FREE



FAREWAY®

CART-TO-KITCHEN®

ISSUE 53 I JULY-SEPTEMBER 2024

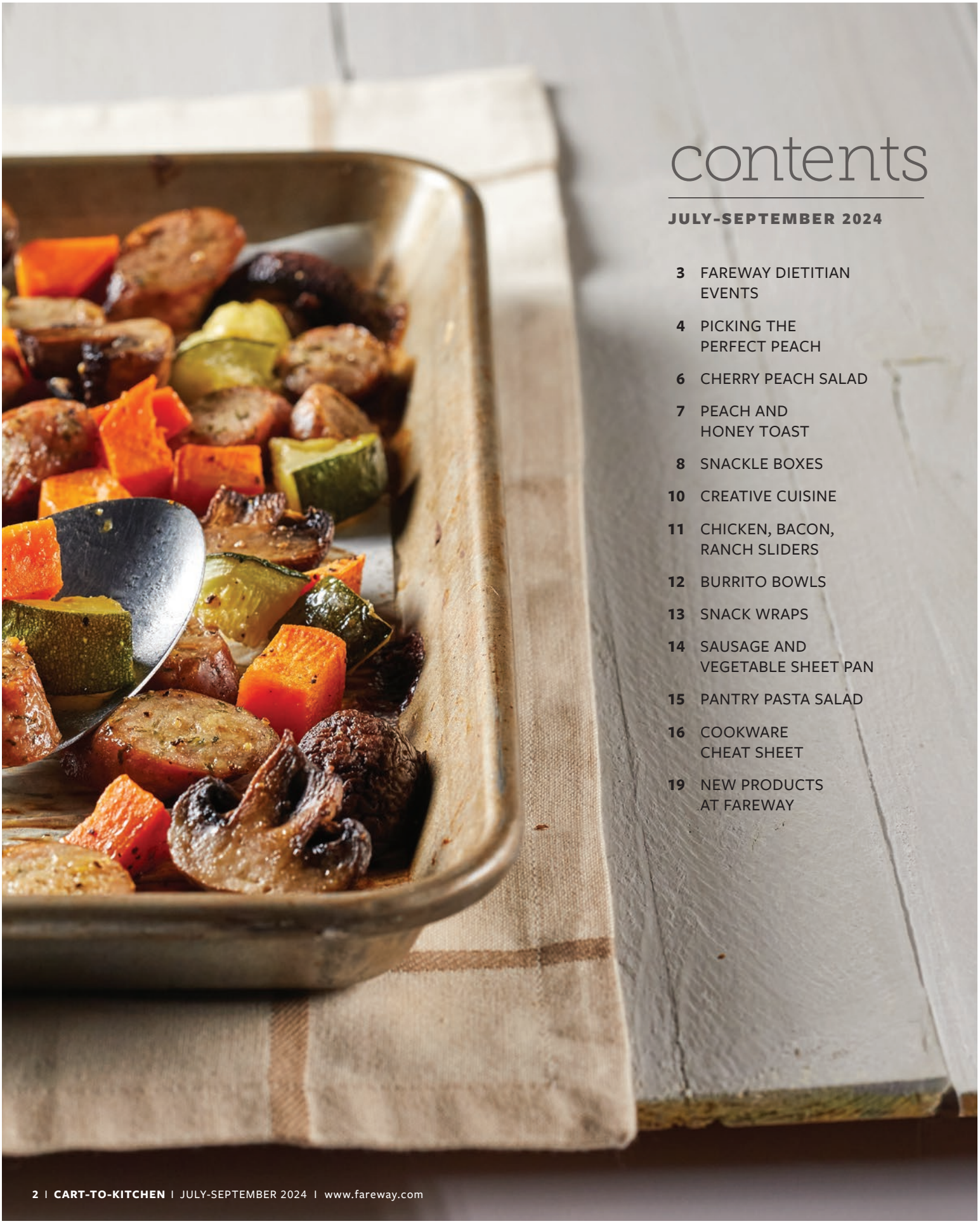
PICKING THE
PERFECT PEACH

TACKLE YOUR HUNGER WITH A
SNACKLE BOX

CREATIVE CUISINE

COOKWARE
CHEAT SHEET

PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!



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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.

FarewayDietitians.Eventbrite.com

Dates:
July 10
August 14
September 11
October 9
November 13
December 11



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.

Dates:
August 7
September 18
October 16



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!

PEACH PERFECT

PICKING THE PERFECT PEACH IS EASY!

FRESH PEACHES TYPICALLY FALL INTO ONE OF TWO CATEGORIES BASED ON THEIR PITS:

CLING peaches contain pits that are not easily removed (the fruit "clings" to its pit). Cling peaches can be eaten as is but they may not be the best choice for canning or freezing as the preparation is more time consuming.

FREESTONE peaches easily release their pits, so they work for eating, freezing and canning. Freestone peaches make up the majority of peaches found in the grocery store today.

THEY ALSO VARY IN COLOR, WHICH AFFECTS THEIR FLAVOR.

YELLOW peaches contain more acids, giving them a tangier flavor. However, some of the acid dissolves as they ripen, making them sweeter.

WHITE peaches are typically sweeter.



Health Benefits

PER 1 MEDIUM PEACH

- **60 CALORIES**
- **2 GRAMS OF FIBER**
- **16% VITAMIN C**
- **8% POTASSIUM**
- **9% VITAMIN A**



CHERRY PEACH SALAD

Servings vary | Total time: 15 minutes

INGREDIENTS

1 (5 ounce) bag arugula
1 peach, sliced
¼ cup dried cherries
2 Tbsp. sliced almonds
2 ounces goat cheese or feta cheese

For dressing:
1 lemon, zested and juiced
2 Tbsp. honey
1 tsp. Dijon mustard
¼ cup olive oil

DIRECTIONS

Top arugula with remaining salad ingredients. Mix dressing ingredients together and toss with salad.

Approximate nutrition information per ¼ of recipe; using goat cheese: 271 calories; 19 g fat; 4.1 g saturated fat; 6.5 mg cholesterol; 105 mg sodium; 23 g carbohydrate; 1.9 g fiber; 20 g sugar; 4.8 g protein





PEACH AND HONEY TOAST

INGREDIENTS

2 slices bread
Spread such as whipped cottage cheese, cottage cheese, ricotta cheese, goat cheese or cream cheese
Sliced peaches
Fresh mint, torn or minced
Honey

DIRECTIONS

Top toast with desired spread and sliced peaches. Then add fresh mint and drizzle honey on top.

Approximate nutrition information per serving: varies

TACKLE YOUR HUNGER WITH SNACKLE BOXES



FRUIT OR VEGETABLE + PROTEIN + CARBOHYDRATE + FAT

SNACKLE BOXES PROVIDE THE CHARM OF A CHARCUTERIE BOARD WITH THE PORTABLE CONVENIENCE OF A TACKLE BOX.

For individual on-the-go options, choose a clean container with a lid. The divided compartments are perfect for prepping ahead so everything stays fresh, while satisfying picky eaters. For a well-balanced snackle box, choose at least three food groups per box, depending on your container size.



CREATIVE CUISINE

Ditch the recipe rules and get creative with what's already in your kitchen. We've given amounts and ingredients for each recipe, but check our substitutions and let's make a meal!





CHICKEN, BACON, RANCH SLIDERS

Makes 12 slides
Total time: 40 minutes

INGREDIENTS

1 (12 ounce tray) dinner rolls
2 cups shredded cooked chicken
6 slices bacon, cooked and crumbled
6 slices cheddar cheese OR ¾ cup shredded cheese
½ cup ranch dressing
¼ cup butter, melted
½ tsp. garlic powder
½ tsp. onion powder OR onion flakes

DIRECTIONS

Preheat oven to 350°F. Slice rolls in half lengthwise and place in a baking dish with sides. Layer chicken, bacon, cheese and ranch dressing on rolls and place tops back on rolls. Mix together butter, garlic powder and onion powder and pour over rolls. Cover dish with foil and bake until cheese is melted, 20–30 minutes. Remove foil and bake until tops are golden brown and cheese is melted, about 5 minutes.

Approximate nutrition information per slider (using shredded chicken and shredded cheddar cheese): 256 calories; 15 g fat; 5.3 g saturated fat; 44 mg cholesterol; 273 mg sodium; 16 g carbohydrate; 0 g fiber; 0.5 g sugar; 13 g protein

SUBSTITUTIONS

Substitute shredded chicken with 2 cups cooked and cubed chicken or 1 pound sliced deli chicken or turkey.

BURRITO BOWLS

Makes about 4 servings I Total time: varies

INGREDIENTS

1 pound boneless skinless chicken breasts or thighs, cut into bite-sized pieces
1 Tbsp. mayonnaise
1 (1 ounce) packet taco seasoning
2 cups cooked rice
4 cups shredded lettuce
½ cup shredded cheese
1 (15 ounce) can pinto beans, drained and rinsed
1 (15 ounce) can corn

For topping: salsa, sour cream, cilantro, lime wedges

DIRECTIONS

Coat chicken in mayonnaise, then add taco seasoning. Heat a large sauté pan over medium-high heat. Cook chicken until cooked thoroughly, 7–10 minutes. Assemble burrito bowls with cooked chicken and desired remaining ingredients.

Approximate nutrition information per serving (using chicken breast):
459 calories; 12 g fat; 4.3 g saturated fat; 99 mg cholesterol; 953 mg sodium; 49 g carbohydrate; 6.6 g fiber; 4 g sugar; 38 g protein





SUBSTITUTIONS

Burrito bowls are a yummy way to stretch leftovers. While we used chicken in this recipe, you can utilize steaks, chops or pork tenderloin. Depending on what you have, swap in any bean, lettuce, cheese and toppings.

SNACK WRAPS

Makes 4 wraps I Total time: varies

INGREDIENTS

¾ pound frozen chicken strips, nuggets or bites, cooked according to package directions
4 (10 inch) tortillas
¼ cup ranch dressing
½ cup shredded cheese
½ cup shredded lettuce

DIRECTIONS

Layer ingredients on tortilla. To roll, fold in bottom of the tortilla, then the sides.

Approximate nutrition information per serving: varies

SUBSTITUTIONS

This snack wrap inspiration can be cut down to one serving or multiplied to serve a crowd. Be creative with sauces and flavors, such as buffalo, honey mustard or barbecue.





SAUSAGE AND VEGETABLE SHEET PAN

Makes 4 servings
Total time: 30 minutes

INGREDIENTS

1 pound pre-cooked chicken sausage links, sliced ½ inch thick
1 cup diced sweet potatoes
2 cups diced zucchini
1 cup mushrooms, whole or sliced in half
1 Tbsp. oil
½ tsp. garlic powder
Salt and pepper, to taste

DIRECTIONS

Preheat oven to 400°F. Toss vegetables with oil, garlic powder, salt and pepper. Arrange sliced sausage and vegetables on a large sheet pan and bake for 15 minutes. Stir, then bake until vegetables are crisp tender, 10–15 minutes.

Approximate nutrition information per serving (using chicken sausage):
224 calories; 11 g protein; 2 g saturated fat; 83 mg cholesterol; 864 mg sodium; 11 g carbohydrate; 1.8 g fiber; 4.8 g sugar; 20 g protein

SUBSTITUTIONS

You'll need about 4 cups of chopped vegetables, so swap in whatever you have on hand. Broccoli, bell peppers, small potatoes, cauliflower or asparagus all work! We used flavored chicken sausage but use your favorite pre-cooked sausage.



PANTRY PASTA SALAD

Makes about 12 cups I Total time: varies

INGREDIENTS

1 pound uncooked pasta, such as rotini
1 cup cubed cheddar cheese
1 cup mini pepperoni OR 1 cup pepperoni cut in half
1 cup diced cucumber
1 (16 ounce) can chickpeas, drained and rinsed
½ cup sliced green onion
1 cup broccoli florets
1 (16 ounce) bottle Italian dressing (about 2 cups)

DIRECTIONS

Cook pasta according to package directions. Drain and cool. Combine remaining ingredients with cooked pasta and store in the refrigerator.

Approximate nutrition information per 1 cup: 351 calories; 21 g fat; 6.6 g saturated fat; 32 mg cholesterol; 1107 mg sodium; 37 g carbohydrate; 11 g fiber; 3.8 g sugar; 11 g protein

SUBSTITUTIONS

The general ratio for this pasta salad is

1 pound pasta
1 (16 ounce) bottle Italian dressing (2 cups)
5–6 cups add-ins

Other mix-in ideas include cooked chicken, tuna, black or pinto beans, black olives and tomatoes. Any shape of pasta or flavor of cheese is delicious!

COOKWARE CHEAT SHEET

CAST IRON SKILLET

Cast iron skillets can resemble a frying pan or sauté pan, but they promote even heating without hot spots. They're also oven-safe.

Best for searing, baking or outdoor cooking

DUTCH OVEN

Dutch ovens are heavy pots with thick sides and a tight-fitting lid. They are typically cast iron or enameled cast iron, making them oven-safe.

Best for braising, stews, soups or roasting



SAUTÉ PAN

Sauté pans have wide, flat bottoms and higher, straighter sides compared to a frying pan. The higher sides allow sauté pans to hold more liquid and promote even cooking.

Best for searing, sautéing, braising, poaching or small stir fries

FRYING PAN

Frying pans come in a variety of sizes (8–12 inches) with sloped sides.

Best for fast cooking such as frying, sautéing, scrambling, searing or browning



STOCK POT

Stock pots are large, deep pots with two handles. Available in a large range of sizes.

Best for soups, stews, chili, stock or broth

SAUCE PAN

Sauce pans have tall sides and narrow bottoms to hold liquid.

Best for simmering, boiling or poaching

Lead With



LEAD WITH LOVE REPRESENTS FAREWAY'S MISSION OF SUPPORTING ITS LOCAL COMMUNITIES THROUGH CHARITABLE GIVING AND OTHER INITIATIVES BY DIRECT INVOLVEMENT AND DONATED RESOURCES. This mission intends to unify, transform, and form the foundation of community. Lead with Love is a valued philosophy held by Fareway and inspired by its outstanding employees. Beyond providing the best in customer service, our employees have earned a reputation for being an asset to the communities in which they live, helping their neighbors and businesses. We are proud to support charitable organizations through direct involvement and donated resources. In our more than 85-year history, Fareway has sponsored or contributed to a variety of causes that support our values.

DONATIONS

$328,499
TO THE U.S. MARINE CORPS TOYS FOR TOTS

$300,000
TO VARIETY THE CHILDREN'S CHARITY

$373,346
TO THE MUSCULAR DYSTROPHY ASSOCIATION

$4,719,080
TO LOCAL INITIATIVES IN THE COMMUNITIES WE SERVE

FAREWAY.COM/LEADWITHLOVE/



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.

what's NEW?



FRANK'S
Red Hot Dill Pickle 5 oz
Red Hot Sriracha 12 oz
Red Hot Honey 12 oz
Red Hot Creamy Buffalo 12 oz

BOB'S RED MILL
Single Serve Oatmeal
Muesli





NUTRI-GRAIN POWER-FULLS
Chocolate Chip 4 ct
Strawberry 4 ct



OH! TATOES
40 oz bag

G HUGHES
Honey Mustard 18 oz
Sweet Chili 18 oz
Yum Yum 16 oz
Famous Cluck-In 17 oz





HEGGIES
Margherita
Sausage & Pepperoni



KODIAK PROTEIN BALL MIX
Oatmeal Chocolate Chip
Birthday Cake

ASK THE DIETITIANS



Whitney, RD, LD



Caitlyn, RD, LD

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:
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