



**FAREWAY**

# **CART-TO-KITCHEN™**

ISSUE 44 | APRIL-JUNE 2022

**EASY EATS**  
MEALS IN  
RECORD TIME

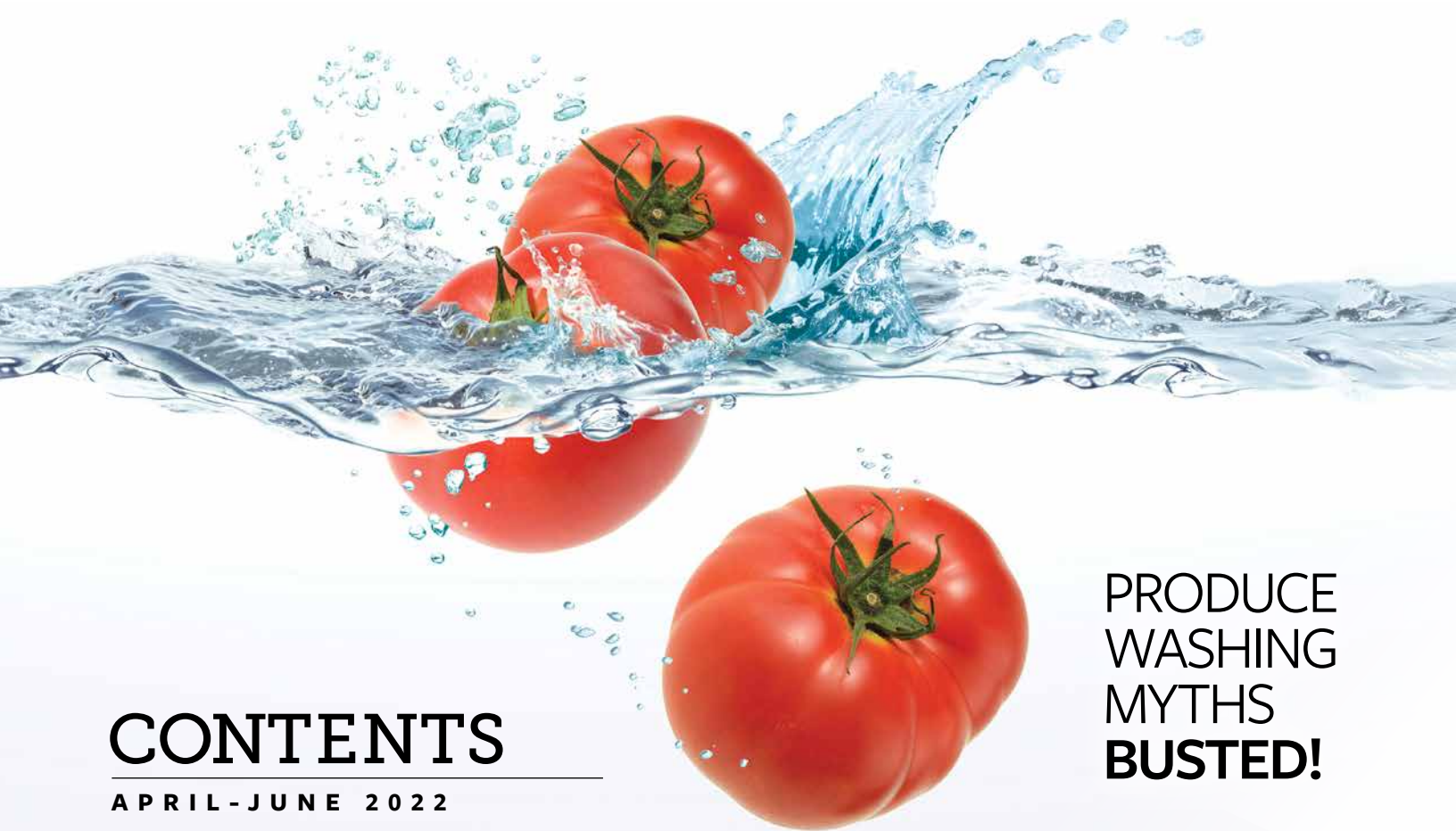
**MUFFIN  
TIN MEALS  
FOR KIDS**

**PRODUCE  
WASHING  
MYTHS**

**PLUS** FRESH,  
AFFORDABLE  
RECIPES IN  
EVERY ISSUE!

**FREE**





**PRODUCE  
WASHING  
MYTHS  
BUSTED!**

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## ALL ABOUT ASPARAGUS





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

Our educational series, CART-TO-KITCHEN, safely brings you savvy cooking tips and affordable, healthy recipes featuring Fareway Dietitians, produce experts and meat experts.

New episodes are posted weekly on Fareway's social media outlets, YouTube channel, email messages and [www.fareway.com](http://www.fareway.com).

HERE IS  
JUST A  
SAMPLE  
OF WHAT  
YOU'LL  
LEARN

Asparagus how tos  
Make your own chicken marinades  
Fareway's rotisserie chicken  
Meal prep with beef chuck roast  
Blueberry smoothie recipe  
All about sweet potatoes  
Reuben sliders  
Air fryer tacos  
Building a taco board  
Spicy margaritas  
Chicken marinade four ways

***And so much more!***





# *all about* **ASPARAGUS**

Folate

Fiber

Potassium

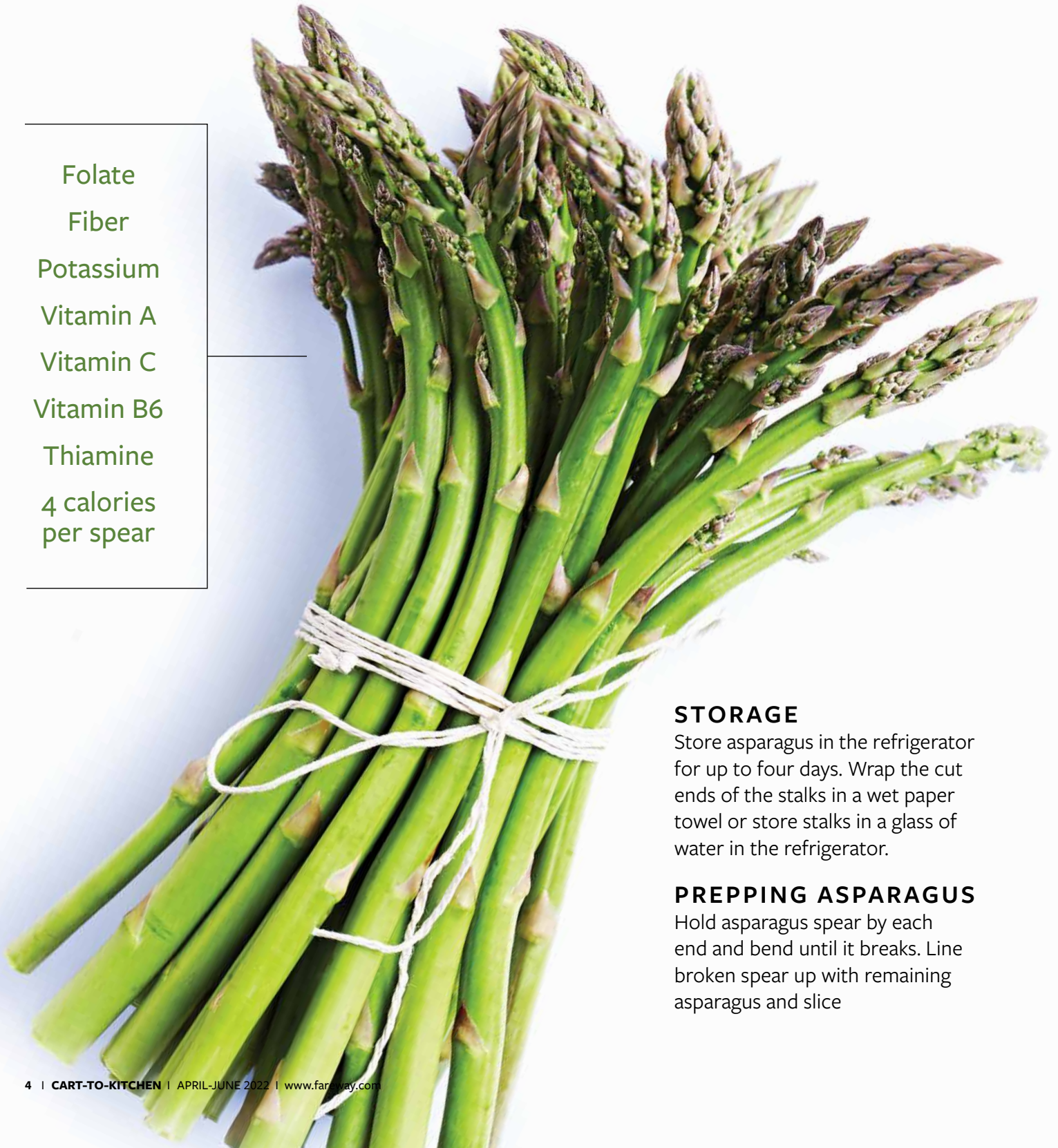
Vitamin A

Vitamin C

Vitamin B6

Thiamine

4 calories  
per spear



## **STORAGE**

Store asparagus in the refrigerator for up to four days. Wrap the cut ends of the stalks in a wet paper towel or store stalks in a glass of water in the refrigerator.

## **PREPPING ASPARAGUS**

Hold asparagus spear by each end and bend until it breaks. Line broken spear up with remaining asparagus and slice





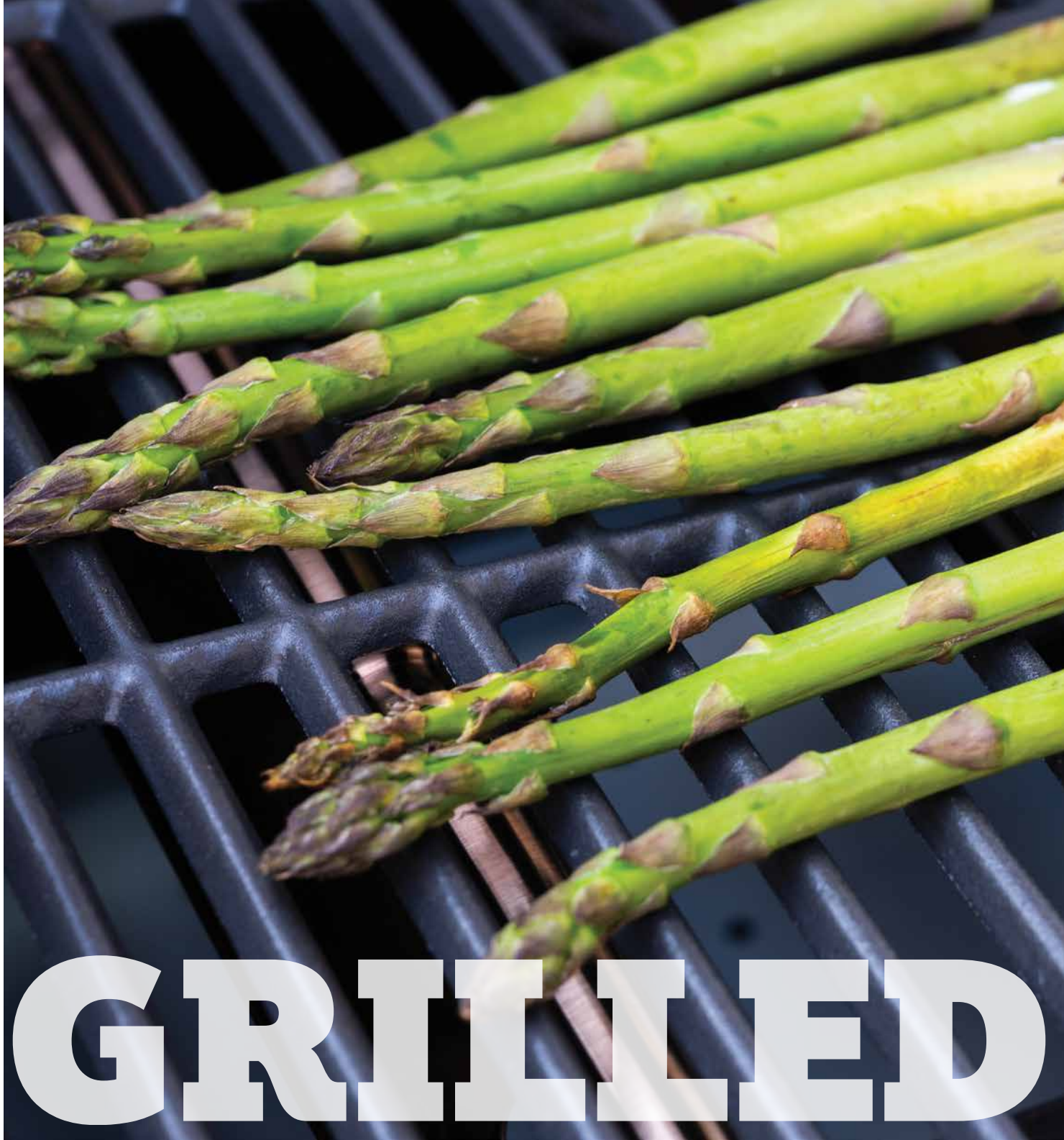
Drizzle with oil and season | 400°F for 12–15 minutes



Drizzle with oil and season  
400°F for 7–9 minutes  
Shake or stir halfway through

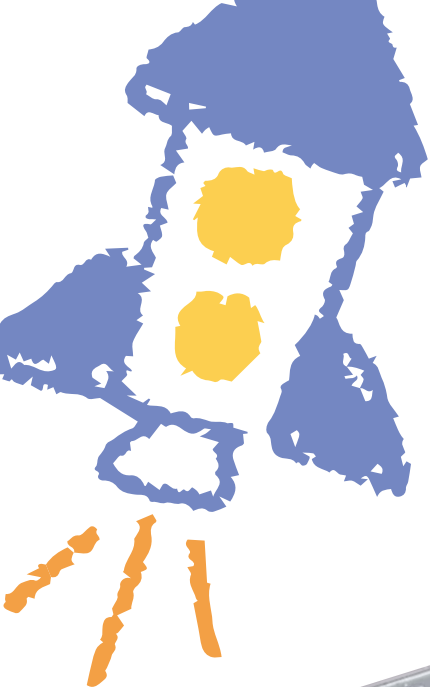






Drizzle with oil and season. Place spears directly on the grill grates or use a grill basket. Preheat grill to medium-high heat (about 400°F) and grill for 6–10 minutes. Roll occasionally.





# PLEASE THE PICKIEST EATER

DO YOU HAVE A PICKY EATER ON YOUR HANDS? MAYBE A TODDLER THAT PREFERS TO GRAZE? THE SOLUTION MAY BE AS SIMPLE AS DUSTING OFF A MUFFIN TIN.



**BREAKFAST**  
HARDBOILED EGGS  
FRUIT  
APPLESAUCE  
CEREAL







**DINNER**  
CHICKEN  
DIPPING SAUCE  
RICE  
FRUIT  
VEGETABLE  
DESSERT



**SNACK**  
YOGURT  
FRUIT  
GRANOLA



**LUNCH**  
DELI MEAT  
FRUIT  
VEGETABLES  
CHEESE  
CRACKERS



**ABC**





# EASYEATS

## MEALS IN RECORD TIME

### ENGLISH MUFFIN PIZZAS

Makes 12 pizzas | Total time: 15 minutes

#### INGREDIENTS

6 whole wheat English muffins, split in half  
¾ cup pizza sauce  
2 cups shredded mozzarella cheese  
1 cup finely chopped toppings of your choice (pepperoni, sausage, peppers, mushrooms, etc.)

#### DIRECTIONS

Preheat broiler. Place English muffin halves (cut side up) on a baking sheet and broil until they begin to brown, 2–3 minutes. Remove from oven and layer with pizza sauce, cheese and toppings. Bake pizzas at 375°F until cheese is melted, 8–10 minutes.

**APPROXIMATE NUTRITION INFORMATION PER SERVING (2 PIZZAS; CHEESE TOPPING ONLY):**  
246 calories; 7.5 g fat; 3.5 g saturated fat; 18.6 mg cholesterol; 674.4 mg sodium; 31.5 g carbohydrate; 4.4 g fiber; 6 g sugar; 13.1 g protein



## INSTANT POT CHEESY ZITI

Makes 4 servings

Total time: 25 minutes

### INGREDIENTS

1½ cups chicken broth  
1 cup heavy cream or half & half  
1 tsp. minced garlic  
(fresh or dried)  
salt and pepper, to taste  
8 ounces dry ziti pasta  
(about 2 ⅔ cup dry)  
1 cup red pasta sauce  
1 cup shredded parmesan cheese  
½ cup shredded mozzarella

### DIRECTIONS

Add broth, cream, garlic, salt, pepper and pasta to the Instant Pot™ or electric pressure cooker, making sure all the noodles are covered. Set pressure cooker to MANUAL for 6 minutes. Once it's finished, allow the pressure to release naturally for 5 minutes then quick release. Add remaining ingredients to the noodles and serve.

### APPROXIMATE NUTRITION INFORMATION

#### PER SERVING (USING HALF & HALF):

375 calories; 19 g fat; 11 g saturated fat;  
51 mg cholesterol; 978 mg sodium;  
28 g carbohydrate; 2.2 g fiber; 7.7 g sugar;  
19 g protein





## ROAST BEEF POTLUCK ROLLS

Makes 12 sandwiches

Total time: 25 minutes + marinating time

### INGREDIENTS

|   |                                 |
|---|---------------------------------|
| ½ pound thinly sliced deli roast beef or leftover beef roast            | 6 slices provolone cheese       |
| 1 package Hawaiian rolls (12 count)                                     | ¼ cup butter, melted            |
| ¼ cup cream-style prepared horseradish (or Dijon mustard, if preferred) | 2 Tbsp. Worcestershire sauce    |
|   | 1 Tbsp. dried parsley leaves    |
|   | 2 tsp. packed light brown sugar |
|   | ¼ tsp. onion powder             |

### DIRECTIONS

Spray a 9" x 13" baking dish with cooking spray. Cut rolls in half, horizontally. Place bottom half of rolls in the prepared baking dish. Spread horseradish, then layer roast beef and cheese. Close sandwiches and cut into 12 individual sandwiches. Combine butter, Worcestershire sauce, parsley, sugar and onion powder in a small bowl. Mix and pour evenly over sandwiches. Cover and refrigerate for 1 hour, up to overnight. Bake sandwiches at 350°F until cheese is melted and rolls are golden brown, 15–20 minutes.

### APPROXIMATE NUTRITION INFORMATION PER SANDWICH

(USING DELI ROAST BEEF AND HORSERADISH): 209 calories; 9.3 g fat; 5.4 g saturated fat; 32 mg cholesterol; 433 mg sodium; 22 g carbohydrate; 1.2 g fiber; 7.5 g sugar; 10 g protein

Recipe adapted from [beefitswhatsfordinner.com](http://beefitswhatsfordinner.com)





## AIR FRYER TACOS

Makes 12 tacos

Total time: 25 minutes

### INGREDIENTS

1 pound ground beef  
1 (1 ounce) packet prepared  
taco seasoning  
 $\frac{1}{4}$  cup water  
1 cup shredded cheese  
12 medium-sized flour tortillas

### DIRECTIONS

Preheat air fryer to 400°F.  
Brown ground beef until  
crumbled and cooked  
thoroughly. Drain, if necessary.  
Add taco seasoning and water  
to ground beef. Add ground  
beef to tortillas. Top with  
cheese and roll tightly, securing  
with a toothpick if necessary.  
Brush tacos with oil or spray  
with cooking spray. Air fry until  
tacos are golden brown and  
crispy, 4–7 minutes.

### APPROXIMATE NUTRITION INFORMATION PER TACO:

225 calories; 11 g fat; 4.4 g saturated  
fat; 29 cholesterol; 606 mg sodium;  
21 g carbohydrate; 1.4 g fiber;  
1.4 g sugar; 11 g protein







## HAM AND CHEESE CRESCENT ROLL-UPS

Makes 8 roll-ups | Total time: 25 minutes

### INGREDIENTS

1 (8 ounce) can refrigerated Pillsbury™ Original Crescent Rolls  
½ pound thinly sliced ham  
4 slices cheddar cheese, cut into 4 strips

### DIRECTIONS

Preheat oven to 350°F. Separate dough into 8 triangles. Place 1 slice of ham and 2 strips of cheese in the center of dough. Roll up the crescent, starting away from the tip. Place rolls, tips down, on baking sheet. Bake until golden brown, 15–19 minutes.

### APPROXIMATE NUTRITION INFORMATION

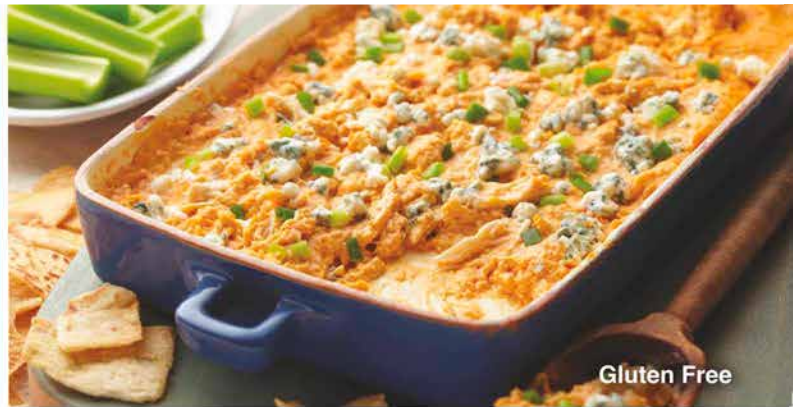
**PER ROLL-UP:** 163 calories; 7.6 g fat; 3.3 g saturated fat; 22 mg cholesterol; 584 mg sodium; 13 g carbohydrate; 0 g fiber; 3 g sugar; 9.2 g protein



# Dip. Eat. Repeat.



Find more meal ideas at [mrsgrimesbeans.com](https://mrsgrimesbeans.com)



Gluten Free

## WHITE BEAN BUFFALO CHICKEN DIP

Makes 18 servings (about 2 oz each)  
Prep Time: 15 minutes  
Total Time: 40 minutes

### Ingredients

1 (8 oz) package cream cheese, softened  
1 (15.5 oz) can **Mrs. Grimes® cannellini beans** (white kidney beans) (drained, rinsed)  
OR 1 (15.5 oz) can **Mrs. Grimes® great northern beans** (drained, rinsed)  
½ cup purchased buffalo wing sauce  
½ cup purchased ranch salad dressing  
1 cup shredded cooked chicken  
¾ cup shredded Cheddar cheese  
¼ cup crumbled blue cheese  
1 green onion, sliced  
Optional: celery sticks and/or pita chips for dipping

### Directions

Heat oven to 350°F. Spray pie plate or shallow baking dish with cooking spray. In food processor, combine cream cheese, beans, buffalo wing sauce and ranch dressing. Cover; process 30 seconds or until smooth. Stir in chicken and cheese. Spread in dish. Bake 20 - 25 minutes or until thoroughly heated and edges are bubbly. Stir mixture and top with blue cheese and onion. Serve warm with celery sticks and/or pita chips.

# Chosen

FOODS



### HIGH HEAT

Never again worry about smoking your cooking oil



### ALL PURPOSE

Replace low-quality oils with a single powerhouse



### NEUTRAL FLAVOR

Recipes taste the way they should—nothing extra





# 4 produce washing myths **BUSTED!**

## MYTH #1

### **I need a fancy produce wash for my fruits and vegetables.**

According to the Food and Drug Administration, water alone does the job when it comes to cleaning produce. Soap, detergent or commercial produce washes aren't recommended. You can add ½ cup of distilled vinegar per 1 cup of water followed by a water rinse to reduce bacteria, however it may affect the taste and texture of your produce.

## MYTH #2

### **I should wash produce as soon as I get home.**

Wait to wash fruits and vegetables until just before eating or cooking them, especially delicate items like berries or mushrooms. Storing wet fruits and vegetables in the refrigerator is a recipe for mold growth.

## MYTH #3

### **I have to peel fruits and vegetables with skins.**

From a nutrition standpoint, the skins of fruits and vegetables typically house vitamins, minerals and fiber. Even if you don't plan to eat the skin, wash produce before peeling or cutting to avoid transferring bacteria to the inside.

## MYTH #4

### **I should rewash pre-washed produce.**

If the packaging states "pre-washed" or "ready-to-eat" you can use that item without washing.





# tips

## FOR WASHING FRUITS & VEGETABLES

### cruciferous vegetables

**KALE, LETTUCE, SPINACH,  
BROCCOLI, CAULIFLOWER**

Separate into leaves or florets and soak them in a large bowl of cold water for 1–2 minutes. Drain leaves or florets in a colander and dry with a paper towel.

### firm fruits & vegetables

**GREEN BEANS, GRAPES,  
ZUCCHINI, ASPARAGUS,  
CUCUMBER, CITRUS**

Rinse under cold water, scrubbing off any visible dirt or debris. Dry in a colander or with a paper towel.

### delicate fruits & vegetables

**BERRIES AND MUSHROOMS**

Gently rinse under a soft stream of cold water, removing any visible dirt or debris. Spread on a clean towel or paper towel to dry.

### root & tuber vegetables

**POTATOES, SWEET POTATOES,  
CARROTS, BUTTERNUT  
SQUASH, ACORN SQUASH**

Scrub with a vegetable brush under cold water to remove dirt and debris. Dry using a clean towel or paper towel.





## DON'T FORGET ABOUT SAFE STORAGE, TOO.

Cut produce should be eaten within two hours after you cut, peel or cook it. Otherwise, store it in the refrigerator, away from raw meat, poultry and seafood.



# SPRING INTO SAVINGS WHEN YOU ORDER ONLINE

## SAVE \$5

on your online order of \$50 or more (pre-tax)

### USE COUPON CODE: C2K222

shop.**FAREWAY**.com

One-time-use offer is valid on shop.FAREWAY.com only and not valid for in-store purchases.

**Coupon code is valid through 6/30/22.**





# NEW PRODUCTS

**AT FAREWAY**



## HINT ENERGY WATER

12 pack (16 ounce) bottles



## TILLAMOOK CHEESE

Chunks, cracker cuts, slices, snack wrapped, shredded



## CHOBANI ZERO

Single serve, multi-serve, 4 pack



## SABRA GUACAMOLE

Mexican street corn and classic with lime



## A2 MILK

Whole, 2% or Hershey's chocolate



# ASK THE DIETITIANS

## Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

Fareway Stores, Inc.  
C/O Registered Dietitians  
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P.O. Box 70  
Boone, IA 50036



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### WEBSITE

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Whitney, RD, LD



Caitlyn, RD, LD

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