

**FAREWAY**  
MEAT & GROCERY

# centsable **HEALTH**

ISSUE 39 | January-March 2021

salad kits  
**IT'S IN  
THE BAG**

freezer-friendly  
**SMOOTHIE  
PACKS**

**COOK  
SMARTER**  
not harder

**PLUS FRESH, AFFORDABLE  
RECIPES IN EVERY ISSUE**

**FREE**





# CONTENTS

JANUARY - MARCH 2021

- 4 | It's in the bag: Dole® salad kits
- 8 | Freezer-friendly smoothie packs
- 10 | Cook smarter, not harder
- 16 | Function junction

Chicken Tortilla Soup  
recipe on page 15

# BORN IN DUBUQUE

CELEBRATING **10** YEARS



**INTRODUCING**  
**PLANET**  
**OAT<sup>®</sup>**

**OATMILK CREAMER**

**FREE FROM**  
dairy, peanuts, gluten,  
soy, lactose, tree  
nuts, artificial flavors,  
artificial colors, artificial  
preservatives





# It's in the bag

## **DOLE® SALAD KITS**

Dole® salad kits bring more than a side salad to your table. Looking for prewashed, hearty greens, exclusive dressings and tasty toppings? It's all in the bag.



### **CHOPPED**

- Asian Sesame
- Avocado Ranch
- Sunflower Crunch
- Chipotle Cheddar
- BBQ Ranch
- Bacon Bleu
- Caesar
- Greek
- Bacon Caesar

### **PREMIUM**

- Southwest
- Ultimate Caesar
- Country Ranch
- Blueberry Bliss

Use your salad kit to meal prep ready-to-eat salad jars. To make your salad jars last, always add your salad dressing to the bottom of the jar and the salad greens at the top. Add protein (chicken, beef, pork, shrimp or beans) and grains (rice, orzo, couscous, quinoa) to complete your meal in minutes.



#### **DOLE® GREEK SALAD JAR**

Makes 4 servings

Total time: 5 minutes

#### **Ingredients**

- 1 Dole® Chopped Greek salad kit
- 1 cucumber, diced
- 1 cup white beans, drained and rinsed
- 1 cup cooked orzo pasta
- 2 cups cooked chicken

#### **Directions**

Divide Greek vinaigrette packet among four large glass mason jars. Layer (in this order) cucumber, beans, orzo, salad greens, then chicken. Top with sweet onion pita chips, herb seasoning and feta cheese from kit. Store in the refrigerator for up to 4 days.

**Nutrition information per serving:** 397 calories; 15 g fat; 3.3 g saturated fat; 78 mg cholesterol; 746 mg sodium; 54 g carbohydrate; 6.6 g fiber; 5.2 g sugar; 37 g protein







### **BBQ RANCH CHICKEN TACO BITES**

**Makes 12 street tacos**

**Total time: 15 minutes**

#### **Ingredients**

- 1 pound boneless, skinless chicken breasts
- 1 Tbsp. olive oil
- 2 Tbsp. lime juice
- 1 tsp. chili powder
- Salt and pepper, to taste
- 1 package Dole® Chopped BBQ Ranch salad kit
- 1 (12 count) package street taco shells

#### **Directions**

Cut chicken into thin slices and toss with oil, lime juice, chili powder, salt and pepper. Sauté in a hot skillet until cooked through, about four minutes, and set aside. Toss together ingredients from the salad kit. Combine salad with chicken. Spoon into tortillas and serve.

**Nutrition information per street taco:** 178 calories; 7.25 g fat; 1.5 g saturated fat; 30 mg cholesterol; 349 mg sodium; 17 g carbohydrate; 1 g fiber; 2.6 g sugar; 11 g protein





### **STEAK AND BLEU WRAP**

Makes 4 wraps | Total time: 10 minutes

#### **Ingredients**

1 pound cooked steak, sliced  
1 Dole® Chopped Bacon and Bleu salad kit  
4 sandwich wraps or pita bread

#### **Directions**

Combine salad kit ingredients and stir to combine. Add steak. Layer on wraps or pita bread.

**Nutrition information per serving:** 526 calories; 21.7 g fat; 5.6 g saturated fat; 107 mg cholesterol; 1008 mg sodium; 42 g carbohydrate; 6 g fiber; 5 g sugar; 42 g protein



# smoothies

## ON THE GO

**By stocking your freezer with ready-to-blend smoothie packs, there's no excuse not to reach the recommended five to nine servings of fruits and vegetables each day. For best results:**

- Cut fruit into uniform 1–2-inch cubes
- Place greens, like spinach and kale, at the top of the pack
- Don't freeze packs with liquid. Add milk, yogurt or juice when you're ready to blend
- To increase protein and give your smoothies more staying power, try adding cottage cheese, Greek yogurt, protein powder, nut/seed butter or powdered peanut butter
- To add fiber, omega 3 fatty acids and protein, add chia seeds when you're ready to blend
- Use a freezer-friendly zip top bag and remove excess air before freezing





1

## strawberry banana

1 BANANA  
2 CUPS STRAWBERRIES

2

## green machine

2 CUPS PINEAPPLE  
1 BANANA  
1 CUP SPINACH

3

## kiwi refresher

1 KIWI, PEELED AND SLICED  
1½ CUP WATERMELON  
1 CUP KALE, STEMS  
REMOVED

4

## mango sunrise

2 CUPS MANGO  
1 ORANGE  
½ BANANA

5

## berry spinach

1 CUP RASPBERRIES  
1 CUP BLUEBERRIES  
1 CUP STRAWBERRIES  
1 CUP BABY SPINACH

3

4

5



# cook smarter

## NOT HARDER

Sometimes the secret to success is as simple as working smarter, not harder. Or in terms of dinner, cooking smarter, not harder.

### pantry pickers.

A well-stocked pantry and freezer make it easy to cook up meals in minutes. Some items to have on hand include broth, canned tomatoes, dried herbs, frozen vegetables (especially chopped onions and stir fry mixes) and quick-cooking grains.



### one dish.

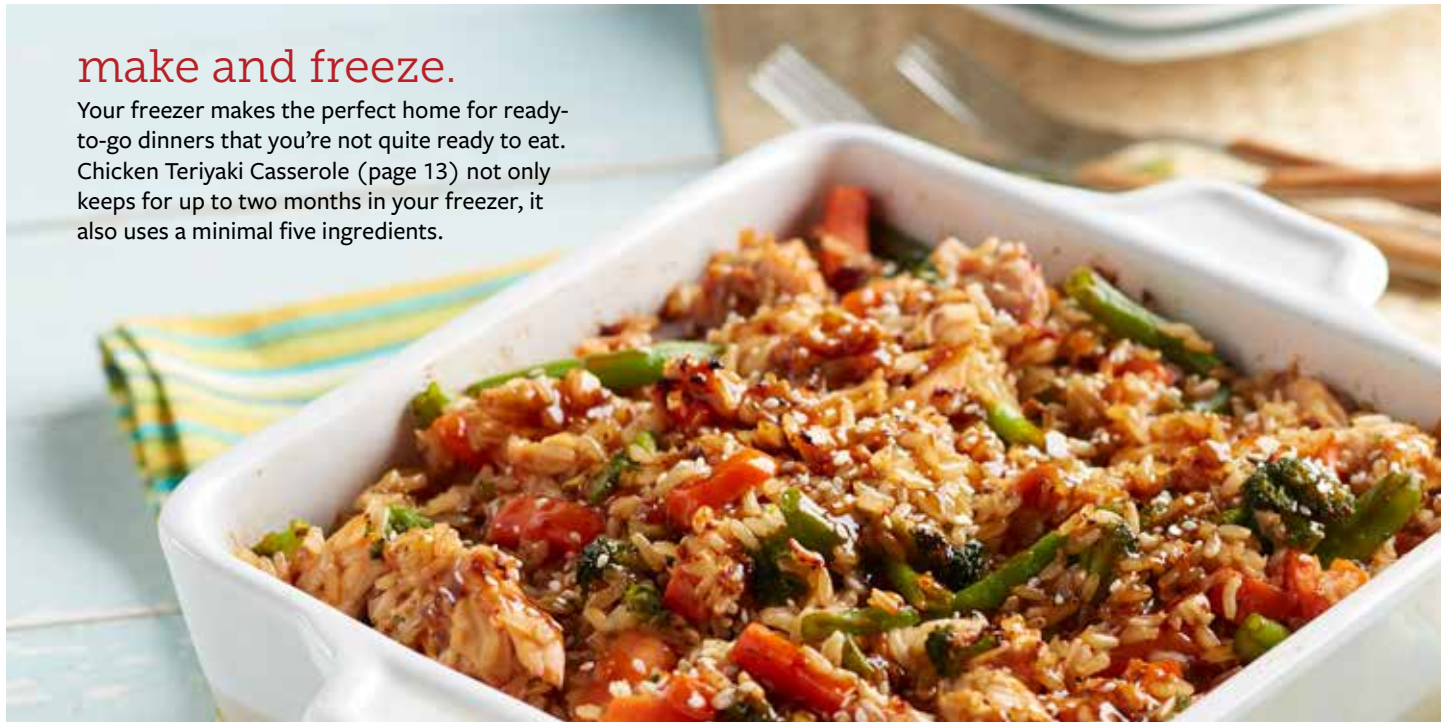
Have you ever made a meal and the cleanup took longer than the cooking? Search for recipes that only use one (ok, maybe two) pot or pan, like our One Skillet Shepherd's Pie Bowls on page 12.





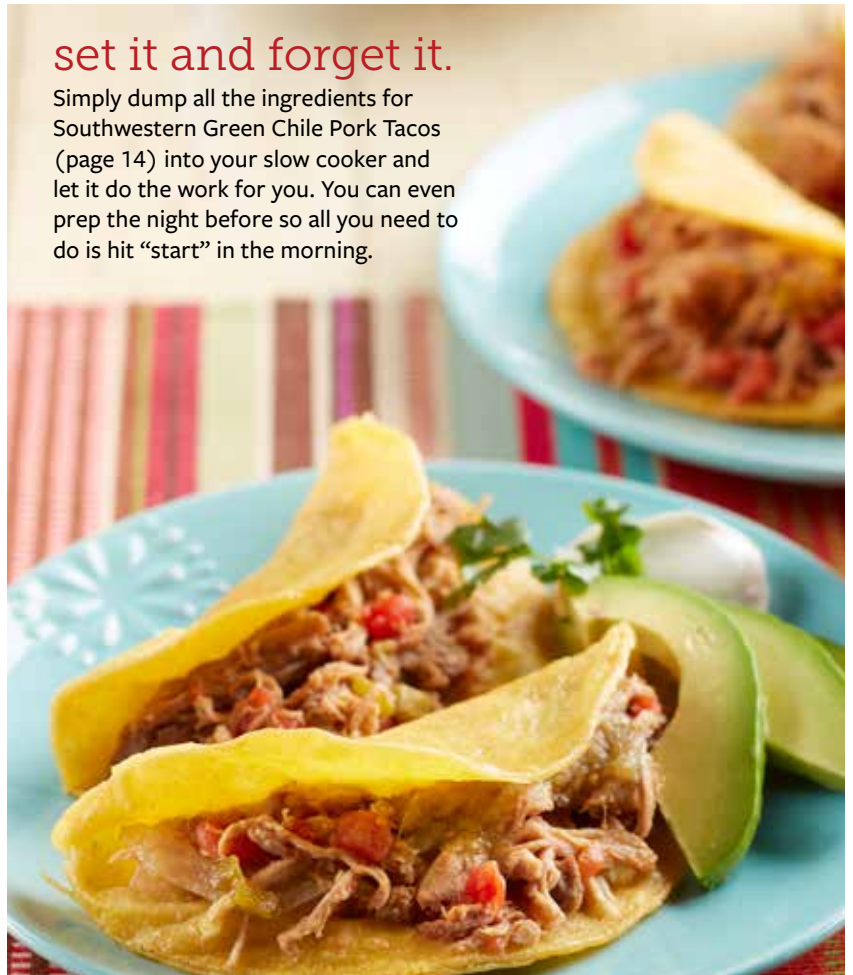
## make and freeze.

Your freezer makes the perfect home for ready-to-go dinners that you're not quite ready to eat. Chicken Teriyaki Casserole (page 13) not only keeps for up to two months in your freezer, it also uses a minimal five ingredients.



## set it and forget it.

Simply dump all the ingredients for Southwestern Green Chile Pork Tacos (page 14) into your slow cooker and let it do the work for you. You can even prep the night before so all you need to do is hit “start” in the morning.



## batch cook.

Try incorporating recipes that reheat well throughout the week. Case in point: Chicken Tortilla Soup (page 15). One batch will last up to 5 days in the refrigerator, and dare we say it's even better leftover?





## 30 minute

### ONE SKILLET SHEPHERD'S PIE

Makes 6 servings | Total time: 30 minutes

#### Ingredients

1 pound ground beef	2 cups frozen mixed vegetable mix
1 tsp. garlic powder	(such as green beans, carrots, peas and corn)
½ tsp. dried thyme leaves	1 cup low-sodium beef broth
Salt and pepper, to taste	1 Tbsp. all-purpose flour
	3 Tbsp. tomato paste

#### MASHED CAULI-POTATOES

1 (4.7 ounce) pouch mashed potatoes, prepared according to package directions  
1 (12 ounce) box frozen, mashed cauliflower, thawed  
1 cup cheddar cheese  
½ cup chopped parsley, if desired

#### Directions

In a large skillet, cook ground beef over medium-high heat until beef is cooked through, about 5 minutes. Drain any rendered fat, if necessary. Add garlic powder, thyme, salt, pepper and frozen vegetables. Combine broth and flour, whisking until smooth. Add broth mixture to skillet. Heat to boiling, then reduce heat to a simmer. Add tomato paste. Cook for 8–10 minutes over medium heat, stirring occasionally, until mixture has thickened. Prepare mashed potatoes according to package directions. Stir in mashed cauliflower, cheese and 2 tablespoons of parsley, if using. Top ground beef with mashed potato mixture and serve. If making ahead, add ground beef mixture to a 9" x 13" baking dish and top with potatoes. Bake at 400°F for 20–25 minutes.

**Nutrition information per serving:** 299 calories; 10.9 g fat; 6.3 g saturated fat; 66 mg cholesterol; 36 g carbohydrate; 2.2 g fiber; 4.1 g sugar; 24.7 g protein



## Freezer

### TERIYAKI CHICKEN CASSEROLE

Makes 6 servings | Total time: varies

#### Ingredients

1 (14-ounce bag) frozen stir fry vegetables  
3 cups cooked brown rice  
2 cups shredded cooked chicken  
1½ cups prepared low-sodium teriyaki sauce, divided  
2 tsp. sesame seeds, optional

#### Instructions

Preheat oven to 350°F. Add vegetables, cooked rice and chicken to the casserole dish. Add 1 cup teriyaki sauce and stir to combine. Let casserole cool completely, then cover pan tightly with aluminum foil. Place in the freezer for up to 2 months. To heat, place pan in the refrigerator to thaw overnight. Bake at 350°F for 15 minutes. Let stand 5 minutes before serving. Drizzle with remaining sauce and garnish with sesame seeds, if desired.

**Nutrition information per serving:** 392 calories; 4.9 g fat; 1.1 g saturated fat; 65 mg cholesterol; 1565 mg sodium; 55 g carbohydrate; 5 g fiber; 10 g sugar; 32 g protein





# Slow Cooker

## SOUTHWESTERN GREEN CHILE PORK TACOS

Servings vary | Total time: varies

### Ingredients

1 (4 pound) boneless pork roast  
1 onion, sliced  
1 (14.5 ounce) can diced tomatoes, drained  
2 (4 ounce) cans diced green chilies  
2 tsp. ground cumin  
Salt and pepper, to taste  
For serving: corn tortillas, salsa verde, sliced  
avocado, sour cream, cilantro

### Directions

Place pork in a large slow cooker and top with onions, tomatoes, green chiles and cumin. Season with salt and pepper to taste. Add 1 cup of water. Cook on low for 6–8 hours or high for 4–5 hours, until pork is tender. Shred pork with two forks, discarding any extra fat, if necessary. Serve shredded pork in tortillas with desired toppings.

### Nutrition information per serving (with tortilla and toppings):

430 calories; 19 g fat; 6 g saturated fat; 115 mg cholesterol;  
530 mg sodium; 23 g carbohydrate; 2 g fiber; 37 g protein





## Make Ahead

### CHICKEN TORTILLA SOUP

Makes about 4 (2 cup) servings | Total time: 20 minutes

#### Ingredients

1 tsp. oil  
1 small tomato, diced  
¼ cup finely diced frozen onion  
½ jalapeno, ribs and seeds removed, minced  
6 cups reduced-sodium chicken broth  
½ cup frozen corn kernels  
Salt and pepper, to taste  
2 cups shredded chicken, such as a rotisserie chicken  
1 tsp. cumin  
1 cup (½ an 8.8 ounce pouch) precooked Spanish style rice with tomatoes and peppers  
Optional toppings: cilantro, avocado, crushed tortilla chips, shredded cheese

#### Directions

In a large pot, heat oil over medium heat. Add tomato, onion and jalapeno. Sauté until onion and jalapeno are softened, about 3 minutes. Add chicken broth, corn, salt, pepper, chicken and cumin. Bring to a boil, then reduce heat to a simmer. Add rice mix and simmer for 15 minutes. Serve with optional toppings, if desired. Store leftover soup in the refrigerator for up to 5 days or freeze for up to 2 months.

**Nutrition information per serving:** 274 calories; 5.5 g fat; 1.9 g saturated fat; 83 mg cholesterol; 2046 mg sodium; 19 g carbohydrate; 1.5 g fiber; 4 g sugar; 38 g protein





# function JUNCTION

**There are some foods that produce nearly immediate benefits, perfect for today's fast-paced, busy schedules.**

to reduce  
CRAVINGS  
**DRINK WATER**

With almost every part of our body relying on adequate water intake, it's no wonder our bodies scream "I'm thirsty!" In fact, those signals to drink up may be mistaken for sugar cravings or an afternoon energy slump. Instead of reaching for something sweet or full of caffeine, drink at least 8 ounces of water then wait 15 minutes. Did the craving pass?



A glass of iced tea with a slice of lemon and a Mediterranean Power Bowl. The bowl contains quinoa, chickpeas, tomatoes, cucumbers, olives, and a dressing. The background is a light blue textured surface.

# to improve REGULARITY

## LOAD UP ON FIBER

If your bowel movements have been lackluster lately, try increasing your fiber from whole grains, fruits and vegetables. But don't stop there! Since soluble fiber pulls water into your colon to soften it, you need to increase water as you increase fiber. If you're new to high fiber foods, increase them gradually to avoid bloating, gas and other unpleasant side effects.

Find this Mediterranean  
Power Bowl recipe at  
[www.fareway.com](http://www.fareway.com)



## PEANUT BUTTER BANANA OVERNIGHT OATS

Makes 1 serving

Total time: 10 minutes

### Ingredients

½ cup old fashioned oats  
¾ cup milk or nondairy milk  
1 Tbsp. vanilla protein powder  
1 Tbsp. chia seeds  
1 Tbsp. natural peanut butter  
½ tsp. vanilla extract  
1 tsp. pure maple syrup  
¼ tsp. salt  
1 banana, sliced

### Directions

Combine all ingredients (except banana) in a mason jar and stir well. Store in the refrigerator for eight hours or overnight. Top with banana and drizzled peanut butter and enjoy!

**Approximate nutrition information per serving:**  
540 calories; 16 g fat; 2.8 g saturated fat; 5.7 mg cholesterol; 756 mg sodium; 77 g carbohydrate; 13 g fiber; 28 g sugar; 29 g protein

## to improve MOOD **REACH FOR WHOLE GRAINS**

Whole grains, like oatmeal, barley, cereals, whole wheat breads, etc., are digested more slowly than their refined counterparts. What does that mean for your mood? Slower-digested carbohydrates keep your blood sugar steady, which helps prevent the dreaded hungry, irritable mood swing—also known as *hanger*. Carbohydrates are also linked to increased serotonin, a chemical linked to improved mood. Win-win.



# to improve your WORKOUTS

## DRINK CHOCOLATE MILK

When we exercise, we use up our body's energy. Which, in theory, sounds great if you're aiming to lose weight. However, continually running your energy stores low means you can't push as hard during your workouts. The fix? Refuel after a workout. An eight-ounce glass of low-fat or fat-free chocolate milk within about an hour of exercise provides the perfect combination of carbohydrates to restore your body's stored energy (called glycogen) and protein to repair muscles.



# ASK THE DIETITIANS

## Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

Fareway Stores, Inc.  
C/O Registered Dietitians  
2300 Industrial Park Road  
P.O. Box 70  
Boone, IA 50036



### EMAIL

[centsablehealth@farewaystores.com](mailto:centsablehealth@farewaystores.com)

### WEBSITE

[www.fareway.com](http://www.fareway.com)

### FACEBOOK

[www.facebook.com/farewaystores](http://www.facebook.com/farewaystores)

### PINTEREST

[www.pinterest.com/farewaystores](http://www.pinterest.com/farewaystores)

### TWITTER

[www.twitter.com/fareway\\_stores](http://www.twitter.com/fareway_stores)

### YOUTUBE

[www.youtube.com/farewayfoodstores](http://www.youtube.com/farewayfoodstores)

### INSTAGRAM

[www.instagram.com/farewaystores](http://www.instagram.com/farewaystores)



Whitney, RD, LD



Caitlyn, RD, LD

Any health or nutritional information provided by Fareway Stores, Inc. is solely for general informational purposes as a public service to promote consumer health. No specific health or nutritional information is intended to be specific to your medical condition. Nothing contained, expressly or implied, in the information provided 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, expressly or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services or related graphics contained herein. Therefore, any reliance you place on such information is strictly at your own risk.