



FAREWAY

CART-TO-KITCHEN SM

ISSUE 40 | April-June 2021

funky
**FOOD
ART**
FOR KIDS

Recipe on
page 14

muffin tin
MEAL SOLUTIONS

simplified
SEAFOOD

PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!

FREE



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APRIL - JUNE 2021

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with Taylor Farms®
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FAREWAY[®] **CART-TO- KITCHENSM**

**WE'VE ALWAYS TAKEN
YOUR GROCERIES TO
YOUR CAR, AND NOW
WE'RE MAKING OUR WAY
INTO YOUR KITCHEN.**

Our new educational series, Cart to Kitchen, safely brings you savvy cooking tips and affordable, healthy recipes featuring Fareway Dietitians. New episodes will be posted weekly on Fareway's social media outlets, YouTube channel, weekly emails and at www.fareway.com.

HERE IS
JUST A
SAMPLE
OF WHAT
YOU'LL
LEARN

Cook Once, Eat Twice
Cast Iron Tips
Healthy Snack Ideas
Breakfast Tips
The Perfect PB&J
Homemade Playdough
Canned Fruits and Vegetables
Salmon Tips
Salad Jars
Make Ahead Breakfast Burritos
Flour Paint Craft for Kids
Produce Storage
Advice from Fareway Meat Experts

And so much more!



DINNER

in under
30
minutes



Taylor Farms® **NEW**
Chopped Salad Kit flavors mean
NEW WAYS TO SIMPLIFY DINNER.





GARLIC & LEMON SHRIMP SALAD

Makes 4 servings

Total time: 30 minutes

INGREDIENTS

- 1 pound peeled and deveined shrimp
- 2 Tbsp. olive oil
- 4 garlic cloves, minced
- 1 lemon, juiced
- Salt and pepper, to taste
- 8 bamboo skewers (soaked in water for at least 20 minutes)
- 1 Taylor Farms® Roasted Garlic chopped kit

DIRECTIONS

Combine shrimp, olive oil, garlic, lemon juice, salt and pepper. Marinate for 10-15 minutes. Skewer 3-4 shrimp on each skewer. Place oven rack 6 inches from broiler and preheat broiler to high heat. Place shrimp skewers on broiler pan and cook until shrimp is opaque, about 2 minutes per side. In a large bowl, combine salad, setting the dressing packet aside. Top salad with shrimp skewers and dressing.

NUTRITION INFORMATION PER SERVING:

312 calories; 21 g fat; 3.5 g saturated fat; 142 mg cholesterol; 362 mg sodium; 12 g carbohydrate; 2 g fiber; 2 g sugar; 20 g protein





TWISTED BURGER BOWLS

Makes 4 servings | Total time: 15 minutes

INGREDIENTS

1 pound ground beef or bison
 ½ tsp. onion powder
 ½ tsp. garlic powder
 ¼ tsp. paprika
 Salt and pepper, to taste

1 Taylor Farms® Creamy Dill Pickle chopped kit
 1 cup cherry tomatoes, halved
 1 avocado, sliced
 ¼ cup red onion, chopped
 1 dill pickle, sliced

DIRECTIONS

Heat a large skillet over medium-high heat. Add ground beef, onion powder, garlic powder, paprika, salt and pepper. Cook until ground beef is crumbled and brown, about 5–8 minutes.

Assemble the salad kit using ingredients from the bag, setting aside the dressing and crouton packets. Add tomatoes, avocado, onion and pickle slices. When the ground beef is fully cooked, add it to the salad and top with dressing and crouton packets.

NUTRITION INFORMATION PER SERVING: 414 calories; 27 g fat; 7 g saturated fat; 77 mg cholesterol; 601 mg sodium; 14 g carbohydrate; 5 g fiber; 5 g sugar; 26 g protein





EVERYTHING CHICKEN SALAD SANDWICH

Makes 6 servings | Total time: 10 minutes

INGREDIENTS

- | | |
|--|---------------------------|
| 1 Taylor Farms® Everything chopped kit | Salt and pepper, to taste |
| 2 cups shredded chicken breast | ¼ tsp. garlic powder |
| 2 Tbsp. mayonnaise | ¼ tsp. paprika |
| 1 tsp. Dijon mustard | 6 buns or sandwich thins |
| 1 tsp. white wine vinegar | |

DIRECTIONS

Combine chicken, mayonnaise, mustard, vinegar, salt, pepper, garlic powder and paprika. Assemble salad kit as directed. Fill each bun with salad and top with chicken.

NUTRITION INFORMATION PER SERVING (does not include bun): 244 calories; 13 g fat; 2 g saturated fat; 78 mg cholesterol; 485 mg sodium; 4 g carbohydrate; 1 g fiber; 2 g sugar; 24 g protein

FUNKY [FOOD ART] for kids

SOMETIMES ALL IT TAKES TO ENCOURAGE
YOUR KIDS TO EAT THEIR FRUITS AND
VEGETABLES IS A LITTLE CREATIVITY.

STRAWBERRY STAR FLOWERS

STRAWBERRIES, KIWI, STRING CHEESE



BUGGY BERRIES

STRAWBERRIES, CHOCOLATE, BLUEBERRIES



TIP if you want very
small chocolate lines
or dots, put syrup on
a toothpick first

BUTTERFLY BREAKFAST

ORANGES, GRAPES, SHREDDED CARROTS
(ANTENNAS), CHOCOLATE CHIPS OR SAUCE (EYES)





FRUITY FLOWER
ORANGE SEGMENTS, GREEN APPLE,
RASPBERRY

TEDDY BEAR TOAST

TOAST, PEANUT BUTTER, BANANAS, BLUEBERRIES



HEALTHY HEARTS

WATERMELON (USE COOKIE CUTTER), BLUEBERRIES, SKEWER



CRAWLY CATERPILLAR

ORANGE, GRAPES, SHREDDED CARROTS, STRAWBERRY,
CHOCOLATE SAUCE (LEGS & ANTENNAS), CANDY EYES

muffin tin MEALS

YOUR TRUSTED MUFFIN
TINS ARE FOR MORE THAN
JUST MUFFINS.

Dividing some of your favorite recipes
into muffin tins gives you perfectly
portioned meal solutions.

EGG MUFFINS

Makes 6 eggs | Total time: 20 minutes

INGREDIENTS

6 eggs
Nonstick cooking spray

DIRECTIONS

Preheat oven to 375°F. Spray 6 muffin cups with nonstick cooking spray. Crack each egg into a cup and season as desired. Bake until eggs are cooked thoroughly, about 14–18 minutes.

NUTRITION INFORMATION PER EGG USING LARGE EGGS:

72 calories; 5 g fat; 2 g saturated fat; 207 mg cholesterol; 65 mg sodium;
0 g carbohydrate; 0 g fiber; 6 g protein

STEAK FAJITA CUPS

Makes 6 cups | Total time: 30 minutes

INGREDIENTS

1 Tbsp. oil	1 (1 ounce) packet fajita seasoning
8 ounces beef petite shoulder tender, chopped into bite-sized pieces	$\frac{1}{4}$ cup water
1 bell pepper, diced	$1\frac{1}{2}$ cups shredded cheese, such as pepper jack
1 small onion, diced	6 (4.5-inch) flour street taco tortillas

DIRECTIONS

Preheat oven to 425°F. Heat oil over medium heat. Add steak, bell pepper and onion. Sauté until steak is no longer pink and vegetables are tender, 5–7 minutes. Add fajita seasoning and water. Cook over medium-low heat until mix has thickened, about 2 minutes. Spray a 6-cup muffin tin with nonstick spray. Press one tortilla into each muffin tin, making sure to press it up the sides. Add about 1 tablespoon of shredded cheese to each cup. Add steak mix, then top with another 1 tablespoon of cheese. Bake until tortillas are golden brown and firm, about 10–15 minutes.

NUTRITION INFORMATION PER FAJITA CUP: 285 calories; 15 g fat; 7 g saturated fat; 47 mg cholesterol; 1631 mg sodium; 19 g carbohydrate; 1 g fiber; 2 g sugar; 17 g protein





DECONSTRUCTED EGG ROLLS

Makes 12 egg roll cups | Total time: 25 minutes

INGREDIENTS

12 wonton wrappers (usually found in the produce section)	3 Tbsp. reduced-sodium soy sauce
½ pound ground pork	1 Tbsp. rice vinegar
1½ Tbsp. sesame oil	1 tsp. fresh ginger
2 garlic cloves, minced	Salt and pepper, to taste
2 cups classic coleslaw mix	¼ tsp. red pepper flakes
(shredded cabbage and carrots)	Sliced green onions and sesame seeds, optional

DIRECTIONS

For the wonton wrapper cups:

Spray 12 muffin cups with nonstick cooking spray. Press wonton wrappers into muffin cups and spray with nonstick cooking spray. Bake at 375°F until golden brown and crispy, 6–8 minutes.

For the filling:

Brown ground pork in a large skillet. Once cooked through, add sesame oil and garlic. Sauté until garlic is fragrant, about 2 minutes. Add coleslaw mix, soy sauce, rice vinegar, ginger, salt, pepper and red pepper flakes. Cook until coleslaw and carrots are soft, 5–7 minutes. Fill wonton cups with filling and top with green onions and sesame seeds, if desired.

NUTRITION INFORMATION PER EGG ROLL CUP: 68 calories; 2.6 g fat; 0.5 g saturated fat; 12 mg cholesterol; 169 mg sodium; 6 g carbohydrate; 0.5 g fiber; 0.6 g sugar; 5 g protein



PEPPERONI PIZZA POCKETS

Makes 6 pizzas | Total time: 35 minutes

INGREDIENTS

1 package refrigerated thin crust pizza dough
¼ cup prepared pizza or marinara sauce

6 slices pepperoni, cut into quarters
¼ cup mozzarella cheese

DIRECTIONS

Preheat oven to 375°F. Spray a 6-cup muffin tin with nonstick cooking spray. Roll out pizza dough and cut into 6 circles using a large glass or cookie cutter. Press dough into cups. Top each crust with marinara, pepperoni and cheese. Bake until dough is golden brown and cheese is melted, 22–25 minutes.

NUTRITION INFORMATION PER PIZZA POCKET: 158 calories; 3 g fat; 1 g saturated fat; 4 mg cholesterol; 317 mg sodium; 26 g carbohydrate; 0 g fiber; 6 g sugar; 5 g protein



CHICKEN POT PIES

Makes 18 pot pies | Total time: 45 minutes

INGREDIENTS

½ cup butter
½ cup chopped onion
½ cup all-purpose flour
2 cups chicken broth
1½ cups milk
1½ cups frozen mixed vegetables (such as peas, green beans, carrots and corn)
½ tsp. salt
½ tsp. black pepper
½ tsp. garlic powder
2 cups cooked chicken, cut into bite-sized pieces
3 sheets refrigerated pie crust dough

DIRECTIONS

Preheat oven to 425°F. Melt butter in a large skillet with sides. Add onion and sauté until onion is soft and translucent, about 5 minutes. Add flour and mix well. Add chicken broth and milk. Simmer over medium-low heat until mixture has thickened, about 3 minutes. Stir in frozen vegetables, salt, pepper, garlic powder and cooked chicken. To assemble crusts, cut dough into 18 circles using a large glass or cookie cutter, making sure to save scrap pieces. Spray 18 muffin cups with nonstick cooking spray. Press the pie crust into each muffin tin, going up the sides of each cup. Add chicken mixture and top with remaining scrap pieces of crust, if desired. Bake until pie crust is crisp and golden brown, 20–25 minutes.

NUTRITION INFORMATION PER POT PIE USING SKIM MILK: 259 calories; 14 g fat; 6 g saturated fat; 36 mg cholesterol; 330 mg sodium; 23 g carbohydrate; 1 g fiber; 1 g sugar; 10 g protein

APPLE CINNAMON OATMEAL CUPS

Makes 12 oatmeal cups

Total time: 40 minutes

INGREDIENTS

3 cups old-fashioned rolled oats
1 tsp. baking powder
1½ tsp. cinnamon
¼ tsp. salt
1 cup milk
2 large eggs
½ cup brown sugar
1 tsp. vanilla extract
1 medium Granny Smith apple, peeled and chopped

DIRECTIONS

Preheat oven to 350°F. Combine oats, baking powder, cinnamon and salt in a large bowl. In a separate bowl, mix milk, eggs, brown sugar and vanilla. Add milk mixture to oats and stir to combine. Gently mix in apples. Add mixture to 12 muffin cups sprayed with nonstick cooking spray. Bake until firm, about 25–28 minutes. Store in the refrigerator for up to 1 week or freeze for up to 3 months.

NUTRITION INFORMATION PER OATMEAL CUP USING SKIM MILK:

137 calories; 2 g fat; 0.5 g saturated fat; 35 mg cholesterol;
71 mg sodium; 26 g carbohydrate; 2 g fiber; 11.5 g sugar; 4.5 g protein



Get Hooked on SEAFOOD

SALMON

HEALTH BENEFITS

Salmon contains omega 3 fatty acids, which have been shown to reduce inflammation, improve heart health, aid in brain development and promote overall memory and brain health.

HELPFUL HINTS

- Choose 4 ounce fillets for easy portion control.
- Keep the skin on during cooking (even if you don't plan to eat it) to keep the fillet moist and intact.
- Squeeze lemon (or other citrus juice) over salmon after cooking for the most flavor.

EASY PREP

- Seasoning suggestions
 - Lite Asian sesame dressing or marinade
 - Honey mustard sauce
 - Garlic, salt, pepper and lemon juice
- Bake
 - 350°F for 20 minutes OR
 - 450°F for 10 minutes for a crispier skin

DIJON SALMON

Makes 4 servings

Total time: 30 minutes

INGREDIENTS

4 (4 ounce) salmon fillets
1 Tbsp. fresh parsley, chopped
OR 1 tsp. dried parsley
¼ cup Dijon mustard
1 Tbsp. oil
3 garlic cloves, minced
Salt and pepper, to taste

DIRECTIONS

Preheat oven to 375°F. Place salmon on a baking sheet covered in parchment paper, skin side down. Mix the remaining ingredients together and spread over salmon. Bake salmon for 15-18 minutes or until cooked through.

NUTRITION INFORMATION PER

SERVING: 203 calories; 11 g fat; 1.6 g saturated fat; 62 mg cholesterol; 223 mg sodium; 1.5 g carbohydrate; 0.5 g fiber; 0.2 g sugar; 23 g protein



TUNA

HEALTH BENEFITS

Fresh and canned tuna are rich in protein and omega 3 fatty acids.

HELPFUL HINTS

- When choosing canned tuna, albacore tuna tends to have a more mild flavor, whereas light tuna is more robust.
- Choose tuna in a pouch if you're on the go or want to avoid draining.
- Fresh tuna is typically prepared medium-rare by searing over high heat.

EASY PREP

- Make mayo-free tuna salad by seasoning tuna (packed in water) with olive oil, Dijon mustard, red bell pepper and celery.
- Try an open-faced Italian tuna melt: season tuna with Italian dressing. Broil bread for 1 to 1½ minutes, then top with tuna, tomato and mozzarella cheese. Broil until cheese is melted, about an additional minute.
- Pair flavored tuna pouches with whole grain crackers and a fruit or vegetable for a quick meal or snack.



SESAME TUNA STEAK

Makes 4 servings

Total time: 10 minutes

INGREDIENTS

4 (5 ounce) tuna steaks
¼ cup assorted sesame seeds
1 pinch salt
1 pinch ground black pepper
1 Tbsp canola oil

DIRECTIONS

Heat oil in a skillet over medium high heat. Pat tuna steaks dry with a paper towel and season both sides with salt and pepper. Press sesame seeds into both sides of tuna steak. Add tuna to skillet. Cook for 2 to 3 minutes; flip and cook for an additional 2 to 3 minutes.

NUTRITION INFORMATION PER

SERVING: 281 calories; 13 g fat; 2 g saturated fat; 52 mg cholesterol; 67 mg sodium; 5 g carbohydrate; 3 g fiber; 35 g protein

WHITE FISH

White Fish

HEALTH BENEFITS

White fish, such as cod and tilapia, provide lean protein with mild flavor, so they're great for young taste buds or budding chefs.

HELPFUL HINTS

- Choose white fish if you're looking for recipe versatility. Since the flavor is delicate, it works well with almost any flavor or seasoning. White fish typically takes on the flavor of its seasoning without having a strong flavor of its own.
- Consider the fillet's thickness. If you're new to cooking fish, a thinner, faster cooking may leave less room for error.

EASY PREP

- Bake for 15 minutes at 400°F or sauté over medium heat until fish is opaque and flakes easily with a fork.
- Replace your typical taco fillings with white fish to help meet the 2–3 recommended weekly servings of seafood.



WALNUT AND PANKO CRISP FISH FILLETS

Makes 4 servings | Total time: 10 minutes

INGREDIENTS

$\frac{3}{4}$ cup California walnuts, finely chopped
 $\frac{3}{4}$ cup Panko bread crumbs
1 tsp garlic salt
 $\frac{1}{2}$ tsp dried dill
1 pound cod fillets, cut into 3-inch long pieces
2 eggs, beaten
1 Tbsp spicy brown mustard

$\frac{1}{2}$ cup flour
lemon wedges

Lemon Dill Topping

$\frac{1}{4}$ cup plain Greek yogurt
1 tsp lemon juice
 $\frac{1}{4}$ tsp garlic salt
 $\frac{1}{8}$ tsp dried dill

DIRECTIONS

Preheat oven to 400°F and line a baking sheet with foil; coat with nonstick cooking spray. Stir together walnuts, breadcrumbs, garlic salt and dill in a shallow dish. Beat together eggs and mustard in a second shallow dish. Place flour in a separate shallow dish. Roll fish pieces into flour, then egg mixture, then walnut mixture and place on baking sheet. Bake for 15–20 minutes or until fish flakes easily with a fork. Serve immediately with lemon wedges and Lemon Dill Topping.

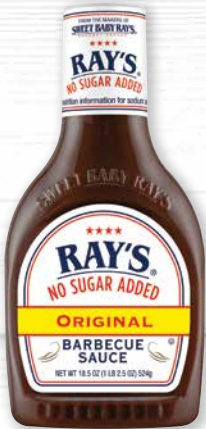
NUTRITION INFORMATION: 400 calories; 19 g fat; 3.5 g saturated fat; 165 mg cholesterol; 470 mg sodium; 27 g carbohydrate; 2 g fiber; 31 g protein

NEW PRODUCTS

AT FAREWAY



Crispy Green **CRISPY FRUIT**



Ray's
**NO SUGAR ADDED
BARBECUE SAUCE**



Fareway
APPLESAUCE SQUEEZIES



Crystal Farms
**CHEDDAR CHEESE BLEND
CHEESE WRAPS**



Oikos Pro **YOGURT**



Fareway
**MAPLE BACON & EVERYTHING
BAGEL CASHEWS**

ASK THE DIETITIANS

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

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