FREE

FAREWAY

CART-TO-KITCHEN®

ISSUE 56 | APRIL-JUNE 2025

SNACK-TIVITIES
HANDS-ON RECIPES FOR KIDS

BERRIES
KEEP THEM FRESH LONGER

ACCURATE MEASURING
FOR RECIPE SUCCESS

NEW PRODUCTS
AT FAREWAY



Berry Hand Pies
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PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!

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LET'S BE FRIENDS

DISCOVER FAREWAY'S REGISTERED DIETITIANS ON MULTIPLE PLATFORMS ALL MONTH LONG!



FREE LIVE VIRTUAL CLASSES

Each month, Fareway's Registered Dietitians will share recipes, products and health & wellness trends

GIVEAWAY AT THE END OF EVERY CLASS

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DATES:
April 9 I May 14 I June 11 I July 9

COMING SOON

kitchen
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IT'S TIME TO STOCK UP ON FRESH BERRIES

MAXIMIZE THEIR SHELF LIFE AND REDUCE WASTE BY WASHING AND STORING CORRECTLY.



WASHING

To wash berries, soak them in a vinegar bath for 5 minutes using up to 1 part white vinegar to 4 parts water (we promise you won't taste it!). This vinegar rinse helps kill mold spores, drastically improving shelf life. Drain and do a final rinse with just water for another minute to remove any vinegar aftertaste. Dry berries thoroughly on a towel or paper towel before storing.

For stronger berries, like strawberries and blueberries, you can wash and store right away. Delicate berries, like raspberries and blackberries, do best when washed right before eating.



> **Delicate berries, like raspberries and blackberries, do best when washed right before eating.**





STORAGE

Once your berries are washed and dried, place a paper towel on the bottom of your container to help remove any extra moisture as the berries sit in the fridge. If the paper towel becomes damp, replace it so no moisture is present.

Since berries have thin, porous skin, they easily absorb odors and ethylene gas from other fruits. Ethylene gas can cause fruits and vegetables to ripen faster, so keep berries away from ethylene gas producers like apples, bananas, apricots and pears.



REDUCE WASTE

When fresh berries have almost passed their prime, they still have some life left before the trash. Try flash freezing berries by freezing on a sheet pan with parchment paper or wax paper before adding them to a freezer-safe zip-top bag or container. Flash freezing berries in a single layer helps them freeze as individual berries instead of a large clump that's hard to separate later.

Berry Hand Pies

Makes 8 mini pies
Total time: 25 minutes

INGREDIENTS

2 pie crusts or puff pastry sheets, thawed
1½ cup berries
¼ cup granulated sugar
1 tsp lemon zest (about ½ of 1 lemon)
1 Tbsp. lemon juice (about ½ of 1 lemon)
1 Tbsp. cornstarch
1 egg, beaten
Turbinado sugar, for topping, optional

DIRECTIONS

Preheat oven to 400°F.

Cut pie crusts or puff pastry sheets into 8 squares. Combine berries with sugar, lemon zest, lemon juice and cornstarch. Place berry mixture into the center of pastry sheets. Brush edges with egg and fold edges to make a triangle. Crimp edges with a fork to secure the seal. Cut a slit on the top of each pie to allow steam to release. Brush the top with egg and sprinkle with turbinado sugar, if desired.

Place on a baking sheet lined with parchment paper. Bake until golden brown, about 15 minutes. Let cool before serving.

Approximate nutrition information per serving (1/8 of recipe; using blueberries): 284 calories; 15 g fat; 7.5 g saturated fat; 210 mg sodium; 35 g carbohydrate; 2.2 g fiber; 11 g sugar; 4.7 g protein

MEASURING

Accurately measuring ingredients, especially in baking, can be the deciding factor in a successful final product. Here is what you need to know about properly measuring common ingredients.



DRY INGREDIENTS

Dry ingredients are solid and free from liquid: flour, oats, rice, sugar, baking powder, baking soda, spices

Measure dry ingredients with nesting measuring cups—the kind that stack. Dry measuring cup sets typically include ¼ cup, ⅓ cup, ½ cup and 1 cup. Smaller amounts of dry ingredients can be measured with teaspoons or tablespoons, and sets typically include ¼ teaspoon, ½ teaspoon, 1 teaspoon and 1 tablespoon measuring spoons.

To measure dry ingredients, use a spoon to fill the measuring cup. Don't pack the ingredients tightly unless it's called for in the recipe, such as brown sugar. Use the straight edge of a spoon or knife to level off the cup.

WET
INGREDIENTS

Wet ingredients are liquids that pour easily: water, milk, beaten eggs and syrups

Measure wet ingredients with a liquid measuring cup that has a spout, handle and clear markings on the side. Pour in the liquid and look at the measurement at eye level. Getting down to eye level allows you measure from the meniscus, the curved surface of the liquid. Liquid measuring cups come in 1, 2, 4 or 8 cup sizes.

Small amounts of liquid can also be measured with the same teaspoons and tablespoons as dry ingredients.



ODD
INGREDIENTS

Treat these ingredients as dry ingredients, measuring with a dry measuring cup: applesauce, peanut butter, sour cream and yogurt

For sticky ingredients (peanut butter, honey, molasses, syrup) spray measuring cup or spoon with nonstick cooking spray before measuring so you can easily pour it out.



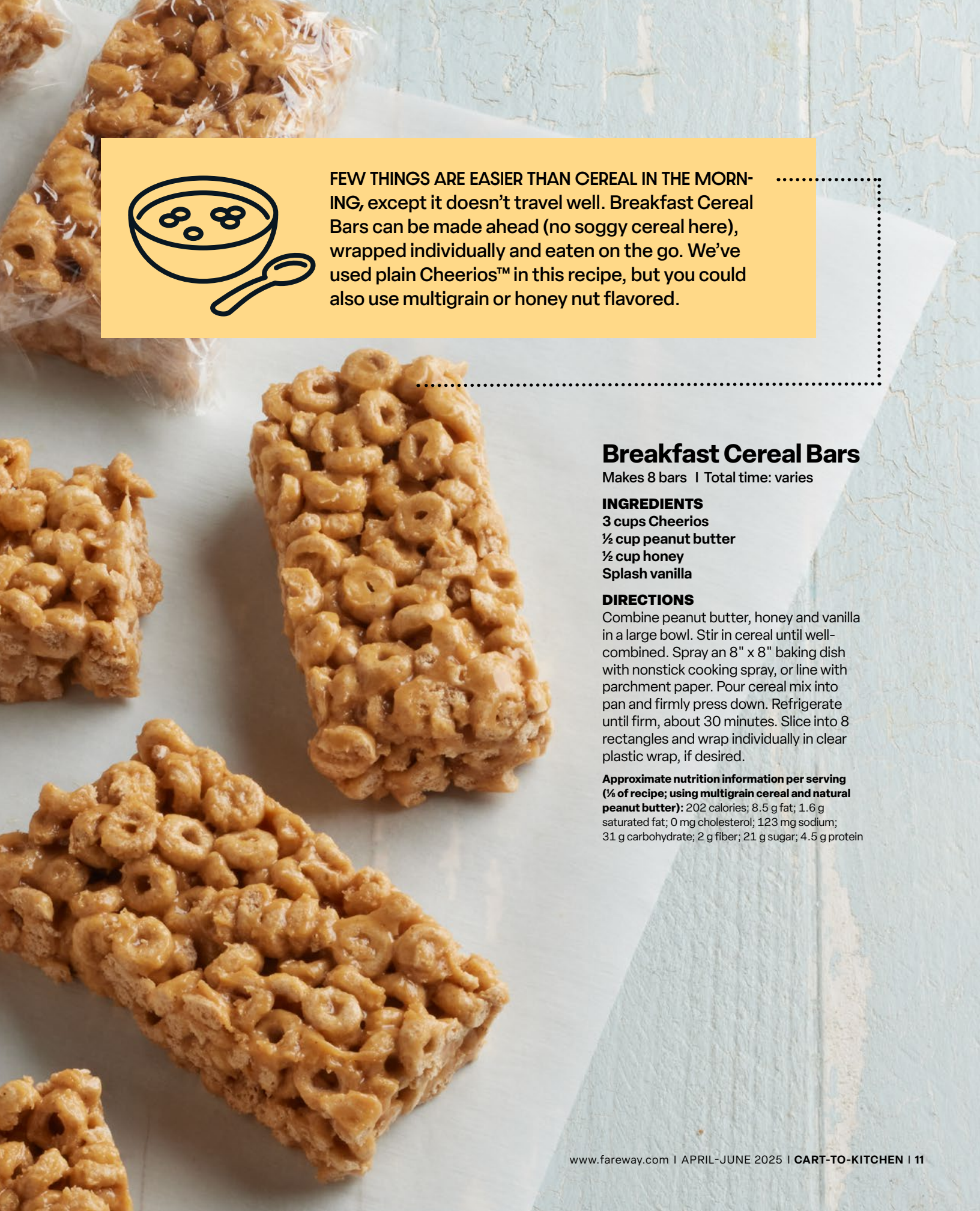
LOOKING TO HELP MANAGE THAT MORNING RUSH STRESS?

TRY BREAKFAST PREP!

Having easy-to-eat or reheat breakfasts on hand can take one task off your plate.

Bonus: most of these recipes work great for feeding a large family or guests, even if you don’t make them ahead.





FEW THINGS ARE EASIER THAN CEREAL IN THE MORNING, except it doesn't travel well. Breakfast Cereal Bars can be made ahead (no soggy cereal here), wrapped individually and eaten on the go. We've used plain Cheerios™ in this recipe, but you could also use multigrain or honey nut flavored.

Breakfast Cereal Bars

Makes 8 bars | Total time: varies

INGREDIENTS

3 cups Cheerios
½ cup peanut butter
½ cup honey
Splash vanilla

DIRECTIONS

Combine peanut butter, honey and vanilla in a large bowl. Stir in cereal until well-combined. Spray an 8" x 8" baking dish with nonstick cooking spray, or line with parchment paper. Pour cereal mix into pan and firmly press down. Refrigerate until firm, about 30 minutes. Slice into 8 rectangles and wrap individually in clear plastic wrap, if desired.

Approximate nutrition information per serving (⅛ of recipe; using multigrain cereal and natural peanut butter): 202 calories; 8.5 g fat; 1.6 g saturated fat; 0 mg cholesterol; 123 mg sodium; 31 g carbohydrate; 2 g fiber; 21 g sugar; 4.5 g protein



SAVE YOUR SCRAMBLED EGG SANITY BY PREPPING A LARGE BATCH OF SHEET PAN EGGS. Whether you plan to reheat during the week or serve a big brunch, the flavor options are endless. Try different breakfast meats, cheeses, cottage cheese, vegetables or green onions!

Sheet Pan Eggs

Makes 8 servings | Total time: 30 minutes

INGREDIENTS

12 eggs
⅓ cup milk
Salt and pepper, to taste

DIRECTIONS

Preheat oven to 350°F.

Prepare a 9" x 13" baking sheet with parchment paper sprayed with nonstick cooking spray. Combine eggs, milk, salt, pepper and any optional ingredients. Pour egg mixture onto sheet pan and bake until cooked through, 15–20 minutes. Slice into 8 squares and store in the refrigerator. To reheat, microwave for 20–30 seconds.

Approximate nutrition information per ⅛ of recipe (using 2% milk; does not include additional ingredients): 112 calories; 7.3 g fat; 2.5 g saturated fat; 280 mg cholesterol; 110 mg sodium; 1 g carbohydrate; 0 g fiber; 0.8 g sugar; 9.8 g protein



SIMPLICITY MEETS VERSATILITY WITH THESE THREE INGREDIENT BAGELS. You can leave them plain, use your favorite seasoning (like Everything But the Bagel or cinnamon sugar), or pair them with our Sheet Pan eggs for a satisfying breakfast sandwich.

Three Ingredient Bagels

Makes 4 bagels I Total time: 45 minutes

INGREDIENTS

1 cup all-purpose flour
1 cup Greek yogurt
2 tsp. baking powder
Optional: egg wash and seasoning (such as Everything But The Bagel or cinnamon sugar)

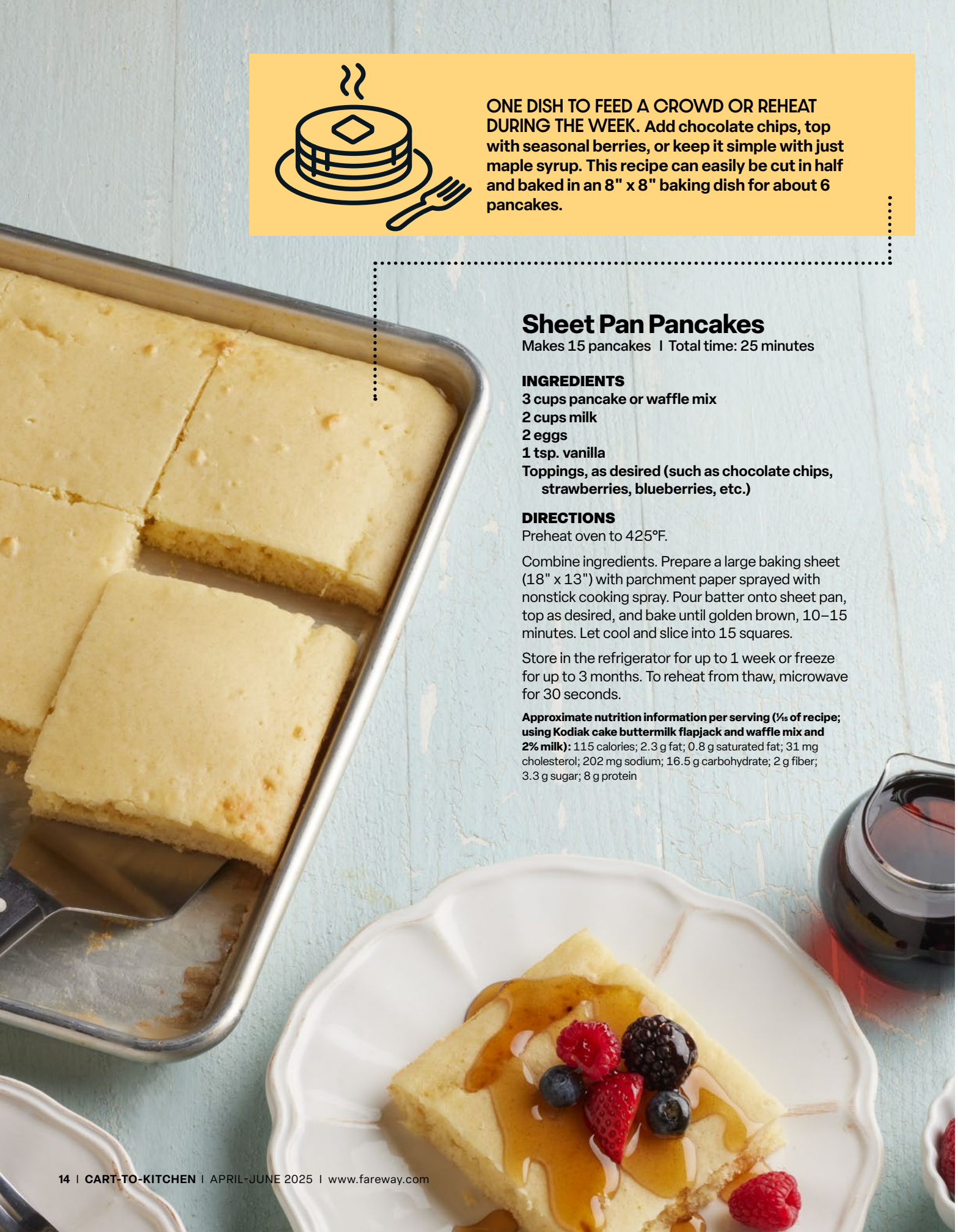
DIRECTIONS

Preheat oven to 375°F.

Combine flour, Greek yogurt and baking powder; form into a ball. Divide into 4 equal portions. Roll each portion into a 6–8 inch rope and connect the ends. If topping, brush each bagel with egg wash and add seasoning. Place on a baking sheet lined with parchment paper and bake until lightly browned, 24–28 minutes.

Let cool and store in the refrigerator for up to 7 days or freeze for up to 3 months.

Approximate nutrition information per serving (¼ of recipe using nonfat Greek yogurt):
155 calories; 0 g fat; 0.9 mg saturated fat; 1.7 mg cholesterol; 263 mg sodium; 30 g carbohydrate; 1.4 g fiber; 7.1 g sugar; 7.5 g protein



ONE DISH TO FEED A CROWD OR REHEAT DURING THE WEEK. Add chocolate chips, top with seasonal berries, or keep it simple with just maple syrup. This recipe can easily be cut in half and baked in an 8" x 8" baking dish for about 6 pancakes.

Sheet Pan Pancakes

Makes 15 pancakes | Total time: 25 minutes

INGREDIENTS

3 cups pancake or waffle mix
2 cups milk
2 eggs
1 tsp. vanilla
Toppings, as desired (such as chocolate chips, strawberries, blueberries, etc.)

DIRECTIONS

Preheat oven to 425°F.

Combine ingredients. Prepare a large baking sheet (18" x 13") with parchment paper sprayed with nonstick cooking spray. Pour batter onto sheet pan, top as desired, and bake until golden brown, 10–15 minutes. Let cool and slice into 15 squares.

Store in the refrigerator for up to 1 week or freeze for up to 3 months. To reheat from thaw, microwave for 30 seconds.

Approximate nutrition information per serving (1/15 of recipe; using Kodiak cake buttermilk flapjack and waffle mix and 2% milk): 115 calories; 2.3 g fat; 0.8 g saturated fat; 31 mg cholesterol; 202 mg sodium; 16.5 g carbohydrate; 2 g fiber; 3.3 g sugar; 8 g protein



BROCCOLI & CHEESE



SAUSAGE & MUSHROOM



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HAM & SWISS



USE YOUR INSTANT POT® OR PRESSURE COOKER TO MAKE SMOOTH AND CREAMY EASY EGG BITES and then add any of our optional variations. Some favorites are broccoli and cheese, sausage and mushroom, ham and Swiss, or spinach and parmesan.

Don't have an Instant Pot or pressure cooker? No problem! Just bake egg bites in a muffin tin at 350°F for about 20 minutes.

Easy Egg Bites

Makes 14 egg bites | Total time: varies

INGREDIENTS

4 eggs
½ cup cottage cheese
Optional toppings such as: sausage, mushrooms, ham, cheese, spinach, peppers, onions, etc.

DIRECTIONS

Combine eggs and cottage cheese in a blender. Blend until smooth. Add remaining ingredients and pulse gently until mixed. Pour mixture into silicone egg molds, filling about half full. Cover tightly with aluminum foil. Add trivet to Instant Pot or pressure cooker and pour 1 cup of water into the bottom. Add eggs, seal lid and set Instant Pot to "steam" setting for 10 minutes. Once finished, allow pressure to release naturally for 10 minutes. Remove eggs and store in the refrigerator for up to 5 days.

Approximate nutrition information per egg bite (without additional ingredients): 28 calories; 1.7 g fat; 0.7 g saturated fat; 55 mg cholesterol; 55 mg sodium; 0.5 g carbohydrate; 0 g fiber; 0.3 g sugar; 2.6 g protein

snack-tivities

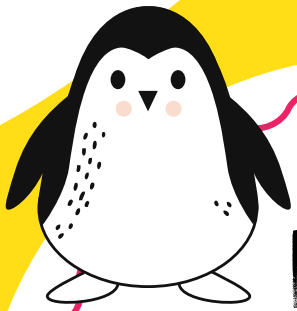
Hands-on activities with a treat you can eat!

Getting kids in the kitchen not only promotes cooking confidence, it also encourages kids to try new (and healthier) items. Here are a few snack-tivities children of any age can help with.



Yogurt Parfaits

Layer creamy yogurt with fresh berries, granola and a drizzle of honey for a delicious and protein-packed snack or dessert. Let your child get creative with the layers to make their own personalized parfait. Try your parfait with Greek yogurt for extra protein.





Frozen Fruit Kabobs

Thread colorful chunks of grapes, kiwi, pineapple and strawberries onto skewers and freeze for a refreshing and hydrating treat. These are great to take on picnics or to the pool.

Homemade Trail Mix

Mix together a variety of nuts, seeds, dried fruits and dark chocolate chips for a satisfying blend of protein, healthy fats and fiber. Portion into individual bags for easy grab-and-go snacks.







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TYSON LIGHTLY BREADED CHICKEN BITES
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Caramel Cookie Crunch
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Strawberry Cheesecake
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16 oz



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Sunday Roast
10 oz



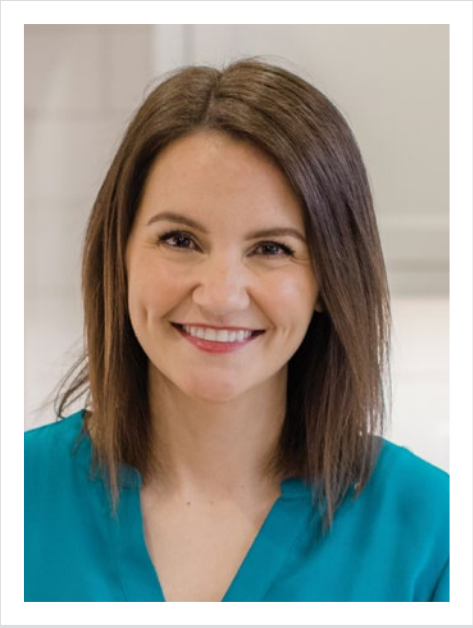
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variety pack, 9 ct
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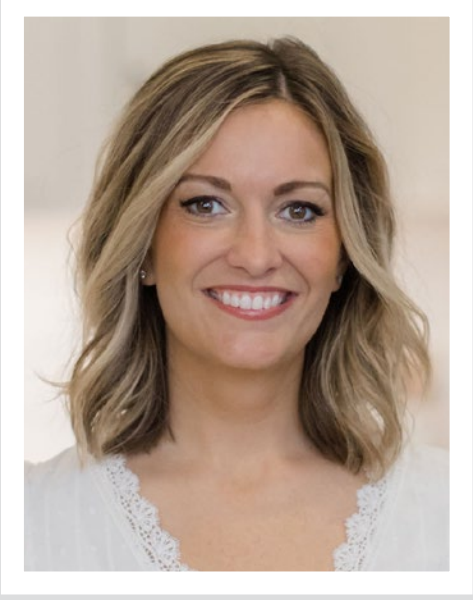
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Orange Mango
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Whitney, RD, LD



Caitlyn, RD, LD

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