juice is sweetened with Splenda®, so it has 75% less sugar, carbs and calories
- Bigelow® green tea is full of antioxidants to promote everything from healthy skin to healthy cells



### CUCUMBER CUPS

Makes 16 cups  
Total time: 10 minutes

#### INGREDIENTS

2 cucumbers  
1 container Sabra® hummus  
1 tsp. paprika  
1 bunch parsley, finely chopped

#### DIRECTIONS

PEEL cucumbers and SLICE lengthwise into 1¼ inch pieces. Using a melon baller, CARVE out the seeds, making sure to leave the bottom intact. Using a small spoon, FILL each cucumber cup with hummus (about 1 tsp. each). SPRINKLE with paprika and chopped parsley.



### HOMEMADE GRANOLA BARS

Makes 8 bars  
Total Time: 45 minutes

#### INGREDIENTS

¾ cup honey  
⅔ cup creamy peanut butter  
1 tsp. vanilla extract  
1 tsp. cinnamon  
4 cups rolled (old fashioned) oats  
½ cup crispy rice cereal  
1 cup honey roasted peanuts  
1 (9 oz.) canister Sunsweet® Plum Amazins

#### DIRECTIONS

PREHEAT oven to 300°F. Lightly GREASE a large baking sheet or SPRAY with nonstick cooking spray. MELT honey, peanut butter, vanilla and cinnamon in a large saucepan. ADD oats, cereal and peanuts; STIR well. SPREAD in a single layer on prepared baking sheet and COOK for 30 minutes. TURN off oven and LET granola sit in warm oven for 30 minutes more. COOL, then STIR in Plum Amazins®. PRESS into bars. STORE in an airtight container.



# How sweet (or savory) it is!

As a winter veggie, sweet potatoes are chock full of health benefits

- Vitamin C in sweet potatoes aids in wound healing, collagen formation and overall immune function
- Rich in dietary fiber, sweet potatoes help regulate gastrointestinal health and can help you maintain or lose weight
- The vitamin A in sweet potatoes protects your retinas so you can see in low light and in color
- Sweet potatoes are fat free, low in sodium and rich in potassium, making them strong supporters of a healthy heart
- Per serving, sweet potatoes are low in calories to whittle your waist line







## Sweet

- Mash and top with brown sugar, cinnamon and nutmeg
- Layer sweet potato slices with apple slices. Top with brown sugar and butter and bake in a covered casserole dish at 375° F for about 30 minutes or until potatoes are soft
- Puree cooked sweet potatoes with bananas, maple syrup and cinnamon and top with walnuts



## Savory

- Steam cubed sweet potatoes with tofu and broccoli
- Roast with canola oil and herbs at 375° F for 25 to 30 minutes
- Munch on sweet potato chips—thinly slice a large sweet potato, brush with olive oil and bake at 350° F for 15 minutes or until lightly browned and crisp
- Substitute sweet potatoes for half of white potatoes in your potato salad
- Sweet potato fries—slice and bake at 400° F for 40 to 60 minutes. Sprinkle with cayenne pepper and salt



## Spicy Chicken and Sweet Potato Stew

Makes 6 servings  
Total time: 50 minutes

### INGREDIENTS

- |  |   |
|--|---|
| 1 tsp. olive oil                         | 2 Tbsp. chili powder  |
| 1 onion, chopped                         | 1 tsp. ground cumin   |
| 4 cloves garlic, minced                  | 1 tsp. dried oregano  |
| 1 pound sweet potatoes, peeled and cubed | 1 tsp. cocoa powder   |
| 1 orange bell pepper, seeded and cubed   | ¼ tsp. ground cinnamon  |
| 1 pound cooked chicken breast, cubed     | ¼ tsp. red pepper flakes  |
| 1 (28 oz.) can diced tomatoes            | 1½ Tbsp. all-purpose flour                                      |
| 2 cups water                             | 2 Tbsp. water   |
| 1 tsp. salt                              | 1 cup frozen corn   |
|  | 1 (16 oz.) can <b>Bush's® kidney beans</b> , rinsed and drained |
|  | ½ cup chopped fresh cilantro                                    |

### DIRECTIONS

HEAT olive oil in a large pot over medium heat. STIR in onion and garlic; COOK and STIR until the onion has softened and turned translucent, about 5 minutes. STIR in sweet potato, bell pepper, chicken, tomatoes and 2 cups of water. SEASON with salt, chili powder, cumin, oregano, cocoa powder, cinnamon and red pepper flakes. INCREASE heat to medium-high and BRING to a boil. DISSOLVE flour in 2 tablespoons water, and STIR in to boiling stew. REDUCE heat to medium-low, COVER and SIMMER until the potatoes are tender but not mushy, 10 to 20 minutes. STIR the stew occasionally to keep it from sticking.

Once the potatoes are done, STIR in corn and kidney beans. COOK a few minutes until hot, then STIR in cilantro before serving.

**Nutrition information per serving:** 361 calories; 8 g total fat; 2 g saturated fat; 876 mg sodium; 44 g carbohydrate; 11 g fiber; 29 g protein



## Apple Sweet Potato Bake

Makes 6 servings  
Total time: 45 minutes

### INGREDIENTS

- |   |                        |
|---|------------------------|
| 2 large sweet potatoes, peeled                        | ⅓ cup brown sugar      |
| 1 (21 ounce) can <b>LUCKY LEAF® apple pie filling</b> | 3 Tbsp. flour          |
| 2 Tbsp. butter, melted                                | ⅓ cup pecans, chopped  |
| ½ tsp. ground cinnamon                                | 2 Tbsp. butter, melted |

### DIRECTIONS

CUT sweet potatoes into thin slices. In a large bowl, COMBINE sweet potatoes, pie filling, butter and cinnamon. TRANSFER to a greased 1½ qt. baking dish.

In a small bowl, COMBINE remaining ingredients; SPRINKLE over top. BAKE uncovered at 350° F for 30-35 minutes or until bubbly.

# CentsAble Kids!

## Scrambler

Unscramble the words, then draw a line to the correct picture.

paepI      \_ \_ \_ \_ \_

yrsbaertrw      \_ \_ \_ \_ \_

ngraeo      \_ \_ \_ \_ \_

kasetb      \_ \_ \_ \_ \_

maelenod      \_ \_ \_ \_ \_

eagprs      \_ \_ \_ \_ \_

nanbaa      \_ \_ \_ \_ \_

cerhyr      \_ \_ \_ \_ \_



Your Name \_\_\_\_\_



Find more kids' activities at [oldorchard.com/fun](http://oldorchard.com/fun)  
For answers, please visit [www.fareway.com](http://www.fareway.com)