

Issue 14 • Nov 2014–Jan 2015



cents able HEALTH™

FOR THE WAY WE LIVE AND EAT TODAY

FREE



KEEP THE
HOLIDAY
WEIGHT OFF
WITH OUR FAVORITE
PARTY RECIPES

HEART
HEALTHY
ROASTS
FOR YOUR
FAMILY

HEALTH GAINS
FROM WHOLE GRAINS

Recipe on page 11

PLUS fresh, affordable recipes in every issue



Whitney, RD, LD
Caitlyn, RD, LD
Fareway Corporate Dietitians

ask whitney & caitlyn!

I want to make healthier choices for my family and myself, but I'm not sure what to look for on the food label. What should I focus on?

The easiest way to decipher a food label is to follow the 5/20 Rule. Look down the right hand side of the label under % Daily Value: If a food has 5% or less of the recommended Daily Value, it is considered "low" in that nutrient; 20% or more is considered "high". Use these guidelines to help lower sodium saturated fat, *trans* fat, and cholesterol while increasing fiber, vitamins and minerals.

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:
 Fareway Stores, Inc.
 C/O Registered Dietitians
 2300 E Industrial Park Road
 Boone, IA 50036

Email: centsablehealth@farewaystores.com
 Website: www.fareway.com
 Facebook: www.facebook.com/farewaystores
 Pinterest: www.pinterest.com/farewaystores
 Twitter: www.twitter.com/fareway_stores
 You Tube: www.youtube.com/centsablehealth



Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

5 Footnote

The health information available through this publication is provided by Fareway Stores, Inc. solely for informational purposes as a public service to promote consumer health. This publication may provide specific health information, none of which is intended to be specific to your medical condition. Nothing contained, expressly or implied, in this publication 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, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the website or the information, products, services or related graphics contained in the publication for any purpose. Any reliance you place on such information is therefore strictly at your own risk.

contents

What's Happening Now

4 | A season of recipes!

Fresh from the Meat Counter

8 | Heart-healthy roasts

Simple Solutions

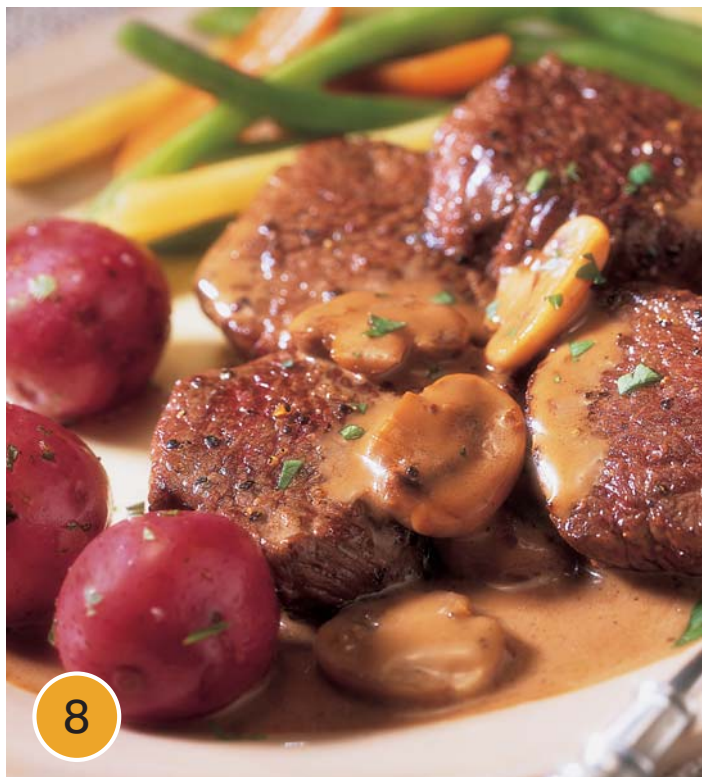
12 | Health gains from whole grains

Seasonal Produce

14 | Precut butternut squash and sweet potatoes

CentsAble Kids

16 | Tic Tac Toe



For information on the products featured in this issue of CentsAble Health Magazine, please visit the following websites:
www.fruit2o.com/sparkling, www.quakeroats.com, www.mombrands.com, www.weightwatchers.com, www.urbanegrain.com,
www.peanutbutter.com, www.fritolay.com, www.faribaultfoods.com, www.veggiesmadeeasy.com

A Season of Recipes

That New Year's resolution to lose ten pounds isn't for nothing – the average American gains seven to eight pounds between November and January. With the parties, family dinners and stress of the holidays, it's hard to be surprised. We've compiled some of our favorite party recipes to keep the weight gain off without sacrificing fun or flavor.



chili is the perfect party food.

It's a filling one dish dinner that can be ladled on nachos or eaten as a self-serve chili bar. If that's not enough, this holiday staple is a healthy choice, too. Beans are loaded with fiber and protein, keeping you full. Our recipe has kidney beans for an extra healthy hit: kidney beans are rich in folate and magnesium, which have been shown to improve heart health.

Our basic recipe can be easily adapted to your taste buds. Like it spicy? Add some cayenne pepper. Want it thicker? Cut down the tomato juice.



One Pot Chili

Makes about 8 (1 cup) servings • Total time: 30 minutes

INGREDIENTS

- | | |
|---|---|
| 1 pound ground beef | 1 (15 ounce) can Mrs. Grimes chili beans in sauce |
| 3 Tbsp. chili powder | 5-6 cups tomato juice |
| 1 (15 ounce) can Mrs. Grimes kidney beans, drained and rinsed | 1 (14.5 oz) can diced tomatoes |
| | Salt and pepper, to taste |

DIRECTIONS

BROWN ground beef and DRAIN any excess fat. ADD remaining ingredients and SIMMER for at least 20 minutes.

Nutrition information per serving: 262 calories; 5 g fat; 2 g saturated fat; 38 mg cholesterol; 953 mg sodium; 30 g carbohydrate; 9 g fiber; 22 g protein





dark chocolate

(like semi-sweet chocolate chips) are a smart sweet treat.

Semi-sweet chocolate has less sugar than other chocolates (usually about half the amount), helps lower your blood pressure and increases serotonin, your “feel good” hormone.

PB ‘n’ Chocolate Pretzels

Makes 28 servings • Total time: 30 minutes

INGREDIENTS

1 cup semi-sweet chocolate chips
 ½ cup Skippy® Creamy Peanut Butter
 28 Rold Gold® Rods pretzels

DIRECTIONS

In a microwave-safe bowl, MICROWAVE chocolate chips and peanut butter on high for 1 ½ minutes or until melted, stirring occasionally. DIP one end of each pretzel in the peanut butter mixture and ARRANGE on a wax paper-lined baking sheet. DECORATE as desired. LET stand at room temperature for 30 minutes or until chocolate is set.

Nutrition information per serving: 93 calories; 4 g fat; 1 g saturated fat; 0 mg cholesterol; 172 mg sodium; 12 g carbohydrate; 0 g fiber; 2 g protein





spinach

Popeye had the right idea when it came to eating all that spinach – calorie for calorie, spinach is one of the most nutrient-dense foods you can find.

With vitamins, minerals and antioxidants to help decrease your cancer risk and vitamin K to strengthen your bones (all with virtually zero calories), adding spinach to your holiday buffet will help keep you and your guests healthy.

Spinach Dip

Makes 20 (2 Tbsp.) servings
Total time: 2 hours

INGREDIENTS

- 1 cup shredded mozzarella
- ½ cup Parmesan cheese, grated
- 8 oz. fat free cream cheese
- 1 clove garlic, minced
- 1 (10 oz.) box frozen spinach
- 1 (7.5 oz.) jar artichoke hearts, drained
- 1 pinch salt
- 1 pinch ground black pepper

DIRECTIONS

THAW and DRAIN spinach. COMBINE all ingredients in a slow cooker or crock pot. STIR. COOK on high for two hours.

Nutrition information per serving: 171 calories; 8.5 g total fat; 4.3 g saturated fat; 21.7 mg cholesterol; 534 mg sodium; 8.3 g carbohydrate; 3 g fiber; 16 g protein



flavored water

What you drink matters during a party.

Beverages with empty calories bring zero nutrients to the table. Instead of adding to your waistline, choose low-calorie or calorie-free beverages between higher calorie choices.

Fruit₂O is a natural, flavored-water that delivers calorie-free bold flavors.



Don't forget the coffee

Now you can feel good about that cup of joe at the end of a big meal. New research shows that regular, caffeinated coffee can protect your heart, improve your mood and pump up brain power. Coffee tops the list of antioxidant sources in the American diet, too, with more antioxidants per serving than blueberries!



Make your own Mocha Coffee

Makes 5 servings • Total time: 5 minutes

INGREDIENTS

½ cup Gevalia Traditional Roast coffee
3 Tbsp. chocolate syrup
6 cups water

DIRECTIONS

ADD chocolate syrup to empty pot of coffee maker.
ADD water to coffee maker; BREW coffee.
STIR until blended.

& Petite sirloin roast pork tenderloin

To feed a small army of family and friends,
you likely turn to a low-maintenance roast.

To impress your guests and keep the holiday weight gain at bay, try the beef top sirloin petite roast or the pork tenderloin. Not only are these two cuts tasty and tender, they are also certified heart-healthy by the American Heart Association. The American Heart Association's Heart-Check certification signifies cuts that are extra lean and meet the Association's criteria for low saturated fat and low cholesterol.



Top sirloin petite roast is a smaller, premium roast at an affordable price.

Because this roast is from the top sirloin, it is rich and flavorful, yet versatile—every bite is edible because all unwanted fat and connective tissue is removed. The top sirloin petite roast is portioned into 1 ½ to 2 ½ pound servings, which can be left whole or portioned into lean, thick cut filets.

Easy Steak Diane

Makes 4 servings

Total time: 40 minutes

INGREDIENTS

- 1 top sirloin petite roast, cut into ¾ inch thick medallions
- 2 – 3 tsp. lemon pepper
- 2 tsp. olive oil
- Chopped fresh parsley
- 1 Tbsp. olive oil
- 8 ounces mushrooms, sliced
- 2 Tbsp. chopped onion
- 2 Tbsp. brandy
- ½ cup whipping cream
- 2 tsp. Worcestershire sauce

DIRECTIONS

HEAT 1 tablespoon oil in a large nonstick skillet over medium heat. ADD mushrooms and onions; COOK and STIR 3 minutes or until tender. REMOVE from skillet and SET aside. PRESS lemon pepper evenly onto beef medallions. PLACE beef in the skillet; COOK 4 to 6 minutes for medium rare (135°F) to medium (150°F) doneness, cooking in batches if necessary. REMOVE and KEEP warm. ADD brandy to skillet; COOK and STIR over medium heat until browned bits on the bottom of the skillet are dissolved. STIR in cream and Worcestershire sauce. ADD mushrooms and COOK until sauce is slightly thickened. ADD beef; SPRINKLE with fresh parsley, if desired.

Nutrition information per serving: 465 calories; 23 g fat; 151 mg cholesterol; 23 mg sodium; 5 g carbohydrate; 0 g fiber; 56 g protein

Chipotle Beef & Chimichurri Sauce

Makes 4 servings • Total time: 90 minutes

INGREDIENTS

2 (1 ½ to 2 pound) top sirloin petite roasts
1 Tbsp. olive oil
½ to 1 tsp. chipotle chili powder
Salt and pepper, to taste

Chimichurri Sauce:

1 cup fresh parsley leaves
3 garlic cloves
1 tsp. dried oregano leaves
½ tsp. salt
¼ tsp. chipotle chili powder
3 Tbsp. olive oil
2 Tbsp. lime juice



DIRECTIONS

COMBINE 1 tablespoon oil, chipotle chili, salt and pepper; RUB evenly over beef roasts. PLACE roasts on rack in shallow roasting pan. ROAST for 60 to 75 minutes for medium rare to medium doneness, or until internal temperature reaches 135°F for medium rare; 150°F for medium. TRANSFER roasts to carving board; TENT loosely with aluminum foil. Meanwhile, ADD first five chimichurri ingredients to a food processor; PROCESS until chopped. Slowly add oil and lime juice, processing until well blended. CARVE roasts across the grain into slices and SERVE with chimichurri sauce.

Nutrition information per serving: 268 calories; 18 g fat; 4 g saturated fat; 45 mg cholesterol; 358 mg sodium; 8 g carbohydrate; 2 g fiber; 27 g protein



Nut-Crusted Petite Sirloin Roast

Makes 6 servings • Total time: 1 ½ - 2 hours

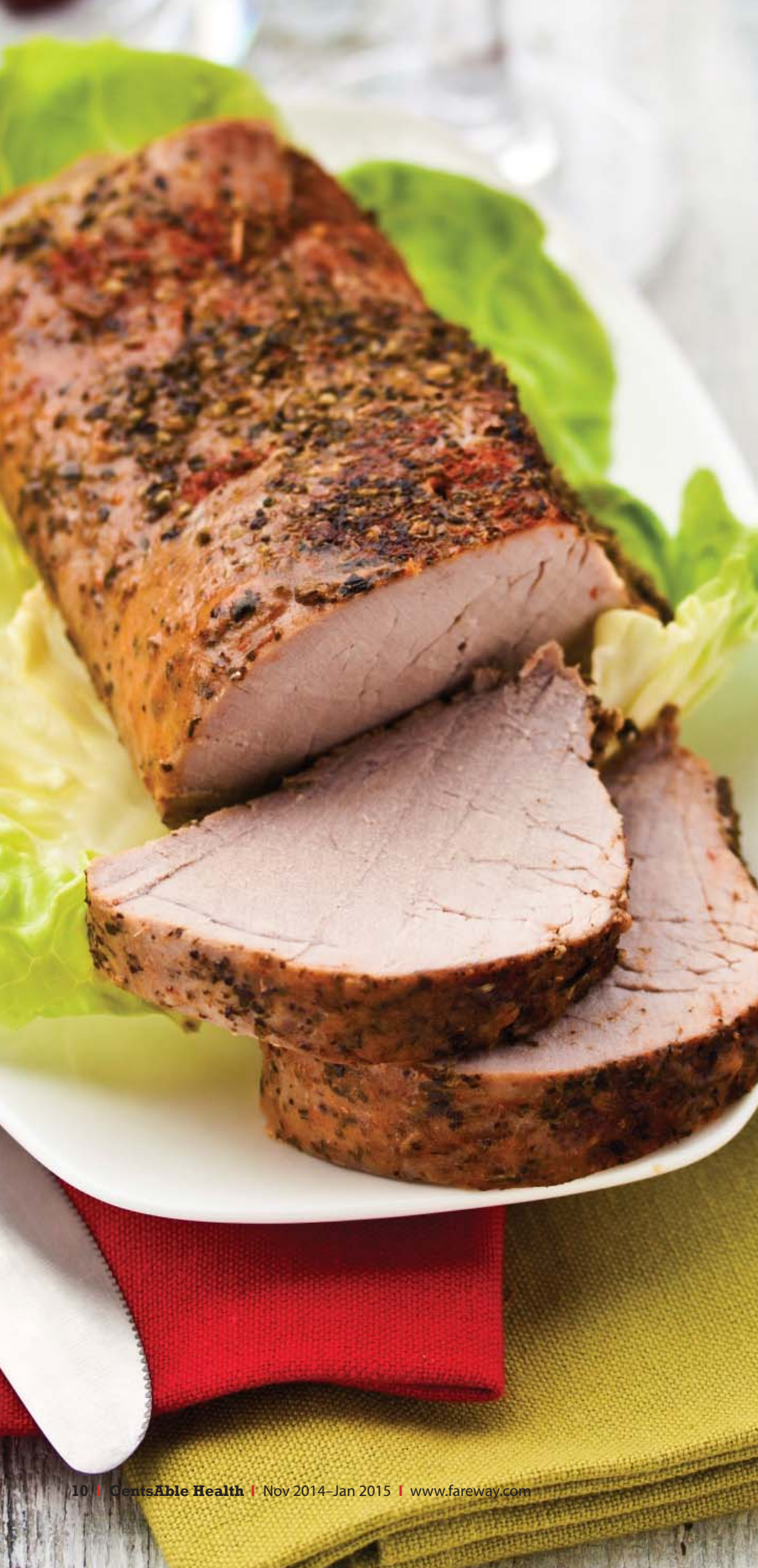
INGREDIENTS

1 (1 ½ to 2 pounds) top sirloin petite roast
¼ cup finely chopped pine nuts
2 Tbsp. finely chopped fresh parsley
3 Tbsp. Dijon-style mustard
Salt and pepper, to taste

DIRECTIONS

PREHEAT oven to 325°F. COMBINE pine nuts, mustard, parsley, salt and pepper in small bowl. SPREAD mustard mixture onto all surfaces of beef roast. PLACE roast on rack in shallow roasting pan. ROAST for 60 to 75 minutes for medium rare to medium doneness, or until internal temperature reaches 135°F for medium rare; 150°F for medium. TRANSFER roast to carving board; TENT loosely with aluminum foil. LET stand 10 minutes. CARVE roast into slices.

Nutrition information per serving: 231 calories; 11 g fat; 80 mg cholesterol; 244 mg sodium; 8 g carbohydrate; 2.2 g fiber; 27 g protein



pork Be inspired™

Pork tenderloin is the chicken breast of the pork world.

In fact, it's even leaner than a boneless, skinless chicken breast - weighing in at only 120 calories, 3 grams of fat and 1 gram of saturated fat per three ounce serving. Still not sold? It's quick-cooking, has no waste or fat to trim, and can stand up to whatever bold flavors you can throw at it.

Herb Cured Pork Tenderloin

Makes 8 servings

Total time: 45 minutes

INGREDIENTS

2 (1 ½ pound) pork tenderloins
1 Tbsp. fresh thyme leaves
2 Tbsp. fresh chives
3 cloves garlic, peeled
2 tsp. brown sugar, packed
1 Tbsp. salt
1 Tbsp. black pepper
1 Tbsp. vegetable oil

DIRECTIONS

PREHEAT oven to 400°F. PLACE thyme, chives, garlic cloves, brown sugar, salt and pepper in a food processor; PULSE to make a coarse paste. RUB mixture on the tenderloins and PRESS firmly to allow mixture to adhere to the meat. PLACE 1 tablespoon vegetable oil in a large skillet over high heat. COOK the pork 2-3 minutes total in the skillet. Gently TURN pork after each minute until lightly browned, being careful not to burn the herb crust. PLACE pork in oven; ROAST 20-30 minutes or until internal temperature reaches 145°F.

Nutrition information per serving: 170 calories; 7 g fat; 2 g saturated fat; 75 mg cholesterol; 930 mg sodium; 2 g carbohydrate; 0 g fiber; 24 g protein



Pomegranate Glazed Pork Tenderloin

Makes 6 servings • Total time: 1 hour

INGREDIENTS

2 cups pomegranate juice
1 cup Mirassou® California Merlot
½ cup honey
2 (1 ½ pound) pork tenderloins
¼ cup garlic, cut into small slivers
¼ cup small sprigs fresh rosemary
Salt and pepper, to taste

DIRECTIONS

PLACE juice in a medium saucepan and BRING to a boil. REDUCE heat to medium and COOK for 15 minutes or until reduced to ¾ cup. ADD wine and honey and SIMMER over low heat for 10 minutes; SET aside. PREHEAT oven to 350°F. SLICE deep slits on all sides of pork. PRESS garlic and rosemary sprigs into slits, pressing well into the center. SEASON with salt and pepper and PLACE in a baking dish. ROAST for 30 to 45 minutes or until pork reaches 145°F internally, basting with some of the glaze during the last 15 minutes. LET stand 10 minutes before slicing. SERVE with remaining glaze.

Nutrition information per serving: 279 calories; 3 g fat; 1 g saturated fat; 62 mg cholesterol; 10 mg sodium; 34 g carbohydrate; 0 g fiber; 24 g protein



Pair with Mirassou® Merlot

Health Gains from Whole Grains

While the low carb diet craze has passed (finally!), there are still some misconceptions about carbohydrates and weight loss. Low carb diets restrict carbohydrates so our bodies turn to fat for energy. This is effective for immediate weight loss (aside from the fatigue, headaches, dizziness and weakness), but our brains can only function with glucose, the usable form of energy from carbohydrates.

A healthier and more maintainable approach is switching to whole grains – grain products that contain the entire unprocessed grain. Whole grain products contain more nutrients that help combat everything from heart disease to migraines. They are also rich in fiber – a key for any weight loss or weight maintenance plan. When shopping for whole grains, always check the nutrition facts panel for barley, corn, oats, quinoa, rice, rye, whole wheat, whole grain or wild rice.

Eating more whole grains doesn't mean just switching your bread; there are oodles of new options.



Quaker Oatmeal

Don't forget the classics when looking for more whole grains. Quaker® Oats is made with 100% natural, whole grain oats and is full of soluble fiber – shown to help control your weight, manage diabetes, and lower LDL (“bad”) cholesterol.

Weight Watchers® Cereal

Weight Watchers® now brings you five ready-to-eat cereals that are made with whole grains and have been assigned a *PointsPlus*® value. Starting your day with whole grains has been shown to increase productivity and agility throughout the day. Additionally, breakfast eaters tend to maintain a healthier weight than breakfast skippers.



Boom Chicka Pop.™

Popcorn counts, too! Sweet & Salty Kettle corn contains only popcorn, sunflower oil, dried cane sugar and sea salt. All for only 70 calories per tasty serving.





Mann's® FAMILY FAVORITES

Butternut squash and sweet potatoes are chock full of beta-carotene.

Beta-carotene is a form of vitamin A that supports eye and immune health. However, the prep involved in cooking a winter squash or sweet potato can deter many of us from giving them a second look in the produce section. Mann's® butternut squash and sweet potato cubes (available seasonally) are washed and ready to eat – all you have to do is open the bag!

Pecan and Marshmallow Streusel Sweet Potatoes

Makes 5 servings • Total time: 1 hour

INGREDIENTS

4 cups Mann's® sweet potato cubes
4 Tbsp. unsalted butter
¼ cup light brown sugar
¼ cup all-purpose flour
1 pinch cinnamon
1 pinch salt
¼ cup pecan pieces
¼ cup mini marshmallows

DIRECTIONS

PREHEAT oven to 400°F. BAKE sweet potato cubes for 20 minutes, or until tender. In a large bowl, COMBINE butter, brown sugar and flour. ADD cinnamon, salt, pecans and marshmallows. TOP sweet potatoes with streusel topping and return to the oven for 15 to 20 minutes or until topping is bubbly and brown.

Nutrition information per serving: 261 calories; 13 g fat; 6 g saturated fat; 24 mg cholesterol; 206 mg sodium; 35 g carbohydrate; 4 g fiber; 2 g protein

Roasted Parmesan Butternut Squash

Makes 6 serving • Total time: 45 minutes

INGREDIENTS

1 (16 ounce) bag Mann's® butternut squash cubes
1 large red onion, sliced
½ cup Parmesan cheese
3 Tbsp. olive oil
2 garlic cloves, minced
1 Tbsp. fresh rosemary (1 tsp. dried)
1 ½ tsp. salt
1 tsp. black pepper

DIRECTIONS

PREHEAT oven to 375°F. LINE a baking sheet with aluminum foil. PLACE butternut squash and onions on sheet; DRIZZLE with oil. ADD garlic, rosemary, salt and pepper. TOSS to coat. ROAST for 30-35 minutes or until brown and tender, stirring occasionally. SPRINKLE with Parmesan cheese and SERVE.

Nutrition information per serving: 143 calories; 9 g fat; 2 g saturated fat; 7 mg cholesterol; 704 mg sodium; 12 g carbohydrate; 2 g fiber; 4 g protein



CentsAble KIDS!

Grab a friend and play tic tac toe!

Alternate placing Xs and Os on the board until one player has three in a row horizontally, vertically or diagonally. The first player with three in a row wins!

