

FAREWAY

CART-TO-KITCHEN®

ISSUE 46 I OCTOBER-DECEMBER 2022

NEW PRODUCTS AT FAREWAY

CLASSIC COMFORT FOODS

BOOST YOUR BRAIN POWER

FRESH PRODUCE: CARROTS

PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!

FREE



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FAREWAY
CART-TO-KITCHEN®

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.

HERE IS JUST A SAMPLE OF WHAT YOU'LL LEARN

KID-APPROVED CRESCENT ROLL-UPS

STRATEGIES TO CONQUER PICKY EATING

HALF-HOMEMADE CHICKEN TERIYAKI

INSTANT POT® PULLED PORK

And so much more!



GROUND PORK 101 *Affordable, versatile and delicious*



CHOCOLATE PEANUT BUTTER BITES
A family favorite for breakfast, snacks or dessert



TWISTED BURGER BOWLS FEATURING GROUND BISON
15 minutes to a hearty dinner

fresh produce: carrots

25 CALORIES | HIGH IN VITAMIN A | 1.5 G FIBER

Per 1 medium carrot



crinkle cut



sticks



baby



Dilly Carrot Salad

Makes 4 servings
Total time: varies

INGREDIENTS

2 cups peeled and sliced carrots
½ cup diced red onion
2 Tbsp. fresh dill, chopped
OR 2 tsp. dried dill
1 tsp. olive oil
2 Tbsp. red wine vinegar
Salt and pepper, to taste

DIRECTIONS

Parboil carrots by bringing a large pot of water to a boil. Add sliced carrots, boil until crisp-tender, 2–4 minutes. Remove carrots and rinse under cold water. Drain carrots and combine with remaining ingredients.

Refrigerate for at least 3 hours before serving.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 49 calories; 1.3 g fat; 0.2 mg saturated fat; 0 mg cholesterol; 45 mg sodium; 8.6 g carbohydrate; 2.3 g fiber; 3 g sugar; 0.8 g protein



Carrot Chips

Makes 4 servings
Total time: 30 minutes

INGREDIENTS

1 (12 ounce bag) carrot chips
1 Tbsp. oil
Salt and pepper, to taste

DIRECTIONS

Preheat oven to 450ºF.

Toss carrots with oil, salt and pepper.

Line a baking sheet with parchment paper and spread carrot chips in one even layer. Bake until carrots are lightly browned, 20–25 minutes.

Serve with preferred dipping sauce.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 65 calories; 3.5 g fat; 0.3 g saturated fat; 0 mg cholesterol; 65 mg sodium; 8 g carbohydrate; 2 g fiber; 5 g sugar; 1 g protein



Shortcut Carrot Cake

Makes 10 servings
Total time: varies

INGREDIENTS

1 (15.25 ounce) box spice cake mix
3 cups shredded carrots
Water, per package directions
Oil, per package directions
Eggs, per package directions
1 (12 ounce) tub cream cheese frosting

DIRECTIONS

Mix all ingredients (except frosting) and bake according to package directions.

Let cool and frost with cream cheese frosting.

APPROXIMATE NUTRITION INFORMATION PER SERVING:432 calories; 8.5 g fat; 5.2 g saturated fat; 0 mg cholesterol; 403 mg sodium; 57.3 g carbohydrate; 0.7 g fiber; 38.5 g sugar; 2.3 g protein

BUILD A grazing BOARD

GATHER YOUR INGREDIENTS FOR THE ULTIMATE ENTERTAINING CENTERPIECE.

SCAN HERE FOR GRAZING BOARD INGREDIENTS

SCAN ME




BREAKFAST BOARD
SANDWICH BOARD
DESSERT BOARD



comfort classics

NO ONE DOES COMFORT FOOD QUITE LIKE THE MIDWEST.

Grab a fork (and maybe a blanket) and dig in.



Instant Pot® Spaghetti with Meat Sauce

Makes 6 servings
Total time: 30 minutes

INGREDIENTS

1 Tbsp. oil
1 pound ground beef
½ tsp. salt
¼ tsp. pepper
1 tsp. onion powder
½ tsp. garlic powder
2 cups water, divided
1 (24 ounce) jar pasta sauce
8 ounces dry spaghetti, broken to fit into pot

DIRECTIONS

Turn Instant Pot® or electric pressure cooker to sauté. Add oil and ground beef. Crumble and brown ground beef until cooked through, 5–8 minutes. Drain any rendered fat, if necessary, then season with salt, pepper, onion powder and garlic powder.

Add ½ cup of water and pasta sauce to pot. Stir well to combine, scraping any browned bits off the bottom.

Add spaghetti noodles on top of ground beef mixture. Do not stir, otherwise the noodles will burn to the bottom of the pot.

Add remaining 1½ cups water on top of noodles (do not stir).

Set the pressure cooker to high for 8 minutes.

Once cooked, quick release the pressure and stir to combine.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 367 calories; 16 g fat; 4.7 g saturated fat; 54 mg cholesterol; 719 mg sodium; 37 g carbohydrate; 4.1 g fiber; 6.9 g sugar; 20 g protein

One Skillet Shepherd's Pie

Makes 6 servings
Total time: 30 minutes

INGREDIENTS

1 pound ground beef
1 tsp. garlic powder
½ tsp. dried thyme leaves
Salt and pepper, to taste
2 cups frozen mixed vegetable mix (such as green beans, carrots, peas and corn)
1 cup low-sodium beef broth
1 Tbsp. all-purpose flour
3 Tbsp. tomato paste

Mashed Cauli-Potatoes

1 (4.7 ounce) pouch mashed potatoes, prepared according to package directions
1 (12 ounce) box frozen, mashed cauliflower, thawed
1 cup cheddar cheese
2 Tbsp. chopped parsley, if desired

DIRECTIONS

In a large skillet, cook ground beef over medium-high heat until beef is cooked through, about 5 minutes. Drain any rendered fat, if necessary. Add garlic powder, thyme, salt, pepper and frozen vegetables.

Combine broth and flour, whisking until smooth. Add broth mixture to skillet. Heat to boiling, then reduce heat to a simmer. Add tomato paste. Cook over medium heat, stirring occasionally, until mixture has thickened, 8–10 minutes.

Prepare mashed potatoes according to package directions. Stir in mashed cauliflower, cheese and parsley, if using.

Top ground beef with Mashed Cauli-Potatoes and serve.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 299 calories; 10.9 g fat; 6.3 g saturated fat; 66 mg cholesterol; 36 g carbohydrate; 2.2 g fiber; 4.1 g sugar; 24.7 g protein





Italian Beef Sandwiches

Servings vary
Total time: varies

INGREDIENTS

1 beef chuck roast (about 3 pounds), cut into large chunks
1 (0.7 ounce) package Italian dressing mix
½ cup pepperoncini pepper slices, plus ¼ cup juice
1 (14.5 ounce) can beef broth
Hoagie rolls
Provolone cheese
Giardiniera

DIRECTIONS

Place roast into a large slow cooker and sprinkle with Italian dressing mix. Add peppers, juice and broth.

Cook on low for 8–9 hours, or on high for 4–5 hours, until roast shreds easily.

Serve on rolls with provolone cheese and giardiniera, if desired.

APPROXIMATE NUTRITION INFORMATION PER SERVING: varies



Chicken Cordon Bleu Casserole

Makes 4 servings
Total time: 1 hour

INGREDIENTS

3 cups shredded chicken
¼ pound deli ham, chopped
4 slices Swiss cheese
4 Tbsp. butter, divided
1 garlic clove, minced
2 tsp. Dijon mustard
½ tsp. salt
¼ tsp. pepper
¼ tsp. smoked paprika
2 Tbsp. flour
1½ cups milk
¾ cup seasoned breadcrumbs
2 Tbsp. parmesan cheese

DIRECTIONS

Preheat oven to 350ºF.

Spray 8″x 8″ baking dish with nonstick spray.

Spread chicken on the bottom of the dish. Top with ham and Swiss cheese.

Melt 2 tablespoons butter in a medium saucepan. Add garlic and sauté for 30 seconds.

Add Dijon, salt, pepper, paprika and flour. Whisk and cook for 1 minute.

Add milk. Bring sauce to a boil, stirring to avoid lumps.

Pour sauce over chicken mixture.

Melt remaining butter. Combine with breadcrumbs and parmesan. Top casserole with breadcrumbs and bake until cheese has melted, 30–40 minutes. Allow casserole to cool for 10 minutes before serving.

APPROXIMATE NUTRITION INFORMATION PER SERVING (USING 2% MILK): 468 calories; 25 g fat; 14 g saturated fat; 144 mg cholesterol; 1564 mg sodium; 27 g carbohydrate; 0.9 g fiber; 6.1 g sugar; 35 g protein



Chicken Pot Pies

Makes 12 pot pies | Total time: 45 minutes

INGREDIENTS

⅓ cup butter
⅓ cup chopped onion
⅓ 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
2 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.

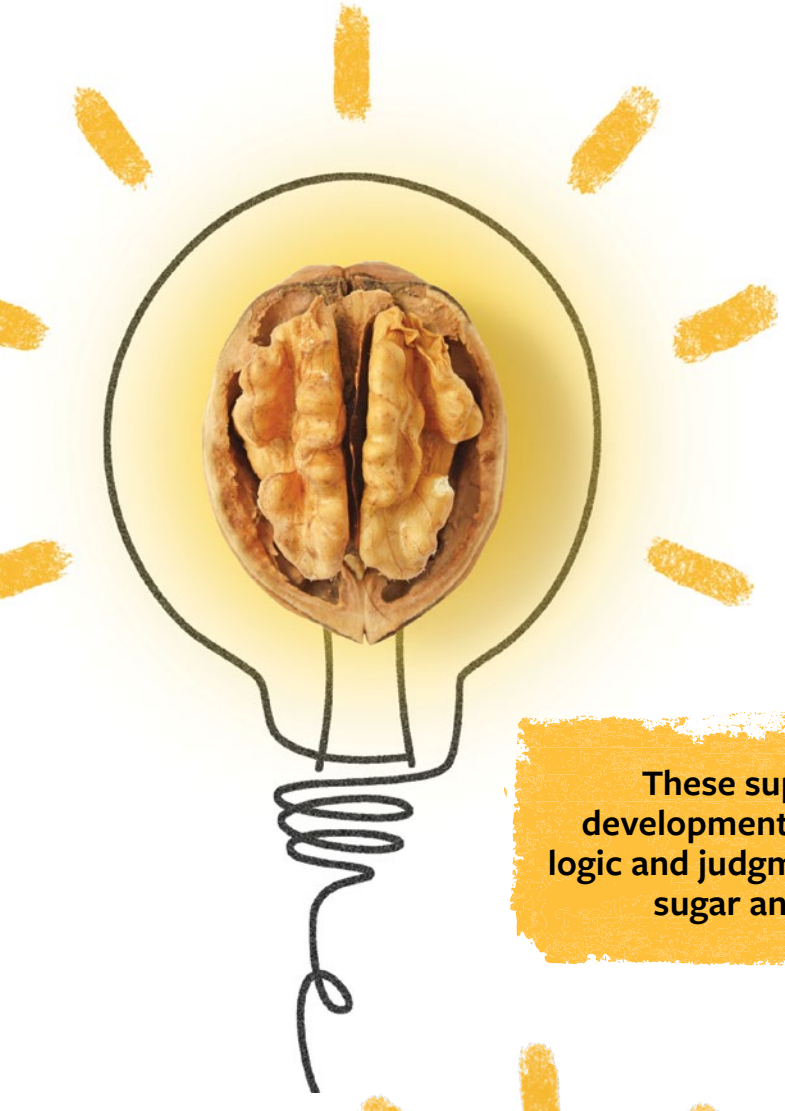
Stir in frozen vegetables, salt, pepper, garlic powder and cooked chicken.

To assemble crusts, cut dough into 12 circles using a large glass or cookie cutter, making sure to save scrap pieces.

Spray 12 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.

APPROXIMATE NUTRITION INFORMATION PER POT PIE (USING SKIM MILK): 303 calories; 18 g fat; 8 g saturated fat; 34 mg cholesterol; 441 mg sodium; 25 g carbohydrate; 1 g fiber; 2 g sugar; 10 g protein



BOOST YOUR

brain power

Boosting your brain power starts in the kitchen.

These supercharged brain foods can benefit brain development, memory, learning, planning, concentration, logic and judgment. Many of these foods also help keep blood sugar and energy steady, which promotes focus.



fatty fish

such as tuna, salmon and sardines, contain omega-3 fatty acids to support overall brain health. EPA and DHA have also been linked to brain development in children. Try including fatty fish two to three times per week to hit your recommended dose of omega-3s. Bonus: omega-3 fatty acids also support heart health!

leafy greens

and green vegetables like kale, spinach and broccoli contain vitamin K, lutein and folate, which may help slow cognitive decline. Lutein supports eye health, too, which has become more important with increased virtual working and learning.





nuts

are rich in protein and healthy fats, which help keep you full and focused, but walnuts have been linked to improved memory function. Walnuts make great snacks for virtual learners who may need to eat while sitting at a computer.



eggs

contain choline and lutein, nutrients that are important for brain development, memory and life-long learning. Choline has been shown to play a role in early brain development used for memory and learning. Don't have time to make breakfast every morning? Egg sandwiches, burritos and muffins can be prepped ahead and frozen. Simply reheat in the microwave and enjoy.

berries

like blackberries, strawberries, raspberries and blueberries contain flavonoids, a natural plant pigment that gives them their brilliant colors. These flavonoids have been shown to help improve memory. To get the most out of fresh berries, wash them just before eating, not any sooner.



avocados

have been linked to improved brain health. Along with brain-promoting lutein, avocados also contain fiber, folate, vitamin E and potassium. Add sliced avocados to toast, sandwiches, salads, tacos, or toss them in smoothies for an extra creamy treat.



The take-home message:

a well-balanced diet helps kids and adults perform better and promotes life-long learning. Focus on a wide variety of foods rich in protein, carbohydrates and fat at each meal and snack to stay full and focused.



Coupon Code is valid through 12/31/22

One-time-use offer is valid on shop.FAREWAY.com only and not valid for in-store purchases. Offer not valid on tobacco or nicotine product purchases.

Sneak added protein and fiber into your morning!



MRS. GRIMES
Premium Quality
Since 1902

- Add Mrs. Grimes pinto beans to beananza granola bars
- Use beans in your favorite smoothie
- Make applesauce pinto bean muffins with Mrs. Grimes pinto beans
- Add Mrs. Grimes black beans to eggs and egg dishes
- Enjoy white bean protein pancakes using Mrs. Grimes navy or great northern beans

Find more meal ideas at MrsGrimesBeans.com



NEW PRODUCTS
AT FAREWAY



FAREWAY ALMOND MILK

64 ounce carton

Original, Vanilla, Unsweetened Original, Unsweetened Vanilla



CAMPBELL'S SKILLET SAUCE

11 ounce package

Pot Roast, Chicken Marsala, Shrimp Scampi

LIGHT AND FIT ZERO SUGAR YOGURT

5.3 ounce container

Vanilla, Strawberry, Peach, Mixed Berry

4 pack

Vanilla, Strawberry





PASTABILITIES

10 ounce box

Organic Dino Pasta, Good Day Pasta Dino Mac and Cheese



SANDER'S FINE CHOCOLATE

18 ounce canister

Caramel Pecan, Dark Chocolate Caramel, Milk Chocolate Caramel, Thin Milk Chocolate

ASK THE DIETITIANS



Whitney, RD, LD



Caitlyn, RD, LD

Want to contact Whitney or Caitlyn?

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