FREE



FAREWAY®

CART-TO-KITCHEN®

ISSUE 51 I JANUARY-MARCH 2024

QUICK & EASY WRAP RECIPES

MEET THE MUSHROOM

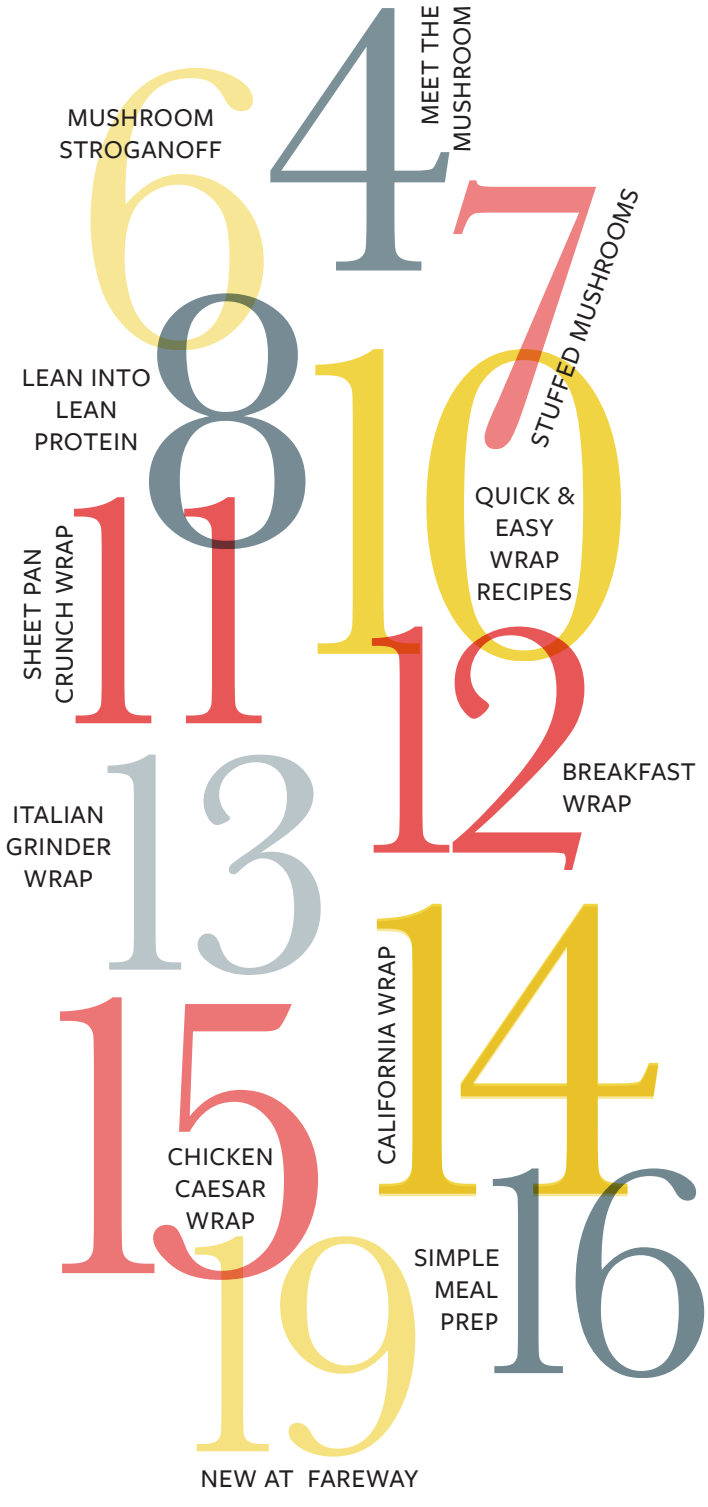
LEAN INTO LEAN PROTEIN

SIMPLE MEAL PREP TIPS

PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!

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JANUARY–MARCH 2024



let's be friends

GET TO KNOW FAREWAY'S REGISTERED DIETITIANS
ON MULTIPLE PLATFORMS ALL MONTH LONG!

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.





CART-TO-KITCHEN VIDEOS

Whether you are looking for inspiration, need meat and produce education or are trying new tips for cooking on your own, Cart-to-Kitchen is stocked with various fresh food ideas, tips and recipes to take home, all from your favorite screen.

FACEBOOK LIVE

Find us on Fareway's Facebook page for monthly interactive demonstrations in under ten minutes.



We're Celebrating

THE ONE YEAR ANNIVERSARY

OF OUR COOKBOOK

favorites



Over 75 recipes featuring our beef, pork and poultry favorites

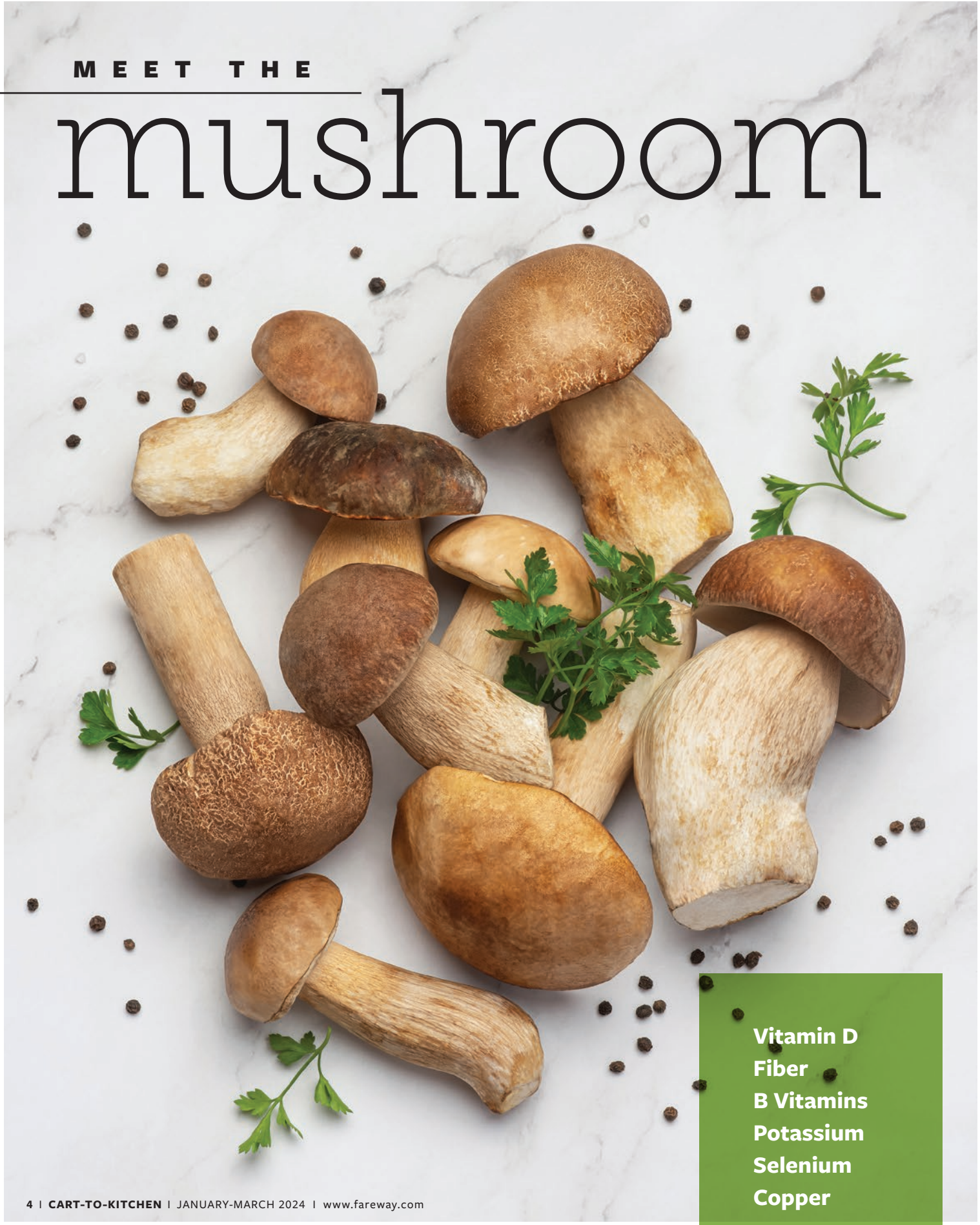
Just like your neighborhood store, our recipes are wholesome, inspiring and simple (in all the best ways).

Look for it at your local Fareway checkstand.

CHECK YOUR LOCAL NEWS STATIONS FOR FAREWAY'S WEEKLY SEGMENTS IN YOUR AREA!

MEET THE

mushroom



Vitamin D
Fiber
B Vitamins
Potassium
Selenium
Copper



WHITE BUTTON MUSHROOMS

white MUSHROOMS

White button mushrooms have a mild, earthy flavor with a slightly higher moisture content than bella and specialty mushrooms. This versatility makes them the social butterfly of mushrooms—perfect for any recipe.

brown MUSHROOMS

Brown mushrooms, such as baby bellas, portabellinis and portabellas, are known for their hearty, umami-rich flavor. They tend to last longer in the refrigerator than white mushrooms because they're more dense.

STORE MUSHROOMS IN THEIR ORIGINAL CONTAINER OR A ZIP-TOP BAG WITH A PAPER TOWEL IN THE BOTTOM. CHANGE OUT THE PAPER TOWEL AS NEEDED FOR THE LONGEST FRIDGE LIFE.



BELLA MUSHROOMS are the smallest of the brown mushroom family.



PORTABELLA MUSHROOMS are the largest mushrooms available, with a thick, meat-like texture. Sometimes called a "grillabella," they can easily replace burgers and steaks.

PORTABELLINI® MUSHROOMS, which are smaller than portabellas and larger than baby bellas, offer the same robust flavor as a portabellas.



MUSHROOM STROGANOFF

Makes 4 servings
Total time: varies

INGREDIENTS

1 pound sliced mushrooms
4 Tbsp. (½ stick) unsalted butter, divided
1 medium yellow onion, diced
3 cloves garlic, minced
1 Tbsp. fresh thyme, chopped OR 1 tsp. dried thyme
Salt and pepper, to taste
3 Tbsp. all-purpose flour
3½ cups beef broth
½ cup milk
1 Tbsp. soy sauce
1 Tbsp. Dijon mustard
½ tsp. paprika
¼ cup sour cream
Cooked wide egg noodles, mashed potatoes or steamed rice, for serving
2 Tbsp. fresh parsley, chopped OR 2 tsp. dried parsley

DIRECTIONS

Trim mushrooms and slice into ¼-inch-thick pieces. Heat a large skillet over medium heat. Melt 2 tablespoons of butter. Add onion and sauté until translucent, 5–8 minutes. Add garlic and thyme and sauté 1 additional minute. Add remaining butter to the pan and sauté mushrooms until reduced and browned, 5 minutes (you may need to work in batches). Season with salt and pepper. Sprinkle flour over mushroom mixture and stir to combine. Add broth, milk, soy sauce, Dijon mustard and paprika. Bring to boil, then reduce heat to low. Simmer until mixture has reduced and thickened, 4–6 minutes. Stir in sour cream and parsley. Serve as desired.

APPROXIMATE NUTRITION INFORMATION PER SERVING (DOES NOT INCLUDE PASTA, POTATO OR RICE; 2% MILK): 223 calories; 15 g fat; 0.2 g saturated fat; 43 mg cholesterol; 1122 mg sodium; 14 g carbohydrate; 2 g fiber; 5.9 g sugar; 8.1 g protein



STUFFED MUSHROOMS

Makes 6 servings (about 4 mushrooms)
Total time: 40 minutes

INGREDIENTS

1 pound white mushrooms, cleaned, stems removed
Stems from mushrooms, finely diced
1 Tbsp. oil
1 Tbsp. butter
1 small onion, finely diced
1 Tbsp. minced garlic
¼ cup breadcrumbs
½ cup shredded mozzarella cheese
2 Tbsp. grated parmesan cheese
Salt and pepper, to taste

DIRECTIONS

Preheat oven to 375°F. Toss mushroom caps with oil and set aside. Melt butter in a large skillet over medium heat. Sauté diced mushroom stems and onions until the onions are translucent, 5–8 minutes. Stir in garlic and sauté for 1 additional minute. Remove from heat and stir in breadcrumbs, mozzarella and parmesan cheese. Season with salt and pepper, as desired. Stuff mushrooms caps with breadcrumb mixture. Place on a baking sheet lined with parchment paper and bake until the tops are golden, 15–20 minutes.

APPROXIMATE NUTRITION INFORMATION PER SERVING:
115 calories; 7 g fat; 2.9 g saturated fat; 12 mg cholesterol; 108 mg sodium; 7.9 g carbohydrate; 1.2 g fiber; 2 g sugar; 5.9 g protein



LEAN INTO LEAN PROTEIN

MANY CUTS OF BEEF AND PORK ARE EXTRA LEAN ACCORDING TO THE USDA GUIDELINES MAKING THEM A SMART (AND FLAVORFUL) CHOICE.



PORK TENDERLOIN



BONELESS ROUND STEAK



10 OZ SIRLOIN

According to the USDA, a cut of cooked, fresh meat is considered extra lean if it contains less than 5 grams of fat, 2 grams of saturated fat and 95 milligrams of cholesterol per 100 gram (about 3½ ounces) portion.



TOP OF IOWA SIRLOIN



TOP SIRLOIN FILET*



RUMP ROAST



SIRLOIN STRIP STEAK

*Fareway offers top sirloin filets as 8 ounce, bacon-wrapped. Remove the bacon to meet extra lean guidelines.

WRAP 'N ROLL

QUICK, FILLING & DELICIOUS. COUNT US IN!





SHEET PAN CRUNCH WRAP

Makes 6 servings | Total time: 45 minutes

INGREDIENTS

1 Tbsp. oil
½ onion, chopped
1 pound ground beef
1 plum tomato, chopped
1 (1 ounce) package taco seasoning
½ cup water
5 (burrito-size) flour tortillas
1½ cups cheddar cheese
1½ cups Monterey jack cheese
4 corn tostadas
Sour cream and salsa, for serving

DIRECTIONS

Heat oil in a large pot over medium-high heat. Add onion and cook until caramelized, about 10–12 minutes. Add ground beef and cook until browned, breaking apart as it cooks, about 8–10 minutes. Add tomato, taco seasoning and water. Stir until combined. Remove from heat and let cool slightly.

Preheat oven to 375°F. Cover a large baking sheet (11″ x 17″) with aluminum foil and spray with cooking spray. Layer 4 tortillas around the baking sheet so half of each tortilla is hanging over the edge of the pan and tortillas overlap, covering the pan.

Sprinkle half of the cheese evenly over the tortillas. Top with beef mixture, spreading it evenly over the cheese. Arrange the tostadas over the beef. Sprinkle with remaining cheese. Fold the overhanging tortilla edges back over the filling. Place the remaining tortilla in the center to fill the gap.

Spray tortillas with cooking spray. Place another heavy baking sheet on top of the crunch wrap. Add an ovenproof weight (like a cast iron skillet) on top to press crunch wrap together. Bake for 20 minutes, then remove the weight. Return to oven and bake until the tortillas are golden and crisp, an additional 10–15 minutes.

Remove the baking sheet from the oven and allow the crunch wrap to cool for 5 minutes. Cut into 6 squares and serve. Serve with sour cream and salsa, if desired.

APPROXIMATE NUTRITION INFORMATION PER SERVING (USING 93% LEAN GROUND BEEF): 577 calories; 31.5 g fat; 15 g saturated fat; 101 mg cholesterol; 1672 mg sodium; 29.8 g carbohydrate; 1 g fiber; 2.5 g sugar; 34.6 g protein





BREAKFAST WRAP

Makes 4 wraps
Total time: 15 minutes

INGREDIENTS

6 eggs
Salt and pepper, to taste
½ pound diced ham
½ cup shredded cheese
4 (8 inch) tortillas

DIRECTIONS

Whisk eggs with salt and pepper. Heat skillet over medium heat and spray with nonstick cooking spray. Scramble and cook eggs until cooked through and set, 3–5 minutes. Stir in ham and cheese. Add egg mixture to tortillas and roll up.

To freeze: individually wrap in clear plastic wrap and freeze. To reheat, remove plastic wrap and wrap in a paper towel. Microwave until hot, 1–2 minutes.

APPROXIMATE NUTRITION INFORMATION PER WRAP:
257 calories; 17 g fat; 6.3 g saturated fat; 324 mg cholesterol; 1226 mg sodium; 30 g carbohydrate; 1 g fiber; 2.3 g sugar; 26 g protein



ITALIAN GRINDER WRAP

Makes 1 wrap | Total time: 5 minutes

INGREDIENTS

1 tortilla or wrap of choice
2 slices of provolone cheese
2 slices salami
2 slices ham
2 slices large pepperoni
2 slices tomato
2 slices red onion
½ cup shredded lettuce

FOR THE DRESSING

1½ Tbsp. mayo
½ tsp. red wine vinegar
1 Tbsp. sliced pepperoncini peppers
1 Tbsp. grated parmesan cheese
Dash of salt, Italian seasoning, red pepper flakes and garlic powder

DIRECTIONS

Mix dressing ingredients and toss with shredded lettuce. Layer ingredients on tortilla and roll up.

APPROXIMATE NUTRITION INFORMATION PER WRAP (USING JALAPENO CHEDDAR TORTILLA, AS PICTURED):
844 calories; 60 g fat; 22 g saturated fat; 107 mg cholesterol; 2420 mg sodium; 42 g carbohydrate; 2.7 g fiber; 4.1 g sugar; 37 g protein

CALIFORNIA WRAP

Makes 1 wrap
Total time: 5 minutes

INGREDIENTS

1 tortilla or wrap of choice
1 tsp. mustard
1 tsp. mayonnaise
2 leaves of lettuce
1 slice cheddar cheese
3 slices of turkey
1 slice of bacon, cooked
2 slices avocado
2 tomato slices

DIRECTIONS

Spread mustard and mayonnaise evenly on the tortilla. Top with lettuce and cheese. Add turkey slices, cooked bacon, avocado and tomato slices down the center of the wrap. Add turkey slices, cooked bacon, avocado and tomato slices down the center of the tortilla and roll up.

APPROXIMATE NUTRITION INFORMATION PER WRAP (USING GARDEN SPINACH HERB TORTILLA, AS PICTURED): 549 calories; 27 g fat; 9.2 g saturated fat; 75 mg cholesterol; 1561 mg sodium; 43 g carbohydrate; 4.1 g fiber; 5.3 g sugar; 35 g protein



CHICKEN CAESAR WRAP

Makes 1 wrap
Total time: 5 minutes

INGREDIENTS

½ cup cooked chicken, chopped or shredded
½ cup shredded Romaine lettuce
¼ cup croutons, lightly crushed
2 Tbsp. Caesar dressing
1 slice of bacon, cooked and chopped
1 Tbsp. shredded parmesan cheese
⅛ tsp. pepper
1 tortilla or wrap of choice

DIRECTIONS

Combine chicken, lettuce, croutons, Caesar dressing, bacon, parmesan and pepper. Add to tortillas and roll up.

APPROXIMATE NUTRITION INFORMATION PER WRAP (USING SUNDRIED TOMATO BASIL TORTILLA, AS PICTURED): 611 calories; 32.5 g fat; 7.9 g saturated fat; 77 mg cholesterol; 1369 mg sodium; 47 g carbohydrate; 4 g fiber; 4.5 g sugar; 30 g protein





WHEN WE SAY **MEAL PREP**...YOU SAY **SIMPLE!**

AS IN S.I.M.P.L.E.



✔ WHAT IS MEAL PLANNING?

Simply put, meal planning means deciding your menu ahead of time and having the items on hand you need for that menu. By doing this, you save time and money, and often make healthier choices.

✘ WHAT ISN'T MEAL PLANNING?

Meal planning is not having every meal for every day neatly stacked in your refrigerator for the week (although you can definitely do that if it suits you). It isn't a schedule so rigid you never have pizza night again; it simply plans room in your schedule for a pizza night.

BONUS

- Keep a master list of family favorite recipes for those days you need inspiration.
- Each meal should contain a protein, carbohydrate, fruit or vegetable for a balanced plate.
- Burnout is real, so keep your goals and plans extra-simplified to start and build on.
- Practice makes (nearly) perfect with meal planning, so keep adjusting until you have a schedule that works.
- You may have noticed we didn't include an actual prep step. Some may find it easier to do large preps for the week, some may like to cook each day, and some like a combination approach. Do what works for you!

schedule

Check everyone's schedule to see how much you can/want to cook for the week. This may look different from week to week depending on activities, travel or illness.

inventory

For max efficiency, take inventory of your pantry, cupboards, refrigerator and freezer and use items you have on-hand first. After all, we're trying to save money and not over purchase.

menu

Starting with items you already have, make a menu that includes main dishes, sides and snacks.

plan loosely

When deciding a menu, meal planning doesn't have to mean cooking from scratch seven nights a week. Work in leftovers, freezer meals or dining out if that's part of your schedule. The key to long-term meal planning is built-in flexibility.

list

Finally. Time to make a grocery list (and stick to it). Try to stack ingredients wherever possible. For example, those green beans you plan for Tuesday can also work for Thursday. Remember, we're keeping it simple. Flexible meal planning doesn't require unique foods every day.

evaluate

Each time you make a meal plan, evaluate how it went. Did you cook too often? Too little? Did you have too many leftovers? Over time, you'll find a balance that works for your lifestyle.


Yeah, our highway views are full of corn.
And we're proud of it.
Iowans understand the endless potential growing in these fields. Corn is renewable fuel, nutritious livestock feed, delicious food and is used in 4,000 everyday products we rely on.
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Offer not valid on tobacco or nicotine product purchases.



HAPPY BABY
4 ounce pouch
Banana, Raspberries & Oat
Apples, Blueberries & Oat
4 pack box
Banana, Raspberries & Oat
Apples, Blueberries & Oat
Apples, Kale & Avocado

1



2

HU CHOCOLATE
2.1 ounce bar
Cashew Butter Milk Chocolate
Hazelnut Butter Dark Chocolate
Salty Dark Chocolate



3

EINSTEIN BROS SEASONING
3.1 ounce shaker
Avocado Toast



4

DAISY SOUR CREAM DIPS
6 ounce
French Onion
Creamy Ranch

5

MINUTE MAID ZERO SUGAR
52 ounce



FAREWAY NEW PRODUCTS AT FAREWAY



6

SERENITY KIDS
3.5 ounce pouch
100% Grassfed Beef
100% Pasture-Raised Turkey
100% Free-Range Chicken



7

CHOMPS
Beef Multipack, Jalapeno Multipack
Beef Jalapeno Sticks, Beef Sticks

URBAN SLICER
Pizza Dough Mix
Neapolitan Style
Outdoor Grilling
Pizza Sauce Seasoning
White Pizza Mojo
Red Pizza Mojo

8





GOODLES
6 ounce box
Cheddy Mac
Shella Good
Twist My Parm
Down the Hatch

9

ASK THE DIETITIANS



Whitney, RD, LD



Caitlyn, RD, LD

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:
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