FREE

FAREWAY

CART-TO-KITCHEN®

ISSUE 58 | OCTOBER-DECEMBER 2025

LATTES AT HOME
COLD OR HOT

COZY FALL SANDWICHES
FROM YOUR SLOW COOKER

GRAZE AND GATHER
WISCONSIN CHEESE

AN APPLE A DAY
DELICIOUS NEW VARIETIES



PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!



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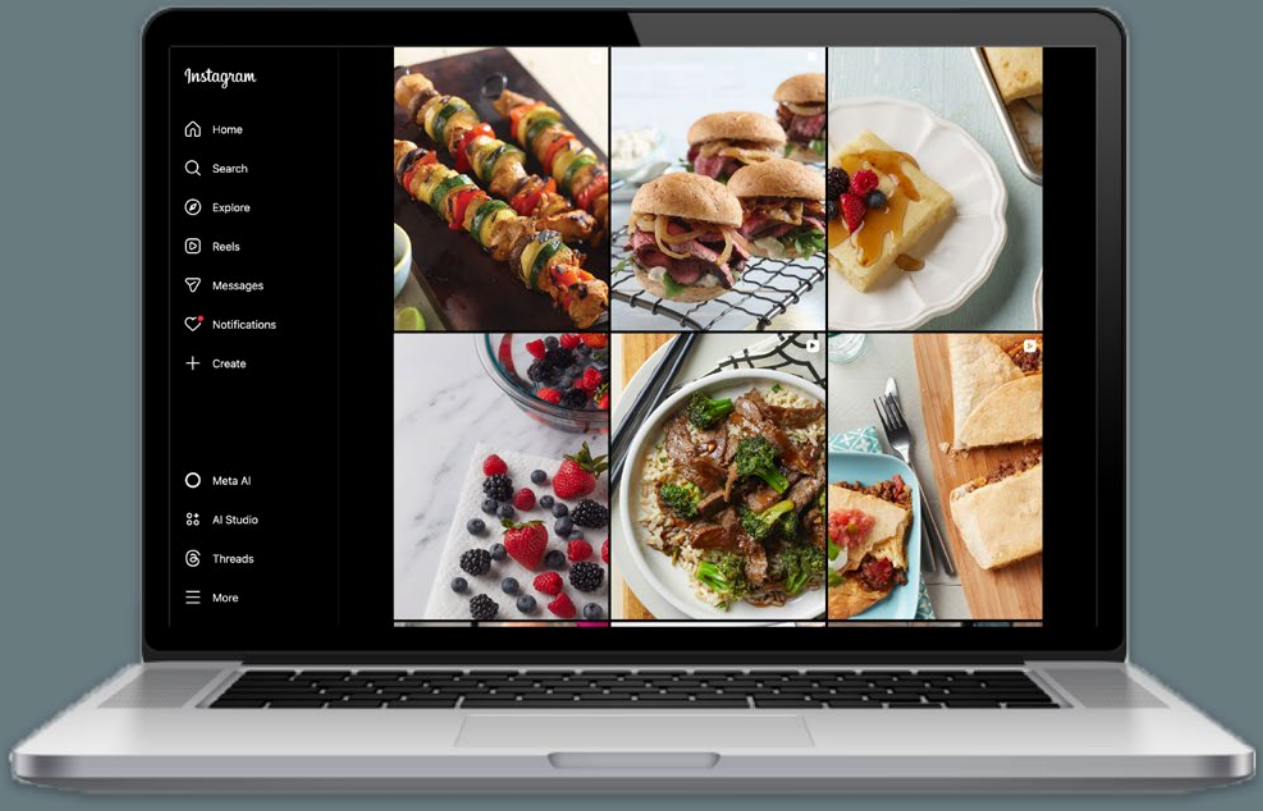
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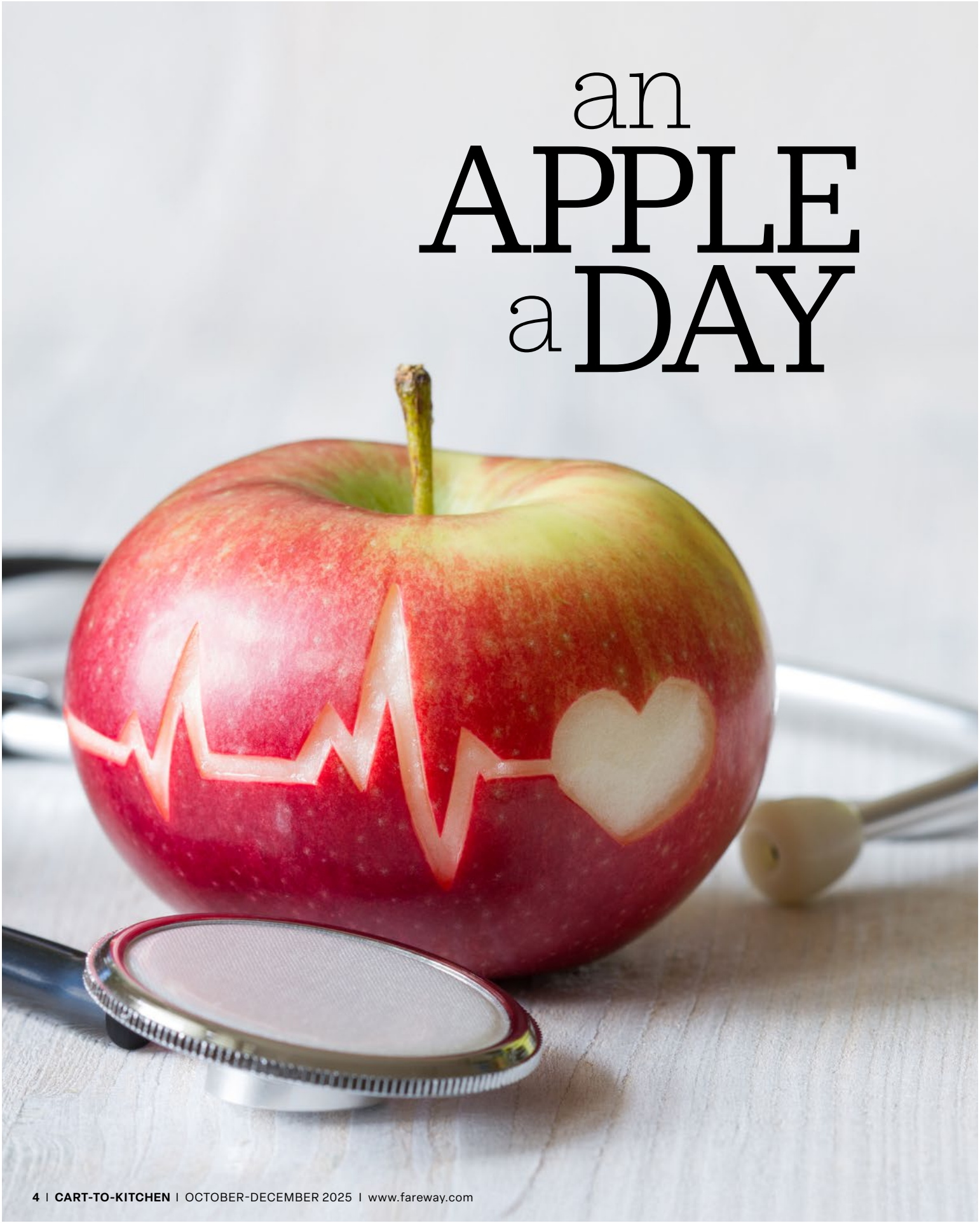
kitchen
BY FAREWAY

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an APPLE a DAY



Brain Health
Apple consumption has been linked to a lower risk of Alzheimer's disease and age-related mental decline.

Dental Health
Apples' fibrous texture acts like nature's toothbrush, cleaning and brightening teeth with every bite.

Heart Health
Apples contain soluble fiber, called pectin, which helps block cholesterol absorption.

Gut Health
That same soluble fiber helps absorb water in the digestive tract, which helps soften stools.

Immunity
Pectin feeds the good bacteria in your digestive tract, promoting a healthy microbiome, which in turn boosts immune function.

Move over, Granny Smith,

THERE'S A NEW APPLE IN TOWN. TWO NEW APPLES, IN FACT.



SweeTango®

The SweeTango apple is crispy, sweet and zesty! With Honeycrisp and Zestar! parents, this apple packs a crunch (it's even said the SweeTango apple once held the Guinness World Record for the loudest crunch), with a touch of citrus, honey and spice.

Rave®

The Rave apple comes from the University of Minnesota as a cross between a Honeycrisp and a MonArk apple from Arkansas. It's outrageously juicy with a refreshing snappy zing, making it great for snacking and eating raw.





Apple Crisp for One is a single serving dessert with sweet cinnamon apples, a buttery oat topping and zero need to share. Since it's made in the microwave it's ready in just a few minutes with minimal mess.

Apple Crisp for One

Makes 1 serving
Total time: 10 minutes

INGREDIENTS
For the apple filling:
1 apple, peeled and thinly sliced
¼ tsp. cinnamon
1 tsp. brown sugar

For the crisp topping:
2 Tbsp. softened butter
1 Tbsp. flour
3 Tbsp. old-fashioned oats
1 Tbsp. brown sugar
¼ tsp. cinnamon

DIRECTIONS
Mix apple filling ingredients in a small bowl. Mix crisp ingredients, working in butter with a fork. Layer half the apples in a microwave-safe bowl, mug or ramekin. Top with half the crisp mixture. Add another layer of apples and then the remaining crisp mixture. Place in the microwave and cook for 3 minutes.* Carefully remove from the microwave (it will be very hot). Top with whipped topping or ice cream, if desired.
*or bake at 375°F for 10–12 minutes.

Approximate nutrition information per serving: 441 calories; 24 g fat; 15 g saturated fat; 60 mg cholesterol; 186 mg sodium; 57 g carbohydrate; 6.5 g fiber; 34 g sugar; 3.4 g protein



Caramel Apple Pull-Apart Bread

Makes 8 servings I Total time: varies

This pull-apart bread features crisp, SweeTango apples, buttery biscuits, and a rich caramel drizzle. The perfect combination of flavors and textures makes it a crowd-pleaser.

INGREDIENTS

1 (16 ounce) can refrigerated biscuits, cut into quarters
2 SweeTango apples, peeled and diced
¼ cup granulated sugar
1 tsp. cinnamon
½ cup butter, melted (1 stick)
½ cup brown sugar

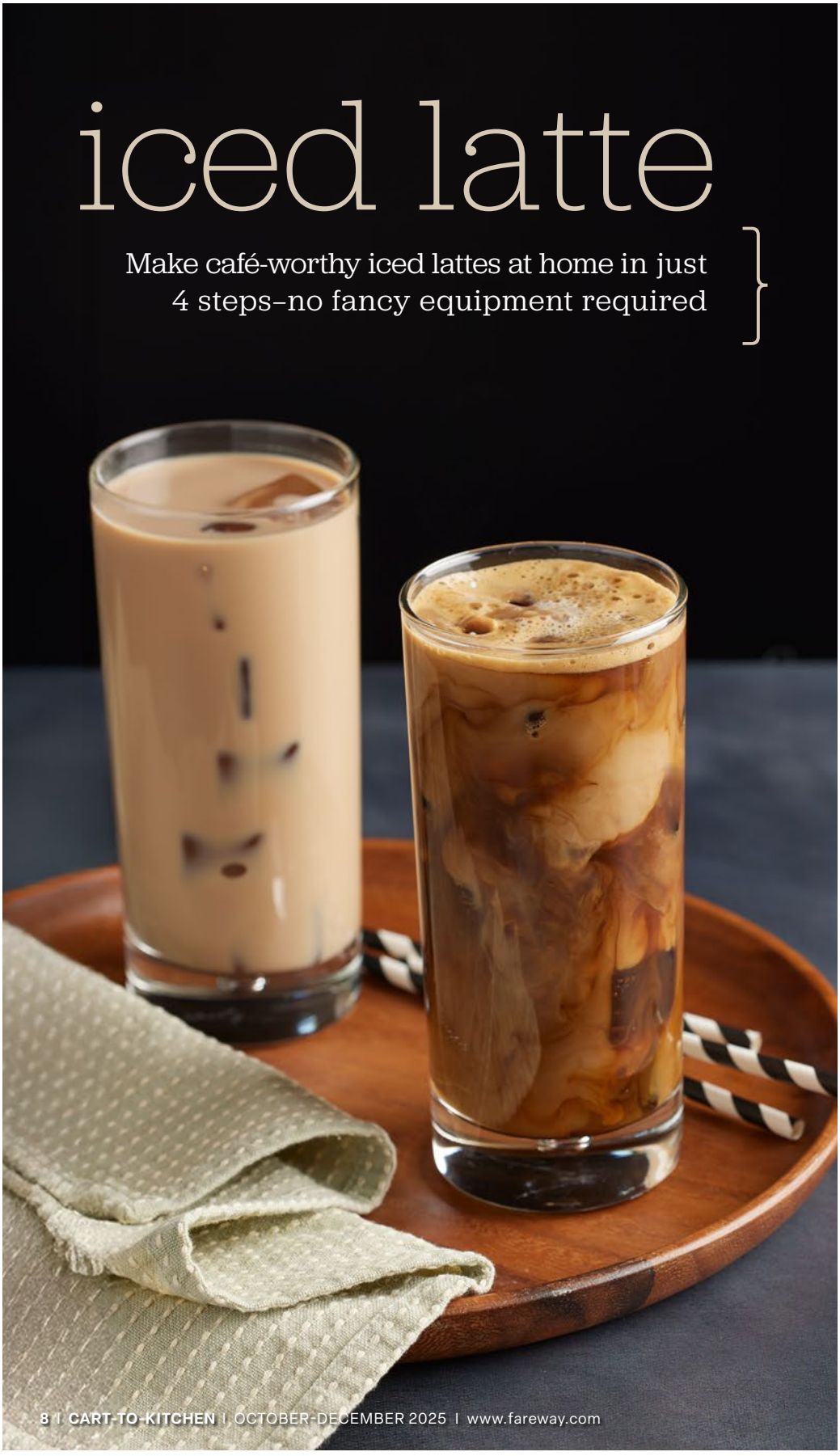
DIRECTIONS

Preheat oven to 350°F. Spray a 9" x 5" loaf pan with nonstick cooking spray. Combine sugar and cinnamon. Coat biscuit pieces in cinnamon sugar mixture and use any remaining mixture to coat apple pieces. Combine butter and brown sugar and add ¼ cup to the bottom of the loaf pan. Layer half of the biscuit pieces, followed by half of the apple pieces. Repeat layers and press everything down so it sticks together while baking. Pour the remaining butter and brown sugar mixture over the top. Bake until biscuits are cooked through, 35–45 minutes. Let rest for 5 minutes then flip upside down onto a cutting board or serving tray.

Approximate nutrition information per 1/8 of recipe: 330 calories; 17 g fat; 9.6 g saturated fat; 30 mg cholesterol; 456 mg sodium; 44 g carbohydrate; 2.5 g fiber; 23 g sugar; 3.3 g protein

iced latte

Make café-worthy iced lattes at home in just 4 steps–no fancy equipment required

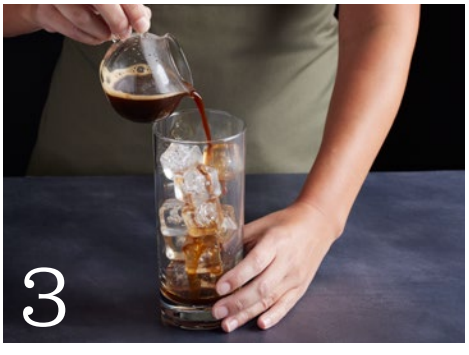




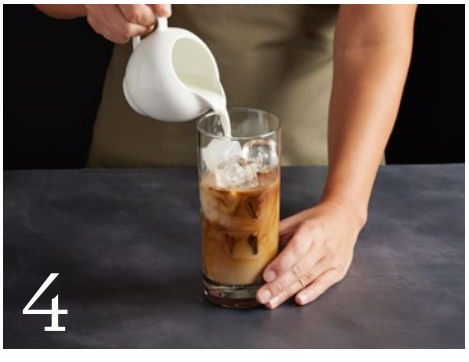
Mix instant espresso powder with boiling water according to package directions.



Add sweetener of choice to espresso, stirring to dissolve. Some of our favorites include brown sugar, maple syrup, caramel syrup, vanilla syrup and honey.



Pour espresso over ice.



Top with milk of choice.

hot latte

Whip up a cozy hot latte in minutes using instant espresso, your favorite milk and the sweetener of your choice for a made-to-order pick-me-up.

Makes 1 drink
Total time: 5 minutes

INGREDIENTS

1 tsp. instant espresso powder
¼ cup boiling water
1–2 tsp. sweetener of choice, optional
½ cup milk of choice

DIRECTIONS

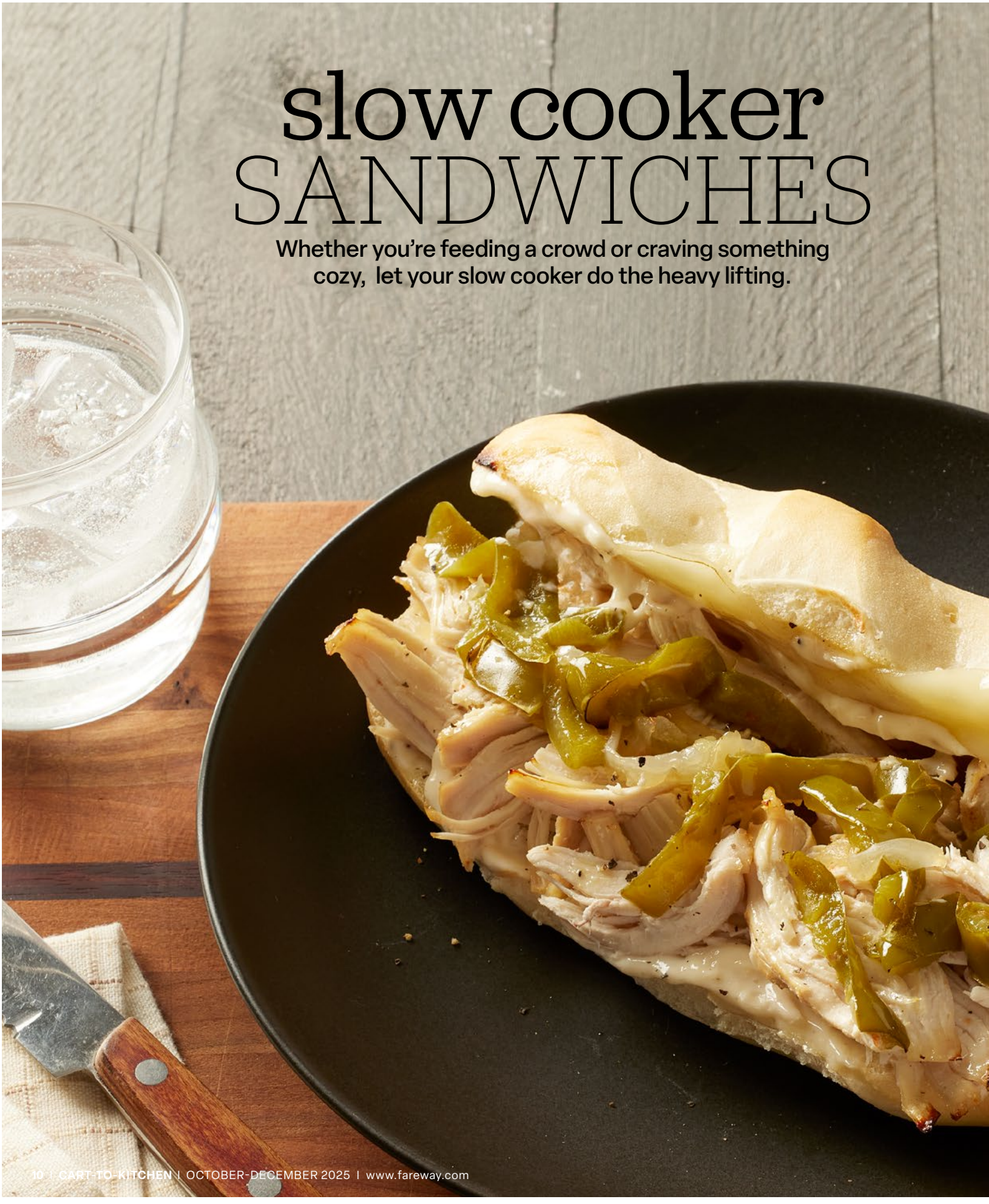
Combine espresso powder with boiling water. Stir in sweetener until it has dissolved. Heat milk in a small saucepan over medium heat until warm. Froth with a handheld frother or whisk, if desired. Top espresso with milk.

Approximate nutrition information per serving: varies



slow cooker SANDWICHES

Whether you're feeding a crowd or craving something cozy, let your slow cooker do the heavy lifting.





Our Chicken Philly with Garlic Aioli features tender chicken, onions and peppers assembled into a comforting sandwich, for a simple twist on a classic Philly cheesesteak.

Chicken Phillies with Garlic Aioli

Makes about 8 sandwiches
Total time: varies

INGREDIENTS

2 pounds boneless, skinless chicken breasts
1 tsp. salt
¼ tsp. pepper
½ tsp. paprika
1 onion, sliced
2 bell peppers, sliced
3 garlic cloves
1 cup chicken broth
8 hoagie rolls, for serving
8 slices provolone cheese, for serving

GARLIC AIOLI

¾ cup mayonnaise
2-3 garlic cloves, grated or pressed
1 Tbsp. lemon juice (about ¼ of lemon)
¼ tsp. salt
½ tsp. pepper

DIRECTIONS

Combine ingredients for Garlic Aioli and store in the refrigerator. Place chicken breasts in slow cooker. Season with salt, pepper and paprika. Add sliced onion, peppers and garlic. Cover with chicken broth. Cover and cook until chicken shreds easily, low for 6–8 hours or on high for 3–4 hours. Remove chicken and shred. Return to slow cooker. To assemble sandwich, preheat broiler to high. Spread garlic aioli on one side of hoagie roll and add cheese. Fill the other side with chicken mixture. Place open sandwich under broiler until cheese is melted, 2–3 minutes.

Garlic Aioli approximate nutrition information (per 1/8 of recipe): 152 calories; 17 g fat; 2.3 g saturated fat; 7.4 mg cholesterol; 0.5 g carbohydrate; 0 g fiber; 0 g sugar; 0.4 g protein

Approximate nutrition information per serving (1/8 of recipe; includes Aioli; does not include bun): 402 calories; 27 g fat; 7.7 g saturated; 110 mg cholesterol; 798 mg sodium; 4.4 g carbohydrate; 1 g fiber; 1.6 g sugar; 34 g protein



Transform an affordable chuck roast into comfort food at its finest. This hearty Beef Roast Patty Melt combines slow-cooked shredded beef, onions and melty Swiss cheese in a toasted sandwich. The star of the show? A creamy Secret Sauce that adds just the right tangy finish.

Beef Roast Patty Melts

Makes about 8 sandwiches
Total time: varies

INGREDIENTS

1 chuck roast (about 3 pounds)
1 tsp. pepper
2 onions, sliced
1 (1 ounce) package onion soup mix
1 cup beef broth
8 slices Swiss cheese
Sourdough bread, for serving

SECRET SAUCE

½ cup mayonnaise
2 Tbsp. ketchup
1 Tbsp. white vinegar
2 tsp. sugar
2 tsp. relish (or finely minced pickles)
1 tsp. onion powder
Salt and pepper, to taste

DIRECTIONS

Combine ingredients for Secret Sauce and store in the refrigerator. Cut roast into 3 or 4 large pieces. Place chuck roast in slow cooker and season with pepper. Add sliced onions on top. Mix onion soup mix with broth and pour over onions and roast. Cover and cook until roast shreds easily, low for 8–10 hours or on high for 4–5 hours.

To assemble sandwich, butter the outside of bread. Layer Secret Sauce, Swiss cheese, roast and onions inside sandwich. Toast in a pan or panini press until cheese is melted, 5 minutes.

Secret Sauce approximate nutrition information (per 1/8 of recipe): 112 calories; 11 g fat; 1.5 g saturated fat; 5 mg cholesterol; 156 mg sodium; 2.9 g carbohydrate; 0 g fiber; 2.4 g sugar; 0.3 g protein

Sandwich approximate nutrition information (includes Secret Sauce; does not include sourdough): 486 calories; 28 g fat; 9.8 g saturated fat; 142 mg cholesterol; 831 mg sodium; 9.2 g carbohydrate; 1 g fiber; 3.8 g sugar; 46 g protein

Bold flavor meets effortless prep in these Slow Cooker Buffalo Chicken Sliders. Perfect for entertaining or a casual weeknight dinner, this recipe transforms simple ingredients into bold flavors with just a few hours in the slow cooker.

Slow Cooker Buffalo Chicken Sliders

Makes 6 servings (2 sliders each)
Total time: varies

INGREDIENTS

2 pounds boneless, skinless chicken breasts
1 cup wing sauce, divided
½ onion, chopped
Ranch or blue cheese dressing, optional
12 slider buns

DIRECTIONS

In a slow cooker, add chicken, ½ cup wing sauce and onion. Cover and cook on low for 6–7 hours or on high for 4–5 hours. Remove chicken from slow cooker and shred using 2 forks. Place shredded chicken back in slow cooker with remaining wing sauce. Stir to combine. Place ¼–⅓ cup chicken on each bun and serve with additional wing sauce and ranch or blue cheese dressing, if desired.

Nutrition information per serving (includes bun): 316 calories; 4.5 g fat; 1 g saturated fat; 64 mg cholesterol; 690.3 mg sodium; 42.4 g carbohydrate; 2.4 g fiber; 7.4 g sugar; 29.7 g protein





Toasted to perfection, our Slow Cooker Cuban Sandwich is flavorful, melty and satisfying with minimal effort—perfect for busy days or casual gatherings. We suggest using a kaiser roll, but you can use any bread or roll that toasts in a pan or panini press.

Slow Cooker Cuban Sandwiches

Makes about 8 sandwiches I Total time: varies

INGREDIENTS

1 pork shoulder (about 3 pounds)
½ tsp. salt
½ tsp. pepper
1 tsp. oregano
½ tsp. cumin
3 garlic cloves
1 cup chicken broth
½ cup apple juice

8 kaiser rolls, for serving
16 slices ham
8 slices Swiss cheese
Sliced pickles, for serving
Mustard, for serving

DIRECTIONS

Cut roast into 3 or 4 large chunks. Place in slow cooker and season with salt, pepper, oregano and cumin. Add garlic, broth and apple juice. Cook until pork shreds easily, low for 8–10 hours or high for 4–5 hours. To assemble sandwich, layer shredded pork, ham, Swiss, pickles and mustard on roll. Toast in a pan or panini press until cheese is melted, 5 minutes.

Approximate nutrition information per serving (1/8 of recipe): 561 calories; 23 g fat; 9.6 g saturated fat; 151 mg cholesterol; 979 mg sodium; 33 g carbohydrate; 1 g fiber; 3.7 g sugar; 51 g protein



Slow-cooked beef chuck roast seasoned with Italian dressing mix and pepperoncini peppers, piled high on hoagie rolls and topped with melty provolone. A simple, savory sandwich that's perfect for any night of the week!

Italian Beef Sandwiches

Makes about 8 sandwiches
Total time: varies

INGREDIENTS

1 beef chuck roast (about 3 pounds), cut into large chunks
1 (0.7 ounce) package Italian dressing mix
½ cup pepperoncini pepper slices, plus ¼ cup juice
1 (14.5 ounce) can beef broth
8 hoagie rolls, for serving
8 slices provolone cheese, for serving

DIRECTIONS

Place roast into a slow cooker and sprinkle with Italian dressing mix. Add peppers, pepper juice and broth.

Cook until roast shreds easily, on low for 8–10 hours, or on high for 4–5 hours.

To assemble sandwich, preheat broiler to high. Top one side of the bun with provolone cheese. Fill the other side with shredded beef mixture. Place open sandwich under broiler until cheese is melted, 2–3 minutes.

Approximate nutrition information per serving (1/8 of recipe): 552 calories; 22 g fat; 9.4 g saturated fat; 133 mg cholesterol; 1169 mg sodium; 37 g carbohydrate; 2 g fiber; 4.5 g sugar; 52 g protein

GATHER AND GRAZE

A CHARCUTERIE BOARD (AKA meat and cheese platter) is one of the best ways to entertain and look like you've put in max effort when—spoiler alert—it was easy. While all grazing spreads are delicious, the world of cheese, meat and their accompaniments can be overwhelming.

HERE ARE SOME BASIC CHARCUTERIE CONCEPTS TO KEEP IN MIND IF YOU'RE IN THE MARKET TO GATHER AND GRAZE.

5 4 3 2 1

When serving charcuterie as an appetizer, plan for each guest to eat 2–4 ounces of cheese

Offer a variety of cheese flavors and textures

Balance the board with sweet, crunchy and savory items

Fill in the board with accompaniments like crackers, fruit, dried fruit and vegetables

Still feel overwhelmed? Shop our charcuterie bundle online with our QR code on page 17



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Love BEETS

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Cooked and Ready-to-Eat!

Find Love Beets in the refrigerated produce aisle!

Fall Beet + Apple Salad

Servings: 2 Prep Time: 10 Minutes

Ingredients:

- 1 4 oz pack green leaf lettuce
- 1 Love Beets Perfectly Pickled Beets
- 1 log goat cheese
- 1 apple, sliced
- 1 shallot, thinly sliced
- 1 cup walnuts
- 1/3 cup balsamic vinaigrette

Instructions:

1. In a large bowl combine lettuce, beets, sliced apples, shallots and walnuts.
2. Add goat cheese on top, pour over dressing and ENJOY!

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CHOBANI
20G PROTEIN DRINKS

Strawberries & Cream
Mixed Berry Vanilla
4 pk



CHOBANI
20G PROTEIN DRINKS

Strawberries & Cream
Peaches & Cream
Cherry Vanilla
10 oz



CHOBANI
30G PROTEIN DRINKS

Vanilla Ice Cream
Strawberries & Cream
14 oz



TRULY YOURS
PASTA SAUCE

Marinara
Roasted Garlic
Ricotta
Arrabbiata
Alfredo
24 oz



CHOBANI
20G PROTEIN CUPS

Vanilla
Cherry Berry
4 pk



CARAPELLI
ORGANIC
EXTRA VIRGIN
OLIVE OIL

16.9 oz



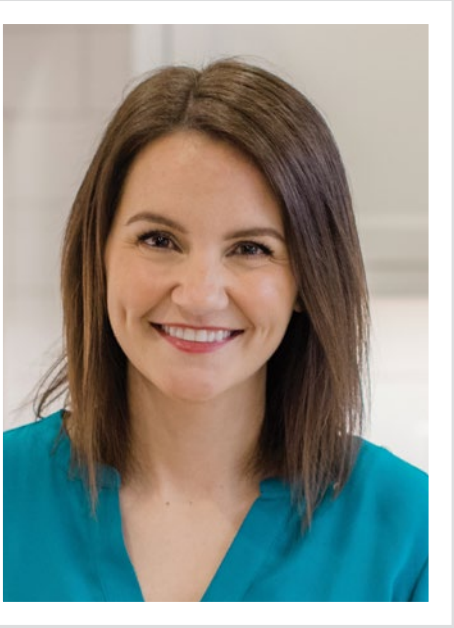
SOLELY
ORGANIC GUMMIES

Mango & Orange
Mango & Guava
Mango & Blueberry
3.5 oz

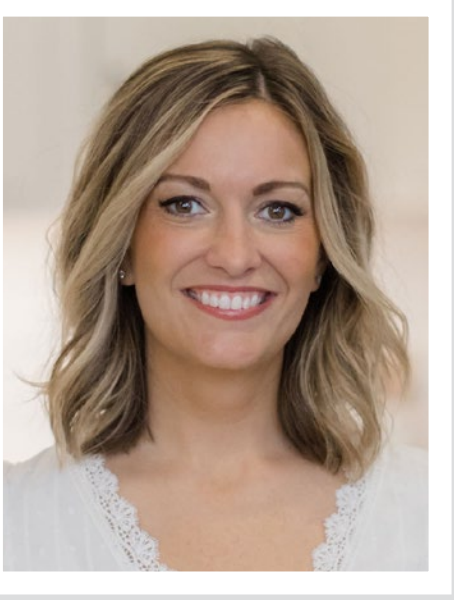


SOLELY
ORGANIC JERKY

Mango & Blueberry
Mango & Raspberry
.8 oz



Whitney, RD, LD



Caitlyn, RD, LD

ASK THE DIETITIANS

WANT TO CONTACT WHITNEY OR CAITLYN?

Send your nutrition questions to:
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