

FAREWAY[®]
MEAT & GROCERY

cents  able
HEALTH[™]

ISSUE 38 | October–December 2020

BAKING
SWAPS

fresh produce
**NAVEL
ORANGES**

**EASY
EGG BITES**

craveable
**CHEESE
PARINGS**

PLUS fresh, affordable recipes in every issue

FREE

CONTENTS

OCTOBER - DECEMBER 2020

- 4 | Fresh produce: navel oranges
- 6 | Craveable cheese pairings
- 10 | Easy egg bites
- 12 | Smaller holiday main courses
- 16 | Healthier baking swaps





Everyday Favorite



Find more meal ideas at Mrsgrimesbeans.com



Black Bean Chicken Enchiladas

Servings: 8 (about 9 oz each)
Prep Time: 25 minutes
Total Time: 1 hour

Ingredients

- 2 (10 oz) cans green enchilada sauce, divided
- ¾ cup chopped onion
- ¾ cup chopped green bell pepper
- 1 tablespoon vegetable oil
- 2 cups shredded rotisserie chicken
- 1 cup whole kernel corn (from 15 oz can) (drained)
- 8 (10") flour tortillas
- 1 (15 oz) can Mrs. Grimes® Black Beans (drained, rinsed)
- 2 cups shredded Mexican cheese blend, divided

Preparation

Heat oven to 375°F. Spray 13x9-inch (3-quart) baking dish with cooking spray. Spread ½ of one can of enchilada sauce in bottom of dish. In medium skillet, cook onion and bell pepper in oil over medium-high heat 5 minutes or until tender, stirring occasionally. Stir in chicken, corn and remaining ½ can of enchilada sauce. Cook 3 minutes or until hot. On center of each tortilla, spread about ½ cup of the chicken mixture, 3 tablespoons of black beans and 2 tablespoons of cheese. Roll up tightly, folding in ends. Place in dish. Spread remaining can of enchilada sauce over the top. Cover with foil. Bake 30 minutes or until thoroughly heated and bubbly. Uncover and sprinkle with remaining cheese. Bake 5 minutes. Serve with your favorite condiments—shredded cheese, sour cream, diced tomato, taco sauce, ripe olives.

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WOMEN for WOMEN
with a CAUSE

NEW at **FAREWAY**
MEAT & GROCERY



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DONATED TO CHARITY

See www.pinkproducts.com
for more details



#pinkempower

ORANGES

MOTHER NATURE'S

Aromatherapy

FEELING STRESSED OUT?

Oranges contain linalool, a fragrant compound found in the oil of the peel, that has been said to promote a peaceful, calming atmosphere to help with relaxation.

80 calories | 3 grams of fiber | Vitamin C | Folate | Potassium
*per 1 medium navel orange



ORANGE MUFFINS

Makes 12 muffins

Total time: 45 minutes

Ingredients

1¾ cups all-purpose flour

⅔ cup sugar

1 Tbsp. baking powder

½ tsp. salt

½ cup (1 stick) unsalted butter, melted

1 cup sour cream

1 large egg

Zest and juice from 1 orange

FOR THE ZESTY ORANGE GLAZE

1¼ cups powdered sugar

¼ cup freshly squeezed orange juice (about 1 orange)

2 tsp. orange zest

Directions

Preheat oven to 400°F. Line a 12-cup standard muffin tin with paper liners; set aside. In a large bowl, combine flour, sugar, baking powder and salt. In a separate bowl, whisk together butter, sour cream, egg, orange juice and orange zest. Pour mixture over dry ingredients and stir with a rubber spatula just until moist. Scoop the batter evenly into the muffin tray. Place into oven and bake for 15-18 minutes, until a tester inserted in the center comes out clean. To make the glaze, combine powdered sugar, orange juice and orange zest. Whisk until smooth. When the muffins are done, cool for 10 minutes and dip each muffin crown into the glaze.

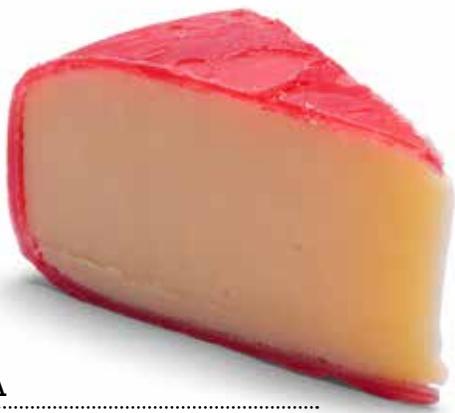
Nutrition information per muffin: 260 calories; 10 g fat; 6 g saturated fat; 42 mg cholesterol; 120 mg sodium; 39 g carbohydrate; 0 g fiber; 24 g sugar; 3 g protein

Craveable

CHEESE PAIRINGS

Cheese pairings can be elaborate or impromptu—all it takes is a little creativity and you've got a delicious work of art. Use these suggestions for complementing foods and drinks to make cheese the cornerstone of your get-together. When planning a cheese board, plan for 1–2 ounces per person. To prep ahead, use cheese paper or two-ply paper towel to store cheese. It allows the cheese to breathe while maintaining optimal humidity (when storing blue cheese, use aluminum foil; it thrives in that environment).





GOUDA

sweet, buttery



FOOD PAIRINGS
almonds, ham

DRINK PAIRINGS
red zinfandel,
porter beer, root
beer, chai tea



SWISS

hearty, nutty

FOOD PAIRINGS
ham, spiced pistachios

DRINK PAIRINGS
merlot, India pale ale



PARMESAN

salty, nutty, granular

FOOD PAIRINGS
spiced nuts, olives, cured charcuterie

DRINK PAIRINGS
cabernet sauvignon





FETA

crumbly, tart, salty

FOOD PAIRINGS

Greek olives, roasted red peppers

DRINK PAIRINGS

red zinfandel, sparkling white wine



HAVARTI

creamy, buttery, herbaceous

FOOD PAIRINGS

fresh apples
and pears

DRINK PAIRINGS

riesling, lagers,
green tea



CHEDDAR

rich, sharp, peppery

FOOD PAIRINGS

fruit, sausage

DRINK PAIRINGS

India pale ale,
lemonade





MASCARPONE

sweet, creamy

FOOD PAIRINGS

fruit, biscuits, honey

DRINK PAIRINGS

sauvignon blanc,
pinot grigio, fruit ale,
wheat beer



GORGONZOLA OR BLUE

rich, complex, blue-veined

FOOD PAIRINGS

cranberries,
cherries, apricots,
chocolate

DRINK PAIRINGS

robust red wine,
port



BRIE

rich, creamy, earthy

FOOD PAIRINGS

dried fruit, jam

DRINK PAIRINGS

chardonnay, sparkling water





USE YOUR INSTANT POT® OR PRESSURE COOKER

to make smooth and creamy Easy Egg Bites and then add any of our optional variations.

Don't have an Instant Pot or pressure cooker? No problem! Just bake egg bites in a muffin tin at 350°F for about 20 minutes.

fast-food BREAKFAST

WITHOUT THE DRIVE-THRU

EASY EGG BITES

Makes 14 egg bites | Total time: varies

Ingredients

4 eggs
½ cup cottage cheese
See variations

Directions

Combine eggs and cottage cheese in a blender. Blend until smooth. Add remaining ingredients and pulse gently until mixed. Pour mixture into silicone egg molds, filling about half full. Cover tightly with aluminum foil. Add trivet to Instant Pot or pressure cooker and pour 1 cup of water into the bottom of the Instant Pot. Add eggs, seal lid and set Instant Pot to “steam” setting for 10 minutes. Once finished, allow pressure to release naturally for 10 minutes. Remove eggs and store in the refrigerator for up to 5 days.

Nutrition information varies with additional ingredients



SPINACH AND PARMESAN

¼ cup Parmesan cheese
+ ¼ cup fresh, chopped spinach

BACON AND PEPPERJACK

½ cup pepperjack cheese
+ ¼ cup crumbled bacon



BROCCOLI AND CHEESE

½ cup cheddar cheese
+ ½ cup cooked, chopped broccoli

HAM AND SWISS

½ cup shredded Swiss cheese
+ ½ cup chopped ham



SAUSAGE AND MUSHROOM

¼ cup cooked, chopped mushrooms
+ ¼ cup cooked, chopped sausage



BIGGER

DOESN'T MEAN BETTER!

Scaling down your holiday menu (without scaling down the flavor) is as easy as talking to your local Fareway Meat Expert. A few perks to the smaller options? More oven space, more time and more money in your pocket.



Did you know “**PRIME RIB**” is not a specific cut of beef? It actually refers to a preparation method for a beef ribeye roast, which can be bone-in or boneless. Typically, boneless ribeye roasts are served for large gatherings (usually weighing in above five pounds), but you can serve a smaller crowd the quality beef with a bone-in ribeye steak.

PAN-SEARED RIBEYE WITH BLUE CHEESE

Makes 2 servings
Total time: varies

Ingredients

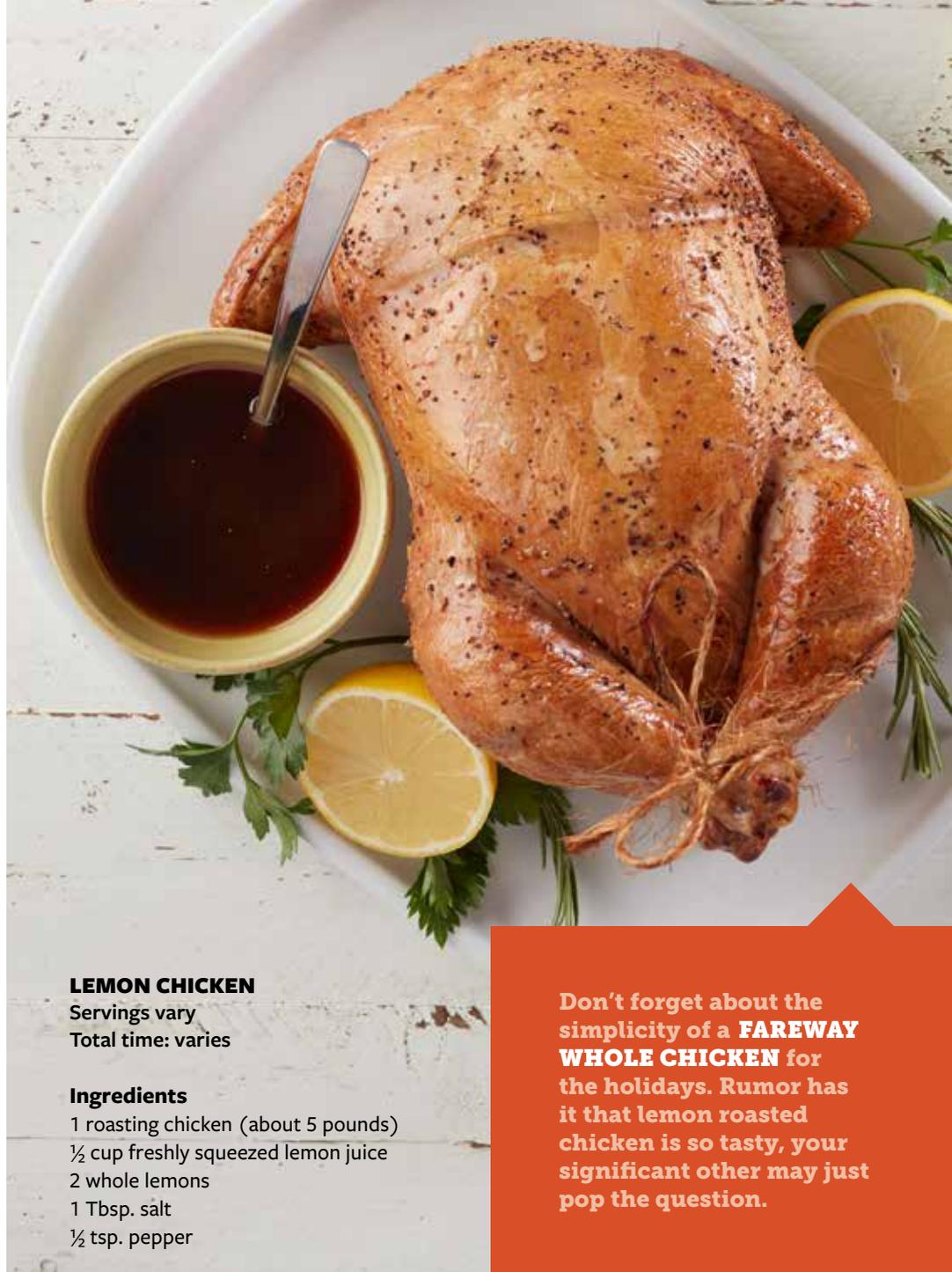
1 bone-in ribeye steak
(about 2 pounds)
Salt and pepper, to taste
2 Tbsp. extra virgin olive oil
1 Tbsp. fresh rosemary,
removed from sprig
¼ cup blue cheese

Directions

Preheat oven to 415°F. Remove steak from the fridge 30 minutes before cooking. Season both sides with salt and pepper. Heat olive oil in a cast iron skillet over high heat. Place the ribeye in skillet and sear undisturbed for 2 minutes. Flip the ribeye and sear for an additional 2 minutes. Add rosemary and then transfer skillet directly to the oven. Bake for 5–6 minutes for medium rare (145°F internal temperature) or 6–7 minutes for medium doneness (160°F). Remove steak from oven and let rest for 5 minutes before slicing. Serve with blue cheese.

Nutrition information per serving:

504 calories; 30 g fat; 9.4 g saturated fat; 182.8 mg cholesterol; 441 mg sodium; 1.5 g carbohydrate; 0.7 g fiber; 0.1 g sugar; 54.3 g protein



LEMON CHICKEN

Servings vary
Total time: varies

Ingredients

1 roasting chicken (about 5 pounds)
½ cup freshly squeezed lemon juice
2 whole lemons
1 Tbsp. salt
½ tsp. pepper

Directions

Preheat oven to 400°F. Pat chicken dry. Season inside and outside with lemon juice, salt and pepper. Place breast side down in a roasting pan fitted with a roasting rack (if you don't have a roasting rack, you can make a ring with aluminum foil and place under the chicken in a large baking dish). Pierce whole lemons three times with a fork and place inside the chicken cavity (it's OK if one sticks out). Tie chicken legs together using kitchen twine. Reduce oven temperature to 350°F and roast for 15 minutes. Carefully remove chicken from roasting pan and turn chicken breast-side up. Return chicken to oven and cook until the internal temperature reaches 165°F, about 1 hour to 1 hour 15 minutes. Let chicken rest 15 minutes before carving. Serve with juices from the pan.

Nutrition information varies

Don't forget about the simplicity of a **FAREWAY WHOLE CHICKEN** for the holidays. Rumor has it that lemon roasted chicken is so tasty, your significant other may just pop the question.



Offering the best of both worlds, **FAREWAY WHOLE YOUNG TURKEY ROASTS** contain white and dark meat in a smaller, easy-to-cook boneless roast.

TIP: account for thawing time, which can take anywhere from 1–4 hours in cold water or up to 2 days in the refrigerator.

TURKEY ROAST

Servings vary

Total time: varies

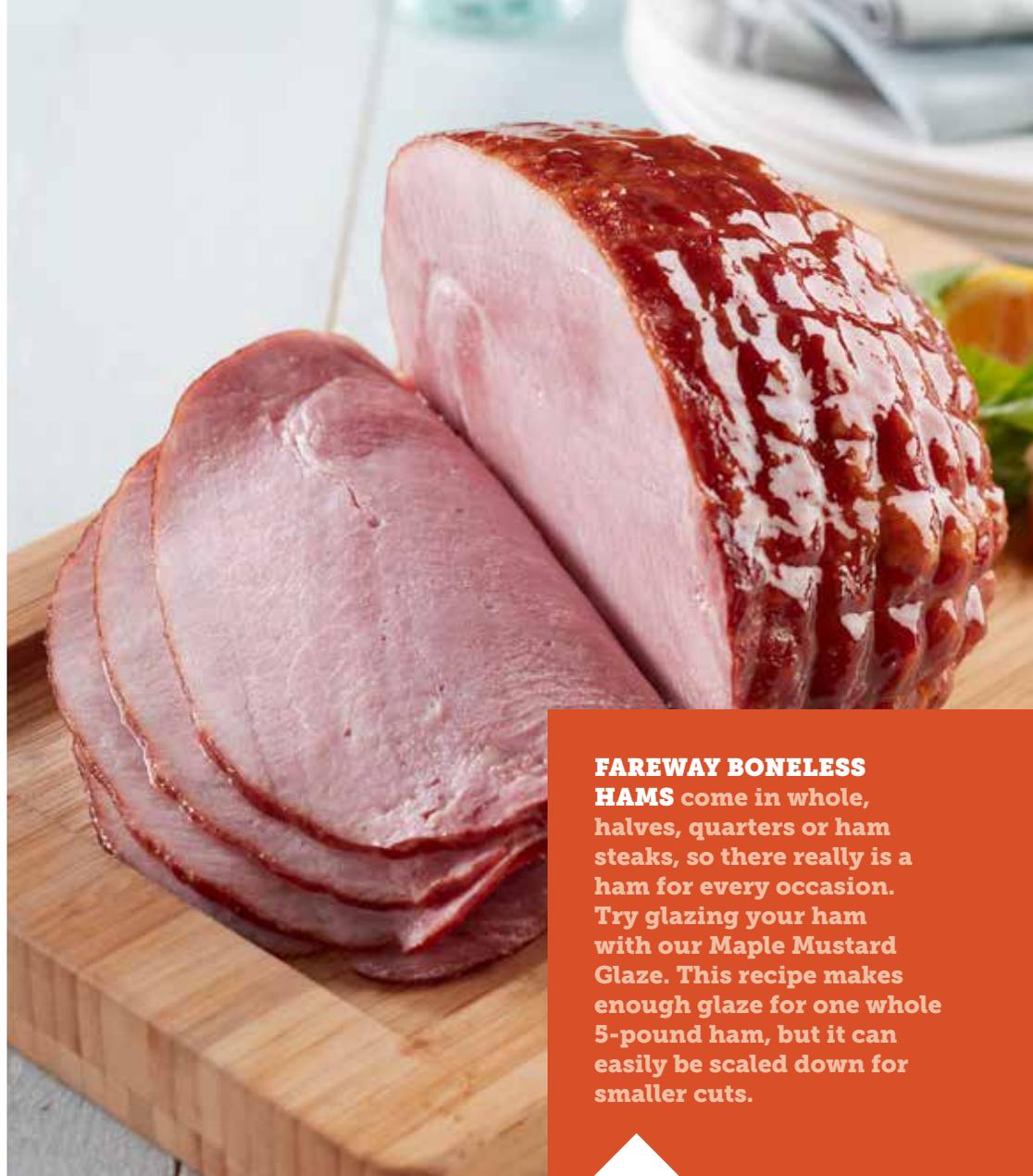
Ingredients

- 1 boneless turkey roast (white and dark meat), about 5 pounds
- 1 tsp. dried sage
- ½ tsp. dried rosemary
- ½ tsp. paprika
- ¼ tsp. garlic powder
- ¼ tsp. black pepper
- 2 Tbsp. olive oil

Directions

Preheat oven to 350°F. Pat turkey with a paper towel until dry. Combine seasonings and olive oil and press rub all over turkey. Using a roasting pan with insert or a large baking dish, roast turkey until the internal temperature reaches 165°F, about 15 minutes per pound. Remove turkey from oven and tent with aluminum foil. Let turkey rest for 10 minutes before slicing. Remove netting before slicing.

Approximate nutrition information per 4 ounce serving: 153 calories; 7.4 g fat; 1.7 g saturated fat; 0 g trans fat; 70 mg cholesterol; 490 mg sodium; 1 g carbohydrate; 0 g fiber; 1 g sugar; 21 g protein



FAREWAY BONELESS HAMS come in whole, halves, quarters or ham steaks, so there really is a ham for every occasion. Try glazing your ham with our **Maple Mustard Glaze**. This recipe makes enough glaze for one whole 5-pound ham, but it can easily be scaled down for smaller cuts.

HAM WITH MAPLE MUSTARD GLAZE

Servings vary | Total time: varies

Ingredients

- ¼ cup maple syrup
- ¼ cup Dijon mustard
- 1 cup brown sugar

Directions

Combine all ingredients and baste ham. Bake ham according to package directions, basting with more glaze occasionally.

Approximate nutrition information per 3 ounce cooked ham and 2 tablespoons glaze: 236 calories; 7.2 g fat; 2.3 g saturated fat; 0 g trans fat; 45 mg cholesterol; 1149 mg sodium; 26.5 g carbohydrate; 0 g fiber; 23.4 g sugar; 16 g protein

For a traditional carved turkey for fewer people, try the **BONE-IN TURKEY BREAST**. This smaller turkey option gives you the advantage of perfectly juicy white meat in a fraction of the time.

GARLIC BUTTER TURKEY BREAST

Servings vary

Total time: varies

Ingredients

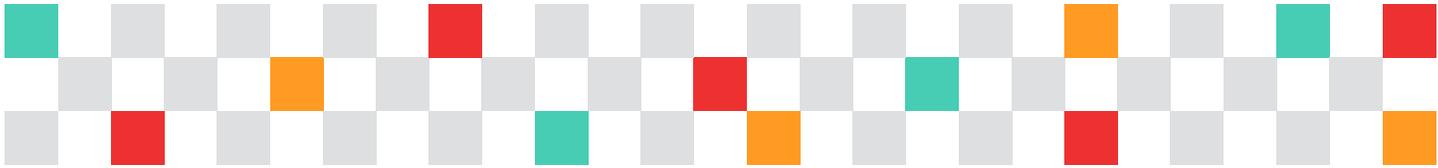
1 bone-in turkey breast
(about 4 pounds)
4 Tbsp. softened butter
1 tsp. minced garlic
1 tsp. dried sage
½ tsp. dried rosemary
1 tsp. dried thyme
2 tsp. dried parsley
Salt and pepper, to taste

Directions

Preheat oven to 450°F. Combine butter, garlic, herbs, salt and pepper in a bowl and stir to combine. Loosen the skin of the turkey breast and spread half of the butter mixture under the skin. Rub the other half on the outside of the turkey. Place the turkey in a large baking dish, skin side up, and bake until the skin starts to brown, 15–20 minutes. Reduce the oven temperature to 350°F. Bake turkey until the internal temperature reaches 165°F, about 45 minutes, basting occasionally with juices from the pan. Remove turkey from the oven and tent with aluminum foil. Let rest 10 minutes before slicing.

Approximate nutrition information per 4 ounce serving: 186 calories; 8.8 g fat; 3.8 g saturated fat; 0 g trans fat; 72.6 mg cholesterol; 291 mg sodium; 0 g carbohydrate; 0 g fiber; 0 g sugar; 22 g protein





NOW AVAILABLE!

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Available through December



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!



Have your CAKE AND eat it, too!

Believe it or not, there is a balance of healthy and tasty when it comes to baked goods. The key is to make small changes one at a time until you find the perfect balance.

whole wheat | FLOUR FOR WHITE FLOUR

This substitution can increase the nutritional benefits in almost any baked good. Whole wheat flour includes the outer shell of the grain, which provides extra fiber to aid digestion and can lower the risk of diabetes and heart disease. Using half whole wheat flour is enough to boost health benefits without significantly changing the texture.



unsweetened APPLESAUCE

FOR OIL OR BUTTER

Applesauce moistens while keeping the calories from fat at a minimum. This substitution works well in any sweet bread (like banana or zucchini), muffins, even with pre-boxed mixes!



rolled OATS

FOR BREADCRUMBS

While breadcrumbs can pack extra sodium, using rolled oats seasoned with herbs is a great way to sneak another whole grain into any meal.



greek YOGURT

FOR SOUR CREAM

Low fat Greek yogurt has half the fat and calories of traditional sour cream, yet the taste and texture are virtually identical. Plus, nonfat Greek yogurt offers an extra dose of lean protein and immunity-boosting probiotics.

two EGG WHITES

FOR ONE WHOLE EGG

Egg yolks are calorie-heavy, thanks to their rich fat content. To cut calories, use two egg whites in place of one whole egg. If you're making a recipe that requires more eggs, keep a few whole eggs. Egg yolks are rich in vitamins and minerals that the egg white lacks.



ASK THE DIETITIANS

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

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