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ask & whitney caitlyn!



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I have a lot of cookouts planned this summer. What can I do to keep my family and myself safe?

a:

According to the United States Department of Agriculture (USDA), one in six Americans could get sick from food poisoning this year. Keep your family safe this summer by following the USDA's four simple safety steps: clean, separate, cook and chill.

CLEAN – Wash your hands, utensils and surfaces frequently to stop the spread of germs.

SEPARATE – Keep raw meat below ready-to-eat foods in the refrigerator and always use separate cutting boards and utensils.

COOK – Use a food thermometer and keep hot foods above 140°F. Always reheat leftovers in the microwave to 165°F.

CHILL – Refrigerate perishables within two hours. If it's above 90°F, cut that time down to an hour – bacteria can grow even faster when it's hot!

For more information on food safety, visit www.foodsafety.gov/keep/basics/

Want to contact Whitney or Caitlyn?

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CentsAble Health

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For information on the products featured in this issue of CentsAble Health Magazine, please visit the following websites: www.thomasbreads.com, www.aedairy.com, www.faribaultfoods.com, www.gatorade.com, www.gevalia.com, www.cascadeicewater.com, www.fritolay.com, www.naturevalley.com

Grilling SIDES

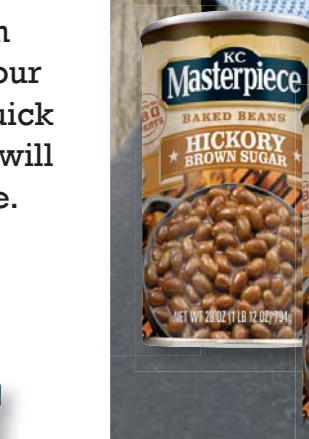


Once you've picked your grilling protein (flip to page 8 if you need some ideas), it's time to round out the menu. Grilling sides should be easy – you don't want to be running back and forth from your kitchen to your grill. Here are some quick and healthy sides that will also please your palate.



Salads

Salads are a must in the summer. Grab a bag of prewashed salad mix or cut up a big batch of your family's favorite greens to have on hand all week. When it comes to toppings, always watch your portion sizes. Full fat dressings help your body absorb certain nutrients from your salad, but if you're watching calories, you may choose a reduced calorie or calorie free option. Walden Farms® specializes in calorie free dressings in delicious flavors like Bacon Ranch, Raspberry Vinaigrette, French and Creamy Bacon.



Baked beans

KC Masterpiece® Hickory Brown Sugar Baked Beans bring fiber, protein and potassium to the table for only 160 calories per serving. The sweet and smoky flavor complements any meal and they can be heated up in a matter of a few minutes! To keep your entire meal prep outside, try using a heat resistant sauce pan to heat them directly on your grill.



Chips & dip

If it's a grilling fiesta you're after, you can't go wrong with chips and pico de gallo or refried beans (see recipes). Simply Tostitos® Scoops® are USDA certified organic and contain only the simplest ingredients: organic yellow corn, organic expeller pressed sunflower oil and sea salt. Trying pairing these South of the border eats with our Carne Asada on page 11.

Pico De Gallo

Makes 5 servings • Total time: 15 minutes

INGREDIENTS

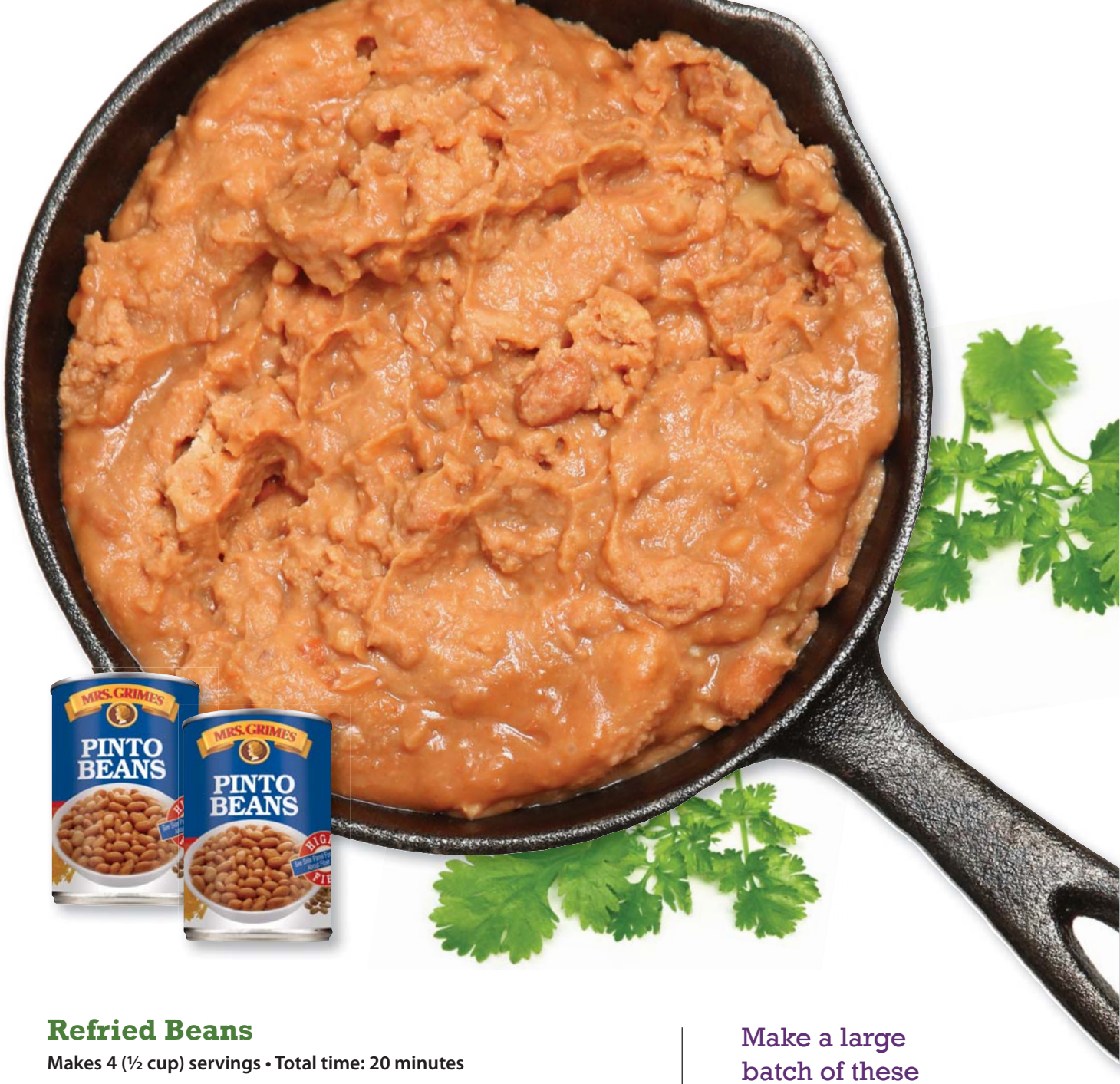
2 medium tomatoes, seeded and chopped
1 small onion, chopped
½ cup fresh cilantro, copped
1 jalapeño, seeded and chopped
1 Tbsp. lime juice
Salt, to taste

DIRECTIONS

COMBINE all ingredients in a glass bowl and REFRIGERATE overnight.

Nutrition information per serving: 26 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 162 mg sodium; 6 g carbohydrate; 1 g fiber; 0.7 g protein

This recipe is best when made ahead and stored in the fridge for 24 hours.



Refried Beans

Makes 4 (½ cup) servings • Total time: 20 minutes

INGREDIENTS

1 Tbsp. olive oil
½ medium onion, diced
2 garlic cloves, minced
1 tsp. chili powder
1 (15 ounce) can Mrs. Grimes® pinto beans, drained and rinsed
⅔ cup low sodium chicken broth
Salt and pepper, to taste
2 Tbsp. fresh cilantro, chopped

DIRECTIONS

HEAT oil over medium heat. ADD onion and SAUTE until translucent, about three minutes. ADD garlic and chili powder. ADD beans and chicken broth and HEAT until warm, about five minutes. MASH beans with a wooden spoon, adding more broth if needed. SEASON with salt and pepper and TOP with cilantro.

Nutrition information per serving: 138 calories; 5 g fat; 0.6 g saturated fat; 142 mg sodium; 18 g carbohydrate; 6 g fiber; 7 g protein

Make a large batch of these Refried Beans and store them in your fridge. When it's time to eat, just reheat and serve!

Get Out & Get Grillin'!

Nothing feeds a hungry crowd a healthy dinner in less time than grilled chicken. Boneless, skinless chicken breasts are lean and quick and can support just about any flavor your imagination can cook up. Kick up your chicken routine with some of our favorite family-friendly recipes.



Chili Lime Chicken Kabobs
See recipe on page 9



Garlic Butter Chicken

Makes 4 servings • Total time: 30 minutes

INGREDIENTS

1 pound boneless chicken breasts
1 Tbsp. butter, melted
1 Tbsp. canola oil
1 Tbsp. Cajun seasoning
1 Tbsp. garlic powder

DIRECTIONS

COMBINE butter, oil and seasonings. FILL syringe and INJECT evenly throughout chicken breasts. GRILL over medium-high for about 4 minutes per side, or until internal temperature reaches 165°F. Let REST 3 to 5 minutes before slicing.

Nutrition information per serving: 195 calories; 9 g fat; 3 g saturated fat; 78 mg cholesterol; 333 mg sodium; 0 g carbohydrate; 0 g fiber; 26 g protein

Chili Lime Chicken Kabobs

Makes 8 kabobs
Total time: 30 minutes + marinating time

INGREDIENTS

1 pound boneless, skinless chicken breast, cut into 1 inch cubes
3 bell peppers, cut into 1 inch cubes
2 red onions, cut into 1 inch cubes
3 Tbsp. olive oil
2 Tbsp. red wine vinegar
1 lime, juiced
1 tsp. chili powder
½ tsp. onion powder
½ tsp. garlic powder
½ tsp. paprika
dash of cayenne pepper

DIRECTIONS

If using wooden skewers, SOAK them in water for at least 20 minutes. In a small bowl WHISK together olive oil, vinegar, lime juice, chili powder, paprika, onion powder, garlic powder and cayenne pepper. PLACE chicken in a shallow baking dish and COVER with marinade; STIR to coat. COVER and REFRIGERATE for at least one hour, up to overnight. THREAD chicken and vegetables onto skewers; DISCARD remaining marinade. Lightly OIL the grill grate. GRILL skewers on medium heat for 10 to 15 minutes, or until the chicken juices run clear and internal temperature reaches 165°F.

Nutrition information per kabob: 140 calories; 7 g fat; 1 g saturated fat; 35 mg cholesterol; 175 mg sodium; 5 g carbohydrate; 1 g fiber; 14 g protein

Caribbean Jerk Chicken

Makes 4 servings
Total time: 15 minutes + marinating time

INGREDIENTS

1 pound boneless, skinless chicken breasts, cut into 1 inch cubes
For Jerk Seasoning:
1 Tbsp. sugar
1 Tbsp. paprika
1 tsp. coarse salt
1 tsp. coarse black pepper
½ tsp. garlic powder
½ tsp. red pepper flakes
¼ tsp. thyme
¼ tsp. allspice

DIRECTIONS

COMBINE all Jerk Seasoning ingredients and SET aside. SEASON chicken with Jerk Seasoning. THREAD chicken onto skewers and GRILL over medium heat for about 7 minutes, turning occasionally, or until the internal temperature reaches 165°F.

Nutrition information per serving: 160 calories; 3 g fat; 1 g saturated fat; 71 mg cholesterol; 373 mg sodium; 6 g carbohydrate; 1 g fiber; 26 g protein

Make a big batch of Jerk Seasoning and store it in an airtight container to use all summer.





Sirloin Strip Steak

The Sirloin Strip steak is the flavorful "cap" of the Top Sirloin. Since the muscle fibers run in different directions, separating the two steaks actually gives you two more tender pieces.

Just because it's full of flavor doesn't mean it's full of fat! The Sirloin Strip steak has less than seven grams of total fat while boasting 24 grams of protein.

Garden Herb Strip Steak

Makes 4 servings
Total time: 40 minutes

INGREDIENTS

1 pound beef Sirloin Strip steaks
2 Tbsp. fresh thyme, chopped
1 Tbsp. fresh oregano, chopped
2 tsp. freshly grated lemon peel
3 garlic cloves, chopped
Salt and pepper, to taste

DIRECTIONS

COMBINE thyme, oregano, lemon peel, garlic, salt and pepper, reserving 2 teaspoons for garnish. PRESS seasoning evenly onto steaks. HEAT grill to medium. GRILL, uncovered, 11 to 14 minutes for medium rare (145°), turning once. GARNISH with remaining seasoning mix and SERVE.

Nutrition information per serving: 161 calories; 6 g fat; 2 g saturated fat; 71 mg cholesterol; 53 mg sodium; 2 g carbohydrate; 0.6 g fiber; 24 g protein

Carne Asada

Makes 4 servings
Total time: 25 minutes

INGREDIENTS

1 pound Sirloin Strip steaks
2 tsp. ground cumin
2 garlic cloves, minced
2 lime wedges

DIRECTIONS

COMBINE cumin and garlic; PRESS evenly onto steaks. HEAT grill to medium. GRILL, uncovered, 11 to 14 minutes for medium rare (145°), turning once. SQUEEZE juice from 1 lime wedge over each steak. CARVE steak into thin slices.

Nutrition information per serving: 158 calories; 6 g fat; 2 g saturated fat; 71 mg cholesterol; 0 mg sodium; 0.7 g carbohydrate; 0 g fiber; 24 g protein





Sesame Beef Steaks

Makes 4 servings
Total time: 25 minutes

INGREDIENTS

1 pound Sirloin Strip steaks
1 Tbsp. sesame seeds
1 ½ tsp. seasoned salt
½ tsp. onion powder
½ tsp. cracked black pepper
½ tsp. crushed red pepper

DIRECTIONS

COMBINE sesame seeds, seasoned salt, onion powder, black pepper and red pepper. PRESS seasoning evenly onto steaks. HEAT grill to medium. GRILL, uncovered, 11 to 14 minutes for medium rare (145°), turning once.

Nutrition information per serving: 169 calories; 7 g fat; 2 g saturated fat; 71 mg cholesterol; 209 mg sodium; 1 g carbohydrate; 0 g fiber; 24 g protein

Healthy Breakfast ON THE GO!

Sometimes you just need a fast food breakfast. No, not the kind you get from a drive thru. The kind that is ready when you are, no assembly required.



Gevalia Iced Coffee with Almond Milk

Gevalia Iced Coffee with Almond Milk is a twist on iced coffee that's anything but ordinary. It provides your morning jolt with just enough sweetness, yet touts 9 grams of satisfying protein and is completely lactose free. It's shelf stable (until it's opened) and comes in a travel-friendly to-go carton.



Thomas® 100% Whole Wheat English Muffins

Grains and fiber in the morning are a perfect pair – like what you find in Thomas® 100% whole wheat English muffins. Pop them in the toaster or eat 'em as is with some peanut butter and you're out the door in record time with hunger crushing fuel.



Gatorade® G2

Rehydrating isn't important just after exercise. Sleeping hours at a time without fluids and generally drinking less throughout the day can have a lot of us in a slight state of dehydration. Gatorade® G2 carries electrolytes like sodium and potassium in a low calorie thirst quencher to start your day fresh and hydrated.



Nature Valley® Crunchy Granola Bars

Paired with fruit or yogurt, these filling bars are a busy body's best friend. Each serving is two hearty bars for 190 calories and 5 grams of protein.



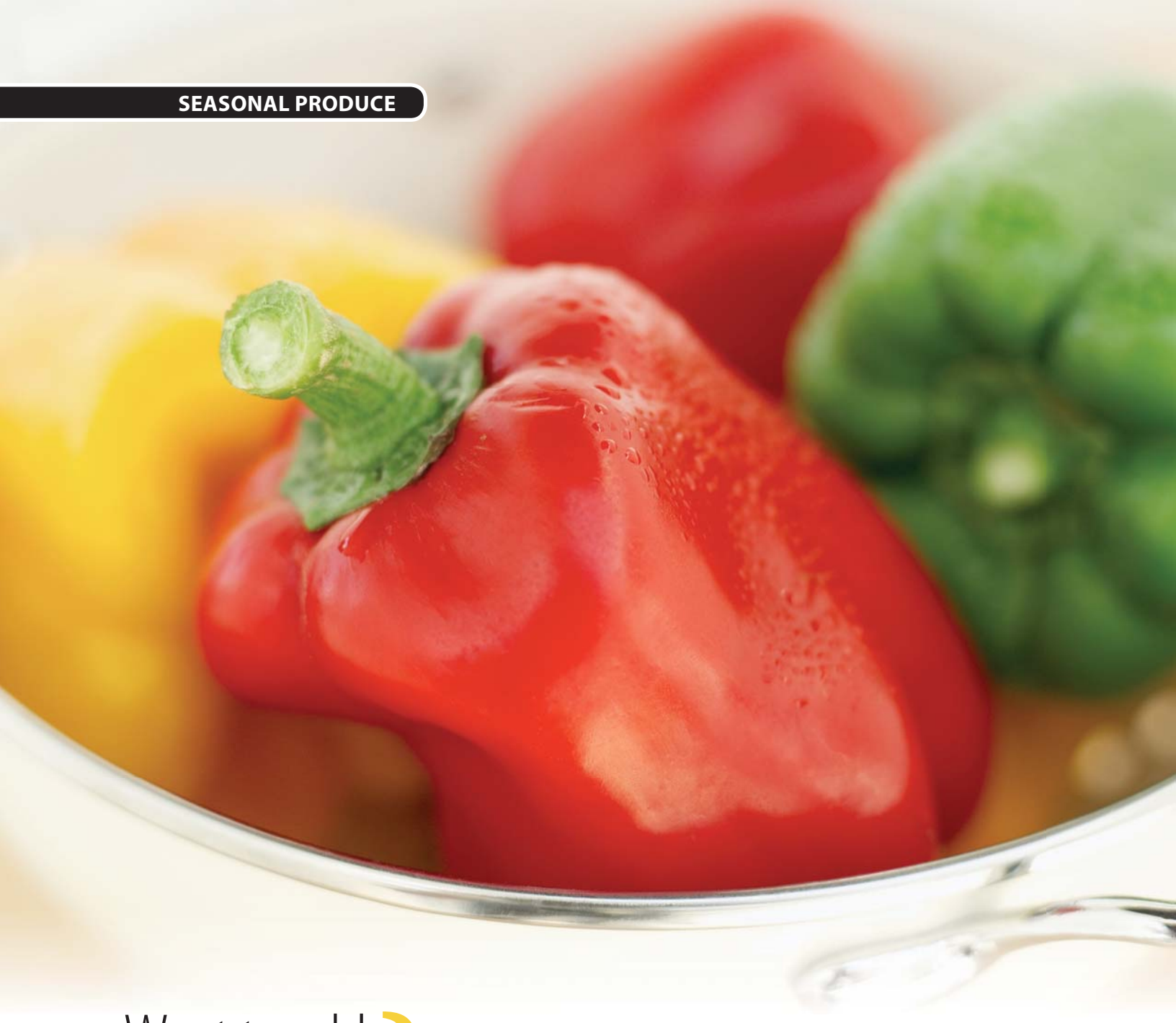
Cascade Ice® Zero Calorie Sparkling water

If caffeine isn't your thing in the morning (good for you!), yet you need some flavor for your sleepy taste buds, Cascade Ice® Zero Calorie Sparkling water offers bubbly sweetness without sodium, caffeine or gluten.



AE® Greek Yogurt

There are few things that are more conveniently healthy than yogurt. AE® Greek satisfies with high quality protein, calcium, vitamin D, potassium and probiotics (the good gut bacteria).



Want to add more **color** to your plate?

Pick up a pepper!

Bright, mild bell peppers can be sliced, diced or tossed into just about any dish. Not only do they provide vibrant color and crunchy texture, one medium bell pepper has 190% of your daily vitamin C needs for only 25 calories.

Red bell peppers are perfect for roasting

Roasting brings out the natural sweetness and adds a slight charred flavor. You can roast red peppers whole, leaving the stem and seeds intact, or slice them before roasting. You can use any of the heat sources below:

IN THE OVEN: Broil on high for about 20 minutes, turning occasionally.

GAS STOVETOP: Wrap peppers in aluminum foil and heat over a medium flame for 20-25 minutes, turning frequently.

GRILL: Wrap peppers in foil and roast over a medium flame for 15-20 minutes, turning frequently.

The peppers are thoroughly roasted once the skin is mostly charred. Place the peppers in a zip-top bag or bowl covered in plastic wrap (remove aluminum foil first if you used it) for about 20 minutes. This allows the inside flesh of the pepper to completely steam and soften. Once the peppers are cool enough to handle, gently remove the blackened skin. Finally, drizzle peppers with olive oil and store them in the refrigerator for up to two weeks.



Crock Pot Stuffed Peppers

Makes 4 servings
Total time: about 4 hours

INGREDIENTS

1 pound lean ground beef
1 cup diced onion
1 garlic clove, minced
Salt and pepper, to taste
1 Tbsp. seasoning salt
¼ cup bread crumbs
1 egg
1 cup brown rice
4 bell peppers, whole with tops and seeds removed
1 (14. 5 ounce) can crushed tomatoes
¼ cup low sodium chicken broth
1 tsp. seasoning salt
Dash cayenne pepper, or to taste

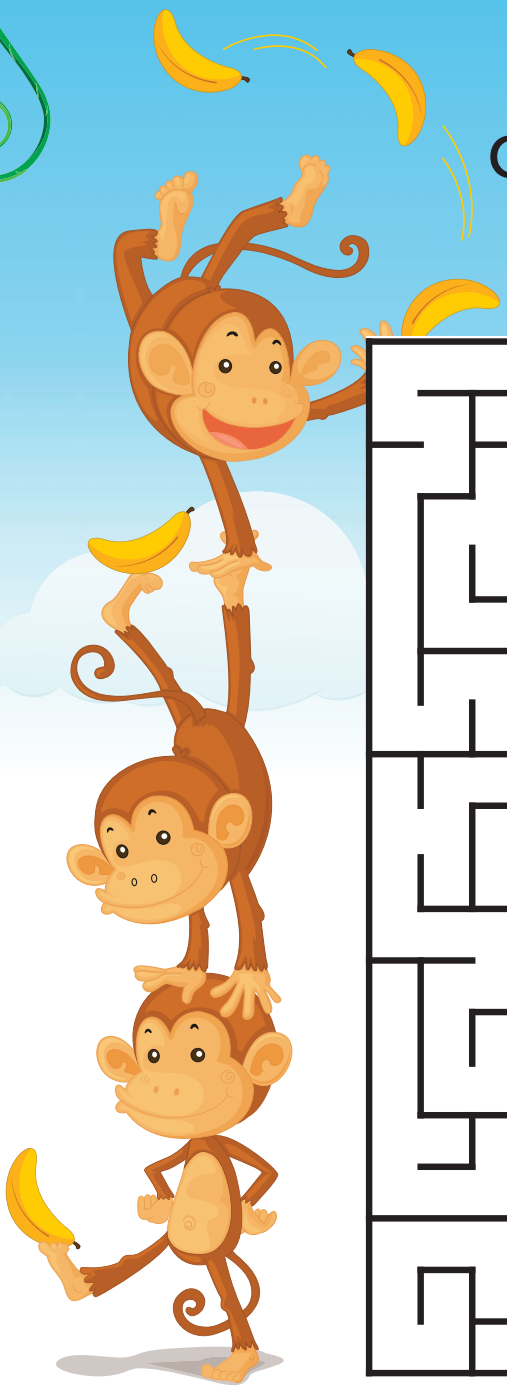
DIRECTIONS

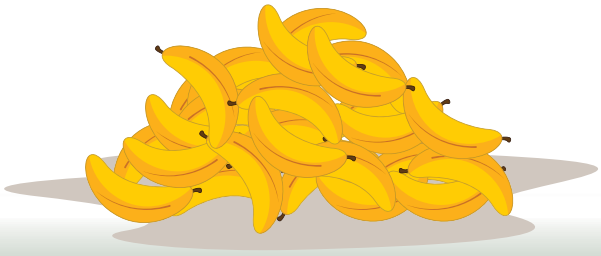
MIX first eight ingredients together and STUFF into hollow peppers. COMBINE tomatoes, chicken broth, 1 teaspoon seasoning salt and cayenne pepper. ADD half the sauce to the bottom of the crock pot. ADD peppers and COVER with remaining sauce. COOK on high for 4 hours, or until internal temperature reaches 160°F.

Approximate nutrition information per stuffed pepper: 442 calories; 12 g fat; 4 g saturated fat; 102 mg cholesterol; 502 mg sodium; 58 g carbohydrate; 6 g fiber; 26 g protein

CentsAble KIDS!

Can you help the monkeys find the bananas?





For answers, please visit www.fareway.com