FAREWAY
ECONOMICAL FOOD STORES

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¢ents able HEALTH™

ISSUE 20 *May 2016 – July 2016*

SEASONAL PRODUCE **MANGOES**



PACK A **HEALTHY PICNIC**

The **POWER** OF PROTEIN

PLUS fresh, affordable recipes in every issue



Whitney, RD, LD & Caitlyn, RD, LD
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ask & whitney caitlyn!

This time of year I have so many vegetables in my kitchen. How can I use them so they don't go to waste?

One of our favorite ways to cram a lot of vegetables into one summertime meal is with vegetable kabobs. Simply load your skewer with whatever you have on hand – almost anything will work: mushrooms, tomatoes, peppers, onions, zucchini, summer squash, potatoes or eggplant. Mix together ¼ cup olive oil, 3 cloves of minced garlic, the juice of 1 lemon, ½ teaspoon dried basil and oregano and brush it on your veggies. Grill over medium heat for about 8 minutes, or until charred and tender. Or, roast them in the oven at 400°F for 10-12 minutes.

Note: if you're using wooden skewers, make sure you soak them in cold water for at least half an hour.

Want to contact Whitney or Caitlyn?

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CentsAble Health

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For more information on the products featured in this issue of CentsAble Health magazine, please visit the following websites: www.faribaultfoods.com; www.yoplait.com; www.gatorade.com; www.goodthins.com; www.fritolay.com; www.smartfood.com; www.caprisun.com; www.saralee.com

Picnics

For many of us, packing a cooler or picnic basket is a routine part of summer. Here's how to make the most of your next outing.



Plan Ahead

You may not eat according to schedule, so your food will need to stand up to some time in the cooler. For example, take your classic PB&J. Instead of spreading peanut butter on one slice and jelly on the other, spread peanut butter on both slices. Put the jelly in the middle and your bread won't get soggy (this works wonders for kids' lunches). You can also bring all of your sandwich ingredients, toast the bread on the grill, and assemble when you're ready (see recipe on the next page).

Grilled Ham and Cheese

Makes 4 sandwiches
Total time: 5 minutes

INGREDIENTS

8 slices Sara Lee®
100% Whole Wheat Bread
8 ounces deli ham
4 slices Swiss cheese
1 tomato, sliced

DIRECTIONS

PREHEAT grill to high. SPRAY bread with cooking spray or lightly BRUSH with oil. PLACE bread on the grill, oil side down, and ADD cheese to one slice and ham to another. GRILL until cheese is melted, about two minutes. REMOVE from grill, ADD tomato, and ASSEMBLE sandwiches. SERVE immediately.

Nutrition information per sandwich:
331 calories; 14 g fat; 6 g saturated fat; 58 mg cholesterol; 905 mg sodium; 16 g carbohydrate; 3 g fiber; 20 g protein



Safety First

Make sure that foodborne illness doesn't make your guest list. To keep cold foods cold and safe to eat:

- Keep your cooler at 40°F or colder
- Full coolers stay cold longer. If your cooler isn't completely full, add more ice
- Place your cooler in the shade right when you arrive



Better Hydration

The summer sun makes you sweat. Pack lots of water bottles for the whole family and freeze some the night before. The frozen bottles help keep your cooler cold and also provide cold water throughout the day as they thaw out. If you sweat for a long period of time, you may need some help replacing other nutrients.

Gatorade Frost® has launched two new flavors – Arctic Blitz and Icy Charger – that provide electrolytes in a light and refreshing flavor.

Pack in Produce

The grill isn't just for hot dogs and burgers. Grilling fruits and vegetables enhances their natural flavors, and it's easy to do (see recipes). Not only does this help add fiber and nutrients to your day, it also counts towards your fluid intake.

Grilled Sweet Corn

Makes 4 servings • Total time: 20 minutes

INGREDIENTS

4 ears of corn, husks peeled back and silk discarded
1 Tbsp. canola oil
¼ cup crumbled or shredded cheese
1 tsp. paprika
Salt to taste
Lime wedges

DIRECTIONS

PREHEAT grill to medium heat. BRUSH with oil and GRILL corn until charred, about 12 minutes. and SPRINKLE with cheese, paprika and salt. SERVE with lime wedges.

Nutrition information per serving: 169 calories; 9 g fat; 3 g saturated fat; 17 mg cholesterol; 225 mg sodium; 20 g carbohydrate; 2 g fiber; 6 g protein



Grilled Peaches

Makes 4 servings
Total time: 10 minutes

INGREDIENTS

2 peaches
Oil, for brushing

DIRECTIONS

PREHEAT grill to medium. CUT peaches in half and REMOVE pits. BRUSH with oil. GRILL, cut side down, until charred and softened, about 4 to 5 minutes.

Nutrition information per serving:
30 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 0 mg sodium; 7 g carbohydrate; 1 g fiber; 1 g protein



Smart Snacks

Planning snacks into your day is a great way to keep you satisfied and energized. Having safe snacks also makes it easy to feed the crew without worry.

Crackers are always a crowd pleaser, no matter what time of day you're heading outside. To add variety, try Nabisco Good Thins. They're baked thin and crispy and since each kind brings a completely unique flavor (and more flavors coming soon), you'll never get bored!

Adding whole grains and fiber can be as easy as opening a bag of Smartfood Delight® Popcorn. It's air popped, 100% whole grain popcorn with just 35 calories per cup.





Have kids (or your own inner child) who love a good juice pouch? Capri Sun® Organic has only 70 calories per pouch with no artificial colors, flavors or preservatives.

The POWER of Protein

If you're looking for a way to manage your weight, satisfy your appetite and benefit just about every system in your body, look no further.



Yoplait® Greek 100 calorie yogurt is everything we love about Greek yogurt. It has twice the protein of traditional yogurt, good bacteria for healthy digestion and only 100 calories per container.



Want more protein and fiber? Mrs. Grimes® beans are full of satisfying protein and fiber and range in flavor from sweet and nutty to buttery and rich. Add them to soups, salads, tacos, eggs and casseroles for budget-friendly meals in minutes.



Fareway low fat cottage cheese boasts 13 grams of protein per satisfying half cup serving. Pair with fruit or puree it and spread on toast.



Protein sources like meat, poultry, fish, legumes, beans, peas, eggs, nuts and seeds:

- Provide calories
- Help your body release energy
- Aid in red blood cell formation
- Carry oxygen throughout your body
- Build bones, muscles, cartilage and skin
- Boost your immune system

EGGS

Spreading protein throughout the day starts at breakfast. Breakfast has been shown to help work and school performance, fill in nutritional gaps and help children and adults maintain a healthy weight. Can you guess the biggest breakfast obstacle? Time. Try these time-saving egg recipes to start your day with 13 essential vitamins and minerals and satisfying protein.

TIP: you can replace the eggs with an egg substitute or egg whites if you're on a low-cholesterol diet.

Add your favorite toppings to these quick, portable, and versatile coffee cup scrambles to make it your own!



Microwave Coffee Cup Scramble

Makes 1 serving
Total time: 2 minutes

INGREDIENTS

2 eggs
2 Tbsp. milk
1 tsp. shredded cheese

DIRECTIONS

COAT a 12-ounce microwave-safe coffee mug with cooking spray. ADD eggs and low-fat milk. BEAT until blended. MICROWAVE on high for 45 seconds. Gently STIR. MICROWAVE until eggs are almost set, 30 to 45 seconds longer. TOP with cheese.

Nutrition information per serving: 198 calories; 14 g fat; 5 g saturated fat; 660 mg sodium; 374 mg cholesterol; 4 g carbohydrate; 0 g fiber; 14 g protein

Whip up breakfast burritos at the beginning of the week, and then pop them in the microwave before you head out the door.



Breakfast Burritos

Makes 8 • Total time: 30 minutes

INGREDIENTS

¾ pound breakfast meat
12 eggs
Salt and pepper, to taste
8 whole wheat tortillas, 8 inch
½ cup shredded cheese

DIRECTIONS

SAUTE breakfast meat, if necessary. DRAIN and CHOP into bite-sized pieces and SET aside. WHISK eggs with salt and pepper. HEAT skillet over medium heat and SPRAY with nonstick cooking spray. SCRAMBLE eggs until set and cooked thoroughly. PLACE tortillas on a clean, dry surface and LAYER with meat, eggs and cheese. FOLD in sides and ROLL into a burrito. Individually WRAP in clear plastic wrap and FREEZE. To reheat: REMOVE plastic wrap and WRAP burrito in a paper towel. MICROWAVE for 1½ to 2 minutes, or until hot.

Nutrition information per serving: 330 calories; 14 g fat; 5 g saturated fat; 273 mg cholesterol; 714 mg sodium; 31 g carbohydrate; 4 g fiber; 21 g protein

PORK TENDERLOIN

pork Be inspired™

The tenderloin (no, not the state fair sandwich) is one of the most tender cuts of pork. It typically weighs between 1½ and 2 pounds, has less fat than a boneless skinless chicken breast, and is packed with quality protein.



Cuban Pork Tenderloin

Makes 6 servings • Total time: 30 minutes

INGREDIENTS

1 pork tenderloin, about 1 ½ to 2 pounds
¼ cup orange juice,
¼ cup grapefruit juice
2 Tbsp. cilantro, chopped
1 tsp. cumin
1 tsp. dried oregano
2 cloves garlic, finely chopped
½ tsp. kosher salt
½ tsp. red pepper flakes

DIRECTIONS

MIX orange juice, grapefruit juice, cilantro, cumin, oregano, garlic, salt, and red pepper in gallon-sized zip-top plastic bag. ADD pork and REFRIGERATE for at least 30 minutes; up to 4 hours. HEAT grill to medium-high. REMOVE pork from marinade and DISCARD remaining marinade. GRILL, covered, about 20-25 minutes, turning occasionally or until the internal temperature reaches 145°F. REMOVE from grill and LET rest 3-5 minutes before slicing.

Nutrition information per serving: 140 calories; 3 g fat; 1 g saturated fat; 75 mg cholesterol; 220 mg sodium; 3 g carbohydrate; 0 g fiber; 24 g protein



Honey Pork Tenderloin Kabobs

Makes 4 servings
Total time 30 minutes

INGREDIENTS

2 Tbsp. cider vinegar
½ cup honey
½ cup mustard
1 tsp. dried tarragon
3-4 sweet potatoes, cut into one-inch cubes
1 pork tenderloin, cut into one-inch cubes
4 medium ripe peaches, unpeeled, pitted and quartered
4 green bell peppers, each cut into two-inch pieces
1 yellow onion, each cut into quarters

DIRECTIONS

MIX first four ingredients in a bowl; STIR well and SET glaze aside. STEAM or BOIL sweet potatoes until crisp-tender. THREAD sweet potato cubes, pork cubes, peach quarters, green pepper pieces and onion alternately onto each of eight 10-inch skewers. BRUSH kabobs with honey glaze mixture. GRILL over medium-high for 5 minutes on each side or until internal temperature reaches 145°F, basting occasionally with glaze.

Nutrition information per serving: 342 calories; 4.5 g fat; 1 g saturated fat; 65 mg cholesterol; 152 mg sodium; 51 g carbohydrate; 8 g fiber; 27 g protein

TOP OF IOWA SIRLOIN

When it comes to nutrient-dense protein, beef definitely makes the list. Lean beef provides ten important nutrients for around 150 calories. The Top of Iowa Sirloin weighs in around 1 ½ to 2 pounds which can be prepared whole or cut into halves, thirds, or even quarters for smaller steaks.



Grilled Fajitas

Makes 4 servings
Total time: 30 minutes + marinating time

INGREDIENTS

1 Top of Iowa Sirloin
3 bell peppers, sliced
1 onion, sliced
2 garlic cloves, minced
¼ cup lime juice
1 ½ tsp. cumin
2 Tbsp. olive oil
¼ cup cilantro
12 tortillas

DIRECTIONS

COMBINE garlic, lime juice, cumin, olive oil and cilantro. PLACE steak and vegetables in a large zip-top bag or glass dish and COVER with marinade. REFRIGERATE at least 2 hours; up to overnight. PREHEAT grill to high heat. REMOVE steak from marinade and DISCARD remaining marinade. GRILL steak, covered, 15-20 minutes, flipping halfway through, for medium rare (145°F) to medium (160°F) doneness. GRILL vegetables in the last 5-7 minutes using a grill pan OR STIR FRY in a large skillet until slightly charred and tender. REMOVE steak and vegetables from grill and let the steak REST for at 3-5 minutes before slicing. ADD steak and vegetables to a tortilla and SERVE.

Nutrition information per serving: 280 calories; 11 g fat; 3 g saturated fat; 555 mg sodium; 54 mg cholesterol; 17 g carbohydrate; 2 g fiber; 28 g protein



Balsamic and Soy Sauce Steak

Makes 6 - 8 servings
Total time: 30 minutes + marinating time

INGREDIENTS

¼ cup olive oil
¼ cup balsamic vinegar
¼ cup Worcestershire sauce
¼ cup low sodium soy sauce
2 tsp. Dijon mustard
2 tsp. minced garlic
1 Top of Iowa Sirloin steak

DIRECTIONS

COMBINE first six ingredients. PLACE steak in a large zip-top bag or glass dish and COVER with marinade. MARINATE for at least 2 hours; up to overnight. REMOVE steak from marinade and SEASON with salt and pepper, as desired. PREHEAT grill to medium and GRILL steak, covered, 15-20 minutes, flipping halfway through, for medium rare (145°F) to medium (160°F) doneness. REMOVE steak from grill and let REST for at 3-5 minutes before slicing.

Nutrition information per serving: 166 calories; 5 g fat; 2 g saturated fat; 70 mg cholesterol; 0.5 g carbohydrate; 0 g fiber; 26 g protein



5 Ingredient FIXES

Taking fresh, party-pleasing sides doesn't have to be stressful. Some of the best recipes only need five ingredients (or less).

Fruit Crostini

Makes approximately 24 crostini
Total time: 20 minutes

INGREDIENTS

1 French baguette, cut into ¾" slices
8 ounces goat cheese or ricotta cheese
2 Tbsp. honey
1 cup fruit

DIRECTIONS

BAKE baguette slices at 350°F for 10-12 minutes or until lightly toasted. Meanwhile, MIX honey and cheese together. TOP bread with cheese mixture and fruit. DRIZZLE with additional honey, if desired.

Nutrition information per crostini: 84 calories; 2 g fat; 1 g saturated fat; 4 mg cholesterol; 154 mg sodium; 12 g carbohydrate; 0 g fiber; 4 g protein



Cucumber Cups

Servings vary
Total time: 10 minutes

INGREDIENTS

2 cucumbers
1 cup prepared hummus
Fresh parsley, for garnish

DIRECTIONS

PEEL and SLICE cucumbers into ¾" slices. Using a melon baller or small spoon, CUT out center portion of each cucumber slice. PLACE hummus in a plastic baggie and SNIP corner, making a pipette. FILL each cucumber cup with hummus and TOP with fresh parsley, if desired.

Nutrition information per cucumber cup: 26 calories; 1 g fat; 0 g saturated fat; 0 mg cholesterol; 30 mg sodium; 3 g carbohydrate; 0 g fiber; 0 g protein



Mango Salsa

Makes 6 servings
Total time: 15 minutes

INGREDIENTS

2 mangoes, peeled, pitted and diced
1 small onion, diced
1 jalapeño, seeded and minced
¼ cup fresh cilantro
¼ cup fresh lime juice

DIRECTIONS

COMBINE all ingredients and SEASON with salt, as desired.

Nutrition information per serving: 54 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 102 mg sodium; 13 g carbohydrate; 2 g fiber; 1 g protein



Rockin' Guacamole

Makes 20 servings
Total time: 10 minutes

INGREDIENTS

3 avocados, pitted, peeled
1 can diced tomatoes with green chilies, drained
½ cup chopped onion
1 Tbsp. lime juice
½ tsp salt

DIRECTIONS

MASH avocados in medium bowl. STIR in drained tomatoes, onion, lime juice and salt. PRESS clear plastic wrap tightly against the top of the guacamole to keep it from browning and STORE in the refrigerator.

Nutrition information per serving: 50 calories; 4 g fat; 1 g saturated fat; 0 mg cholesterol; 93 mg sodium; 3 g carbohydrate; 2 g fiber; 1 g protein



Beef Satay

Makes 4 – 6 servings
Total time: 15 minutes + marinating time

INGREDIENTS

1 pound beef sirloin steak
¼ cup soy sauce
¼ cup balsamic vinegar
1 Tbsp. minced garlic
1 Tbsp. brown sugar

DIRECTIONS

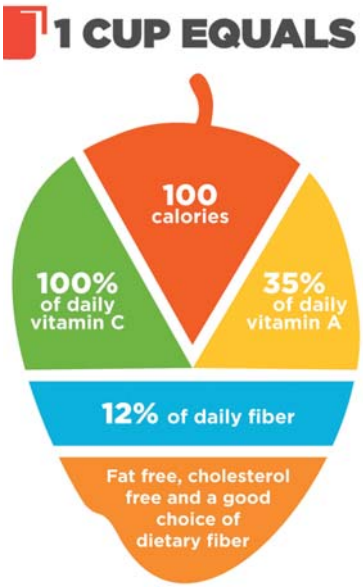
Thinly SLICE steak across the grain, about ¼ inch thick. Using a meat mallet, lightly POUND steak slices between two pieces of plastic wrap. COMBINE remaining ingredients in a resealable bag and ADD steak. MARINATE for at least 30 minutes, up to overnight. THREAD beef on skewers* and DISCARD remaining marinade. PREHEAT grill to medium-high and GRILL for 5-6 minutes, turning halfway through.

*If using wooden skewers, soak them in cold water for at least 30 minutes.

Nutrition information per serving: 163 calories; 5.5 g fat; 2 g saturated fat; 71 mg cholesterol; 105 mg sodium; 1 g carbohydrate; 0 g fiber; 26 g protein



Fuel up with MANGOES



Mango Chicken Lettuce Wraps

Makes 4 servings • Total time: 1 hour

INGREDIENTS

½ Tbsp. sesame oil
1 pound boneless, skinless chicken breasts, chopped into small pieces
3 Tbsp. soy sauce
2 ½ Tbsp. rice vinegar
2 Tbsp. honey
1 Tbsp. grated fresh ginger
1 large ripe mango, peeled, pitted and chopped; divided
12 small butter lettuce leaves
¼ cup chopped red bell pepper
2 Tbsp. sliced green onion tops
2 Tbsp. freshly chopped cilantro

DIRECTIONS

HEAT sesame oil in a medium skillet over medium heat. ADD chicken and COOK, stirring frequently, until lightly browned. STIR in soy sauce, vinegar, honey, and ginger. Finely CHOP half the mango and ADD to the skillet. COOK for 5 minutes or until sauce is very thick; LET cool. SPOON chicken into lettuce leaves and TOP each with remaining mango, bell pepper, green onion and cilantro.

Nutrition information per serving: 225 calories; 3 g total fat; 66 mg cholesterol; 840 mg sodium; 21 g carbohydrates; 2 g fiber; 28 g protein

EASY WAYS TO CUT A MANGO

A mango has one long, flat seed in the center of the fruit. Once you learn how to work around the seed, the rest is easy.



MANGO SLICES

1. Slice each side just past the seed.
2. Slice flesh without breaking the skin.
3. Scoop out slices and enjoy!

MANGO CHUNKS

1. Stand the mango on your cutting board stem end down and hold. Place your knife about 1/4" from the widest center line and cut down through the mango. Flip the mango around and repeat this cut on the other side. The resulting ovals of mango flesh are known as the "cheeks." What's left in the middle is mostly the mango seed.

2. Cut parallel slices into the mango flesh, being careful not to cut through the skin. Turn the mango cheek 1/4 rotation and cut another set of parallel slices to make a checkerboard pattern.

3. Here's where you can choose your favorite method. Either "Slice and Scoop"—scoop the mango slices out of the mango skin using a large spoon—or "Inside Out"—turn the scored mango cheek inside out by pushing the skin up from underneath, and scrape the mango chunks off of the skin with a knife or spoon.

Hint: *If you are making a recipe that calls for diced mango, make your cuts in step 2 closer together. The result is small pieces of diced mango and no need to further cut up the mango pieces on your cutting board.*

Grilled Steak Taco with Jalapeno-Mango Salsa

Makes 4 servings
Total time: 1 hour

INGREDIENTS

1 pound Top of Iowa Sirloin, cut ¾-inch thick
1 jalapeno pepper
1 medium onion, cut into ½-inch thick slices
2 cloves garlic, minced
1 tsp. ground cumin
1 medium mango, peeled, pitted and diced
¼ cup chopped fresh cilantro
¼ cup fresh lime juice
¼ teaspoon salt
8 small corn tortillas, (6 to 7-inch diameter)
Fresh cilantro sprigs (optional)
Lime wedges (optional)

DIRECTIONS

PLACE jalapeno and onion slices on grill over medium, ash-covered coals (over medium heat on preheated gas grill). GRILL, covered, 15 to 20 minutes or until onion is tender and jalapeno skin is blackened, turning occasionally. PLACE jalapeno in food-safe plastic bag and SET aside. REMOVE and DISCARD skins, stems and seeds from jalapeno when cool enough to handle. CHOP jalapeno and onion. COMBINE chopped vegetables, mango, chopped cilantro, lime juice and salt in medium bowl.

Meanwhile COMBINE garlic and cumin; PRESS evenly onto steaks. GRILL, covered, 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. LET rest for 3 to 5 minutes then CARVE into slices. GRILL tortillas over medium heat, uncovered, for 30 seconds on each side or until heated through and lightly browned. TOP tortillas with beef and mango salsa. GARNISH with cilantro and lime wedges, if desired.

Nutrition information per serving: 331 calories; 7 g fat; 2 g saturated fat; 49 mg cholesterol; 229 mg sodium; 39 g carbohydrate; 5 g fiber; 30 g protein

CENTSABLE KIDS!



MANGO mania!

One cup of mango has nutrients to help your whole body.

- Vitamin C for wound healing
- Vitamin A for healthy eyes
- Fiber to help you feel full
- Copper to form red blood cells

Mango Lime Popsicles

Makes 9 servings
Total time: 15 minutes + freezing time

INGREDIENTS

2 ripe mangoes, chopped
2 limes, juiced (or about ¼ cup fresh lime juice)
¼ cup light coconut milk
½ cup water
Optional: a few pinches of sugar
9 (3 ounce) plastic cups or popsicle molds
9 small wooden craft sticks

DIRECTIONS

In a high speed blender, PUREE all ingredients. TASTE and ADJUST, adding more lime or a pinch of sugar if you like. POUR into plastic cups or popsicle molds and FREEZE for at least 4 hours. After the first 2 hours, PLACE the sticks into the partially frozen pops.

Nutrition information per serving: 36 calories; 0.5 g fat; 0 g saturated fat; 0 mg cholesterol; 7 mg sodium; 8 g carbohydrate; 7 g sugar; 0.8 g fiber; 0 g protein

