



FAREWAY®

CART-TO-KITCHENSM

ISSUE 42 | OCTOBER-DECEMBER 2021

cooking
for **ONE**

How to
use & choose
**GROUND
BEEF**

lil' 'cados
ARE JUST THE RIPE SIZE

PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!

FREE



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OCTOBER - DECEMBER

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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, email messages and www.fareway.com.

HERE IS
JUST A
SAMPLE
OF WHAT
YOU'LL
LEARN

Choosing and using a variety of ground beef

How to make peanut butter bites

School lunch hacks

All about local zucchini and yellow squash

Smoked pork chop facts

Beef roasts 101

Hydration how to

Fueling for endurance athletes

Chocolate milk and exercise recovery

How to increase fruits and vegetables

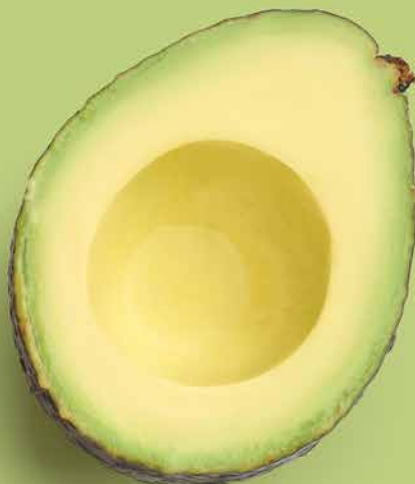
Meat for your smoker

And so much more!



JUST THE RIPE SIZE

Lil' 'Cados are single serving avocados with a richer, creamier, sweeter flavor than traditional avocados, all in about half the size!



CHOOSING & CUTTING AN AVOCADO

Gently squeeze avocado in the palm of your hand. Ripe, ready-to-eat avocados will yield to gentle pressure.



- 1 Cut the avocado in quarters lengthwise, going around the pit.



- 2 Separate the quarters.



- 3 Peel each segment, starting from the tip.

Peeling saves more of the dark green flesh than the traditional scooping method. Enjoy!

EACH LIL' 'CADO CONTAINS

160 calories, 15 grams heart healthy fat, 2 grams protein, vitamin K, folate, vitamin C, potassium, vitamin B5, vitamin B6, vitamin E



BAKED AVOCADO EGG

Serves 2 | Total time: 30 minutes

INGREDIENTS

2 ripe Lil' 'Cados, halved and pitted
4 large eggs
Salt, black pepper, red pepper to taste

DIRECTIONS

Preheat oven to 400°F. Place avocado halves in a baking dish, open side up. Crack eggs into a bowl, one at a time. Using a spoon, transfer one yolk into each avocado half and then spoon in as much egg white as you can without spilling over. Season with salt and pepper and bake until your egg whites set but the yolks are still a bit runny, about 15–20 minutes. Top baked avocados with red pepper, if desired, and then serve immediately.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 311 calories; 25 g fat; 5.4 g saturated fat; 372 mg cholesterol; 149 mg sodium; 9.7 g carbohydrate; 7 g fiber; 1.1 g sugar; 15 g protein



AVOCADO AND WHITE BEAN DIP

Makes 4 servings | Total time: 10 minutes

INGREDIENTS

- 1 (15.5 ounce) can cannellini beans, drained and rinsed
- 2 ripe Lil' 'Cados avocados, diced
- 1 clove garlic, minced
- 2 Tbsp. white vinegar
- $\frac{1}{4}$ tsp. salt
- 2 Tbsp. cilantro, chopped

DIRECTIONS

In a bowl, combine beans, avocados, garlic, vinegar and salt. Use a potato masher or fork to mash until smooth. Add cilantro and mix with a spoon. Add a teaspoon of water, if needed, to achieve the desired consistency. Serve with your choice of veggie slices or crackers.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 257 calories; 8.5 g fat; 1.9 g saturated fat; 0 mg cholesterol; 617 mg sodium; 35 g carbohydrate; 12 g fiber; 0.5 g sugar; 11.75 g protein

AVOCADO BREAKFAST TACOS

Makes 3 servings | Total time: 20 minutes

INGREDIENTS

6 corn or flour street taco tortillas
6 large eggs
1 tsp. milk
Salt and pepper to taste
1 ripe avocado, sliced
¼ cup red onions, finely diced
¼ cup yellow bell pepper, diced
¼ cup red bell pepper, diced
2 Tbsp. cilantro, finely chopped
⅓ cup crumbled Cotija or shredded
Parmesan cheese
Juice from 1 lime

DIRECTIONS

Heat a large skillet and spray with cooking spray. For four tortillas, lightly fry on each side, one at a time. Remove from pan. Cover with a towel to keep warm and set aside. Fry remaining tortillas until crispy and light golden brown. Remove from pan and cut into thin strips. Add eggs, milk, salt and pepper into a bowl and whisk until well blended. Pour mixture into a heated, lightly oiled or buttered skillet. Cook over low heat. As eggs begin to set, stir mixture several times while thickening, continuing until no visible liquid remains. Distribute scrambled eggs onto each tortilla and top with tortilla strips, avocado slices, onions, peppers, cilantro and crumbled cheese. Squeeze a lime wedge over the tacos and serve immediately.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 338 calories; 19.6 g fat; 6.3 g saturated fat; 385 mg cholesterol; 349.6 mg sodium; 23 g carbohydrate; 5 g fiber; 1.8 g sugar; 18 g protein





SAY HELLO TO OVERNIGHT OATS

peanut butter & jelly

peanut butter, strawberry preserves
sliced strawberries, peanuts

Meal prep isn't limited to lunch and dinner; it works for breakfast too! Enter Overnight Oats—the perfect combination of easy, affordable and nutritious.

HERE'S WHAT YOU'LL NEED:

½ cup unsweetened, old-fashioned oats
½ cup milk or dairy-free milk of choice
1 tablespoon chia seeds, optional
(highly recommended for added protein,
fiber and omega-3 fatty acids)
½ cup yogurt, optional
Toppings

Simply mix the ingredients together in single serving jars, cups or containers and store them in the refrigerator. If you're prepping for the week (the oats last in the fridge for five days), consider adding sliced fruit the day you eat the oats to keep it as fresh as possible. If you like a hot breakfast, simply heat your oats in the microwave and enjoy!



chocolate banana

sliced banana, hazelnut spread,
chocolate chips



caramel apple

chopped apples,
caramel syrup, pecans



pumpkin pie

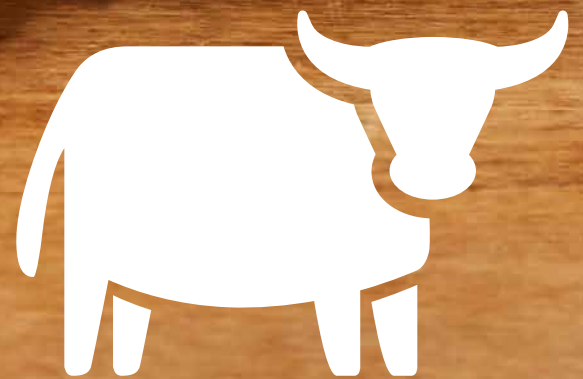
pumpkin puree, vanilla yogurt,
maple syrup, pecans, pumpkin pie spice



almond joy

shredded coconut, slivered almonds
chocolate chips, maple syrup





GROUND BEEF

BIG NUTRITION. SMALL PACKAGE.

FAREWAY'S FAMOUS MEAT COUNTER

IS KNOWN FOR ITS
VARIETY, INCLUDING
A VARIETY OF
GROUND BEEF.

Ground beef is described by its lean-to-fat ratio and you'll typically find 80/20, 85/15, 93/7 and Our Own. The first number is the percent of lean meat, the second is the percent fat. For example, 85% ground beef is 85% lean meat and 15% fat. What does that mean for your recipes? One ground beef may work better than another depending on the additional ingredients.

When it comes to nutrition, ground beef packs a big punch in a small package. Each 3-ounce cooked serving provides protein along with essential vitamins and minerals like iron, zinc and vitamin B12 (just to name a few). Beef also provides choline, an important nutrient for brain development.



80/20

80/20 GROUND BEEF IS TYPICALLY VERY JUICY.

It works best for dishes where the ground beef is really the star of the show; think burgers, meatballs and meatloaf.

WESTERN BURGERS

Makes 4 servings | Total time: 25 minutes

INGREDIENTS

1 pound ground beef (80% lean)
1 jalapeño pepper, seeded, chopped
2 tsp. chopped onion
2 tsp. finely chopped fresh cilantro
⅛ tsp. salt
⅛ tsp. ground black pepper

4 leaves butter, romaine or
iceberg lettuce
1 onion, thinly sliced
1 tomato, sliced
1 avocado, sliced

DIRECTIONS

Combine ground beef, jalapeño, onion, cilantro, salt and black pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four (½-inch thick) patties.

GRILL:

Place patties on grill over medium, ash-covered coals. Grill, covered, until instant-read thermometer inserted horizontally into center registers 160°F, 8–10 minutes (over medium heat on preheated gas grill, covered, 7–9 minutes), turning occasionally.

STOVE TOP/OVEN:

Warm a cast iron skillet in the oven while it preheats to 425°F. Once the skillet is hot, remove it from the oven using oven mitts. Add oil to skillet. Add burgers then place skillet back in the oven and bake for 8–10 minutes for medium-rare, 11–12 minutes for medium or 13–15 minutes for medium-well.

Place each burger on lettuce leaves. Top with onion, tomato and avocado. Wrap lettuce around burger and enjoy.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 368 calories; 28.25 g fat; 9.5 g saturated fat; 80.5 mg cholesterol; 157 mg sodium; 7.5 g carbohydrate; 3.75 g fiber; 2.5 g sugar; 21 g protein

Recipe courtesy of www.beefitswhatsfordinner.com



85/15 IS A "UNIVERSAL" GROUND BEEF,
meaning it works well pretty much anywhere since it has a mid-range lean-to-fat ratio. Use it for anything from burgers to tacos to chili. Or try our Mongolian Ground Beef.



MONGOLIAN BEEF

Makes 4 servings

Total time: 15 minutes

INGREDIENTS

- 1 pound ground beef (85% lean ground beef)
- 1 Tbsp. sesame oil
- 3 cloves garlic, minced
- 1½ tsp. fresh ginger, grated
- 2 Tbsp. mirin (rice wine)
- 2 Tbsp. rice vinegar
- 2 Tbsp. brown sugar
- ¼ cup lite soy sauce
- ¼ cup water
- 1 tsp. sesame seeds + more for garnish
- ¼ tsp. crushed red pepper flakes
- ¼ cup sliced green onions
- 4 cups cooked rice

DIRECTIONS

Heat a large pan over medium high heat. Add sesame oil. Crumble in ground beef and cook until cooked through. Drain any rendered fat, if necessary. Add garlic and ginger and sauté until fragrant, about 2 minutes. Add the mirin, rice vinegar, brown sugar, soy sauce, water, sesame seeds and red pepper flakes. Cook until the liquid has thickened. Serve over rice. Top with green onions and additional sesame seeds, if desired.

APPROXIMATE NUTRITION INFORMATION PER SERVING:

528 calories; 21.5 g fat; 7.25 g saturated fat; 77 mg cholesterol; 579 mg sodium; 54.5 g carbohydrate; 1.25 g fiber; 11.25 g sugar; 26.25 g protein



93/7

GROUND BEEF MEETS GUIDELINES FOR “LEAN,” making it an excellent choice for health-minded shoppers. It works best crumbled in dishes that use extra moisture: chili, casseroles, meat sauce or Gumbo Joes.

GUMBO JOES

Makes 4 servings | Total time: 20 minutes

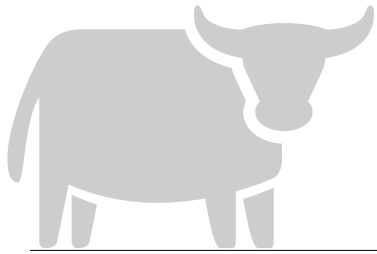
INGREDIENTS

1 onion, diced	1 (10.5 ounce) can chicken gumbo soup
1 pound ground beef (93% lean)	4 hamburger buns

DIRECTIONS

Heat a skillet over medium heat. Add onion and ground beef. Sauté and crumble ground beef until beef is cooked through and onion is tender, about 8 minutes. Season with salt and pepper, if desired. Stir in soup. Simmer until soup as reduced, about 10 minutes. Serve on buns with desired toppings.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 434 calories; 20 g fat; 7.25 g saturated fat; 79.5 mg cholesterol; 861 mg sodium; 33.75 g carbohydrate; 2.75 g fiber; 6.5 g sugar; 28 g protein



FAREWAY'S OWN FRESH GROUND BEEF

IS TYPICALLY AROUND 85% LEAN, but it can vary since it's ground fresh daily from the trimmings of roasts and steaks we cut in house—you may even catch a meat expert grinding a fresh batch if you shop early. Our Own fresh ground beef works in any of your favorite recipes, such as our Cheesy Taco Casserole.



CHEESY TACO CASSEROLE

Makes 8 servings

Total time: 45 minutes

INGREDIENTS

1 Tbsp. olive oil
½ cup chopped onion
2 garlic cloves, minced
1 pound ground beef
1 Tbsp. prepared taco seasoning
1 (15.5 ounce) can black beans,
drained and rinsed, divided
2 cups chopped tomatoes
1 cup corn
12 corn tortillas
2 cups Monterey cheese
1 cup shredded cheddar cheese
2 green onions, sliced

DIRECTIONS

Preheat oven to 375°F. Heat oil in a large skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Add garlic and cook for 1 more minute. Add ground beef and cook until browned, about 7 minutes. Drain any excess fat, if necessary. Stir in taco seasoning, black beans (reserve ¼ cup for topping), tomatoes and corn. Spray a baking dish with cooking spray and spread ½ cup of the beef mixture on the bottom of the dish. Top with a layer of tortillas, ⅓ of each cheese, then ⅓ of the beef mixture. Repeat with another layer of tortillas, cheese and beef. Top with remaining tortillas and beef mix. Add remaining cheese and reserved beans. Bake until cheese is melted and casserole is warmed through, about 20–25 minutes. Garnish with green onions.

NUTRITION INFORMATION PER SERVING:

547 calories; 29.6 g fat; 4.7 g saturated fat; 50 mg cholesterol; 432.7 mg sodium; 33.3 g carbohydrate; 7.4 g fiber; 2.7 g sugar; 37.5 g protein

Do you know where your vegetables come from?



**PICTSWEEP
FARMS**

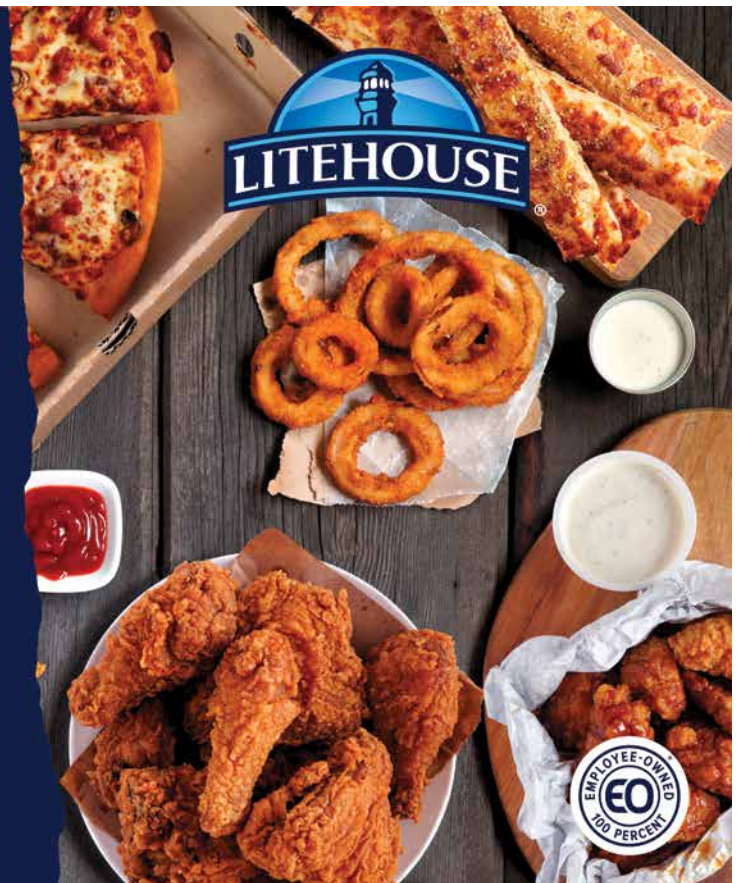
Pick some today.™
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pizza, veggies, and more!

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COOKING FOR ONE

gives you flexibility, the opportunity to cook once and eat twice, and less time in the kitchen since many dishes can be created in minutes.

Cooking for one can be a challenge as most recipes are written for four to ten servings. On the upside, when cooking for one, you can adjust the flavors and foods to your preferences.

FREEZE EXTRA PORTIONS

Is the package of meat, poultry or fish too big for one meal? Freeze the extra in single servings for easy use in future meals or have your Fareway Meat Experts package your meat in single servings for you. You can also freeze leftovers in single serve containers for easy lunches and dinners.





COOK ONCE, EAT TWICE

Some recipes can't be cut down very well, making them the perfect opportunity to cook once, but eat twice. Making chili? Store your leftovers in small, individual portions for an easy heat-and-eat meal. If you're not a fan of leftovers, try serving it over rice or a baked potato to change it up.



USE A TOASTER OVEN

Small, convenient, quick to heat toaster ovens are perfect for broiling fish fillets, roasting small vegetables or heating up leftovers.

CHANGE THE RECIPE

You can adjust many recipes to make fewer servings by simply converting the measurements.

2 SERVINGS

1 SERVING



1 TABLESPOON

=



1½ TEASPOONS



⅛ CUP

=

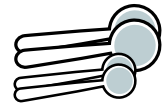


1 TABLESPOON



⅓ CUP

=



2 TABLESPOONS
+ 2 TEASPOONS



½ CUP

=



¼ CUP



⅔ CUP

=



⅓ CUP



¾ CUP

=



6 TABLESPOONS



1 CUP

=



½ CUP

Make Something Your Family Will Love



Find more meal ideas at mrsgrimesbeans.com



CHEESE TURKEY AND CORNBREAD CASSEROLE

Makes 6 servings (about 8.5oz each)
Prep Time: 15 minutes
Total Time: 35 minutes

Ingredients

- 1 pound ground turkey
- 1 small onion, chopped (about ½ cup)
- 1 (15.5 oz) can **Mrs. Grimes® chili beans** (do not drain)
- 1 (15.25 oz) can whole kernel corn, drained
- 1 tsp. garlic powder
- ½ tsp. cumin
- 1 (8.5 oz) pkg corn muffin mix
- Milk (as required for corn muffin mix)
- Egg (as required for corn muffin mix)
- ½ cup shredded Cheddar cheese

Directions

Heat oven to 375° F. In 12-inch skillet, cook ground turkey and onion over medium-high heat, 6-8 minutes, until meat is thoroughly cooked. Stir in beans, corn, garlic powder and cumin; spoon mixture into 7×11-inch (2 quart) baking dish. Prepare muffin batter as directed on package; stir in cheese. Drop spoonfuls of batter over meat mixture; spread to cover mixture. Bake 15-20 minutes, until toothpick inserted comes out clean.



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not too sweet or unsweet



GOLDEN HOME FLOUR
sprouted whole grain wheat
or fiber flour



SILK OAT MILK
original or extra creamy



CHOBANI ZERO SUGAR
vanilla or mixed berry



DOLE FRUITIFY
energize, glow or replenish

ASK THE DIETITIANS

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

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