

FREE



FAREWAY

CART-TO-KITCHEN

ISSUE 52 | APRIL-JUNE 2024



**HOW TO
POTATO
SMASHIES**

**ONE DISH
RECIPES**

REAL
RESOURCEFUL
**USING
KITCHEN
SCRAPS**

PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!



contents

APRIL-JUNE 2024

- 3** FAREWAY DIETITIAN
EVENTS
- 4** GET TO KNOW
THE POTATO
- 6** POTATO SMASHIES
- 8** REDUCING
FOOD WASTE
- 10** ENCHILADA SKILLET
- 12** SKILLET CHICKEN
PARMESAN
- 13** CHEESY CHICKEN,
BROCCOLI AND RICE
- 14** LASAGNA SOUP
- 15** BEEF AND BROCCOLI
- 16** FILLING SNACKS
FOR KIDS
- 19** NEW PRODUCTS
AT FAREWAY

BEEF AND BROCCOLI

WHAT'S HAPPENING

let's be friends

discover 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.

Dates: April 3, May 8 & June 12



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.

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.



FACEBOOK LIVE

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

Dates: April 10, May 15 & June 19



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

GET TO KNOW THE POTATO!



RUSSET

Dry, fluffy texture

High in starch

Best for frying
or baking



RED

Low starch content

Creamy texture that holds
its shape after cooking

Roasting, boiling and
potato salads



GOLD

Velvety texture

Medium starch content

All-purpose potato



CREAMER

Available as little yellow potato or blends of yellow, red or blue

Small, creamy potatoes

All-purpose potatoes

Best for smashies (see page 6)

CRUSHING IT in the kitchen with potato smashies



1 Boil little yellow or gold potatoes until they're fork tender, about 15-20 minutes.



2 Toss potatoes with oil, salt and pepper and place them in a single layer on a baking sheet lined with parchment paper.



3 Using your favorite smasher (bottom of a jar, glass, measuring cup, spatula, etc.), smash potatoes until they're about ¼ inch thick. You should see the skin break and some of the potato inside start to show.



4 Roast at 425°F for 10 minutes.



5 Remove from oven, flip smashies over and top as desired (see page 7 for inspiration).



6 Roast potatoes until they're crispy, about 10 more minutes.





garlic & parsley

bacon & cheddar

shredded parmesan & rosemary

Real

[Easy ways to use real kitchen scraps in resourceful ways to reduce food waste]

RESOURCEFUL



1

TURN VEGETABLE, MEAT AND CHICKEN SCRAPS INTO STOCK.

Save leftover cooking scraps, such as onion ends, celery tips, carrot tops and chicken bones for rich stock.

Combine scraps, salt and water in a large pot or slow cooker and heat for a few hours until flavor has developed. Strain and store in the refrigerator or freezer.

2

BAKE BREAD HEELS INTO CROUTONS.

Use up every slice of bread by turning heel slices into seasoned croutons.

Cut slices into cubes and toss with oil, garlic powder, Italian seasoning, salt and pepper. Bake at 375°F on a baking sheet lined with parchment paper until golden brown, 15–20 minutes. Store in an airtight container for about one week.





3

SNACK ON POTATO PEEL CHIPS.

Once you have scrubbed, peeled and slaved away over a few potatoes, treat yourself to the perfect potato peel chip.

Toss peels with oil and salt. Bake at 425°F on a baking sheet lined with parchment paper until they're crispy, 15–20 minutes, or air fry at 425°F for 7–10 minutes.



4

TRANSFORM BERRIES INTO DECADENT SYRUP.

Past-their-prime berries (think soggy, not moldy) still have some delicious life left. Any assortment of berries can become a burst of flavor for pancakes, waffles or even ice cream.

Add one cup of berries, 2 tablespoons sugar and ½ cup water to a saucepan. Bring to a boil, then mash until your berries have reached the desired consistency. Next, mix ½ tablespoon of cold water with ½ tablespoon of cornstarch and add to the berries. Boil for one minute, then remove from heat. Add a squeeze of lemon juice, and voila! Store in the refrigerator for up to 1 month.



5

REGROW HERBS AND VEGETABLES.

Certain vegetables and herbs, like green onions, chives, celery and Romaine lettuce, will regrow with just water and sunlight.

Instead of throwing away the bottoms, place them in a jar of water in front of a window. For best results, change the water periodically and don't let the water dry out.

6

SIMMER AND SCENT WITH CITRUS.

Use citrus peels to make fresh simmering pots for an all-natural room freshener.

Toss any citrus peel (orange, lemon, lime or grapefruit) into a large pot of water, bring to a boil, then simmer for fragrance, adding water as needed. Feeling fancy? Add cinnamon, vanilla, cloves or cranberries to the pot, too.



Grab your apron & your skillet

FIVE ONE-DISH RECIPES THAT WILL HAVE
DINNER ON THE TABLE WITHOUT THE MESS.

1

Enchilada Skillet

Makes 4 servings | Total time: 30 minutes

INGREDIENTS

1 Tbsp. oil
1 tsp. minced garlic
1 pound ground turkey, chicken or beef
2 cups chopped zucchini
1 bell pepper, any color, diced
1 tsp. chili powder
½ tsp. cumin
½ tsp. garlic powder
½ tsp. dried oregano
½ tsp. red pepper flakes
Salt and pepper, to taste
1 (10 ounce) can red enchilada sauce
1 cup shredded cheese, divided
8 (6 inch) corn tortillas, cut into bite-sized pieces
¼ cup chopped cilantro, optional
¼ cup chopped green onions, optional
¼ cup diced avocado, optional

DIRECTIONS

Heat oil in a large skillet. Add garlic and ground turkey, chicken or beef and sauté until cooked through, 5–8 minutes. Add zucchini and bell pepper. Continue sautéing until vegetables begin to soften, about 5 minutes. Add chili powder, cumin, garlic powder, oregano, red pepper flakes, salt and pepper. Stir in enchilada sauce, half of the shredded cheese and the tortilla pieces. Cover and cook on medium heat until tortilla pieces are softened and sauce has thickened, 5–10 minutes. Top with remaining cheese, cilantro, green onions and avocado as desired.

APPROXIMATE NUTRITION INFORMATION PER SERVING (USING 93% LEAN GROUND BEEF): 442 calories; 21 g fat; 5.5 g saturated fat; 99 mg cholesterol; 593 mg sodium; 35 g carbohydrate; 6.2 g fat; 6.4 g sugar; 28 g protein







2

Skillet Chicken Parmesan

Makes: 4 servings

Total time: 25 minutes

INGREDIENTS

1 pound chicken breast, sliced
in half lengthwise
Salt and pepper, to taste
1 cup panko breadcrumbs
¼ cup grated parmesan cheese
2 Tbsp. canola or avocado oil
1 (24 ounce) jar pasta or
marinara sauce
1 cup shredded mozzarella OR
sliced fresh mozzarella
Pasta, for serving

DIRECTIONS

Season chicken with salt and pepper. Combine panko and parmesan cheese in a small bowl. Coat the chicken with the breadcrumb mixture, pressing gently to adhere panko to chicken. Heat oil in a large skillet. Add chicken to skillet and sauté until it's cooked through and golden brown on both sides, 3-5 minutes per side, working in batches if necessary. Add pasta sauce to pan, spooning some on top of the chicken. Top with cheese. Top with a lid to melt cheese then serve.

**APPROXIMATE NUTRITION
INFORMATION PER SERVING (DOES
NOT INCLUDE PASTA):** 436 calories;
13 g fat; 4.9 g saturated fat; 102 mg
cholesterol; 1050 mg sodium; 36 g
carbohydrate; 3.2 g fiber; 13 g sugar;
39 g protein



3

Cheesy Chicken, Broccoli and Rice

Makes 6 servings (about 1½ cups each) | Total time: 40 minutes

INGREDIENTS

1 Tbsp. oil	1 tsp. garlic powder
1 pound chicken breast, cut into bite-sized pieces	1 tsp. onion powder
Salt and pepper, to taste	½ tsp. dried thyme
¼ cup butter	8 ounces shredded cheddar cheese (about 2½ cups)
¼ cup all-purpose flour	1 cup uncooked, long grain rice
2 cups chicken broth or stock	2 cups broccoli
3 cups milk	

DIRECTIONS

Heat oil in a large skillet over medium-high heat. Season chicken with salt and pepper and sauté until cooked through, about 5–8 minutes, working in batches if necessary. Remove chicken from skillet. Melt butter, then stir in flour and chicken broth. Simmer until smooth, then add milk, garlic powder, onion powder and thyme. Season with salt and pepper, as desired. Stir in cheese until melted. Return chicken to the skillet, along with uncooked rice and broccoli. Cover and simmer until rice is tender, about 20 minutes.

APPROXIMATE NUTRITION INFORMATION PER SERVING (USING SKIM MILK): 526 calories; 25 g fat; 13 g saturated fat; 117 mg cholesterol; 427 mg sodium; 39 g carbohydrate; 1.4 g fiber; 7.2 g sugar; 35 g protein



4

Lasagna Soup

Makes 4 servings | Total time: 30 minutes

INGREDIENTS

- 1 pound ground beef
- 3 garlic cloves, minced
- 1 Tbsp. Italian seasoning
- 2 cups marinara or spaghetti sauce
- 4 cups chicken broth or stock
- $\frac{3}{4}$ cup whipped cottage cheese OR ricotta cheese
- 7 sheets lasagna noodles, uncooked, broken into bite-sized pieces
- 2 cups chopped baby spinach
- $\frac{1}{2}$ cup shredded mozzarella cheese

DIRECTIONS

In a large pot, sauté ground beef and garlic until beef is cooked through, 5–8 minutes. Season with Italian seasoning. Add sauce, broth, cottage cheese and lasagna noodles. Bring to a simmer and cook until noodles are al dente, 7–9 minutes. Stir in chopped spinach. Top individual servings with shredded mozzarella.

APPROXIMATE NUTRITION INFORMATION PER SERVING

(USING 85% LEAN GROUND BEEF AND WHOLE MILK RICOTTA CHEESE): 622 calories; 28 g fat; 11 g saturated fat; 112 mg cholesterol; 1751 mg sodium; 54 g carbohydrate; 4.1 g fiber; 11 g sugar; 38 g protein

5

BEEF AND BROCCOLI

Makes 4 servings

Total time: 20 minutes

INGREDIENTS

- ⅔ cup soy sauce
- ½ cup chicken broth or stock
- ¼ cup honey
- 2 Tbsp. rice vinegar
- 2 Tbsp. brown sugar, packed
- 3 cloves garlic, minced
- 1 Tbsp. sesame oil
- 1 Tbsp. cornstarch
- ¼ cup water
- 1 tsp. ground ginger OR 1 Tbsp. fresh ginger, grated
- ¼ tsp. red pepper flakes
- 1 Tbsp. oil
- 1 pound steak, thinly sliced across the grain, such as flank steak, ribeye or sirloin
- 1 head broccoli, cut into florets (about 4 cups)
- Rice, for serving

DIRECTIONS

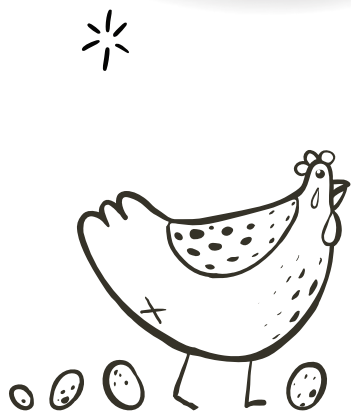
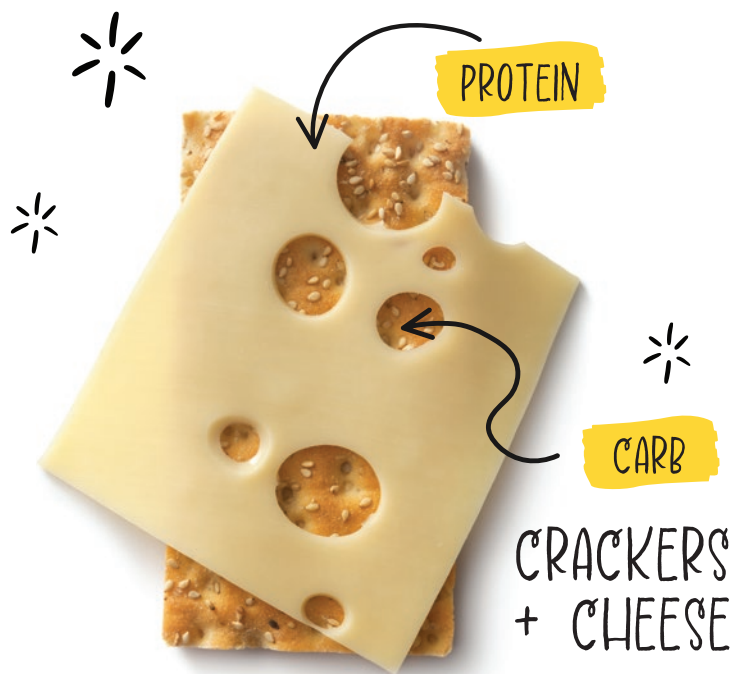
In a medium bowl, whisk together soy sauce, chicken stock, honey, vinegar, brown sugar, garlic, sesame oil, cornstarch, water, ginger and red pepper flakes; set aside. Heat oil in a large skillet over medium high heat. Add sliced steak and sauté until browned, about 3-4 minutes. Stir in broccoli and soy sauce mixture. Simmer until steak is tender and sauce has slightly thickened, about 3-4 minutes. Serve over rice.

APPROXIMATE NUTRITION INFORMATION PER SERVING (USING SIRLOIN; DOES NOT INCLUDE RICE):
388 calories; 13 g fat; 3.1 g saturated fat; 70 mg cholesterol; 2806 mg sodium; 37 g carbohydrate; 3 g fiber; 27 g sugar; 33 g protein



* MAKE IT A COMBO! *

DO YOU FIND YOUR KIDS IN AN ENDLESS CYCLE OF SNACKS? IT MAY BE BECAUSE THEY'RE MISSING AN IMPORTANT PIECE OF THE SNACK PUZZLE.



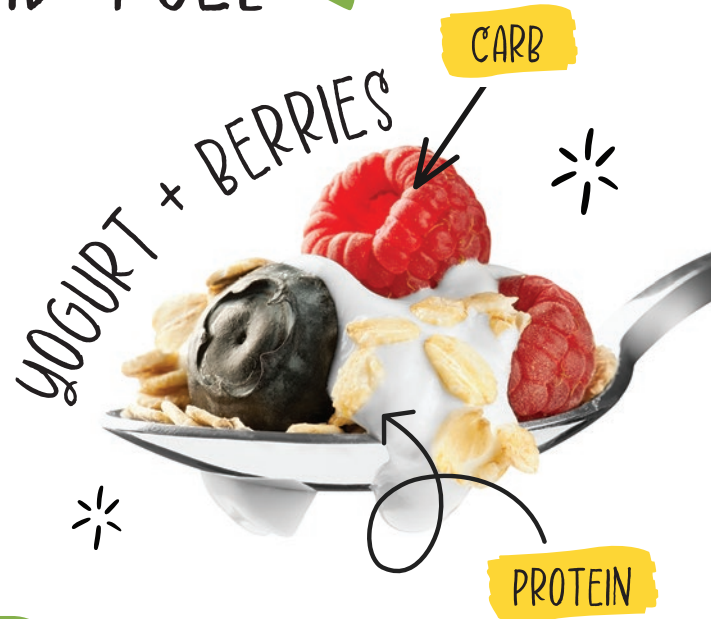
PROTEIN

BANANA +
HARD-BOILED
EGG



PROTEIN + CARB = KID FUEL

FOR **SNACKS** TO TIDE KIDS (AND ADULTS) OVER UNTIL THE NEXT MEAL, THEY NEED TO CONTAIN **PROTEIN**. THEY ALSO NEED **CARBOHYDRATES** (IDEALLY WITH SOME FIBER) TO KEEP BLOOD SUGAR AND ENERGY LEVELS STEADY. SO WHAT'S THE SOLUTION? **SIMPLY PICK A PAIRING!**

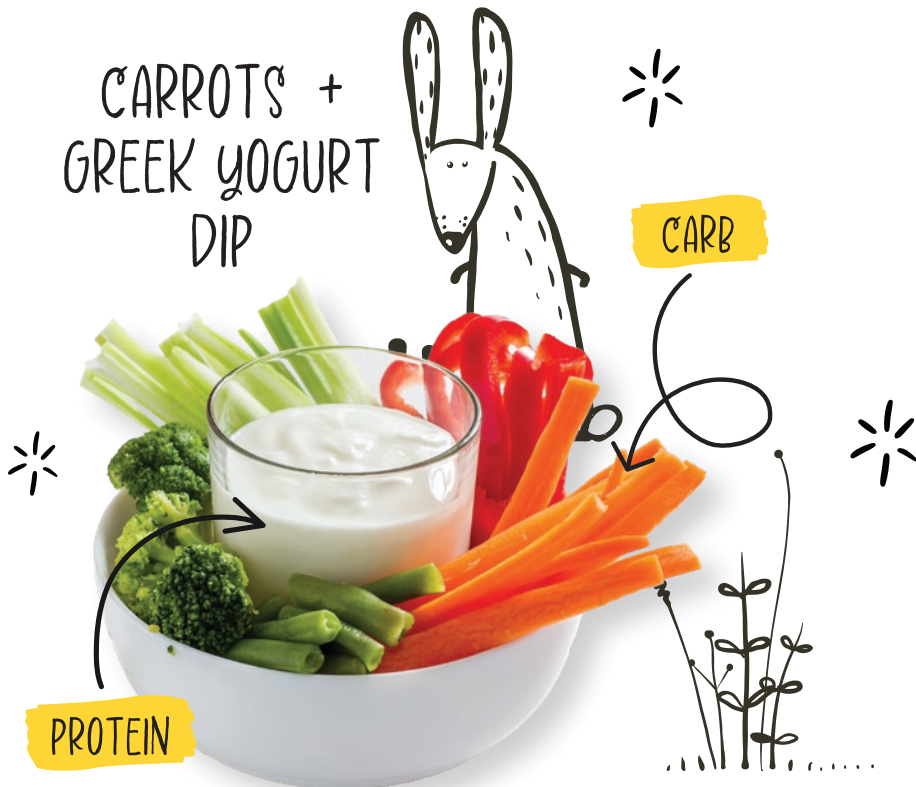


CHOOSE ONE PROTEIN AND ONE CARBOHYDRATE FROM THIS LIST FOR A PERFECT HUNGER-CRUSHING COMBO.



- CARBS**
- CEREAL
 - GRANOLA
 - FRUIT
 - VEGETABLES
 - CRACKERS
 - BREAD/TOAST
 - OATMEAL

- PROTEINS**
- MILK
 - CHEESE
 - COTTAGE CHEESE
 - YOGURT
 - GREEK YOGURT
 - VEGGIE DIP
 - PEANUTS, NUTS, SEEDS
 - PEANUT/NUT/SEED BUTTERS
 - HARD-BOILED EGGS
 - DELI MEAT






Corn Grows Iowa

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.

Corn grows all this and more. Corn Grows Iowa.



iowacorn.org/corngrowsiowa



**ONLINE
TO THE
GRILL**

\$5 OFF

YOUR ONLINE ORDER OF \$50+ (pre-tax)

USE COUPON CODE

C2K242

AT CHECKOUT

Coupon Code valid through 6/30/24

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.



CHINOOCK SUNFLOWER SEEDS
 4 ounce bag
 Lemon Pepper
 Parmesan Pepper



INTERNATIONAL DELIGHT COLD FOAM CREAMER
 14 ounce
 French Vanilla
 Caramel Macchiato
 Sweet & Creamy

what's NEW?



CATALINA CRUNCH CEREAL
 9 ounce
 Cinnamon Toast
 Dark Chocolate
 Honey Graham
 Chocolate Peanut Butter



SKINNY POP CHEDDAR JALAPENO POPCORN
 4.4 ounce



AE WHIPPED COTTAGE CHEESE
 24 ounce tub

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

WEBSITE

www.fareway.com

FACEBOOK

www.facebook.com/farewaystores

PINTEREST

www.pinterest.com/farewaystores

X

www.x.com/fareway_stores

YOUTUBE

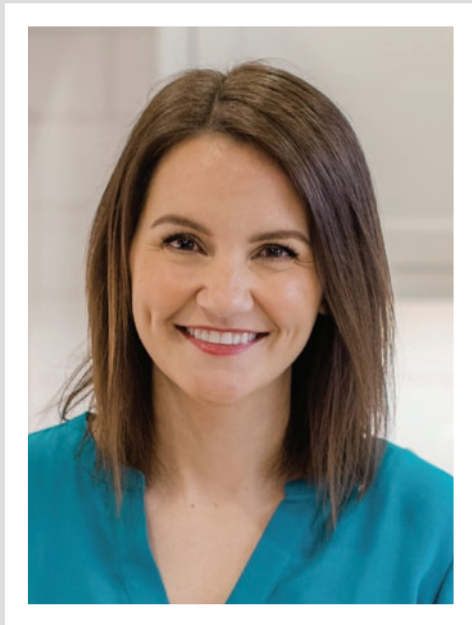
www.youtube.com/farewaystores

INSTAGRAM

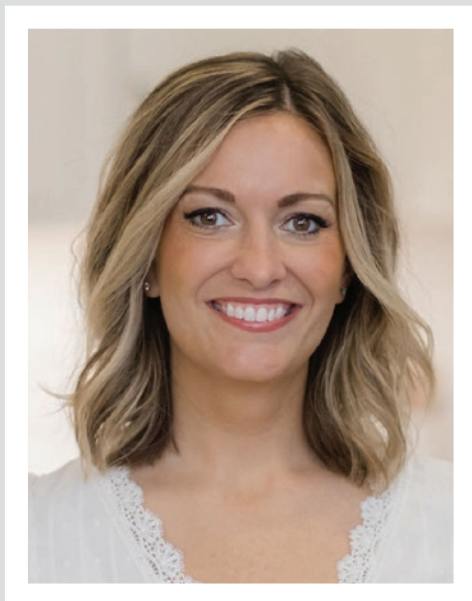
www.instagram.com/farewaystores

TIKTOK

@farewaystores



Whitney, RD, LD



Caitlyn, RD, LD

Any health or nutritional information provided by Fareway Stores, Inc. is solely for general informational purposes as a public service to promote consumer health. No specific health or nutritional information is intended to be specific to your medical condition. Nothing contained, expressly or implied, in the information provided is intended, or shall be construed, as medical or other professional advice. Medical questions or concerns about your care or treatment should be directed to the appropriate health care professionals. While Fareway Stores, Inc. attempts to provide accurate information, it doesn't make representations or warranties of any kind, expressly or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services or related graphics contained herein. Therefore, any reliance you place on such information is strictly at your own risk.