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cents able HEALTH™

FREE

Recipes for
quick & easy
**PORK LOIN
SLICES**

Seasonal produce
MANDARINS

Fresh
caught
COD

Eat right for
EXERCISE

PLUS fresh, affordable recipes in every issue



Whitney, RD, LD & Caitlyn, RD, LD
Fareway Corporate Dietitians

a:

ask & whitney & caitlyn!

I'm trying to meal plan each week, but I'm having a hard time. Please help!

Deciding to meal plan each week is half the battle! Don't be overwhelmed – cooking more than three or four times weekly from scratch is a hard feat. Start by planning two days worth of food, from breakfast to dinner. On the third day, check your fridge and meal plan the rest of the week from ingredients you already have (a great way to save some cash). To get you started:

DECIDE HOW MANY MEALS YOU NEED. Check your calendar to determine how many meals you'll be eating at home vs. out or at parties and other events. Do you like to plan for leftovers? Count those in too.

TAKE ONE TO TWO REQUESTS. Ask your family (or yourself) for a few things you would like to eat each week. Everyone has input, yet you're not a short order cook each night.

FIND RECIPES AND MAKE A GROCERY LIST. See if you can reuse ingredients for multiple meals. Salad greens and vegetables don't have to be unique every night. Serve up those green beans until they're gone!

TAKE AN INVENTORY OF WHAT YOU HAVE. Your pantry is a good place to find side dishes each week. Rice, pasta, beans and other staples can round out just about any entrée. Check off any items you already have from your grocery list so you're not buying them again.

AFTER A FEW MONTHS, ASSESS HOW IT'S BEEN GOING. It takes time to get in the habit and also whittle down your pantry. Are you falling short by Wednesday? Do you have too many leftovers? Tweak the plan to fit your needs and reassess every couple months. Bon appétit!

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

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CentsAble Health

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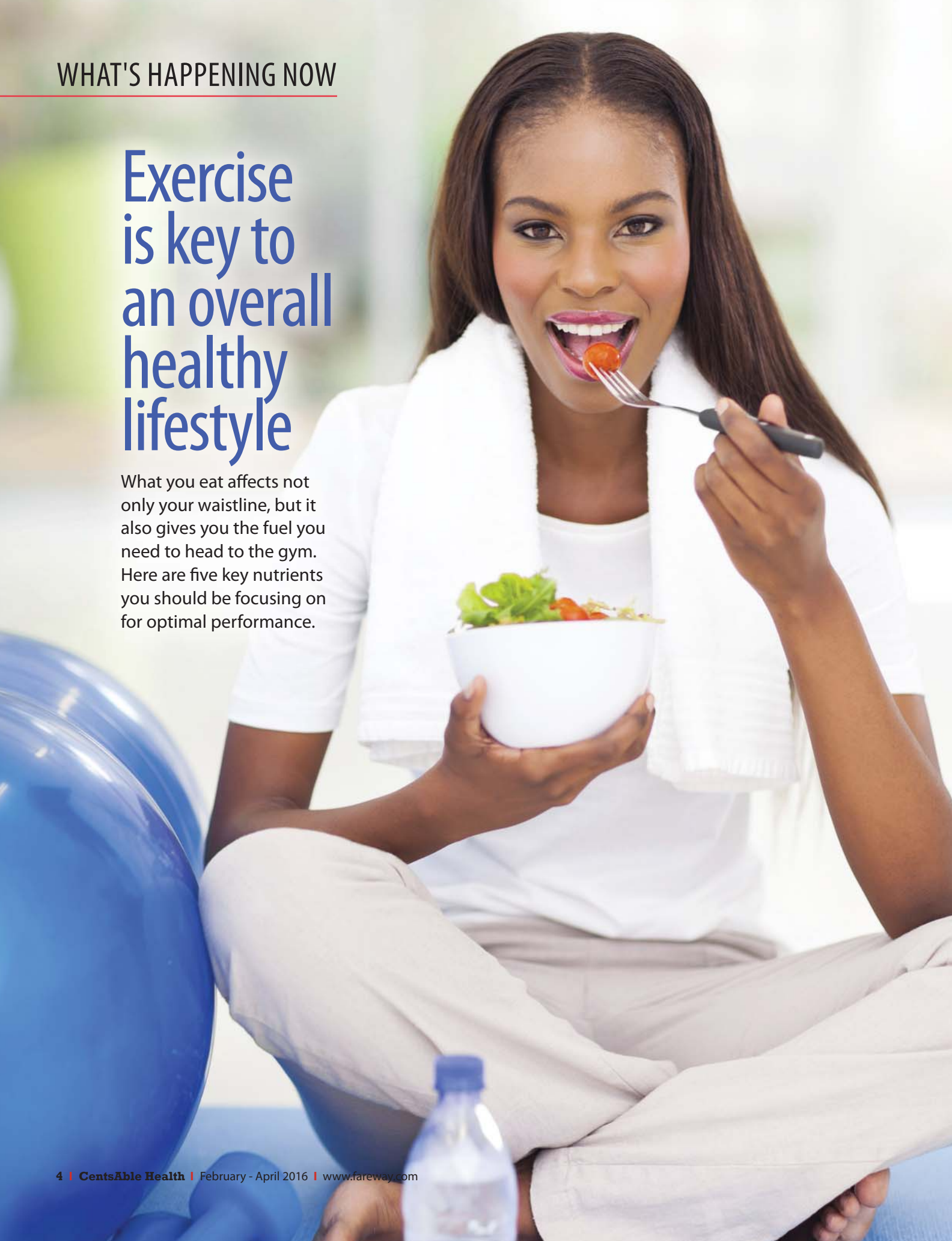
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For more information on the products featured in this issue of CentsAble Health magazine, please visit the following websites: www.carringtonfarms.com, www.thinkrice.com, www.quaker.com, www.dole.com, www.faribaultfoods.com, www.boomchickapop.com, www.fritolay.com, www.campbells.com/V8, www.bodyarmour.com and www.saralee.com.

Exercise is key to an overall healthy lifestyle

What you eat affects not only your waistline, but it also gives you the fuel you need to head to the gym. Here are five key nutrients you should be focusing on for optimal performance.



1 protein

To build and repair muscles, you need protein. High quality protein, like what's found in dairy, eggs, cottage cheese, lean meats, poultry and fish, helps provide your body with essential amino acids – the building blocks for protein and muscle. Aim for at least one lean protein serving at each meal and snack.



For more cod recipes, turn to page 8!

Lemon-Herb Crusted Cod with Berries and Chopped Salad

Makes 3 to 4 servings • Total time: 20 minutes

INGREDIENTS

1 Tbsp. olive oil
1 tsp. Dijon mustard
½ cup Panko bread crumbs
¼ cup finely chopped fresh parsley
1 tsp. chopped garlic
1 lemon peel, grated and chopped
¾ tsp. salt
3 to 4 (6 oz. each) cod fillets, patted dry
1 pkg. DOLE® Chopped Poppy Seed Salad Kit
1 cup blueberries
1 cup strawberries, sliced
Lemon wedges (optional)

DIRECTIONS

PREHEAT oven to 400°F. SPRAY baking sheet with cooking spray. COMBINE olive oil and mustard in small bowl; BRUSH on fish. STIR together bread crumbs, parsley, garlic, lemon peel and salt. DIVIDE mixture among fish fillets, pressing lightly. PLACE on prepared baking sheet, crust side up. BAKE 12 to 14 minutes or until fully cooked. STIR together salad kit ingredients. DIVIDE among plates. TOP each with blueberries, strawberries and fish. SERVE with lemon wedges if desired.

Nutrition information per serving: 147 calories; 4 g fat; 0 g saturated fat; 33 mg cholesterol; 303 mg sodium; 12 g carbohydrate; 2 g fiber; 14 g protein

2 vitamins & minerals

Reaching the recommended five to nine servings of fruits and vegetables gives you fiber for a healthy heart and digestive system and helps you meet your vitamin and mineral needs. Add a fruit or veggie at each meal and snack and you'll be well on your way to hitting your goals. Having a hard time fitting them all in? Add V8® (red, fusion or veggie blends) or Dole® Chopped Salad kits for quick and easy produce.



3 carbohydrates

Carbohydrates (carbs) are the superstars of exercise nutrition. Whether you're involved in competitive sports or just bumping up your activity level, carbs give your body the energy it needs to fuel your muscles. Carbohydrates come in a variety of forms; try including bread, rice, cereal, fruits, dairy, beans, starchy vegetables, popcorn, oatmeal and whole grain chips.



Starting your day with Quaker® oats helps keep you full with 100% whole grains and also gives you the necessary carbohydrates for your next exercise session.



Blueberry Banana Overnight Oats

Makes 1 serving
Total time: 5 minutes

INGREDIENTS

- ½ cup Quaker® Oats
- ½ cup low-fat Fareway milk
- 1 tsp. vanilla
- ½ cup blueberries
- 1 small banana, sliced
- 1 tsp. chia seeds

DIRECTIONS

ADD Quaker® 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 and ENJOY in the morning or a few hours later!

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



Beans, like Mrs. Grimes black beans, are considered a protein and a starchy vegetable – helping you knock out carbohydrates, fiber, vitamins, minerals and protein.



Choosing healthy is important, too. Whole grain chips like SunChips® veggie harvest chips and naturally whole grain Boomchickapop® popcorn are wholesome choices for your meal plan.



SaraLee® Classic 100% Whole Wheat bread is a classic way to include more whole grains in your day.



Drinking 3 servings of low fat or fat free Fareway milk each day provides quick-digesting carbohydrates along with calcium and vitamin D.



THINK RICE

U.S. - GROWN

U.S. rice is a naturally nutritious carbohydrate. It has approximately 100 calories per serving, is the least allergenic of all the grains, and contains more than 15 vitamins and minerals.

Mandarin Orange Rice and Shrimp Lettuce Wraps

Makes 6 servings • Total time: 30 minutes

INGREDIENTS

- | | |
|--|--|
| 1 (11-ounce) can mandarin oranges, drained, juice reserved | 2 Tbsp. prepared Thai Sweet Chili Sauce |
| 1 Tbsp. Carrington Farms™ Coconut oil, divided | 12 ounces medium shrimp, peeled and deveined |
| $\frac{3}{4}$ tsp. salt | 12 large lettuce leaves |
| 1 cup uncooked brown rice | 1 cup carrots, shredded |

DIRECTIONS

COMBINE reserved mandarin orange juice with enough water to equal 2 cups of liquid. BRING juice, 1 teaspoon oil and salt to a boil in a medium sauce pan over medium-high heat. STIR in rice; COVER and reduce heat to a simmer. COOK according to package directions. STIR mandarin oranges and sweet chili sauce into cooked rice. Meanwhile, HEAT remaining oil in a large skillet over medium heat. ADD shrimp and SAUTE until cooked through, about 4-5 minutes. ARRANGE lettuce leaves on a platter and SPOON rice mixture on each lettuce leaf. TOP with carrots and shrimp.

Nutrition information per serving: 230 calories; 4.5 g total fat; 85 mg cholesterol; 460 mg sodium; 33 g carbohydrate; 3 g fiber; 15 g protein

4 fluids

Drinking enough water is vital to any exerciser. Water helps regulate body temperature, lubricate joints and transport nutrients. If your fluids are lacking, you may notice fatigue, muscle cramps or dizziness during your workouts. For most people, drinking water is enough to stay hydrated, but if you're active for more than one hour, a sports drink might be helpful. BODYARMOR® natural sports drink provides potassium-packed electrolytes from coconut water and vitamins and tastes great with no artificial colors, flavors or sweeteners.



5 fat

Although fat typically has a bad reputation, dietary fat is essential to absorb vitamins A, D, E and K, produce hormones and nerve cells, and maintain healthy skin and hair. It also helps improve taste and satisfaction. One fat making its way into the fitness world is coconut oil. The fatty acids that make up Carrington Farms™ coconut oil are easily digested and absorbed, providing instant energy.



FRESH FROM THE MEAT COUNTER

COD LOINS

Get your sea legs ready...
This spring's menu is full of cod fillets!

Load your plate with mild flavored cod for a low calorie supper packed with vitamin B12, iodine, selenium and protein.



Panko Crusted Cod

Makes 4 servings

Total time: 25 minutes

INGREDIENTS

1 pound cod fillets
1 egg, beaten
1 cup Panko breadcrumbs
¼ tsp. garlic salt
¼ tsp. onion powder
¼ tsp. black pepper
¼ tsp. dried parsley

DIRECTIONS

PREHEAT oven to 450°F.
SPRAY a large baking sheet with nonstick cooking spray.
COMBINE breadcrumbs and seasonings. DIP cod in beaten egg then breadcrumbs, pressing breadcrumbs into the cod. BAKE for 15 minutes, or until lightly browned and cod flakes easily with a fork.

Nutrition information per serving: 145 calories; 2 g fat; 0.5 g saturated fat; 95 mg cholesterol; 509 mg sodium; 12 g carbohydrate; 0 g fiber; 19 g protein

*** Panko** is a Japanese-style breadcrumb traditionally used for coating deep-fried or baked foods. Look for it in the breadcrumb aisle!



Pan Seared Cod

Makes 4 servings • Total time: 15 minutes

INGREDIENTS

1 pound cod fillets	1 Tbsp. fresh parsley OR
½ lemon, juiced	1 tsp. dried parsley
1 Tbsp. olive oil	Salt and pepper, to taste

DIRECTIONS

PREHEAT a nonstick skillet over medium heat. SEASON cod with salt, pepper, parsley and lemon juice. ADD oil to skillet. COOK over medium heat for approximately 8 minutes, turning halfway through, or until cod is nicely browned and flakes easily with a fork.

Nutrition information per serving: 104 calories; 4 g fat; 0.5 g saturated fat; 49 mg cholesterol; 317 mg sodium; 0 g carbohydrate; 0 g fiber; 16 g protein



Lighter Fish and Chips

Makes 4 servings • Total time: 30 minutes

INGREDIENTS

1 pound cod fillets	1 pound fingerling OR
1 egg, beaten	bite-sized potatoes,
1 cup breadcrumbs	cut into quarters.
Salt and pepper, to taste	1 Tbsp. olive oil

DIRECTIONS

PREHEAT oven to 450°F. DRIZZLE potatoes with oil and SEASON with salt and pepper. ROAST for 30 minutes, or until tender. Meanwhile, SEASON cod with salt and pepper. DIP in egg then breadcrumbs. ROAST at 450°F for 15 minutes, or until lightly browned and cod flakes easily with a fork.

Nutrition information per serving: 207 calories; 2 g fat; 0.5 g saturated fat; 95 mg cholesterol; 509 mg sodium; 12 g carbohydrate; 0 g fiber; 19 g protein



Lemon Pepper Cod Packets

Makes 4 servings • Total time: 20 minutes

INGREDIENTS

4 cod fillets	Juice and zest from
Salt and freshly cracked	1 lemon
black pepper, to taste	1 Tbsp. olive oil

DIRECTIONS

PREHEAT oven to 350°F. ASSEMBLE cod packets by spraying four pieces of aluminum foil with nonstick spray. ADD 1 cod fillet to each packet and SEASON with salt, pepper, lemon juice, lemon zest and oil. FOLD aluminum foil into a packet and BAKE for 10 minutes, or until cod is tender and flakes easily with a fork.

Nutrition information per serving: 106 calories; 4 g fat; 0.5 g saturated fat; 49 mg cholesterol; 471 mg sodium; 1 g carbohydrate; 0 g fiber; 16 g protein

FRESH FROM THE MEAT COUNTER

Tenderized PORK LOIN

Wondering what's for dinner tonight? Look no further! Our Fareway Meat Experts have cut down your cooking time by running lean pork loin slices through the meat tenderizer, giving you thin, lean, flavorful chops that can be cooked inside or out!



Gyros-Style Pork Sandwich

Makes 4 servings

Total time: 30 minutes + marinating time

INGREDIENTS

- 1 pound tenderized pork loin slices
- 4 Tbsp. olive oil
- 1 Tbsp. Dijon mustard
- ½ cup lemon juice
- 2 garlic cloves, crushed
- 1 tsp. dried oregano
- 1 cup plain yogurt
- 1 cucumber, peeled, seeded and chopped
- ½ tsp. garlic powder
- ½ tsp. black pepper
- ½ tsp. fresh dill
- ½ red onion, thinly sliced
- 2 pita loaves, cut in half

DIRECTIONS

CUT loin slices into thin strips. PLACE in a resealable bag with olive oil, mustard, lemon juice, garlic and oregano. REFRIGERATE for at least one hour, up to eight hours. In a small bowl, STIR together yogurt, cucumber, garlic, pepper, and dill. COVER and refrigerate. PREHEAT oven to 450°F. REMOVE pork from marinade; DISCARD remaining marinade. PLACE pork in a single layer in a shallow pan and ROAST for about 10 minutes, or until browned and internal temperature reaches 145°F. OPEN each pita and DISTRIBUTE pork among four pita pocket halves. TOP with yogurt sauce and red onions.

Nutrition information per serving: 430 calories; 23 g fat; 5 g saturated fat; 60 mg cholesterol; 360 mg sodium; 29 g carbohydrate; 3 g fiber; 28 g protein



Italian Chops

Makes 4 servings

Total time: 30 minutes

INGREDIENTS

1 pound tenderized pork loin slices
¼ cup Italian-seasoned bread crumbs
1 Tbsp. Parmesan cheese
1 egg, beaten
1 tsp. oil

DIRECTIONS

COMBINE bread crumbs and Parmesan cheese in a small dish. DIP loin slices in beaten egg then bread crumb mixture. HEAT oil over medium heat in a nonstick skillet. ADD loin slices and COOK for 8 to 10 minutes, turning once, or until internal temperature reaches 145°F.

Nutrition information per serving: 264 calories; 17 g fat; 8 g saturated fat; 95 mg cholesterol; 450 mg sodium; 10 g carbohydrate; 0 g fiber; 23 g protein



Garlic and Lime Loin Slices

Makes 4 servings • Total time: 15 minutes + marinating time

INGREDIENTS

1 pound tenderized pork loin slices
4 garlic cloves, crushed
1 tsp. cumin
1 tsp. chili powder
1 tsp. paprika
Juice and zest of 1 lime
Salt and pepper, to taste

DIRECTIONS

SEASON pork with garlic, cumin, chili powder, paprika, salt and pepper. SQUEEZE lime juice over pork and ADD zest. MARINATE for at least 20 minutes in the refrigerator. PREHEAT grill to medium heat and GRILL pork for 2-3 minutes per side, or until internal temperature reaches 145°F.

Nutrition information per serving: 186 calories; 8 g fat; 3 g saturated fat; 67 mg cholesterol; 211 mg sodium; 3 g carbohydrate; 0 g fiber; 25 g protein

SPRING CLEAN

your cupboards

SPRING HAS SPRUNG, and over 77% of Americans will take part in some “spring cleaning”. To get the most of your kitchen this year, take an inventory of the foods you already have and try to plan a few meals around those items – soups and casseroles make great dinners with lots of miscellaneous ingredients.



While you're cleaning, make sure to look at expiration dates. Below are some guidelines for the shelf life of common foods:

Canned foods: 1 year

Pasta: 12 - 18 months

Unopened flour and rice: 1 year

Opened flour and rice: 6 months

Condiments (salad dressings, ketchup, olives): 1 year

And always remember, when in doubt, throw it out!

Try this pasta salad using ingredients you already have in your pantry!



Pantry Tuna Pasta

Makes 4 servings • Total time: 20 minutes

INGREDIENTS

- ½ pound pasta
- 1 cup chopped onion
- 2 (5 ounce) cans tuna, drained
- 1 Tbsp. olive oil
- 1 Tbsp. vinegar
- ½ Tbsp. lemon juice
- ½ clove garlic, minced
- ½ tsp. sugar
- 2 cups chopped tomatoes OR 1 can diced tomatoes, drained
- ¼ cup olives
- 1 Tbsp. fresh basil OR 1 tsp. dried basil

DIRECTIONS

COOK pasta according to package directions. DRAIN and RINSE under cold water. MIX pasta, tuna, and onion in a bowl. In a separate bowl, COMBINE oil, vinegar, lemon juice, garlic and sugar. DRIZZLE dressing over the pasta and TOP with tomatoes, olives and basil.

Nutrition information per serving: 445 calories; 6 g fat; 1 g saturated fat; 47 mg cholesterol; 609 mg sodium; 46 g carbohydrate; 3 g fiber; 48 g protein

Mandarins

SWEET AND TANGY MANDARINS ARE BECOMING A SNACK TIME STAPLE IN MOST HOUSEHOLDS THIS TIME OF YEAR.

Not only are they effortless to peel (no knife required), one tiny mandarin packs over half your daily needs of vitamin C and a hearty dose of fiber for a mere 35 calories. Whether you grab a bag or a box, these cute citrus fruits can be tossed in any lunchbox.

Of course mandarins are perfect to peel and eat, but if your kitchen is overflowing with these easy peelers, try making your own Mandarin Marmalade with just four ingredients and five simple steps!





Mandarin Marmalade

Makes 5 to 6 (half pint) jars

Total time: 90 minutes

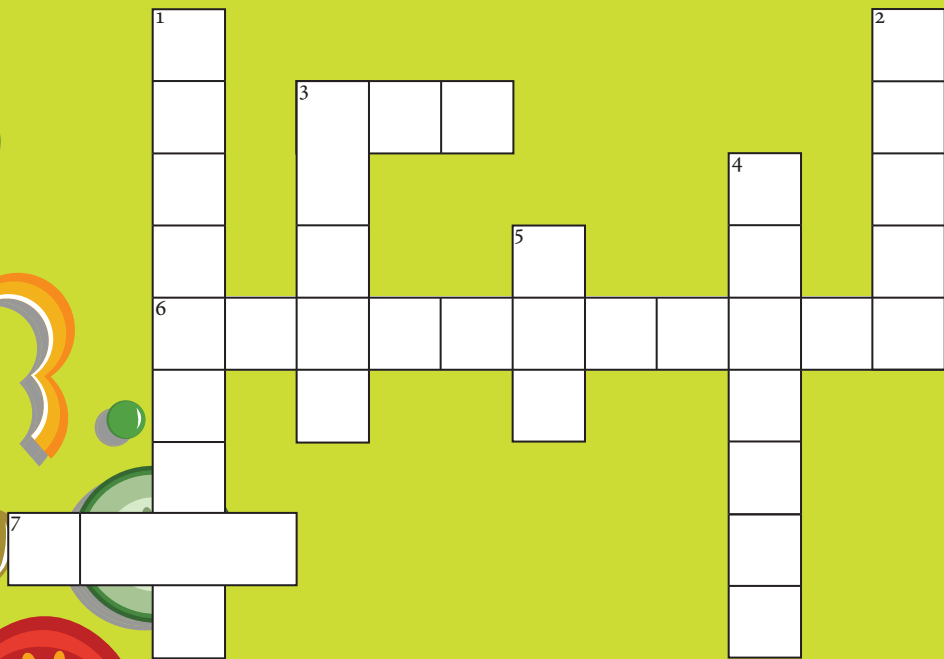
INGREDIENTS

20 mandarins
2 lemons
5 cups water
3 cups extra fine granulated
sugar or sugar substitute

DIRECTIONS

WASH and PEEL mandarins, cutting the flesh into quarters. RESERVE the peel of three mandarins and DICE finely. WASH and PEEL lemons and CUT the flesh into quarters. Finely DICE the peel. PLACE mandarins, lemons, diced peels, water and sugar into a large non-aluminum pot. BRING to a boil, then REDUCE heat and SIMMER for 60-75 minutes, stirring occasionally, until the water has evaporated and marmalade starts to thicken. TRANSFER marmalade to clean, sterile jars and STORE in the refrigerator for up to 2 months.

CentsAble KIDS!



ACROSS

3. food should not be left out for more than ____ hours
6. use a meat ____ to check the temperature
7. fill ____ your plates with fruits and vegetables

DOWN

1. veggie is short for ____
2. your body is made of 60% ____
3. enjoy ____ servings of calcium-rich foods for strong bones and teeth
4. mandarins are rich in ____ C
5. keep cold foods cold and hot foods ____

For answers, please visit www.fareway.com/kids-page-solutions.aspx