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Issue 3

Feb 2012 - April 2012

# cents able HEALTH

FOR THE WAY WE LIVE AND EAT TODAY

FREE



Beef chimichanga recipe  
on page 11

## Pan-Broil

To enjoy your favorite cuts of beef without added fat

## Tilapia

Try new recipes for an old favorite to perk up your plate

## Asparagus

Simple guidelines to prepping and cooking

**PLUS** fresh, affordable recipes in every issue!

# Ask Whitney!



**Whitney Packebush, RD, LD**  
Fareway Corporate Dietitian

**Q:** I get tired in the afternoon.  
Are there any foods that can help increase my energy?

**A:** YES! Remember to eat for sustained energy, not quick-fix stimulation. Coffee, tea and chocolate may make you happy quickly, but they often lead to blood sugar (and mood) crashes later. High quality foods help produce chemicals in your brain that can improve not only your energy level, but also your memory, mood and sleep.

**1. Choose complex over refined carbohydrates.**

Refined carbohydrates (things made with white flour) are digested quickly, causing your blood sugar to spike, then drop. This leaves you cranky, tired, and reaching for more to eat. Instead, eat whole grains, veggies, fruit, and legumes for complex carbohydrates and fiber to decrease blood sugar swings.

**2. Eat protein at each meal.** Heart healthy, lean protein helps your brain release dopamine and norepinephrine shortly after you eat. Effect: you are more alert and focused for hours.

**3. Develop a consistent eating pattern.** Make sure you start your day off with breakfast within 90 minutes of waking up. Throughout the day, eat every three to four hours for constant energy and fuel.

**4. Exercise.** The effects of exercise, like better sleep, improved mood and better overall outlook, can last up to 24 hours after exercise. Try to be physically active every day and stay hydrated with plenty of water, fruits, veggies and calorie-free beverages.

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Send her your nutrition questions

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For more information on the products featured in this issue of CentsAble Health Magazine, please visit the following websites: [www.fritolay.com](http://www.fritolay.com), [www.greengiant.com](http://www.greengiant.com), [www.floridasnatural.com](http://www.floridasnatural.com), [www.chsugar.com](http://www.chsugar.com), [www.truvia.com](http://www.truvia.com), [www.kingarthurfLOUR.com](http://www.kingarthurfLOUR.com), [www.asparagusrecipes.net](http://www.asparagusrecipes.net), [www.jollytime.com](http://www.jollytime.com), [www.yoplait.com](http://www.yoplait.com), [www.nakedjuice.com](http://www.nakedjuice.com), [www.sunsweet.com](http://www.sunsweet.com), [www.olderdorchard.com](http://www.olderdorchard.com), [www.quakeroats.com](http://www.quakeroats.com), [www.cascadianfarm.com](http://www.cascadianfarm.com)

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# February is Heart Health Awareness Month

Learn how key foods can help  
control your blood cholesterol and...  
...make this year your **heart-healthiest** year yet!

## **The facts: CHOLESTEROL**

Cholesterol is a waxy substance that circulates throughout your body. LDL cholesterol is often called "bad" cholesterol because it can build up in your arteries. HDL cholesterol is "good" cholesterol because it helps remove LDL cholesterol from your arteries.

♥ **The foods:** Research is on the fence about how the cholesterol in your food affects the cholesterol in your body. That's good news for egg lovers! However, until research is conclusive, compromise with conflicting recommendations by limiting whole eggs (with the yolk) to four per week. (Egg whites are cholesterol-free and rich in protein; you can substitute two egg whites for one whole egg in most recipes.)





Try topping your favorite yogurt with Cascadian Farm® Organic Oats 'n Honey Granola for a satisfying snack.

### The facts: **SATURATED FAT**

Not all fat is created equal. Different types of fats have different effects on your body and cholesterol. Saturated fats raise your LDL (bad) cholesterol and are found in animal products, such as full-fat dairy and high-fat meats.

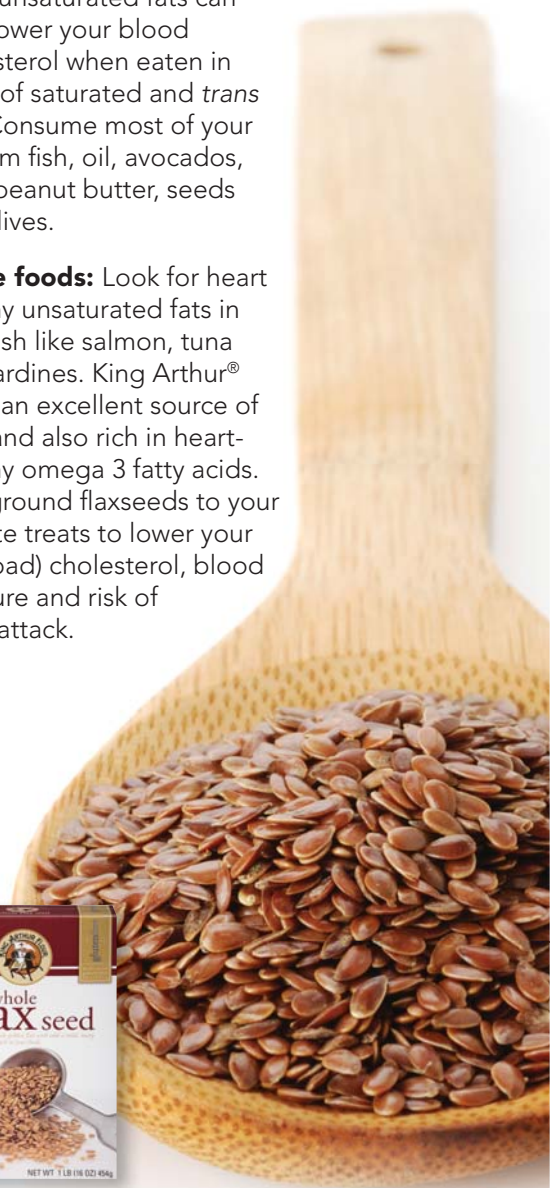
♥ **The foods:** Choose low-fat and fat-free milk and yogurt, like Yoplait® Light yogurts. Milk and yogurt are also rich in potassium – another heart healthy nutrient. When choosing your protein, look for lean meats and trim visible fat. All protein can be part of a heart healthy diet as long as you stick to a three ounce serving size (about the size of your palm).

### The facts:

#### **UNSATURATED FATS**

Polyunsaturated and monounsaturated fats can help lower your blood cholesterol when eaten in place of saturated and *trans* fats. Consume most of your fat from fish, oil, avocados, nuts, peanut butter, seeds and olives.

♥ **The foods:** Look for heart healthy unsaturated fats in fatty fish like salmon, tuna and sardines. King Arthur® flax is an excellent source of fiber and also rich in heart-healthy omega 3 fatty acids. Add ground flaxseeds to your favorite treats to lower your LDL (bad) cholesterol, blood pressure and risk of heart attack.



### The facts:

#### **TRANS FAT**

*Trans* fats are created during processing and can raise your blood cholesterol. They are found mainly in fried foods, baked goods, snack foods and stick margarines. Aim for less than two grams of *trans* fat per day.

♥ **The foods:** Limit the amount of processed foods you consume to cut back on *trans* fats. Keep in mind that a product may contain a small amount of *trans* fat even if it is not listed on the Nutrition Facts Panel, so always look for “partially hydrogenated oils” in the ingredients list and steer clear.

## The facts: **SODIUM**

Did you know that sodium and salt are different? Sodium is an element needed for fluid balance in your body. Salt (like what's on your table) is made of sodium and chloride. A high sodium intake from table salt, processed foods or packaged foods can lead to high blood pressure and heart disease.

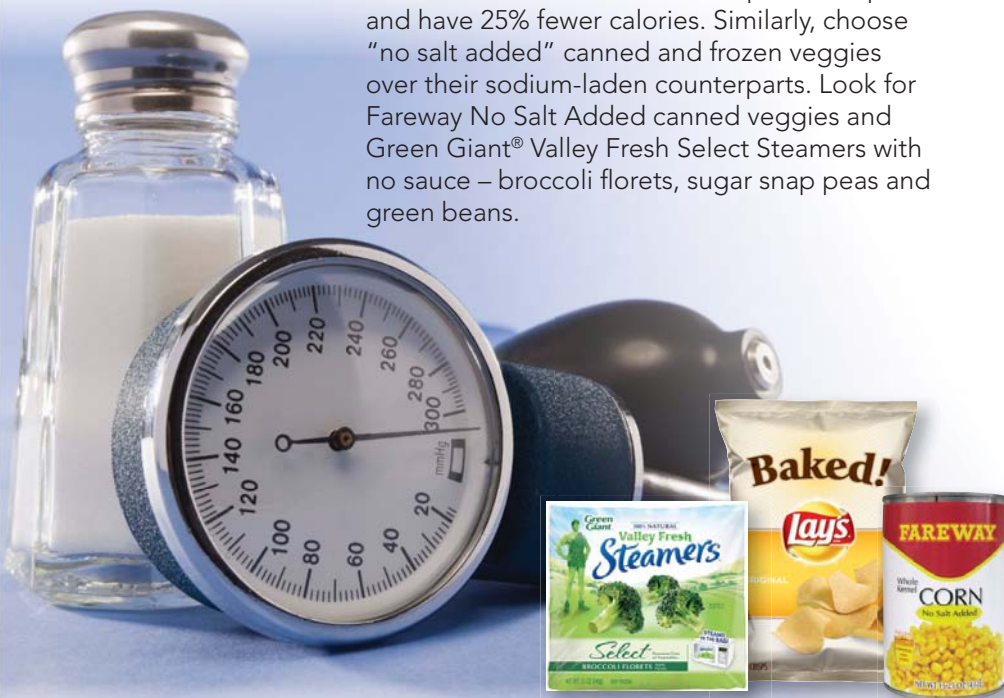
♥ **The foods:** Shake the salt habit by removing it from your kitchen (your taste buds will adjust in about two weeks) and swapping lower sodium goodies in lieu of your favorite salty snacks. LAY's® Baked potato chips are over 20% lower in sodium than traditional potato chips and have 25% fewer calories. Similarly, choose "no salt added" canned and frozen veggies over their sodium-laden counterparts. Look for Fareway No Salt Added canned veggies and Green Giant® Valley Fresh Select Steamers with no sauce – broccoli florets, sugar snap peas and green beans.



## The facts: **CAFFEINE**

Coffee, tea, soda and chocolate all stimulate your nervous system – making your heart beat faster and your blood pressure go up.

♥ **The foods:** Limit caffeinated beverages to one to two per day. If you're a fan of soda, shy away from full-calorie, full-caffeine varieties. Instead try naturally caffeine-free 10 calorie soft drinks from 7up, AW root beer and Canada Dry as alternatives to diet varieties.



## The facts: **POTASSIUM**

Potassium helps counteract sodium in your body to keep your blood pressure at bay. (Always consult with your health care provider before changing your potassium intake as some medications can alter your potassium needs.) In general, aim for 4,700 mg each day from potassium-rich foods.

♥ **The foods:** Choose more citrus fruits, bananas, kiwi, sweet potatoes and spinach in the produce section. Orange juice is also rich in potassium - Florida's Natural® orange juice provides 13% of the Daily Value in just one cup! Similarly, Sunsweet® Plum Amazins® are nutrient powerhouses with potassium, fiber and natural antioxidants. (Plus, they have no added sugar, a common problem in dried fruits).



## The facts: **SUGAR**

Sugar occurs naturally in fruits, veggies, grains and milk, but “added sugars” (those added during processing or that you spoon into your coffee and oatmeal) have been linked to high blood pressure and increased obesity rates. The American Heart Association recommends limiting sugar-sweetened beverages to less than 100 calories per day for women and less than 150 calories per day for men.

♥ **The foods:** Look for fruit juices with no added sugar, made from 100% fruit juice. Naked Juice® and Old Orchard® 100% juice blends both have no added sugar and at least one full helping of fruit in each serving.



To reduce calories and added sugar even further, substitute C&H® Light Sugar & Stevia Blend or Truvia® in your recipe (visit [www.truvia.com](http://www.truvia.com) for conversions).



## The facts: **FIBER**

Fiber promotes weight loss by keeping you full longer, which in turn can help lower your cholesterol. Soluble fiber (found in fruits, veggies, whole grains, beans and peas) helps remove cholesterol from your body.

♥ **The foods:** Aside from choosing more fresh fruits and vegetables, take a look at some of your favorite pantry staples. Cereal can be a great source of soluble fiber, if you choose varieties made with whole grains and at least five grams of fiber per serving – like Quaker® Oatmeal Squares. You may be surprised to learn that snacks can also help you meet your daily fiber needs. Jolly Time® Healthy Pops and Low Sodium Pop Corn make heart healthy snacks with around five grams of fiber per serving.

## Putting it all together

Good nutrition is the heart of heart health. Emphasize a wide variety of nutrient-rich foods every day. If you feel overwhelmed by all of the heart healthy changes, remember that even small changes can improve the shape of your ticker.



# time for tilapia

Tilapia is often forgotten in the world of fish and lean meat alternatives, but it puts up a good fight. Tilapia is a mild white fish that takes on the flavor of the dish. In addition to its remarkable versatility, every 3.5 ounce serving of tilapia packs 26 grams of protein and only 3 grams of fat and 128 calories.

**Tilapia Taco with  
Fresh Salsa recipe  
on page 9**

## Tilapia Taco with Fresh Salsa

Makes 8 tacos

Total time: 30 minutes

### For taco

12-18 oz tilapia (about 2 large filets)    1 cup shredded lettuce  
8 corn tortillas

### For salsa

|                            |                           |
|----------------------------|---------------------------|
| 1 medium tomato, chopped   | 3 Tbsp fresh cilantro     |
| ½ small red onion, chopped | 2 Tbsp fresh lime juice   |
| ½ bell pepper, chopped     | ½ jalapeño, minced        |
| 1 Tbsp garlic, minced      | Salt and pepper, to taste |

### Directions

PREPARE salsa by MIXING all ingredients together and SEASONING with salt and pepper. PREHEAT oven to 400°F. DRIZZLE tilapia with oil and BAKE tilapia on a foil-lined pan until opaque, about 10 to 12 minutes. CUT tilapia into bite-size pieces and FILL tortillas. TOP with salsa and lettuce.

Nutrition information per taco: 167 calories; 3 g fat; 1 g saturated fat; 43 mg cholesterol; 57 mg sodium; 14 g carbohydrate; 2 g fiber; 22 g protein



## Baked Parmesan Tilapia

Makes 4 servings

Total time: 20 minutes

### Ingredients

|   |                              |
|---|------------------------------|
| 12-18 oz tilapia (about 2 large filets) | ¾ cup grated Parmesan cheese |
| 1 cup flour                             | 1 Tbsp fresh parsley         |
| 1 egg                                   | 1 lemon, cut into wedges     |
| 2 tsp paprika                           | Salt and pepper, to taste    |

### Directions

PREHEAT oven to 400°F. PLACE flour in shallow dish. BEAT egg and place in a separate shallow dish. COMBINE cheese, paprika and parsley in a shallow dish. DRIZZLE fish with oil and DREDGE in flour, then egg, and then cheese mixture. PLACE on foil-lined baking sheet and BAKE until opaque about 10 to 12 minutes. SERVE with lemon wedges.

Nutrition information per serving: 252 calories; 13 g fat; 5 g saturated; 74 mg cholesterol; 344 mg sodium; 1 g carbohydrate; 0 g fiber; 33 g protein



## Blackened Tilapia

Makes 4 servings

Total time: 15 minutes

### Ingredients

|   |                                    |
|---|------------------------------------|
| 12-18 oz tilapia (about 2 large filets) | 1 ½ tsp dried basil                |
| 2 Tbsp paprika                          | 1 tsp onion powder                 |
| 3 tsp lemon pepper                      | 1 tsp dried thyme                  |
| 1 ½ tsp garlic powder                   | 4 tsp olive or canola oil, divided |
| 1 ½ tsp cayenne pepper                  |                                    |

### Directions

HEAT 1 tsp oil in skillet. MIX all seasonings together in a shallow dish. DRIZZLE tilapia with remaining oil and COAT with seasoning mixture. COOK filets until opaque, about 2 minutes on each side.

Nutrition information per serving: 187 calories; 7 g fat; 2 g saturated fat; 57 mg cholesterol; 60 mg sodium; 3 g carbohydrate; 2 g fiber; 27 g protein

Tilapia is fast growing and eats a mainly herbivorous diet, making it very low in mercury. This is good news for expecting mothers—tilapia makes the grade for foods safe to eat during pregnancy.



# Pan-Broiling: Frying Without the Fat

**When it comes to beef,** we've always been taught that the grill is the way to go, but with new cooking methods, you can enjoy your favorite grillin' go-to anytime!

## What is pan-broiling?

Pan-broiling is a faster way to cook thin, tender cuts of beef without any added fat.

## Why should I pan-broil?

Pan-broiling is quick and easy. Plus, pan-broiling lean cuts with no added fat keeps your meals healthful AND flavorful.

## How do I pan-broil?

Pan-broiling is done in three simple steps:

1. Heat a heavy, nonstick skillet for 5 minutes over medium heat
2. Season beef (directly from refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add oil or water; do not cover.
3. Pan-broil according to chart, turning occasionally. (These are lean cuts recommended for pan-broiling).

## PAN-BROILING GUIDELINES

| Beef Cut                        | Weight/<br>Thickness | Approx. Cooking<br>time for medium rare to<br>medium (145° to 160°F*) |
|---------------------------------|----------------------|---|
| 95% lean ground beef<br>patties | 4 ounce each         | 10 to 12 minutes  |
| Sirloin Tip Center Steak        | 1" thick             | 14 to 15 minutes  |
| Tenderloin steak                | 1" thick             | 10 to 13 minutes  |
| Top Loin Steak,<br>boneless     | 1" thick             | 12 to 15 minutes  |
| Top Round Steak**               | 1" thick             | 11 to 13 minutes  |
| Top Sirloin Steak,<br>boneless  | ¾" thick             | 12 to 15 minutes  |

\*doneness is best achieved using instant read thermometer

\*\*place in tenderizing marinade 6 to 24 hours prior to cooking





## Tzatziki-sauced Greek Gyros

Makes: 6 gyros

Total time: 30 minutes

### Ingredients

1 ½ pounds steak (any variety from chart)  
3 tsp Greek seasoning  
6 pitas  
⅓ cup crumbled feta cheese

### For sauce:

8 ounces (1 cup) plain Greek yogurt  
1 cup diced cucumber  
½ tsp Greek seasoning  
¾ cup chopped tomatoes  
1 ½ tsp minced fresh dill  
⅓ cup drained black olives

### Directions

**COMBINE** sauce ingredients and **SET** aside. For steak, **SPRINKLE** with 3 tsp Greek seasoning and **PAN-BROIL** according to instructions on page 10. Let steak rest for 3 to 5 minutes, then **SLICE. LAYER** steak, sauce and feta cheese in pita and **SERVE**.

Nutrition information per serving: 301 calories; 15 g fat; 7 g saturated fat; 79 mg cholesterol; 402 mg sodium; 12 g carbohydrate; 1.3 g fiber; 28 g protein

## Beef Chimichangas

Makes: 6 servings

Total time: 35 minutes

### Ingredients

1 top sirloin steak (boneless), cut ¾" thick (about 1 pound)  
1 package taco seasoning mix  
1 – 4.5 ounce can chopped green chilies  
⅓ cup chopped red bell pepper  
⅓ cup chopped fresh cilantro  
1 cup shredded cheese  
6 flour or spinach tortillas, warmed

### Directions:

**COVER** beef in taco seasoning and **PAN-BROIL** according to chart on page 10. Let steak rest for 3 to 5 minutes, then **SLICE. STIR** in chilies, red pepper and cilantro. **SPOON** 2 tablespoons cheese and approx. ¾ cup beef mixture onto each tortilla. **ROLL** tortillas and **SECURE** with a toothpick. **PLACE** chimichangas on a baking sheet and **BAKE** at 350°F for 15 to 18 minutes, or until heated through.

Nutrition information per serving: 444 calories; 21 g fat; 8 g saturated; 594 mg sodium; 111 mg cholesterol; 27 g carbohydrate; 3 g fiber; 35 g protein

Recipe modified from the National Beef Cook-Off®





# { sweet treats }

## Cake pops

Bake your favorite boxed cake mix according to package directions. Let cool and crumble. Mix with one-half cup frosting and form into 25 to 30 pops. Cool overnight in fridge. Stick with Popsicle sticks and decorate.

These twists on traditional sweet treats will have you on the healthy track to taming your sweet tooth.



## Cottage Cheese Cake

Makes 8 servings  
Total time: 3 hours

MIX 1 cup low-fat cottage cheese, 1 Tbsp vanilla extract, 3 Tbsp sugar, 12 ounces fat-free cream cheese and 1 cup egg substitute in a blender or food processor until smooth. POUR filling into premade graham cracker crust and BAKE at 350°F for 35 minutes. LET cool and REFRIGERATE for at least 2 hours.

**Calories saved: 500**

**reduce  
calories**

Prepare classic restaurant goodies, like cheesecake and brownies, at home to cut calories

## Petite Fruit Pizza

Top sugar cookies with frosting and fruit for fiber, vitamins and minerals



**go  
bite  
size**

## Mini Cupcakes

What easier way to watch your portion sizes than to make smaller versions of your favorite sweets?



**add  
fruit**

## Brownies

Makes 12 servings, Total time: 25 minutes

COMBINE ½ cup flour, ¼ cup whole wheat flour, ½ cup sugar, ½ cup unsweetened cocoa powder, ½ tsp baking powder and ¼ tsp salt in large mixing bowl. In a separate bowl, COMBINE ¼ cup canola oil, 2 tsp vanilla, 6 egg whites, ¼ cup unsweetened applesauce and ¼ cup water. POUR wet mixture into dry and stir until just combined. BAKE at 350°F for approximately 15 minutes.

**Calories saved: 100**



Use dark chocolate for added antioxidants

**enjoy!**

# Asparagus

If you feel like your fresh fruit and veggie selection is limited this time of year, then you haven't discovered asparagus.

Fresh asparagus is full of folate, fiber, potassium, vitamin A, vitamin C, vitamin B<sub>6</sub> and thiamin. Two powerful nutrients found in asparagus that you may be less familiar with are *rutin* and *glutathione*.

**Rutin** benefits your capillaries (the branching blood vessels in your heart) by improving strength and permeability. It also promotes circulation to the lower limbs by increasing the oxygen-carrying capability of your blood.

According to the National Cancer Institute, **Glutathione** is a potent cancer fighter. This small protein attacks free radicals (to protect you from cancer and viruses) and regenerates new immune cells.

Asparagus is also low in calories, with **only four calories per spear**. Asparagus can help you manage your weight, which decreases your risk of obesity, type 2 diabetes, cancer and heart disease. Like other vegetables, asparagus contains zero fat, cholesterol or sodium.

## Prepping Asparagus



1. Hold asparagus spear by each end and bend until it breaks. Discard the woody end.



Broken spear

2. Line broken spear up with remaining asparagus and slice.



## Fresh Asparagus Soup

Total time: 15 minutes

Makes 2 servings

### Directions:

BRING a large pot of water to a boil. ADD  $\frac{3}{4}$  pound asparagus (cut into 1-inch pieces) and COOK until tender, about 3 to 5 minutes. REMOVE and DRAIN, RESERVING 2 cups cooking liquid. TRANSFER cooking liquid and asparagus to a food processor and PUREE until smooth. COMBINE puree with 1  $\frac{1}{2}$  cups low sodium chicken broth in a medium pot and HEAT over medium heat until warm. STIR in 2 Tbsp plain low-fat yogurt,  $\frac{1}{4}$  tsp salt, a pinch of pepper and a pinch of cayenne and SERVE.

Nutrition information per serving: 60 calories; 1 g fat; 1 g saturated fat; 1 mg cholesterol; 550 mg sodium; 6 g carbohydrate; 2 g fiber; 7 g protein



## Asparagus Salad

Total time: 20 minutes  
Makes: 4 servings

### Ingredients:

|                                |                           |
|--------------------------------|---------------------------|
| 6 asparagus spears,<br>chopped | 1 tsp sugar               |
| 5 baby potatoes, halved        | ½ tsp dried basil         |
| 1 cup cherry tomatoes          | ½ tsp dried oregano       |
| ¼ cup corn                     | ¼ tsp dried onion powder  |
| 2 Tbsp olive oil               | ¼ tsp dried garlic powder |
| 1 Tbsp mustard                 | ¼ tsp salt                |
|                                | ¼ tsp black pepper        |

### Directions:

BRING a large pot of water to a boil. ADD asparagus and cook until tender, about 3 to 5 minutes. REMOVE, DRAIN, and RINSE under cold water. RESERVE liquid. SET asparagus aside. ADD potatoes to pot and cook until softened, about 5 to 8 minutes. REMOVE, DRAIN and RINSE. SET aside. In a large bowl, COMBINE asparagus, potatoes, tomato and corn. In a separate bowl, WHISK together oil, mustard, sugar, oregano, garlic, onion, salt and pepper. POUR over vegetables and TOSS well to coat. CHILL 2 hours for flavors to develop.

Nutrition information per serving: 163 calories; 3 g fat; 1 g saturated fat; 0 mg cholesterol; 322 mg sodium; 22 g carbohydrate; 3 g fiber; 3 g protein



## Sesame Asparagus

Total time: 15 minutes  
Makes: 4 servings

### Ingredients:

|                            |                         |
|----------------------------|-------------------------|
| 1 Tbsp sesame oil          | 1 Tbsp minced onion     |
| 1 ½ cups sliced asparagus  | 2 Tbsp fresh lime juice |
| 1 Tbsp sesame seeds        | 1 Tbsp soy sauce        |
| 1 Tbsp grated fresh ginger |                         |
| 1 Tbsp minced garlic       |                         |

### Directions:

HEAT sesame oil in wok or skillet over high heat. ADD asparagus, sesame seeds, ginger, garlic and onion. COOK 1 minute, stirring constantly. ADD lime juice and soy sauce. STIR to coat and SERVE immediately.

Nutrition information per serving: 94 calories; 6 g fat; 1 g saturated; 0 mg cholesterol; 310 mg sodium; 7 g carbohydrate; 2 g fiber; 3 g protein

### Select

odorless asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

**Store** asparagus in the refrigerator for up to four days. Wrap the cut ends of the stalks in a wet paper towel and place in a plastic bag.

## Confused by how to cook asparagus?

*Use these simple guidelines to make perfect asparagus! Remember to prep first using directions on page 14.*



**Stove top:** cook fresh asparagus in saucepan in a small amount of boiling water until tender, about 5 to 8 minutes.



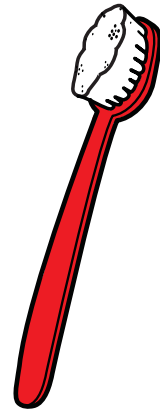
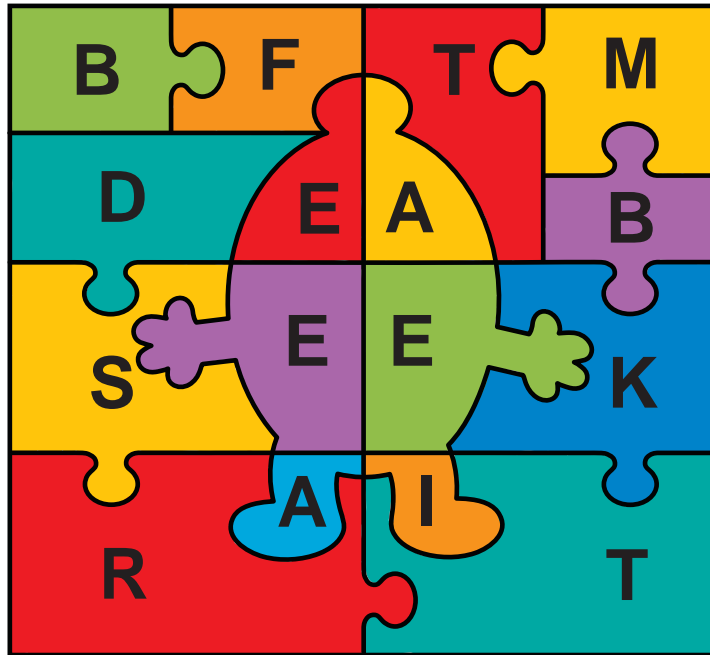
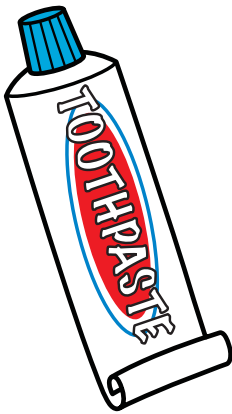
**Stir fry:** cut spears diagonally in ½ inch pieces, leaving tips whole. Stir fry pieces in oil over medium high heat. Stir constantly until crisp-tender, about 3 to 5 minutes.



**Microwave:** place one pound of asparagus in a microwavable baking dish or serving bowl. If cooking whole spears, arrange with tips in center. Add about ¼ cup water and cover tightly. Microwave on high for 4 to 7 minutes for spears; 3 to 5 minutes for cuts and tips. Stir or turn halfway through cooking time.

## B - B - Brush!

Each piece in the puzzle has a letter inside.  
The letters will reveal the secret of when  
to brush your teeth!



Find the matching shape for each puzzle piece,  
and write the letter in the space below it.



Brush After ...



\_\_\_\_\_



Brush  
Before...



\_\_\_\_\_

For answers visit [fareway.com](http://fareway.com)