

FAREWAY[®]
MEAT & GROCERY

cents  able
HEALTH[™]

ISSUE 37 | July–September 2020

Fresh produce:
BLUEBERRIES

family meals
MONTH

KIDS in the
KITCHEN

PLUS fresh, affordable recipes in every issue

FREE

CONTENTS

JULY - SEPTEMBER 2020

- 4 | Seasonal produce: blueberries
- 8 | Not your grandma's chicken salad
- 10 | Grill your way to an extra dose of fruits & vegetables
- 14 | Kids in the kitchen
- 16 | Celebrate family meals month



NEW!

FAREWAY
NOT FROM
CONCENTRATE
ORANGE
JUICE

52 oz bottle

With Added
Calcium & Vitamin D
Extra Pulp
Pulp Free



Build a better
SANDWICH

with Brownberry® 100% whole wheat products (bread, sandwich thins or pita pockets) for a whole grain, fiber-rich base.

To keep everything fresh until lunch, pack ingredients like pickles, cucumber and lettuce separately. Making a PB&J? Spread both slices of bread with peanut butter before adding the jelly to create a moisture barrier—no soggy sandwich here!



SEASONAL PRODUCE

Blueberries

BLUEBERRY FRENCH TOAST BAKE

Makes 6 servings | Total time: varies

Ingredients

6 slices bread*
½ cup blueberries
4 eggs
1 cup + 2 Tbsp. milk
¼ tsp. cinnamon
¼ cup + 2 Tbsp. brown sugar
1 tsp. vanilla extract

STREUSEL TOPPING

¼ cup brown sugar
¼ cup all-purpose flour
¼ tsp. cinnamon
3 Tbsp. unsalted butter, cold and cubed

Directions

Spray an 8" x 8" baking dish with nonstick spray. Cut bread into 1-inch cubes and spread into the baking dish. Top with blueberries. Whisk together eggs, milk, cinnamon, brown sugar and vanilla. Pour over the bread and blueberries. Cover the dish and refrigerate for at least three hours, up to overnight.

When ready to bake, preheat oven to 350°F. Prepare streusel topping by combining ingredients in a small bowl. Mix with two forks, cutting in butter. Sprinkle topping over the French toast and bake for 30 minutes or until middle is set.

**Any bread works for this recipe, but we recommend using whole wheat bread.*

Nutrition information per serving (using whole wheat bread and skim milk):

291 calories; 9.6 g fat; 4.6 g saturated fat; 0 g trans fat;
140 mg cholesterol; 252 mg sodium; 41 g carbohydrate;
2.5 g fiber; 12 g sugar; 10 g protein





4 grams of fiber (per cup)

Vitamin C

Vitamin K

Manganese

*blueberries have one of the
highest antioxidant values
of any fruit*



BLUEBERRY BANANA OVERNIGHT OATS

Makes 1 serving

Total time: 5 minutes

INGREDIENTS

- ½ cup uncooked oatmeal, instant or old-fashioned
- ½ cup low-fat milk
- ½ tsp. vanilla
- ½ cup blueberries
- 1 banana, sliced
- ½ tsp. chia seeds

DIRECTIONS

Add oats to your container of choice and pour in milk and vanilla. Add a layer of blueberries and then a layer of banana slices. Top with chia seeds. Place in fridge for a few hours or overnight.

Nutrition information per serving: 352 calories; 5 g fat; 1 g saturated fat; 2 mg cholesterol; 363 mg sodium; 69 g carbohydrate; 10.5 g fiber; 12 g protein



BLUEBERRY MUG CAKE

Makes 1 serving | Total time: 10 minutes

Ingredients

- | | |
|--------------------------|------------------------|
| 1 Tbsp. butter | 1 Tbsp. milk |
| ¼ cup all-purpose flour | ¼ tsp. vanilla extract |
| 2 Tbsp. granulated sugar | ¼ tsp. baking powder |
| 1 egg | 2 Tbsp. blueberries |

Directions

In a 12–14-ounce microwave-safe mug, melt butter. Stir in flour, sugar, egg, milk, vanilla and baking powder until well combined. Fold in blueberries. Microwave for 90 seconds or until cake pulls away from the sides. Let cool 5 minutes before serving.

Nutrition information per serving: 385 calories; 16.1 g fat; 8.7 g saturated fat; 194.2 mg cholesterol; 255.8 mg sodium; 51.2 g carbohydrate; 1.3 g fiber; 26.1 g sugar; 9 g protein



chickensalad

YOUR GRANDMA'S CHICKEN SALAD IS ABOUT TO TAKE A MODERN TURN.

Simply combine the ingredients in any of our five fresh variations and serve on whole wheat bread, buns, lettuce wraps or tortillas.

Head to www.fareway.com for complete recipe and nutrition information.



2

SPICY SRIRACHA

2 cups shredded chicken
¼ cup plain Greek yogurt
1 Tbsp. mayonnaise
2 Tbsp. sriracha
2 green onions, sliced
1 Tbsp. sesame seeds

1

CREAMY AVOCADO

2 cups shredded chicken
½ apple, diced
1 avocado
3 Tbsp. basil, chopped
⅓ cup celery, chopped
½ cup grapes, halved
¼ cup red onion, minced
Juice from 1 lemon
1 Tbsp. olive oil
¼ cup walnuts or pecans
Salt and pepper, to taste

3

EVERYTHING BUT THE BAGEL

- 2 cups shredded chicken
- ¼ cup mayonnaise
- ½ avocado
- 1 Tbsp. Dijon mustard
- 2 Tbsp. Everything But The Bagel Seasoning



4

SWEET CURRY

- 2 cups shredded chicken
- 2 Tbsp. honey
- ¾ cup Greek yogurt
- 2 Tbsp. extra virgin olive oil
- ¼ cup parsley, chopped
- 2 Tbsp. raisins
- 2 Tbsp. pistachios
- 1 Tbsp. curry powder
- ½ tsp. garlic powder
- ½ tsp. onion powder



5

DILL & FETA

- 2 cups shredded chicken
- ½ cup plain Greek yogurt
- 2 Tbsp. lemon juice
- 1 clove garlic, minced
- 1 medium shallot, minced
- 1 Tbsp. fresh dill, minced
- ¾ cup cucumber, seeded and diced
- 3 Tbsp. crumbled Feta
- Salt and pepper, to taste





GRILL YOUR WAY

TO AN EXTRA DOSE OF FRUITS AND VEGETABLES



LOOKING TO SNEAK IN A FEW VEGGIES? BURGERS MAKE THE PERFECT HIDEOUT.

Finely chopped or shredded vegetables add fiber, cut calories and stretch your budget. Win + win + win. Try summer squash (you may need to squeeze some water out before adding it to your ground beef), steamed and chopped cauliflower, lightly mashed beans or our favorite: mushrooms.

MIGHTY MUSHROOM BLENDED BURGER

Makes 6 servings | Total time: 25 minutes

Ingredients

½ pound mushrooms (any variety)	Seasoned salt, to taste
2 Tbsp. olive oil, divided	6 buns
1 pound ground beef	

Directions

Preheat grill to medium-high heat. Finely dice mushrooms or gently pulse in food processor. In skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms, cooking 5–7 minutes or until golden brown. Remove from heat and cool 5 minutes. Transfer cooled mushrooms to medium bowl. Add ground beef and salt, mixing until combined. Make 4 patties. Grill 13–15 minutes, or until internal temperature reaches 160°F, flipping halfway through.

Nutrition information per serving (using 90% lean ground beef): 312 calories; 14 g fat; 4 g saturated fat; 49 mg cholesterol; 271 mg sodium; 25 g carbohydrate; 1.6 g fiber; 4.7 g sugar; 22 g protein

ITALIAN STUFFED ZUCCHINI BOATS

Makes 8 zucchini boats | Total time: 40 minutes

Ingredients

4 medium zucchinis, cleaned, halved lengthwise and seeds scooped out	Salt and pepper, to taste
1 Tbsp. oil	3 Tbsp. grated parmesan cheese
1 onion, finely diced	1 (8 ounce) can tomato sauce
1 red bell pepper, finely diced	½ cup water
2 garlic cloves, minced	1 tomato, seeds removed and finely diced
1 pound ground chicken or turkey breast	1 cup mozzarella cheese
1 tsp. Italian seasoning	

Directions

Preheat grill to medium heat. Place zucchini on the grill while you prepare the filling, about 15 minutes. Heat oil over medium-high heat. Sauté onion and bell pepper until softened, 5–7 minutes. Add garlic and ground chicken or turkey. Continue to cook, breaking up meat frequently, until cooked through, about 8 minutes. Add Italian seasoning, salt, pepper, parmesan cheese, tomato sauce, water and diced tomatoes. Stir to combine. Remove zucchini from grill and place in a disposable baking dish or on two sheets of aluminum foil. Stuff with tomato mixture then top with mozzarella cheese. Return zucchini boats to the grill and grill, covered, for 5 more minutes or until cheese has melted.

Nutrition information per boat (using 93% lean ground turkey): 175 calories; 7.6 g fat; 1.9 g saturated fat; 46 mg cholesterol; 196 mg sodium; 10 g carbohydrate; 3.1 g fiber; 6.9 g sugar; 18 g protein



WANT YOUR PRODUCE TO TAKE CENTER STAGE? USE A VEGGIE VESSEL.

Using vegetables as your base not only pumps up your daily produce intake, it also highlights how versatile vegetables can be. Spaghetti squash, lettuce wraps and zucchini are all family-friendly options.





LET'S NOT FORGET ABOUT THE CLASSIC KABOB.

Thread vegetables or fruit onto a skewer, add a protein, done. There are no rules here; experiment with your favorites!

CHILI LIME CHICKEN KEBABS Makes 4 servings (2 kebabs each)
Total time: 30 minutes + marinating time

Ingredients

1 pound boneless, skinless chicken breasts, cut into 1-inch cubes	½ tsp. chili powder
3 cups cubed vegetables, such as peppers, onions, summer squash or mushrooms	¼ tsp. onion powder
1 Tbsp. olive oil	¼ tsp. garlic powder
1 Tbsp. red wine vinegar	¼ tsp. paprika
1 lime, juiced	⅛ tsp. cayenne pepper
	8 skewers

Directions

If using wooden skewers, place them in water and allow to soak for at least 20 minutes. In a small bowl, whisk together olive oil, vinegar, lime juice, chili powder, onion powder, garlic powder, paprika and cayenne pepper. Place chicken in a shallow baking dish with marinade and stir to coat. Cover and marinate in the refrigerator at least 1 hour, up to 4 hours. Thread chicken and veggies onto skewers; discard remaining marinade. Grill skewers over medium heat for 10–15 minutes or until the chicken internal temperature reaches 165°F, turning occasionally.

Nutrition information per serving: 193 calories; 5.7 g fat; 1.2 g saturated fat; 1.4 mg cholesterol; 63.9 mg sodium; 5 g carbohydrate; 1.2 g fiber; 1.7 g sugar; 31.2 g protein





GRILLED FRUIT MAKES THE PERFECT DESSERT.

Why fruit on the grill? The sugars caramelize making it even sweeter and there's no clean-up. Peaches and pineapples can be sliced and thrown right on the grill, or you can get creative with our grilled Banana Splits—no dirty dishes, just dirty hands.

BANANA SPLITS

Makes 4 servings | Total time: 15 minutes

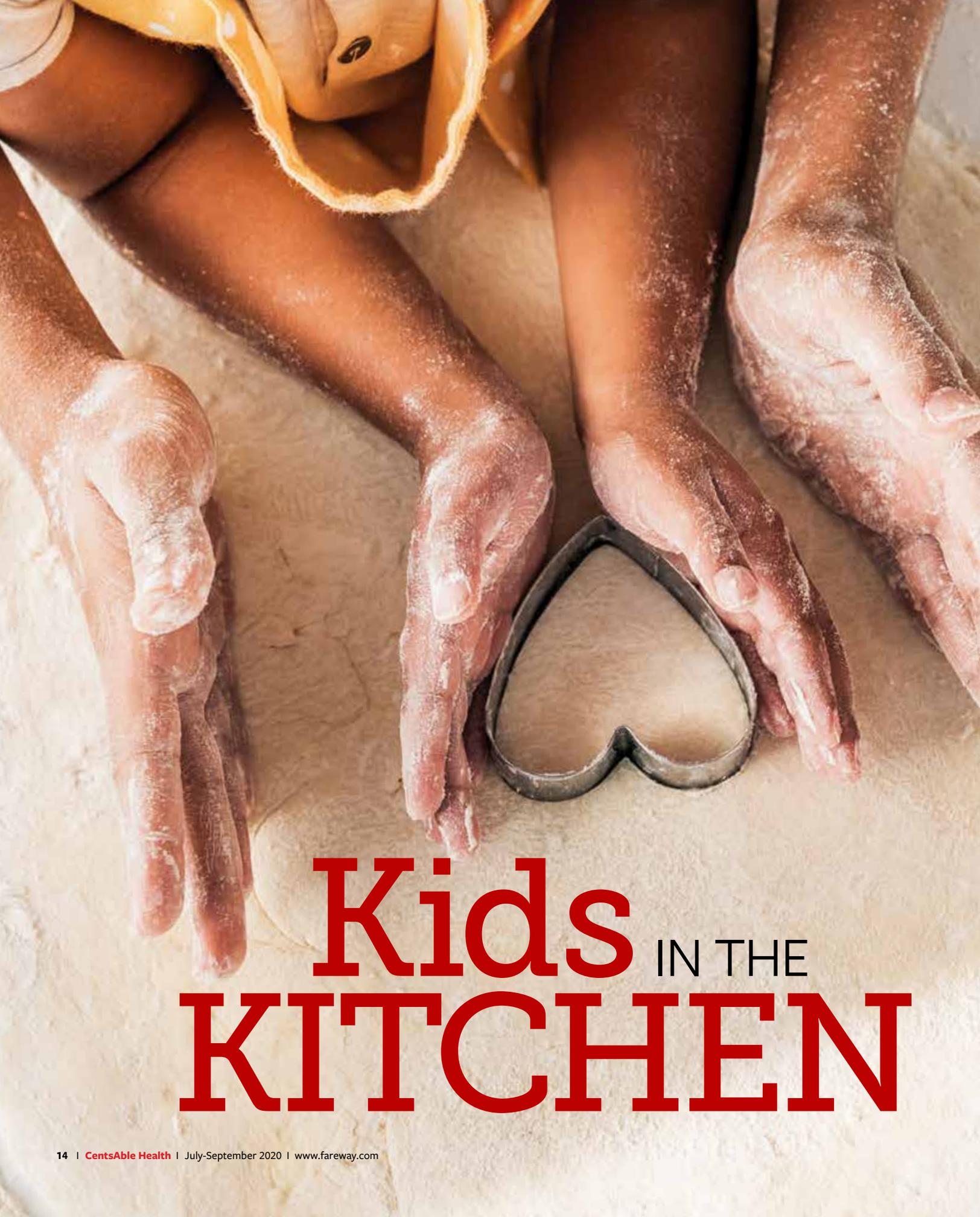
Ingredients

4 bananas	½ cup mini marshmallows
½ cup semisweet chocolate chips	1 pack graham crackers, for serving

Directions

Preheat grill to medium-high heat. Cut a slit down banana, lengthwise. Add in your mini marshmallows and chocolate chips (you may need to remove a little banana). Wrap tightly in foil and set on grill 5–10 minutes or until the chocolate melts. Use graham crackers to scoop.

Nutrition information per serving (not including graham crackers): 286 calories; 7.8 g fat; 4.5 g saturated fat; 6.9 mg sodium; 55 g carbohydrate; 5.4 g fiber; 35 g sugar; 2.8 g protein



Kids IN THE KITCHEN

DO YOU HAVE A YOUNG CHEF ON YOUR HANDS?

Maybe a toddler that's eager to help? The kitchen shouldn't be off limits. Inviting your kids into the kitchen teaches valuable skills (like time management) while introducing your kids to new foods.

NOT SURE WHERE TO START?

Here are some activities your kids can help with:

- Count and collect ingredients
- Measure ingredients
- Spray pans and baking sheets with nonstick spray
- Wash produce
- Tear leafy greens
- Mix, stir and whisk
- Set a timer



CHICKEN AND PEPPER QUESADILLA

Makes 4 quesadillas | Total time: 15 minutes

Ingredients

2 cups cooked, shredded chicken
1 cup frozen bell pepper stir fry mix OR
a bell pepper, any color, sliced
1 Tbsp. chili powder
4 (8 inch) tortillas
2 cups shredded cheese

Directions

Combine chicken, frozen stir fry mix or sliced pepper and chili powder. Cover with a paper towel and microwave for 1 minute or until peppers are thawed. Heat a nonstick pan over medium heat and spray with nonstick cooking spray. Lay a tortilla in the pan and add $\frac{1}{4}$ cup cheese to half of the tortilla. Add $\frac{1}{2}$ cup of the chicken and pepper mixture on top of the cheese. Top chicken with another $\frac{1}{4}$ cup of cheese. Fold the other half of the tortilla over the filling. Cook until the tortilla is brown and crispy on the bottom. Flip the quesadilla and cook until the other side is brown and the cheese is melted. Remove from the pan and repeat with remaining quesadillas.

Nutrition information per quesadilla (using mozzarella cheese): 352 calories; 5.9 g fat; 1.1 g saturated fat; 70 mg cholesterol; 988 mg sodium; 29 g carbohydrate; 2.1 g fiber; 1 g sugar; 45 g protein



For more kid-friendly recipes, visit
www.lookcookandeat.com



JOIN THE family MEALS MOVEMENT

Families across America are joining the movement to commit to one more meal at home each week this September for #FamilyMealsMovement.



YOUR FAMILY CAN REAP THE LIFELONG BENEFITS OF FAMILY MEALS, TOO!

Each week, try one of our four family-friendly recipes to get the entire family around the dinner table and raise your mitt to commit!

OVEN-FRIED PORK TENDERLOIN SANDWICHES

Makes 4 servings
Total time: 30 minutes

Ingredients

- 4 (about 4 ounces each) tenderized pork loin slices
- 2 Tbsp. oil
- ½ cup flour
- 1 egg
- ¼ cup milk
- ½ cup panko breadcrumbs
- 1 tsp. seasoned salt
- ½ tsp. pepper
- 4 hamburger buns

Directions

Preheat oven to 375°F. Drizzle oil over sheet pan and set aside. Place flour in a large bowl or pan and season with salt and pepper, as desired. In a separate bowl, beat egg and milk together. In a third bowl or pan, combine panko, seasoned salt and pepper. Coat pork slices in flour, then egg, then breadcrumbs. Bake loin slices for 20 minutes, flipping halfway through. Serve on a bun and enjoy!

Nutrition information per serving:

433.5 calories; 14 g fat; 3.1 g saturated fat; 122 mg cholesterol; 890 mg sodium; 41 g carbohydrate; 1.2 g fiber; 4.5 g sugar; 33. g protein



SKILLET LASAGNA

Makes 6 servings | Total time: 35 minutes

Ingredients

1 pound ground beef	$\frac{3}{4}$ cup part-skim ricotta cheese
1 (24 ounce) jar pasta sauce	4 ounces shredded mozzarella cheese, divided
$1\frac{1}{2}$ cups water	$\frac{1}{4}$ cup grated parmesan cheese, divided
6 uncooked lasagna noodles, broken into 1-inch pieces	

Directions

in a skillet with high sides, sauté ground beef over medium-high heat. Season with salt and pepper and cook for 5–8 minutes, crumbling often (the ground beef will continue to cook through with the sauce). Pour off any drippings, if needed. Stir in the sauce, water and noodles. Heat to a boil then reduce heat to low. Cover and cook for 15 minutes or until the noodles are tender, stirring often so the noodles don't stick to the pan. Stir in ricotta cheese, half of the mozzarella and half of the parmesan cheese. Cook, uncovered, for 5 minutes, stirring occasionally until cheese is melted. Sprinkle with the remaining cheese and remove the skillet from heat. Let lasagna rest for 5 minutes. Garnish with basil or parsley, if desired.

Nutrition information per serving (using 90% ground beef): 342 calories; 13 g fat; 5.4 g saturated fat; 68 mg cholesterol; 792 mg sodium; 25 g carbohydrate; 3 g fiber; 6.67 g sugar; 29 g protein





SHEET PAN JERK CHICKEN WITH SWEET POTATOES

Makes 4 servings

Total time: 50 minutes

Ingredients

- 1 sweet potato, peeled and cut into 1-inch cubes
- 1 Tbsp. oil
- Salt and pepper, to taste
- 1 lemon, juiced
- 1 Tbsp. sugar
- 1 Tbsp. paprika
- ½ tsp. garlic powder
- ½ tsp. red pepper flakes
- ¼ tsp. thyme
- ¼ tsp. allspice
- 4 boneless, skinless chicken breasts

Directions

Preheat oven to 425°F. Toss potatoes with oil, salt and pepper. Place on a large sheet pan and roast for 15 minutes. While potatoes cook, combine lemon juice, sugar, paprika, salt, pepper, garlic powder, red pepper flakes, thyme, allspice and chicken. Add chicken to sheet pan and roast for an additional 20 minutes or until the internal temperature reaches 165°F and the potatoes are fork tender.

Nutrition information per serving:
335 calories; 6.1 g fat; 0.6 g saturated fat; 120 mg cholesterol; 533.6 mg sodium; 26.2 g carbohydrate; 3.8 g fiber; 3.9 g sugar; 45 g protein

COCONUT SHRIMP

Makes 4 servings | Total time: 15 minutes

Ingredients

1 pound pre-cooked shrimp
½ cup flour
Salt and pepper, to taste
2 eggs
1 cup unsweetened coconut flakes
½ cup panko breadcrumbs
2 Tbsp. oil

FOR DIPPING SAUCE

½ cup apricot preserves
2 Tbsp. sriracha (more or less, to taste)

Directions

Combine flour with salt and pepper in a bowl. In a second bowl, whisk eggs. In a third bowl, combine coconut flakes and breadcrumbs. Dredge shrimp in flour, then egg, then breadcrumbs. Heat oil in a large sauté pan over medium-high heat. Sauté shrimp until coating is brown and crispy, about 4 minutes, flipping halfway through. Combine sweet chili sauce and fruit preserves. Serve with shrimp.

Nutrition information per serving (includes dipping sauce): 545 calories; 25 g fat; 16 g saturated fat; 276 mg cholesterol; 371 mg sodium; 49.5 g carbohydrate; 9 g fiber; 21 g sugar; 29 g protein



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

WEBSITE

www.fareway.com

FACEBOOK

www.facebook.com/farewaystores

PINTEREST

www.pinterest.com/farewaystores

TWITTER

www.twitter.com/fareway_stores

YOUTUBE

www.youtube.com/farewayfoodstores

INSTAGRAM

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.