FREE

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A 4-PIECE OUR PLACE
COOKWARE SET

FAREWAY

CART-TO-KITCHEN®

50th ISSUE

ISSUE 50 | OCTOBER-DECEMBER 2023



SLOW & STEADY OR UNDER PRESSURE
ONE RECIPE, TWO WAYS

50 INSIGHTS
FROM THE PAST 50 EDITIONS

BRUSSELS SPROUTS
A VERSATILE FALL FAVORITE

PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!



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OCTOBER-DECEMBER 2023

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Cart-to-Kitchen Magazine

50th ISSUE GIVEAWAY!

CELEBRATING 50 EDITIONS OF HEALTH, WELLNESS AND SATISFYING RECIPES



- *Slippery nontoxic, nonstick ceramic coating made without PTFEs, PFOAs, other PFAS, lead and cadmium*
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- *Oven safe*

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FROM OUR PLACE COOKWARE

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Always Pan 2.0 I Perfect Pot I Mini Always Pan 2.0 I Mini Perfect Pot 2.0
Steamer Basket I Beechwood Spoon (Set of 2) I Beechwood Spatula (Set of 2)

SCAN ME

For full rules, regulations and details, visit www.fareway.com

A VERSATILE FALL FAVORITE

BRUSSELS SPROUTS



NUTRITION
Rich in vitamin A, vitamin C, vitamin K, iron and calcium

TASTE
Similar to cabbage with a milder taste and texture

STORAGE
Store in an open or perforated plastic bag in the refrigerator

PREPARATION
Wash and trim right before using

PURCHASING
Choose firm, compact Brussels sprouts



FOUR SEASONS BEEF & BRUSSELS SPROUT POWER BOWL

Makes 4 servings
Total time: 30 minutes

INGREDIENTS

2 cups Brussels sprouts, cut in half
1 tsp. olive oil
Salt and pepper, to taste
4 cups thinly sliced Brussels sprouts
1 pound cooked steak, such as top sirloin or flank steak
1 medium apple, chopped
¼ cup dried cranberries
½ cup sliced celery
½ cup honey mustard dressing
¼ cup crumbled blue cheese, optional
¼ cup pecans, optional

DIRECTIONS

Preheat oven to 425°F. Toss halved Brussels sprouts with olive oil, salt and pepper. Roast until tender and brown, 15–20 minutes.

To assemble: divide sliced Brussels sprouts among four bowls and top with steak, apples, cranberries, celery and roasted Brussels sprouts. Toss with honey mustard dressing. Top with blue cheese and pecans, if desired.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 541 calories; 28 g fat; 7 g saturated fat; 90.7 mg cholesterol; 408.1 mg sodium; 38.3 g carbohydrate; 7.5 g fiber; 22.1 g sugar; 33.9 g protein

50 OF OUR BEST INSIGHTS

1
Peel avocados for neater slicing instead of scooping.

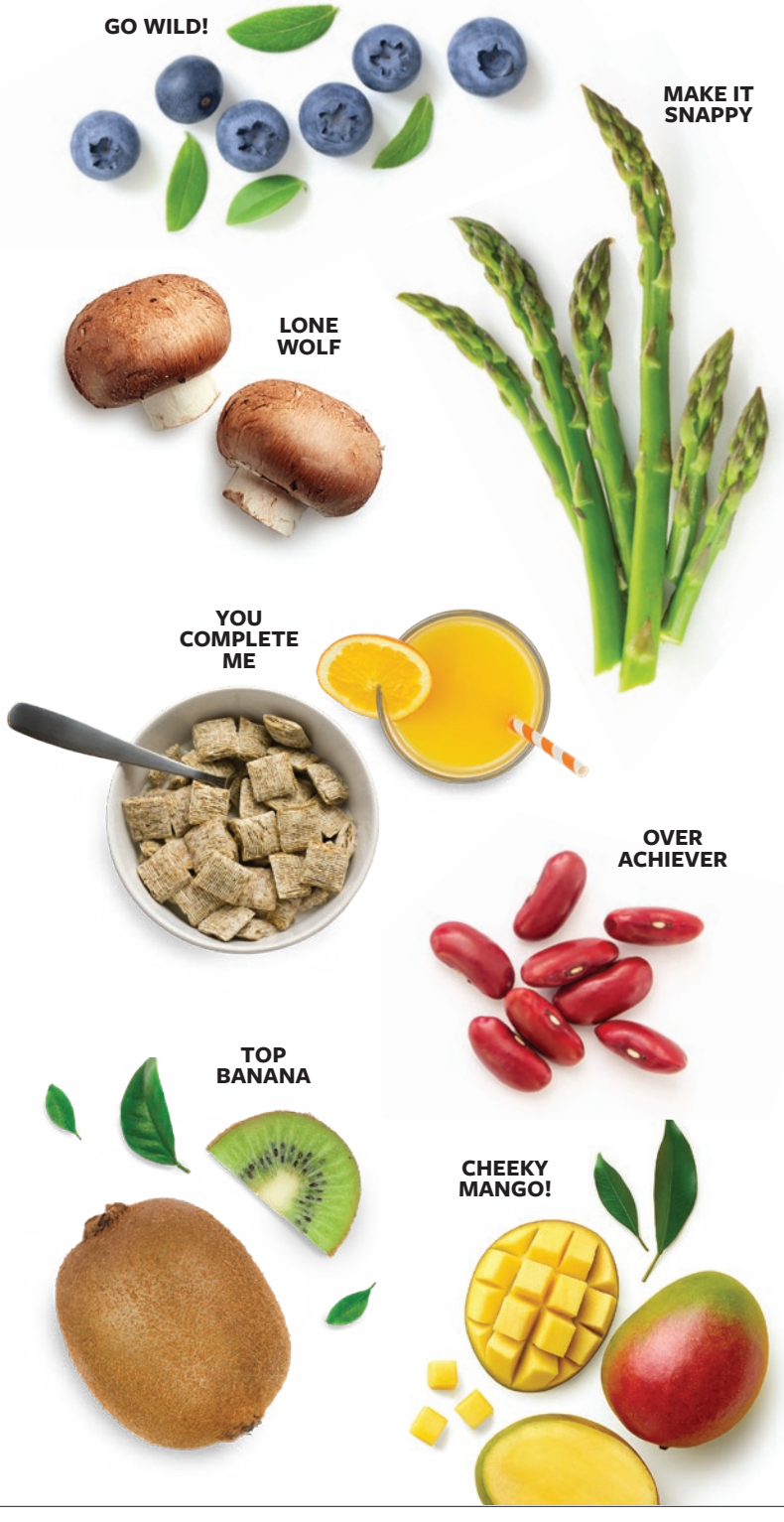
2
Wild blueberries have more antioxidants thanks to more skin area on smaller berries.

3
Mushrooms are the only significant source of vitamin D in the produce department.

4
You can freeze Fareway meat wrapped in its paper.

5
Snap off the ends of asparagus to easily remove the woody end.

6
If the temperature is above 90°F, your food can safely be left out for one hour.



7
Mangos have "cheeks" and "noses." You'll find the most fruit on the cheek sides.

8
When grilling, soak wooden skewers for at least 20 minutes before cooking.

9
Metal skewers heat food from the inside, so it cooks faster than on wooden skewers.

10
Kiwi has more potassium than a banana.

11
Pair orange juice (or any food with vitamin C) with iron-fortified cereal to best absorb iron.

12
Beans are the only food in two food groups: protein and vegetable.

FROM THE PAST 50 EDITIONS

13
Chocolate milk has the perfect ratio of carbohydrates to protein for exercise recovery.

14
If pineapple isn't quite ripe, remove the top and store it upside down overnight before cutting. This allows the natural sugars and juice to flow throughout the pineapple.

15
Watermelon is 92% water.

16
Peaches are described in terms of their pits: freestone and cling.

17
Pork tenderloin is leaner than a boneless skinless chicken breast.

18
Red bell peppers are the sweetest of all bell peppers, followed by yellow and orange, with green being the least sweet.



IT'S THE PITS

PINEAPPLE UPSIDE DOWN



GOING AGAINST THE GRAIN



GIVE IT A REST!





HOW SWEET IT IS

LESS IS MORE



19
Store fresh basil at room temperature

20
Store cilantro, parsley, celery, green onions and asparagus in a jar of water in the refrigerator.

21
Slice beef, pork and poultry across the muscle fiber grain for max tenderness.

22
Let meat rest for 5–10 minutes before slicing so juices can redistribute.

23
Follow minimum internal temperature guidelines: beef and pork (145°F), poultry (165°F), ground beef and pork (160°F).

24
Because dried herbs and spices have a concentrated flavor, you can use ⅓ less than that of their fresh counterpart.

25
Canned peaches have higher vitamin C than fresh peaches due to the canning process.

26
Small jalapenos are spicier than larger jalapenos.

27
Place a wet paper towel under cutting boards to avoid slipping.

28
If you drop a small piece of eggshell in your bowl, use the half eggshell to easily scoop it out.

29
Don't cut iceberg lettuce with a knife. Tear leaves off the head to avoid rusting.

30
To make fresh salsa last longer, remove the seeds from tomatoes.

31
Substitute sour cream with Greek yogurt for added protein and probiotics.



SMALL BUT MIGHTY



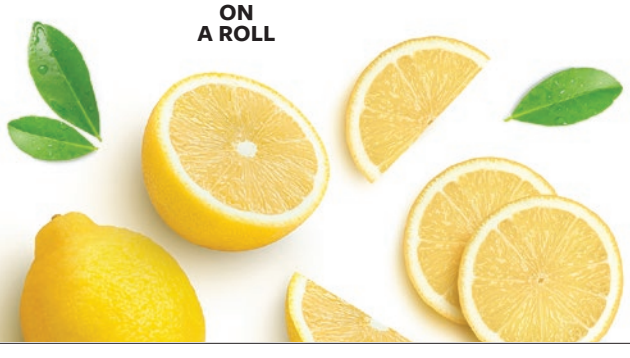
FOR THE HEALTH OF IT



PUMP UP THE PROTEIN



MAKE IT LAST



ON A ROLL

32
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.

33
80/20 ground beef is typically very juicy. It works best for dishes where the ground beef is the star of the show; think burgers, meatballs and meatloaf.

34
Chickpeas are also known as garbanzo beans. They can be used interchangeably in recipes.

35
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 or meat sauce.

36
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.

37
Roll lemons and limes on the counter or cutting board before juicing to get the most juice.

38

Replace breadcrumbs with equal parts crushed crackers, uncooked oatmeal or stale bread.

39

Store mushrooms in a zip-top bag with a paper towel in the bottom for longer storage.

40

Spread peanut butter on both slices of bread before adding the jelly to a PBJ sandwich.

41

For perfect hardboiled eggs, add eggs to a pot full of cold water, turn heat on high and cook for 20 minutes. Remove from heat and rinse with cold water.

42

Bella mushrooms tend to have a longer fridge life than white mushrooms due to a lower moisture content.

43

Salmon skin is entirely edible, but it removes easier after cooking.

44

Store berries in the refrigerator in a container with enough room to breathe—berries smash easily if they're packed too tightly.



WASTE NOT WANT NOT



ZIP IT



KEEPIN' IT 100%





A GOOD EGG

LET THEM BREATHE



45

If you didn't get to your berries as soon as you thought, don't worry, they still have some life left. Berries that are slightly past their prime can still be frozen, added to smoothies or cooked, bypassing the garbage.

46

One pound of boneless beef, pork or chicken equals 4 (four ounce) servings.

47

When buying bone-in steaks, chops, roasts and ham, plan for about ½ to ¾ of a pound (8 to 12 ounces) per person.

48

Choose canned fruits in 100% juice. Juice-packed fruits are packaged in juice concentrate that has been diluted with water.

49

Keep hot foods hot and cold foods cold. Bacteria grows quickly when left between 40°F and 140°F.

50

Drain and rinse canned beans to reduce sodium by about 40% and also reduce the compounds that cause gas.

MAKE IT YOUR WAY

WHETHER YOU'RE SLOW AND STEADY OR WORK BEST UNDER PRESSURE (COOKERS), WE'VE GOT YOU COVERED



ZUPPA TOSCANA SOUP

Makes about 10 cups
Total time: varies

INGREDIENTS

½ cup diced onion
1 pound sausage
3 garlic cloves, minced
½ tsp. dried oregano
1 pound potatoes, cut into bite-sized pieces
6 cups chicken broth
3 cups baby spinach
1 cup half & half
Salt and pepper, to taste

INSTANT POT® DIRECTIONS

Set Instant Pot to SAUTE and cook onion and sausage until sausage is cooked through, 5–8 minutes. Add garlic and sauté for an additional 1 minute. Add oregano, potatoes and chicken broth. Set Instant Pot to MANUAL for 5 minutes. Quick-release pressure. Stir in remaining ingredients and serve.

SLOW COOKER DIRECTIONS

In a large pan over medium heat, sauté onion and sausage until sausage is cooked through, 5–8 minutes. Add garlic and sauté for an additional 1 minute. Add sausage mixture, oregano, potatoes and broth to a large slow cooker. Cook until potatoes are tender, HIGH for 3–4 hours or LOW for 7 hours. Stir in remaining ingredients and serve.

APPROXIMATE NUTRITION INFORMATION PER 1 CUP: 224 calories; 15 g fat; 5.9 g saturated fat; 40 mg cholesterol; 329 mg sodium; 13 g carbohydrate; 1.2 g fiber; 2.7 g sugar; 11 g protein

RAVIOLI LASAGNA

Makes 6 servings | Total time: varies

INGREDIENTS

1 pound ground beef
1 (24 ounce) jar marinara or spaghetti sauce
1 (22 ounce) package frozen cheese ravioli (cook from frozen)
2 cups shredded mozzarella cheese

SLOW COOKER DIRECTIONS

Cook and crumble ground beef until cooked through, 5–8 minutes. Add half of the sauce to the bottom of the slow cooker. Top with half of the ravioli, ground beef and cheese. Repeat layers. Cook until pasta is tender, HIGH for 2 hours or LOW for 4 hours.

APPROXIMATE NUTRITION INFORMATION PER SERVING (using 85% lean ground beef):
536 calories; 28 g fat; 13 g saturated fat; 106 mg cholesterol; 1058 mg sodium; 35 g carbohydrate; 3.5 g fiber; 6.3 g sugar; 34 g protein

INSTANT POT® DIRECTIONS

Set Instant Pot to SAUTE. Cook and crumble ground beef, 5–8 minutes. Add spaghetti sauce, ravioli and 1 cup of water. Set Instant Pot to MANUAL and cook for 2 minutes. Quick-release pressure. Stir in cheese and serve.



MEATBALL SUBS

Makes 4 servings
Total time: varies

INGREDIENTS

½ pound ground pork
½ pound ground beef
1 egg, beaten
¼ cup milk
¼ cup breadcrumbs
2 tsp. garlic powder
2 tsp. dried parsley
Salt and pepper, to taste
½ cup fresh mozzarella pearls
1 (24 ounce) jar marinara sauce
Salt and pepper, to taste
Hoagie-style rolls, for serving

SLOW COOKER DIRECTIONS

Combine pork, beef, egg, milk, breadcrumbs, garlic powder, dried parsley, salt and pepper, and stir until evenly combined. Form pork mixture into small meatballs (about the size of a golf ball) and insert a mozzarella pearl into the center of each one. Place the marinara sauce in the bottom of the slow cooker. Add meatballs and cook on HIGH for 4–5 hours or LOW for 7–8 hours, rotating the meatballs halfway through cooking time. Serve on hoagie-style rolls.

APPROXIMATE NUTRITION INFORMATION PER SERVING (using 85% lean ground beef and pork; skim milk; does not include hoagie roll): 449 calories; 27 g fat; 9.8 g saturated fat; 147 mg cholesterol; 917 mg sodium; 19 g carbohydrate; 3.4 g fiber; 9.1 g sugar; 31 g protein

INSTANT POT® DIRECTIONS

Combine pork, beef, egg, milk, breadcrumbs, garlic powder, dried parsley, salt and pepper, and stir until evenly combined. Form pork mixture into small meatballs (about the size of a golf ball) and insert a mozzarella pearl into the center of each one. Place the marinara sauce in the bottom of the Instant Pot. Add meatballs and set Instant Pot to MANUAL. Cook for 7 minutes then quick-release steam. Serve on hoagie-style rolls.



MISSISSIPPI CHICKEN

Makes about 6 servings
Total time: varies

INGREDIENTS

1 onion, diced
2 pounds boneless, skinless chicken breast
1 (1 ounce) packet au jus gravy mix
1 (1 ounce) packet ranch dressing mix
1 (8 ounce) jar pepperoncini peppers, with juice
¼ cup butter, sliced (½ stick)

SLOW COOKER DIRECTIONS

Add onions to slow cooker and place chicken breasts on top. Sprinkle with au jus and ranch dressing mix. Add pepperoncini peppers and top with sliced butter. Cook until chicken shreds easily, HIGH for 3–4 hours or LOW for 6–7 hours.

INSTANT POT® DIRECTIONS

Add onions to Instant Pot and place chicken breasts on top. Sprinkle with au jus and ranch dressing mix. Add pepperoncini peppers and top with sliced butter. Set Instant Pot to MANUAL and cook for 8 minutes. Natural release pressure for 5 minutes, then quick-release remaining steam.

APPROXIMATE NUTRITION INFORMATION PER SERVING (1/6 of recipe): 270 calories; 11 g fat; 5.5 g saturated fat; 114 mg cholesterol; 1902 mg sodium; 9.6 g carbohydrate; 0.3 g fiber; 2.7 g sugar; 27 g protein

CREAMY COLORADO BURRITOS

Makes 8 burritos
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

SLOW COOKER DIRECTIONS

Combine beef, bouillon granules, enchilada sauce, salt, pepper, garlic and onion in a slow cooker. Cook until beef shreds easily with two forks: HIGH for 3–4 hours or LOW 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 SERVING (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

INSTANT POT® DIRECTIONS

Combine beef, bouillon granules, enchilada sauce, salt, pepper, garlic and onion in Instant Pot. Set to MANUAL and cook for 45 minutes. Quick-release pressure and shred.

In a saucepan over medium heat, combine 1½ cups liquid from the Instant Pot 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.



SHREDDED TURKEY

Servings vary
Total time: varies

INGREDIENTS

1 boneless premium young turkey breast roast (2.5 pounds), thawed
1 cup broth
2 Tbsp. butter
1 (1 ounce) onion soup mix

SLOW COOKER DIRECTIONS

Remove netting from turkey roast. Place turkey roast in slow cooker and add remaining ingredients. Cook until turkey shreds easily, HIGH for 3–4 hours or LOW for 7–8 hours.

APPROXIMATE NUTRITION INFORMATION PER 1/8 OF RECIPE: 256 calories; 14 g fat; 5 g saturated fat; 90 mg cholesterol; 570 mg sodium; 2.7 g carbohydrate; 0 g fiber; 0 g sugar; 27 g protein

INSTANT POT® DIRECTIONS

Add all ingredients to Instant Pot. Set to MANUAL and cook for 25 minutes. Quick-release pressure and shred.



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Entertaining Made Simple

White Bean and Herb Spread

TOTAL TIME: 10 minutes / PREP TIME: 10 minutes / SERVINGS: 8

INGREDIENTS

- 1 tsp. peanut or vegetable oil
- 2 green onions, chopped
- 3 garlic cloves, sliced
- 1 tsp. chopped fresh rosemary
- 1 (15.5oz) can **Mrs. Grimes®** Cannellini Beans (White Kidney Beans) (drained, rinsed)

OR - 1 (15.5oz) can **Mrs. Grimes®** Great Northern Beans (drained, rinsed)

- 2 Tbsp. fat-free plain yogurt
- 1 Tbsp. fresh lemon juice
- 3-5 drops hot pepper sauce
- $^1/_2$ tsp. salt
- $^1/_4$ tsp. black pepper

DIRECTIONS

In 8-inch nonstick skillet, heat oil over medium heat. Stir in green onions, garlic and rosemary. Cook 2 minutes, stirring frequently. Spoon into food processor. Add all remaining ingredients. Cover; process 30 seconds or until smooth.

Serving Suggestion: Serve with your favorite crackers, sliced baguette or pita crisps.

Serving size about 2 oz each.

Find more meal ideas at MrsGrimesBeans.com





LIVE VIRTUAL CLASSES Each month, Fareway's Registered Dietitians will share their current favorite recipes, products and health & wellness trends with a giveaway at the end of every class.

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ASK THE DIETITIANS



Whitney, RD, LD



Caitlyn, RD, LD

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:
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