
FAREWAY
CART-TO-KITCHEN SM
ISSUE 41 I JULY–SEPTEMBER 2021
BETTER THAN TAKEOUT
summer FOOD SAFETY
fresh produce STRAWBERRIES
PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!
FREE



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FAREWAY®

CART-TO-KITCHEN℠

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

Produce storage and prepping

Summer cocktail recipes

Fareway meat counter explained

Rotisserie chicken recipes

Baking swaps

All about peaches

Picking a pineapple

Tomato varieties

And so much more!

SWEET STRAWBERRY SEASON



DON'T WASH OR CUT STRAWBERRIES UNTIL YOU'RE READY TO EAT THEM

ANGEL FOOD CAKE IN A JAR

Makes 8 desserts
Total time: 20 minutes

INGREDIENTS

1 pint fresh strawberries, sliced
2 Tbsp. sugar
1 pound angel food cake
2 cups whipped topping

DIRECTIONS

Combine strawberries with sugar. Let sit for at least 30 minutes, up to overnight. Layer cake, strawberries, then whipped topping in 8 small jars or cups (about 8 ounces each). Repeat layers as necessary. Store in the refrigerator.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 243 calories; 5 g fat; 5.47 g saturated fat; 23.5 mg cholesterol; 290 mg sodium; 44.6 g carbohydrate; 1 g fiber; 27 g sugar; 3.75 g protein



BALSAMIC STRAWBERRIES WITH RICOTTA CHEESE

Makes 6 servings I Total time: 20 minutes

INGREDIENTS

1 cup ricotta cheese
3 ounces cream cheese
2 Tbsp. powdered sugar
1½ tsp. vanilla extract
3 Tbsp. balsamic vinegar
2 Tbsp. granulated sugar
1 pint strawberries, sliced
1 Tbsp. fresh basil, cut into ribbons OR
1 Tbsp. fresh mint, chopped

DIRECTIONS

Whip ricotta cheese, cream cheese, powdered sugar and vanilla extract in a medium bowl using an electric mixer. Divide mixture into six serving goblets and chill. Combine vinegar and granulated sugar in a small saucepan. Bring to a boil over medium-high heat. Reduce heat and simmer 2–3 minutes, stirring occasionally, until the mixture lightly coats a spoon. Cool completely. Toss strawberries with balsamic syrup. Evenly divide strawberries into each goblet. Sprinkle basil ribbons or chopped mint on each and serve immediately.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 165 calories; 9 g fat; 5.3 g saturated fat; 30.6 mg cholesterol; 89 mg sodium; 16 g carbohydrate; 1 g fiber; 11.6 g sugar; 5.3 g protein



STRAWBERRY SORBET

Makes about 4 servings (½ cup each)
Total time: 20 minutes + freezing time

INGREDIENTS

2½ cups frozen, sliced strawberries
1½ cups water
½ cup sugar
1 Tbsp. lemon juice

DIRECTIONS

In a saucepan, bring water and sugar to a boil. Stir until sugar has completely dissolved. Remove from heat and let cool. Add strawberries, syrup and lemon juice to a food processor or blender. Blend until smooth. Pour mixture into a freezer-safe container and freeze overnight. Keep frozen for up to 2 weeks.

APPROXIMATE NUTRITION INFORMATION PER SERVING:
130 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 2 mg sodium; 33.5 g carbohydrate; 2 g fiber; 29 g sugar; 0 g protein

STRAWBERRY PRETZEL CUPS

Makes 8 desserts I Total time: 20 minutes

INGREDIENTS

1 cup whipped topping
¼ cup whipped cream cheese
1½ cups mini pretzels
1 tsp. sugar
2 Tbsp. melted butter
1 pint fresh strawberries, sliced

DIRECTIONS

Combine whipped topping and cream cheese in a medium bowl. Add pretzels, sugar and melted butter to a large resealable bag. Crush with a rolling pin, pan or flat meat mallet, leaving some larger chunks. Divide pretzels, whipped topping and strawberries into eight 8-ounce glass jars, repeating layers as necessary. Store in the refrigerator.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 371 calories; 23.5 g fat; 21.6 g saturated fat; 105 mg cholesterol; 131 mg sodium; 30 g carbohydrate; 1 g fiber; 23 g sugar; 1.3 g protein



STORE FRESH STRAWBERRIES IN THE REFRIGERATOR

HOW TO CHOOSE & USE

fresh herbs

Cilantro

—you either love it or hate it. For the cilantro lovers, add it to Mexican dishes (like our Creamy Colorado Burritos on page 11). Store it in the refrigerator in a cup of water.





Basil

is the quintessential "Italian herb." Use it on top of caprese salads, Margherita pizza (see our recipe on page 10), or in spaghetti. Basil provides the best flavor when it's added near the end of cooking. Store it at room temperature for the longest shelf life.

Rosemary

is known for its strong, pine-like flavor and woody stem. Strip rosemary from the stem and add slowly to a recipe as it can quickly overpower a dish.







Mint

gives a strong fresh (sometimes peppery) flavor to sweet or savory dishes. Garnish dessert (check out our strawberry desserts on pages 4–7) or muddle in your favorite cocktail.



Dill

has fine, tender leaves with a tangy flavor. Stir it into potato salads, eggs, on top of salmon or mixed with cucumbers.



Thyme

has a light, lemony flavor pairs well with savory dishes, especially poultry and vegetables. Use it whole, tied in a bundle, or finely chopped.



Parsley

Curly leaf and flat-leaf parsley both provide a mild, clean flavor to savory dishes. Both varieties work best as a garnish added at the end of cooking to add color and depth to a recipe. Store it in a glass of water in the refrigerator.

Better than TAKEOUT

YOUR FAVORITES MADE IN THE COMFORT OF YOUR KITCHEN.



MARGHERITA PIZZA

Makes 4 individual pizzas
Total time: varies

NO KNEAD DOUGH

3 cups all-purpose flour
2 tsp. instant yeast
2 tsp. salt
1 (12 ounce) can or bottle of beer
1 Tbsp. + ¼ cup olive oil

TOPPINGS

Olive oil, for drizzling
4 garlic cloves, minced
3 large tomatoes, thinly sliced
16 ounces sliced fresh mozzarella
1 bunch fresh basil, torn into bite-sized pieces

DIRECTIONS

For the crust

Stir together flour, yeast and salt. Add beer and 1 tablespoon olive oil. Mix until well combined. Cover the bowl and let sit at room temperature until the crust doubles in size, about 1–2 hours. (You can also let dough rise overnight in the refrigerator.)

Flour your work surface and split dough into four equal pieces. Roll into crusts and place on a piece of parchment paper. Lightly drizzle each crust with olive oil.

Preheat oven to 500°F. Place a heavy sheet pan or pizza stone in the oven while it preheats. Place dough on heated pan and bake for 3–5 minutes, just until it starts to cook. Remove crust from oven and top with oil, garlic, sliced tomatoes, cheese and torn basil. Bake until cheese is melted, about 5 minutes.

APPROXIMATE NUTRITION INFORMATION PER PIZZA: 794 calories; 35.8 g fat; 16 g saturated fat; 61 mg cholesterol; 1519 mg sodium; 79.8 g carbohydrate; 1 g fiber; 1.8 g sugar; 32 g protein

CREAMY COLORADO BURRITOS

Makes 8 burritos I Total time: varies

INGREDIENTS

2 pounds boneless beef chuck roast, cut into 3–4 large chunks
1 tsp. beef bouillon granules
2 (10 oz) cans red enchilada sauce
Salt and pepper, to taste
2 garlic cloves, minced
½ cup diced onion
½ cup heavy cream or half & half
1 Tbsp. flour
3 Tbsp. water
8 (8 inch) tortillas
1 cup Monterey jack cheese
2 Tbsp. fresh chopped cilantro, optional

DIRECTIONS

Combine beef, bouillon granules, enchilada sauce, salt, pepper, garlic and onion in a slow cooker. Cook on low for 6–8 hours. Remove beef from slow cooker and shred with two forks, reserving the liquid.

In a saucepan over medium heat, combine 1½ cups liquid from the slow cooker and cream (or half & half). Combine flour and water to make a slurry then stir it into the sauce. Reduce heat and simmer until sauce has thickened, about 5–10 minutes.

Spray a 9″x13″ baking dish with nonstick cooking spray. Divide beef among tortillas and roll up. Place in the prepared baking dish seam side down. Top with sauce and cheese. Bake at 400°F until cheese is melted and sauce begins to bubble, about 20 minutes. Serve with fresh cilantro, if desired.

APPROXIMATE NUTRITION INFORMATION PER BURRITO (USING HEAVY CREAM): 551 calories; 36 g fat; 16 g saturated fat; 110 mg cholesterol; 997 mg sodium; 27.5 g carbohydrate; 2 g fiber; 3.8 g sugar; 27 g protein







SHEET PAN CRUNCH WRAP

Makes 6 servings | Total time: 45 minutes

INGREDIENTS

1 Tbsp. oil
½ onion, chopped
1 pound ground beef
1 plum tomato, chopped
1 (1 ounce) package taco seasoning
½ cup water
5 burrito-size flour tortillas
1½ cups cheddar cheese
1½ cups Monterey jack cheese
4 corn tostadas
Sour cream and salsa, for serving

DIRECTIONS

Heat oil in a large pot over medium-high heat. Add onion and cook until caramelized, about 10–12 minutes. Add ground beef and cook until browned, breaking apart as it cooks, about 8–10 minutes. Add tomato, taco seasoning and water. Stir until combined. Remove from heat and let cool slightly.

Preheat oven to 375°F. Cover a large baking sheet (11″ x 17″) with aluminum foil and spray with cooking spray. Layer 4 tortillas around the baking sheet so half of each tortilla is hanging over the edge of the pan and tortillas overlap, covering the pan.

Sprinkle half of the cheese evenly over the tortillas. Top with beef mixture, spreading it evenly over the cheese. Arrange the tostadas over the beef. Sprinkle with remaining cheese. Fold the overhanging tortilla edges back over the filling. Place the remaining tortilla in the center to fill the gap.

Spray tortillas with cooking spray. Place another heavy baking sheet on top of the crunch wrap. Add an ovenproof weight (like a cast iron skillet) on top to press crunch wrap together. Bake for 20 minutes, then remove the weight. Return to oven and bake until the tortillas are golden and crisp, an additional 10–15 minutes.

Remove the baking sheet from the oven and allow the crunch wrap to cool for 5 minutes. Cut into 6 squares and serve. Serve with sour cream and salsa, if desired.

APPROXIMATE NUTRITION INFORMATION PER SERVING (USING 93% LEAN GROUND BEEF): 577 calories; 31.5 g fat; 15 g saturated fat; 101 mg cholesterol; 1672 mg sodium; 29.8 g carbohydrate; 1 g fiber; 2.5 g sugar; 34.6 g protein

















SESAME CHICKEN

Makes 4 servings | Total time: varies

INGREDIENTS

1 pound boneless, skinless chicken breast, cut into bite-sized pieces
½ cup all-purpose flour
¼ cup cornstarch
1 whole egg
⅓ cup water
1 Tbsp. oil

FOR SAUCE

1 Tbsp. oil
1 garlic clove, minced
2 Tbsp. soy sauce
¼ cup rice wine vinegar
4 Tbsp. sugar
2 tsp. cornstarch
⅓ cup water

White sesame seeds, to garnish
Jasmine rice, for serving

DIRECTIONS

Combine flour, cornstarch, egg, water and oil until smooth. Add chicken and stir to coat evenly. Refrigerate chicken in batter for 30 minutes.

Working in batches, heat 2–3 inches of oil in a wok or large pot. Gently drop the chicken into the oil and fry until golden brown, about 3–5 minutes. Remove chicken from the oil and place on a paper towel.

In a large saucepan, heat 1 tablespoon oil over high heat. Add garlic and sauté slightly for 30–60 seconds. Add remaining sauce ingredients. Simmer until sauce has thickened, 3–5 minutes.

Add chicken to sauce and toss to coat evenly. Serve chicken over jasmine rice. Garnish with sesame seeds.

APPROXIMATE NUTRITION INFORMATION PER SERVING (DOES NOT INCLUDE RICE): 351 calories; 9 g fat; 1.6 g saturated fat; 144 mg cholesterol; 678 mg sodium; 32 g carbohydrate; 0 g fiber; 12.5 g sugar; 36 g protein



SHOP RECIPE INGREDIENTS, SAVE TIME!

CURBSIDE PICK UP

SHOP. PICK UP. GO.

SHOP.FAREWAY.COM

Available for most locations, coming soon for all others.



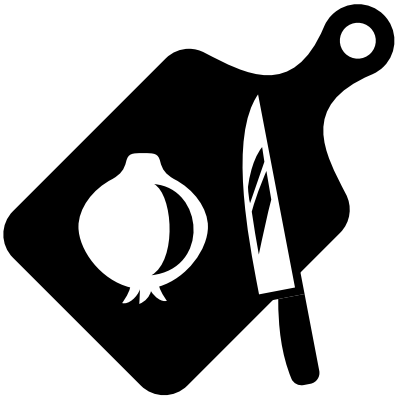
summer FOOD SAFETY

We all know the basics of a healthy barbecue: choose lean meats, avoid mayo-based sides and yes, liquid calories do count. But what about keeping those foods safe? Whether you're entertaining a group or dining solo, practice the basic four rules of food safety.



1 CLEAN

Wash your hands, utensils and surfaces frequently to stop the spread of germs.



2 SEPARATE

Keep raw meat separate from ready-to-eat foods in the refrigerator. Store raw meat at or near the bottom of your refrigerator, if possible, in case a package leaks. When preparing food, use separate cutting boards for ready-to-eat items (fruits, vegetables, breads, cheese) and meats. If you are short on cutting boards, prep all ready-to-eat items first.

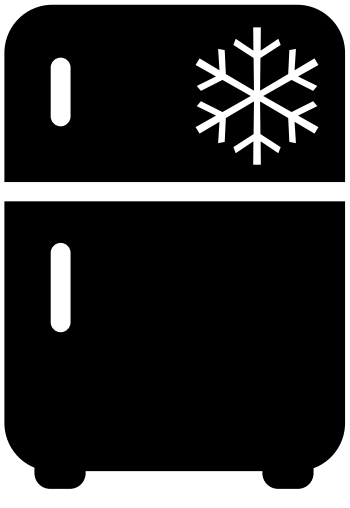
3 COOK

Use a food thermometer to keep hot foods above 140°F to slow the spread of bacteria. Food thermometers not only keep food safe, but also help ensure the best quality when used to measure internal temperatures.

ITEM	MINIMUM INTERNAL COOKING TEMPERATURE
STEAK	145°F
POULTRY whole chicken, breasts, thighs	165°F
PORK CHOPS & ROASTS	145°F
GROUND MEAT	165°F
FISH & SHELLFISH	145°F
FULLY COOKED HAM	165°F
LEFTOVERS	165°F
CASSEROLES	165°F

4 CHILL

Refrigerate perishables within two hours. If you're dining outside and it's above 90°F, cut that time down to an hour—bacteria can grow even faster when it's hot.



Snack Time With a Twist



Find more meal ideas at mrsgrimesbeans.com



WHITE BEAN GUACAMOLE

Makes 20 servings (about 2 oz each)
Prep Time: 15 minutes
Total Time: 15 minutes

INGREDIENTS

1 (15½ oz) can **Mrs. Grimes® navy beans** or **great northern beans** (drained, rinsed)
2 avocados, peeled, chopped, divided
2 large garlic cloves
2 tbsp. lime juice
2 medium tomatoes, seeded, chopped
½ cup chopped fresh cilantro
¼ cup chopped red onion
½ tsp. salt

DIRECTIONS

Place beans, 1½ of the avocados, the garlic and lime juice in food processor. Cover; process 1 minute or until very smooth. Spoon into medium bowl. Fold in all remaining ingredients. Season to taste. Serve with triangles of warm pita bread or your favorite chips or crackers.



NEW PRODUCTS

AT FAREWAY



HALO TOP FRUIT POPS lime, coconut, strawberry



MET-RX BARS
super cookie crunch, crispy apple pie, chocolate chip cookie dough



HIDDEN VALLEY SECRET SAUCES
original, spicy, smokehouse, golden



PRIMAL KITCHEN AVOCADO OIL



MARIANI SALAD TOPPERS
sweet & tangy, smoky southwest, nuts & cherry



EGGLAND'S BEST EGG BITES AND OMELETS

ASK THE DIETITIANS



Whitney, RD, LD



Caitlyn, RD, LD

Want to contact Whitney or Caitlyn?

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