

NEW PRODUCTS  
AT FAREWAY



**FAREWAY**

**CART-TO-  
KITCHEN**

ISSUE 45 | JULY-SEPTEMBER 2022

MEANINGFUL  
FAMILY MEALS

MELON  
MANIA

THAT'S A  
WRAP!



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

**FREE**



A glass of water with ice cubes and a burrito on a white plate.

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Our educational series features savvy cooking tips & affordable, healthy recipes featuring Fareway Dietitians, produce experts & meat experts



**NEW EPISODES 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**

**ALL ABOUT BERRIES**  
**SPICY MARGARITA  
RECIPE**  
**ASPARAGUS HOW-TO**  
**3 GRILLING STEAKS**  
**SUMMER SALSAS**  
**JUICING 101**  
**BUILD YOUR OWN  
TACO BOARD**  
**DRAGON FRUIT**  
**HONEY MANGO**

*And so much more!*



#### **DRAGON FRUIT**

*New to our produce section!  
Learn how to cut and use this  
versatile fruit.*

#### **BUILD YOUR OWN TACO BAR**

*One board, endless possibilities for  
feeding a crowd. Try building one  
this Taco Tuesday!*



#### **SPICY MARGARITAS**

*The perfect balance  
of sweet, spicy and  
refreshing.*





# MELON MANIA!

## CHOOSING A MELON

### USE YOUR SENSES



#### TOUCH

A heavier melon typically means juicier



#### LISTEN

Tap with the palm of your hand. A hollow-sounding melon is typically ripe.



#### SMELL

Ripe melons are usually more fragrant



#### LOOK

Avoid cracks or bruises

## STORING

- Uncut melons can be refrigerated for 2–4 weeks
- Unripe melons can ripen at room temperature then move to the refrigerator
- Cut melon lasts for 3–5 days in the refrigerator

## PREPPING

- Remove seeds and rind
- Eat in slices, cubes or scoop with a melon baller



**FOR AN EASY, FUN TAKE ON YUMMY WATERMELON SLICES**, insert popsicle sticks into the rind and make watermelon lollipops.

# WATERMELON

92%  
**WATER**

FRESH  
WATERMELON IS  
A PERFECT WAY  
TO HYDRATE THIS  
SUMMER!



**FOR JUST 40 CALORIES A CUP**, cut a watermelon into cubes and eat it on the go!

**MAKE A PITCHER OF AGUA FRESCA** to sip by the pool by blending melon, water, lime juice and honey.



**THREAD CUBES  
OF CANTALOUPE**  
and other fruits  
on a skewer.



# CANTALOUPE



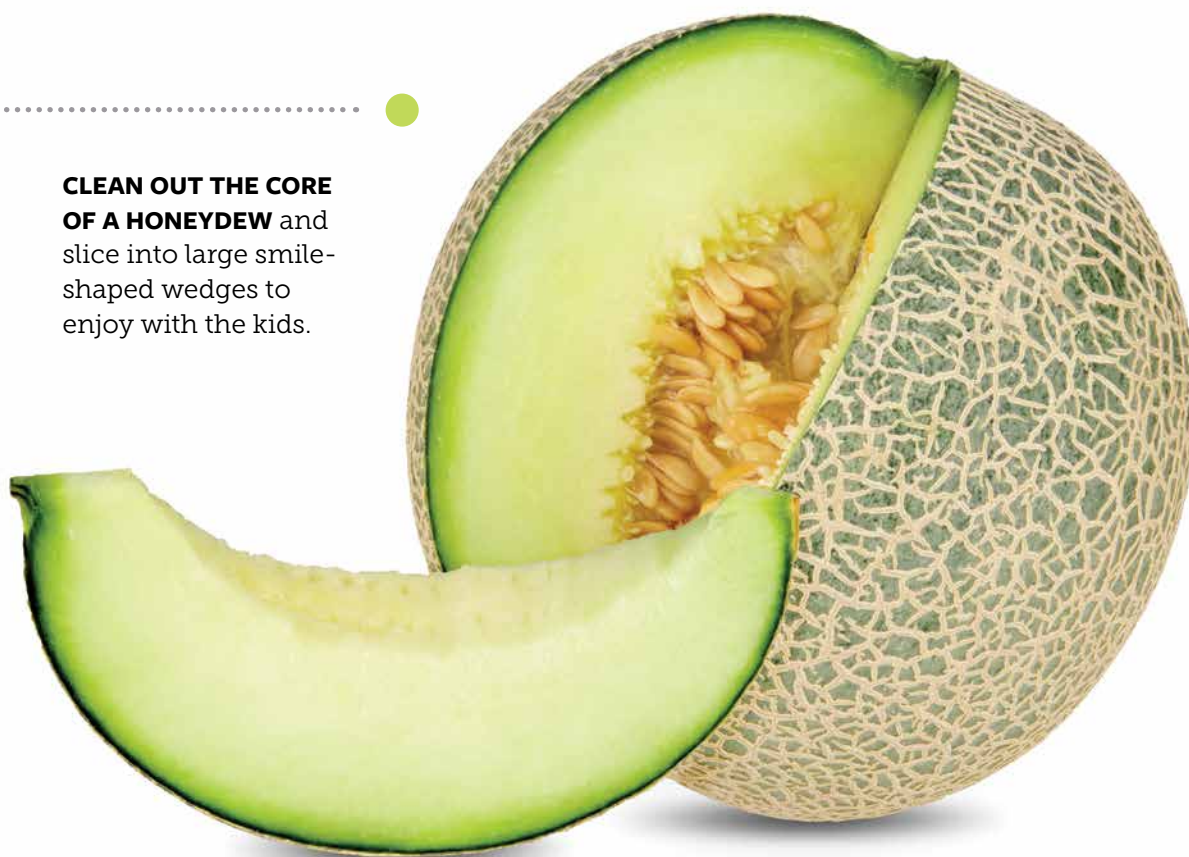
**WRAP SLICES OF CANTALOUPE** in  
prosciutto or ham for an easy appetizer.

**BLEND CANTALOUPE, 100%  
ORANGE JUICE,** ice and a little  
sugar for a cantaloupe cooler.





**CLEAN OUT THE CORE OF A HONEYDEW** and slice into large smile-shaped wedges to enjoy with the kids.



**MAKE POPSICLES BY PUREEING HONEYDEW**, a splash of lime juice and little honey or sugar. Pour into molds and freeze.

# HAVE YOU TRIED OUR market salads?

look for them in the meat case



..... spring  
**SALAD**

rotelli pasta .....  
**SALAD**





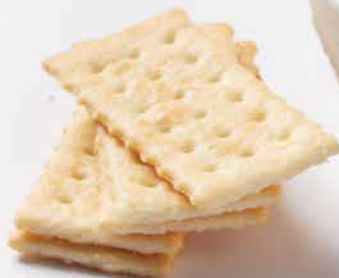
ham .....•  
**SALAD**



homestyle  
chicken  
**SALAD**



.....•  
mac & pea  
**SALAD**



# that's **A WRAP**

---

**Wraps take  
any lunch  
or dinner  
from drab  
to delicious**

in a mere matter  
of minutes. For  
hot summer days,  
prep your wraps  
and store them in  
the refrigerator  
up to three days  
and enjoy.

---







# peanut chicken WRAP

**MAKES 6 WRAPS**

**TOTAL TIME: 15 MINUTES**

## INGREDIENTS

4 cups coleslaw mix  
¼ cup roasted peanuts  
¼ cup cilantro, chopped  
3 cups cooked chicken, sliced  
or shredded  
6 Garden Spinach Herb tortillas  
or spinach wraps

## FOR THE PEANUT SAUCE

¼ cup honey  
¼ cup olive oil  
¼ cup natural peanut butter  
3 Tbsp. rice vinegar  
1 Tbsp. soy sauce  
Salt and pepper, to taste  
¼ tsp. red pepper flakes  
1 Tbsp. grated ginger  
1 garlic clove, minced

## DIRECTIONS

Whisk together peanut sauce ingredients. Add coleslaw mix, peanuts and cilantro. Stir to combine.

Divide chicken and coleslaw mix among tortillas. Roll tightly, securing with a toothpick or searing shut, if desired.

## APPROXIMATE NUTRITION

**INFORMATION PER WRAP:** 519 calories;  
24 g fat; 5.7 g saturated fat; 37 mg  
cholesterol; mg sodium; 52 g carbohydrate;  
3.7 g fiber; 14 g sugar; 25 g protein

# chicken shawarma WRAP

**MAKES** 6 WRAPS

**TOTAL TIME:** 20 MINUTES

+ MARINATING TIME

## INGREDIENTS

1 pound chicken (breast or thigh)  
cut into strips

⅓ cup olive oil

¼ cup fresh lemon juice  
(½ to 1 lemon)

1 tsp. salt

½ tsp. black pepper

½ tsp. ground cumin

½ tsp. turmeric

⅛ tsp. cinnamon

⅛ tsp. cayenne pepper

½ onion, sliced

## FOR SERVING

6 pitas

chopped romaine lettuce

thinly sliced cucumbers

½ cup prepared tzatziki sauce

## DIRECTIONS

Combine oil, lemon juice, salt, pepper, cumin, turmeric, cinnamon and cayenne pepper. Toss with chicken and marinate for at least 2 hours, up to overnight.

Preheat oven to 425°F. Line a large baking sheet with parchment paper. Place chicken on baking sheet with onion.

Bake until chicken is cooked thoroughly, 20–25 minutes, flipping chicken halfway through.

Remove from oven and let chicken rest for 5 minutes. Slice chicken into bite-sized pieces.

Serve on pitas with desired toppings.

## APPROXIMATE NUTRITION INFORMATION PER SERVING (WITH PITA AND TOPPINGS):

367 calories; 16 g fat; 2.8 g saturated fat; 47 mg cholesterol; 375 mg sodium; 35 g carbohydrate; 1.7 g fiber; 2.4 g sugar; 22 g protein





## bean & cheese WRAP

**MAKES 4 SERVINGS (2 WRAPS EACH) | TOTAL TIME: 10 MINUTES**

### INGREDIENTS

1 (16 ounce) can refried beans  
½ tsp. chili powder  
8 (8 inch) flour tortillas  
½ cup salsa

1 cup shredded cheese  
1 cup shredded lettuce  
¼ cup sour cream or Greek yogurt

### DIRECTIONS

Heat refried beans in a saucepan. Season with chili powder and stir to combine.

Layer beans, salsa, cheese, lettuce and sour cream on tortillas. Roll up, securing with a toothpick if needed.

Lightly spray a heated skillet with cooking spray and place wrap, seam side down, in pan until sealed shut and cheese has melted.

**APPROXIMATE NUTRITION INFORMATION PER SERVING:** 525 calories; 19 g fat; 8.4 g saturated fat; 27 mg cholesterol; 1423 mg sodium; 66 g carbohydrate; 7.6 g fiber; 6.5 g sugar; 24 g protein

A photograph of two burritos on a white plate. The burritos are made with light-colored tortillas and are filled with a variety of ingredients including green arugula, red tomatoes, yellow avocado, and cooked bacon. One burrito is cut in half, revealing the filling. To the right of the burritos, there are several green grapes. The background is a soft, out-of-focus yellow.

# blaat WRAP

**MAKES 2 SERVINGS**  
**TOTAL TIME: VARIES**

## INGREDIENTS

2 large tortillas  
2 Tbsp. mayonnaise  
1 medium tomato, sliced  
4 slices bacon, cooked  
½ avocado, sliced  
½ cup arugula

## DIRECTIONS

Layer ingredients on tortillas  
and roll up.

## APPROXIMATE NUTRITION INFORMATION

**PER SERVING:** 484 calories; 29 g fat;  
6.7 g saturated fat; 29 mg cholesterol;  
942 mg sodium; 41 g carbohydrate;  
4.3 g fiber; 3.1 g sugar; 15 g protein



# FIRED UP FOR ONLINE SHOPPING?

## **\$5 OFF** with an order of \$50 or more (pre-tax) USE COUPON CODE: **C2K223**



**Coupon Code is valid through 9/30/22**

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

shop.**FAREWAY.com**

  
**Bright**  
essentials™

NEW! EXCLUSIVELY AT FAREWAY!





# meaningful family meals

RENEW YOUR COMMITMENT TO CREATING  
AND SERVING MEALS AT HOME.

Whether that means adding in just one more meal together or establishing new healthy habits, it's the perfect time to nourish your kids' bodies, brains, and help them thrive. Regular family meals (three or more meals together per week) have been linked to positive outcomes we all want for our children: higher grades and self-esteem, healthier eating habits and healthier weight management.



# CHILI AND CHEESE QUESADILLA

**MAKES** 8 SERVINGS

**TOTAL TIME:** 35 MINUTES

## INGREDIENTS

1 pound ground pork  
2 Tbsp. chili powder  
 $\frac{1}{2}$  cup black beans, drained and rinsed  
 $\frac{1}{2}$  cup frozen corn, defrosted and drained  
1 tomato, chopped  
Salt and pepper, to taste  
8 whole wheat tortillas  
 $\frac{3}{4}$  cup shredded Mexican cheese blend

## DIRECTIONS

Preheat oven to 400°F.

Heat large nonstick skillet over medium heat. Add ground pork. Brown and crumble until pork is cooked through, about 8–10 minutes. Add chili powder, black beans, corn and tomato. Season with salt and pepper, as desired. Cook until heated through, about 4 minutes.

Spray baking sheet with cooking spray. Arrange 4 tortillas on baking sheet. Top half of each tortilla with ground pork mixture. Sprinkle with cheese. Fold tortilla in half. Spray top of tortilla with cooking spray. Bake until quesadillas are lightly browned and edges are crisp, 11–13 minutes.

## APPROXIMATE NUTRITION INFORMATION

**PER SERVING:** 491 calories; 30 g fat; 11 g saturated fat; 89 mg cholesterol; 508 mg sodium; 28 g carbohydrate; 6.7 g fiber; 2 g sugar; 28 g protein

*Recipe modified from National Pork Board*







# LAZY BEEF LASAGNA

**MAKES** 6 SERVINGS  
**TOTAL TIME:** 1 HOUR

## INGREDIENTS

1½ pounds ground beef  
1 Tbsp. minced garlic  
½ tsp. salt  
¼ tsp. ground nutmeg  
¼ tsp. pepper  
1 (26 ounce) jar prepared pasta or marinara sauce  
1½ cups water  
1 (20–25 ounce) package refrigerated or frozen cheese ravioli  
1 cup shredded Italian cheese blend

## DIRECTIONS

Preheat oven to 400°F.

Heat large nonstick skillet over medium heat until hot. Add ground beef and garlic; cook 8–10 minutes, breaking into crumbles and stirring occasionally. Pour off drippings if needed.

Stir in salt, nutmeg and pepper; mix well. Stir in pasta sauce and water; bring to a boil. Cook 1–2 minutes, stirring occasionally.

Coat a 13" x 9" baking pan with cooking spray. Layer half the ravioli, half the beef mixture and half the cheese. Repeat with remaining ravioli, beef mixture and cheese; cover with aluminum foil. Bake 15 minutes (20 minutes if using frozen ravioli). Uncover; continue baking until sauce is bubbly and pasta is tender, 15–20 minutes.

Let stand 5 minutes before serving.

**NUTRITION INFORMATION PER SERVING USING 93% LEAN GROUND BEEF:** 407 calories; 17.6 g fat; 7.5 g saturated fat; 100 mg cholesterol; 1084 mg sodium; 30 g carbohydrate; 0 g fiber; 12.8 g sugar; 33 g protein

*Recipe modified from [beefitswhatsfordinner.org](http://beefitswhatsfordinner.org)*



# NEW PRODUCTS

## AT FAREWAY



**POPPI**  
.....  
strawberry lemonade, raspberry  
rose, doc pop, classic cola, 12 oz



**TRIBE HUMMUS**  
.....  
classic, garlic,  
roasted pepper  
8 oz

**CHOBANI  
OAT MILK**  
.....  
original or  
extra creamy  
52 oz



**VITAL  
PROTEINS  
COLLAGEN**  
.....  
chocolate  
13.5 oz



**SKIPPY  
NO SUGAR  
ADDED**  
.....  
16 oz

# ASK THE DIETITIANS

## Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

Fareway Stores, Inc.  
C/O Registered Dietitians  
2300 Industrial Park Road  
P.O. Box 70  
Boone, IA 50036



### EMAIL

[dietitians@farewaystores.com](mailto:dietitians@farewaystores.com)

### WEBSITE

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Whitney, RD, LD



Caitlyn, RD, LD

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