



# cents able HEALTH™

FOR THE WAY WE LIVE AND EAT TODAY

FREE

Issue 11 • February 2014–April 2014



**Seasonal  
produce:  
avocados**

**Four ways to  
perk up your  
taste buds**

**The how-to's of  
indoor grilling**

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



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

# ask whitney & caitlyn!

## Should I be eating breakfast like a king, supper like a pauper for weight loss?



Studies have shown that eating your largest meal in the morning and smallest meal in the evening can lead to more weight loss compared to eating larger meals at night. There are a few caveats here, though. In these studies, calories remained very controlled throughout the day (meaning test subjects probably consumed fewer calories overall during the study) and many of the subjects in the study skipped breakfast prior to the experiment. With that said, it may actually work just as well to eat like a prince all day – control your calories throughout the day and eat something for breakfast to get your metabolism started.

### Want to contact Whitney or Caitlyn?

Send your nutrition questions to:  
Fareway Stores, Inc.  
C/O Registered Dietitians  
2300 E 8th Street  
Boone, Iowa 50036

**Email:** [centsablehealth@farewaystores.com](mailto:centsablehealth@farewaystores.com)  
**Website:** [www.fareway.com](http://www.fareway.com)  
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*For more information on the products featured in this issue of CentsAble Health, please visit the following websites:*

- [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)
- [www.porkbeinspired.com](http://www.porkbeinspired.com)
- [www.cheerios.com](http://www.cheerios.com)
- [www.fritolay.com](http://www.fritolay.com)
- [www.faribaultfoods.com](http://www.faribaultfoods.com)
- [www.postfoods.com](http://www.postfoods.com)
- [www.dannon.com](http://www.dannon.com)
- [www.thesneakychef.com](http://www.thesneakychef.com)
- [www.belvita.com](http://www.belvita.com)



# ◦ Boredom **BUSTERS**

**S**haking up your recipes is not only good for your taste buds – it's good for your health! New recipes mix up your everyday dinner routine and add new nutrients that your body may be missing. Since variety is the spice of life, try one (or all four) of our recipe makeovers for a healthier spin on some classic favorites.



Did you know beans are the only food in two food groups? They're considered a protein source and a vegetable. Drain and rinse canned beans to reduce sodium by up to 40% and reduce gas-causing compounds.



## White Chicken Chili

Makes 6 servings • Total time: 20 minutes

### INGREDIENTS

1 rotisserie chicken, meat shredded	1 cup frozen corn
1 Tbsp. olive oil	2 cups salsa
2 cups chicken broth	1 ½ Tbsp. cumin
2 cans Mrs. Grimes® Great Northern beans, drained and rinsed	1 cup Monterey Jack or Cheddar cheese

### DIRECTIONS

SAUTE chicken with olive oil for 1 to 2 minutes. ADD broth, beans, cumin, corn and salsa. BRING to a simmer and ADD cheese. STIR until cheese is melted and SERVE.

Nutrition information per serving: 319 calories; 12 g total fat; 5 g saturated fat; 107.7 mg cholesterol; 1009 mg sodium; 16 g carbohydrate; 3 g fiber; 38 g protein

## Sneaky Mac and Cheese

Makes 4 (1 cup) servings • Total time 20 minutes

### INGREDIENTS

4 cups cooked Sneaky Chef® Veggie elbow noodles (about 2 cups dry)	2 Tbsp. Parmesan cheese
½ cup evaporated skim milk	1 Tbsp. unsalted butter
¼ cup white puree (see below)	½ tsp. dry mustard
4 ounces Cheddar cheese	salt & pepper, to taste

### White Puree

2 cups cauliflower	1 tsp. fresh lemon juice
2 small zucchini, peeled and chopped	1 – 2 Tbsp. water, if needed

### DIRECTIONS FOR WHITE PUREE

PLACE cauliflower in a microwave-safe bowl, COVER with water and MICROWAVE on high for 8 to 10 minutes or until cauliflower is very tender. Meanwhile, PULSE zucchini and lemon juice in a food processor. DRAIN water from cauliflower and ADD to food processor. ADD 1 tablespoon of water and CONTINUE pureeing until smooth. If necessary, add more water.

### DIRECTIONS FOR MAC AND CHEESE

MIX all ingredients together in a pot over low heat, except pasta. HEAT until cheese is melted. ADD pasta and STIR until combined.

Nutrition information per serving: 404 calories; 14 g fat; 347 mg sodium; 43 mg cholesterol; 51 g carbohydrate; 7 g fiber; 19 g protein

The Sneaky Chef® Veggie elbow noodles combine whole grains and six vegetables, but they cook and taste like white pasta. Plus, the cauliflower puree adds creaminess without calories.







## Superfood Smoothie

Makes 2 servings • Total time: 5 minutes

### INGREDIENTS

- 1 (5.3 oz) container Dannon® Light & Fit® or Oikos® Greek yogurt
- 1 cup frozen berries
- 1/3 cup low fat milk
- 1 cup kale or spinach
- 1/2 cup ice (about 6 cubes)

### DIRECTIONS

COMBINE all ingredients in a blender and BLEND until smooth. SERVE immediately.

Nutrition information per serving: 166 calories; 1 g fat; 0 g saturated fat; 11 mg cholesterol; 103 mg sodium; 27 g carbohydrate; 4 g fiber; 16 g protein

Adding superfoods like kale, spinach, and Greek yogurt to your smoothie packs a powerful punch. Kale and spinach add nutrients and fiber, without affecting the flavor or texture and Greek yogurt adds twice the protein of regular yogurt and half the sugar.





**NEW TO  
FAREWAY**



Instead of serving a typical side salad at dinner, try a lower calorie Caesar salad. This dressing has less than half the calories and fat, but a bigger serving size than traditional Caesar dressing (a two tablespoon serving of Caesar dressing has around 160 calories and 17 grams of fat. Three tablespoons of ours has only 77 calories and 6 grams of fat.) Topping your salad with Twistos® baked snack bites (instead of croutons) helps lower the sodium in your salad, while offering a light-texture, crisp topping.\*

## Skinny Caesar Salad

Makes 4 servings • Total time: 10 minutes

### INGREDIENTS

1 head Romaine lettuce, torn into bite sized pieces

1 ounce Parmesan and Garlic Twistos® (about 24 pieces)

### For dressing:

1/3 cup grated Parmesan cheese	2 anchovy fillets
1/4 cup fresh lemon juice	Salt and pepper, to taste
1 small garlic clove	1 Tbsp. olive oil
1/2 Tbsp. Dijon mustard	5 Tbsp. plain Greek yogurt

### DIRECTIONS

COMBINE first 6 dressing ingredients in a food processor and PULSE for 15 to 20 seconds. ADD oil and yogurt. PULSE for 15 to 20 seconds. TOP lettuce with dressing and Twistos®. SERVE immediately.

\*Regular salad croutons contain 310 mg of sodium per 1 oz. serving. Twistos baked snack bites contain 200 mg sodium per 1 oz. serving.

**Nutrition information per serving:** 137 calories; 8 g fat; 258 mg sodium; 12 g carbohydrate; 4 g fiber; 7 g protein



FRESH FROM THE MEAT COUNTER

# indoor *Grilling*





## When grilling outdoors isn't an option, bring the barbecue inside.

No, we don't mean bring your gas or charcoal grill into the garage (you should never do that). Instead, try an open face grill, folding contact grill or grill pan.

### FOLDING CONTACT GRILLS

are very true to their namesake. They fold in half, cooking both sides simultaneously. AKA: a Panini maker. These are perfect for sandwiches and thin cuts of chicken and fish.

### OPEN FACE GRILLS

are typically electric and stand uncovered on your counter. They provide an authentic outdoor grill flavor and require flipping to cook food evenly. Open face grills work for about any cut of meat or vegetable, as long as it's sliced thinly.

### GRILL PANS

are open faced and are heated by your stove or cooking unit. Grill pans work well for thicker cuts that require searing then finish cooking at a lower temperature, since you can easily control the flame on your stovetop.

*grill pan*



The smoky smell of an outdoor grill is part of the allure, but it's not so cute in your kitchen. No matter what type of indoor grill you choose, there are a few tips to keep in mind.

- **Always trim excess fat.** When you grill outside, the fat renders and drips onto the flame, usually causing a flare up. Inside, the smoke doesn't have the great escape of the outdoors.
- The same applies to marinades. Use a wire rack to **drain off extra marinade** and make sure there are no "bits" of marinade – like garlic, onions, ginger, etc.
- When choosing a seasoning, **go for dry powder rubs** over coarse ground seasonings. Finely ground powders stick to the meat better and don't burn like coarse rubs.
- **No metal utensils.** If your grill has a nonstick surface, use wooden or heat-resistant plastic cookware. Scratching the surface of a nonstick grill causes the same sticky problems it would to a nonstick pan.



## Bacon Wrapped Pork Loin Slices

Makes 4 servings • Total time: 30 minutes

### INGREDIENTS

1 pound pork loin, cut into 1" slices  
Salt and pepper, to taste  
Wooden toothpicks  
4 slices of bacon

### DIRECTIONS

PREHEAT indoor grill according to manufacturer's instructions. SEASON loin slices with salt and pepper. WRAP bacon tightly around loin slices and SECURE with a toothpick. GRILL, uncovered, for 12 – 15 minutes or until internal temperature reaches 145°F, turning halfway through. REMOVE toothpicks and SERVE.

Nutrition information per serving: 223 calories; 12 g fat; 4 g saturated fat; 76 mg cholesterol; 232 mg sodium; 0 g carbohydrate; 0 g fiber; 27 g protein

## Grilled Parmesan Chicken

Makes 4 servings • Total time: 20-30 minutes

### INGREDIENTS

1 pound boneless, skinless chicken breasts, filleted very thin  
1½ tsp. olive oil  
Black pepper, to taste  
½ cup marinara or pizza sauce  
2 Tbsp. shredded Parmesan cheese  
2 ounces Mozzarella cheese

### DIRECTIONS

PREHEAT indoor grill according to manufacturer's directions. Lightly COAT both sides of chicken with oil and SPRINKLE with black pepper. GRILL chicken for about 6 minutes per side (6 minutes total on contact grill) or until chicken is lightly brown and juices run clear (internal temperature should read 165°F). PLACE chicken breasts on a foil-lined cookie sheet. TOP each breast with sauce and cheeses. BROIL in a preheated oven until cheese is melted, about two minutes.

Nutrition information per serving: 216 calories; 8 g fat; 3 g saturated fat; 81 mg cholesterol; 239 mg sodium; 4 g carbohydrate; 0 g fiber; 31 g protein







## Lemon Pepper Tilapia

Makes 4 servings • Total time: 10 minutes + marinating time

### INGREDIENTS

3 Tbsp. olive oil  
1½ Tbsp. lemon pepper  
½ tsp. garlic powder  
1 tsp. dried dill  
Juice of 1 small lemon  
4 tilapia filets

### DIRECTIONS

PREHEAT indoor grill according to manufacturer's instructions. COMBINE first 5 ingredients in a small bowl. POUR over tilapia and COVER. REFRIGERATE for one hour. PREHEAT grill to medium heat and DRAIN excess marinade from filets using a wire rack. GRILL 6 to 8 minutes per side, or until fish easily flakes with a fork.

**Nutrition information per serving:** 224 calories; 15 g fat; 3 g saturated fat; 53 mg cholesterol; 363 mg sodium; 1 g carbohydrate; 0 g fiber; 22 g protein

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## Balsamic Marinated Flank Steaks

Makes 4 servings • Total time: 35 minutes + marinating time

### INGREDIENTS

1 beef flank steak  
(1½ pounds)  
Salt and pepper

#### For marinade:

¼ cup balsamic vinegar  
2 Tbsp. olive oil  
1 tsp. dry basil  
1½ tsp. Dijon mustard  
1 garlic clove, minced  
½ tsp. sugar

### DIRECTIONS

PREHEAT indoor grill according to manufacturer's instructions. COMBINE marinade ingredients. PLACE steak and marinade in a plastic bag; TURN steaks to coat. CLOSE bag and MARINATE in the refrigerator for 6 hours or overnight. REMOVE steak from marinade and DRAIN on a wire rack for 10 minutes, or until excess marinade has dripped off. GRILL 8 to 10 minutes per side, or until internal temperature reaches 145°F (if using a folding contact grill, keep the lid open, cooking one side at a time). REMOVE steak from grill and SEASON with salt and pepper, as desired. ALLOW steak to rest for 5 minutes before slicing and serving.

**Nutrition information per serving:** 183 calories; 9 g fat; 3 g saturated fat; 42 mg cholesterol; 66 mg sodium; 1 g carbohydrate; 0 g fiber; 24 g protein





# Whole Grain **BREAKFASTS**

We all know that we should be eating more whole grains. But what does that mean? At its most basic, the Dietary Guidelines recommend that we should eat six servings of carbohydrates each day (bread, rice, pasta, cereal, etc.) and half of these should be from whole grains.





When products say they have “over half” or “2/3” of your daily whole grain needs, they are referring to the 48 grams each of us should be getting every day. It sounds easy, but how do we measure grams of whole grains? The truth is we often can’t because products tend to contain whole grains and refined carbohydrates (not whole grains). Instead of focusing on whole grains gram for gram, scroll down to the ingredients on some of your favorite grain-based products and look for ingredients like this:

- Whole grain (name of grain)
- Whole wheat
- Stone ground whole grain
- Brown rice
- Oats
- Oatmeal
- Wheatberries

Whole grains prove to be especially beneficial at breakfast. Breakfast eaters tend to have a lower risk of heart disease and certain cancers, and they are more successful at weight management. Whole grain cereals help keep you full (hello, weight management) and meet your daily nutrient needs (goodbye, chronic disease). Here are three of our favorite on-the-go, perfect for any age, breakfasts



**belVita breakfast biscuits**  
whole grain blend  
(rolled oats, rye flakes)



**Cheerios**  
whole grain oats



**Honey Bunches of Oats Morning Energy**  
whole grain wheat,  
whole grain rice and  
whole grain rolled oats

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**F#948**



SAVE  
\$1.00

any ONE (1)   
Honey Bunches of Oats®  
Morning Energy Cereal  
(14.75 oz. or larger)

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# Avocados

Avocados provide nearly 20 essential nutrients and are part of a heart-healthy diet, but did you know that peeling the skin from your avocados instead of scooping out the flesh saves more nutrients? The dark green flesh near the skin has been found to contain higher carotenoids than the lighter colored flesh – meaning more antioxidants in each slice.

## CHOOSING & CUTTING AN AVOCADO

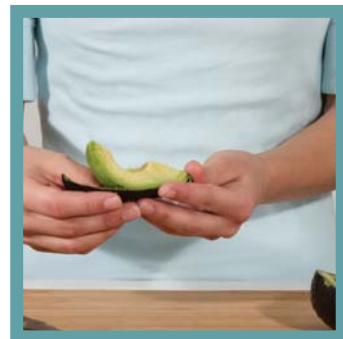
Gently squeeze avocado in the palm of your hand. Ripe, ready-to-eat avocados will yield to gentle pressure.



Cut the avocado in quarters lengthwise, going around the pit.



Separate the quarters.



Peel each segment, starting from the tip.

*Peeling saves more of the dark green flesh than the traditional scooping method. Enjoy!*





## Guacamole

Makes 4 (¼ cup) servings  
Total time: 20 minutes

### INGREDIENTS

1½ Tbsp. coarsely chopped red onion  
1 Tbsp. fresh lime juice  
⅛ tsp. salt  
1 garlic clove  
½ small jalapeño pepper  
1 ripe peeled avocado  
1 Tbsp. cilantro leaves  
1 small tomato, diced

### DIRECTIONS

PLACE first 5 ingredients in a food processor and PULSE until finely chopped. ADD avocado. PROCESS until smooth. Or STIR by hand for a chunkier avocado. STIR in tomato and SPRINKLE with cilantro.

**Nutrition information per serving:** 85 calories; 8 g fat; 1 g saturated fat; 0 mg cholesterol; 77 mg sodium; 5 g carbohydrate; 3 g fiber; 1 g protein

## Cilantro Avocado Dressing

Makes about 1 cup  
Total time: 10 minutes

### INGREDIENTS

½ ripe avocado  
¾ cup fresh cilantro  
½ cup nonfat yogurt  
1 garlic clove, quartered  
1 Tbsp. lime juice  
½ tsp. sugar  
½ tsp. salt

### DIRECTIONS

BLEND all ingredients with electric mixer, blender or food processor. COVER and REFRIGERATE for up to 3 days.

**Nutrition information per tablespoon:** 16 calories; 1 g fat; 0 g saturated fat; 0 mg cholesterol; 80 mg sodium; 2 g carbohydrate; 1 g fiber; 1 g protein

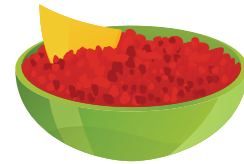


# CentsAble Kids!

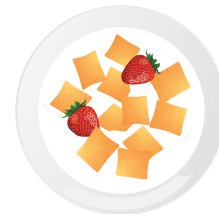
## Healthy Spring Word Scramble

Unscramble each word then draw a line to the correct photo

**OCADOAV** \_\_\_\_\_



**LASSA** \_\_\_\_\_



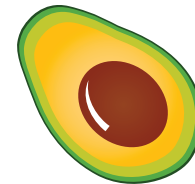
**EREGN** \_\_\_\_\_



**AREBSAKFT** \_\_\_\_\_



**RGILL** \_\_\_\_\_



**CISEREXE** \_\_\_\_\_



*For answers, please visit [www.fareway.com](http://www.fareway.com)*