



cents able HEALTH™

ISSUE 21 | August - October 2016

**A rainbow
of fruits &
vegetables**

**Healthy
recipes for
healthy kids**

**Liven up
your pork
leftovers**

PLUS fresh, affordable recipes in every issue



Try a Stir-Fry!

16



CentsAble Health

contents

- 4 An Apple a Day for Good Health
- 6 Healthy Recipes for Healthy Kids
- 10 Liven Up Your Pork Leftovers
- 14 Beef Stir-Fry How To's
- 18 A Rainbow of Fruit and Vegetables



Simply put, Simply snacks have a great taste, with no artificial flavors or preservatives to get in the way. They're the ones that make you feel good about sharing with the people you love most!



Simply TOSTITOS® Blue Corn tortilla chips are made with three simple ingredients, so you can snack without the guilt. And, they pair perfectly with our White Bean Dip below!



WHITE BEAN DIP

Makes 6 servings

Total time: 15 minutes

Ingredients

- 1 (15 ounce) can Mrs. Grimes white kidney beans, drained and rinsed
- 2 garlic cloves
- 2 Tbsp. fresh lemon juice
- $\frac{1}{3}$ cup olive oil
- $\frac{1}{4}$ cup fresh parsley
- Black pepper, to taste

Directions

PLACE all ingredients in a blender or food processor and PULSE until mixture is well blended.

Nutrition information per serving:

206 calories; 12 g fat; 1 g saturated fat; 0 mg cholesterol; 6 mg sodium; 19 g carbohydrate; 4 g fiber; 6 g protein

Apples

YOUR HEAD

Fresh apples and apple juice may improve cognition, reduce hallmark signs of Alzheimer's and improve mood.

No matter which variety you choose—and there are plenty to choose from—you can delight in the many good things you are doing for your body.

YOUR LUNGS

Eating at least five apples per week has been found to help lower the risk of respiratory disease. The antioxidants found in apples protect your body from damaging oxidation.

YOUR HEART

The soluble fiber found in apples, known as pectin, builds up in your digestive tract and helps rid your body of cholesterol.

YOUR WAISTLINE

One medium apple contains five grams of fiber – more than most cereals. Dietary fiber aids in digestion and helps keep you full, promoting weight loss.

YOUR COLON

The pectin in apples has also been shown to promote butyrate, a fatty acid that plays a role in colon health. This combination also significantly reduces the growth of pre-cancerous and tumor cells.



APPLE SLAW

Makes 12 (½ cup) servings

Total time: 10 minutes + refrigerating time

Ingredients

¾ cup Miracle Whip® Light Dressing

1 Tbsp. honey

1 (16 ounce) package cabbage slaw mix

2 apples, chopped

Directions

MIX Miracle Whip® and honey until blended. ADD remaining ingredients; MIX lightly. REFRIGERATE 1 hour.

Nutrition information per serving: 45 calories; 1.5 g fat; 0 g saturated fat; 5 mg cholesterol; 135 mg sodium; 8 g carbohydrate; 1 g fiber; 1 g protein



DRIED APPLES

Makes 1 serving; Total time: varies

Ingredients

1 apple, sliced into thin rounds

1 tsp. cinnamon

Directions

PREHEAT oven to 200 °F. SPRINKLE apple slices with cinnamon and BAKE for 2 to 3 hours or until dry but still soft.

Nutrition information per serving: 130 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 34 g carbohydrate; 5 g fiber; 1 g protein



APPLE AND PEA SALAD

Makes 4 servings

Total time: 20 minutes

Ingredients

2 Tbsp. olive oil

1 Tbsp. fresh ginger, peeled and slivered

1 garlic clove, minced

4 cups snow peas

2 apples, cut into wedges

Directions

HEAT oil in a large nonstick skillet. SAUTÉ ginger and garlic until tender, about 2 minutes. ADD peas and apples. COOK, stirring frequently, until peas are crisp-tender, about 7 minutes.

Nutrition information per serving: 146 calories; 7 g fat; 1 g saturated fat; 0 mg cholesterol; 4 mg sodium; 21 g carbohydrate; 4 g fiber; 2 g protein

SPICY APPLE CHUTNEY

Makes 8 servings; Total time: 20 minutes

Ingredients

2 Tbsp. olive oil

½ cup raisins

1 large onion, diced

1 tsp. ground ginger

4 green apples, peeled, cored and diced

¼ tsp. dry mustard

½ cup cider vinegar

Pinch of cayenne pepper

Directions

HEAT oil over medium heat. SAUTÉ onion until translucent, about 6 minutes. ADD apples and SAUTÉ for 4 more minutes. ADD remaining ingredients. STIR well to combine and COVER. Continue cooking, stirring occasionally, until apples are tender, about 3 minutes. SERVE over your favorite pork.

Nutrition information per serving: 161 calories; 7 g fat; 1 g saturated fat; 0 mg cholesterol; 6 mg sodium; 26 g carbohydrate; 3 g fiber; 1 g protein



What's happening now



healthy kids!

BREAKFAST

A successful school day starts with a healthy breakfast.

Research shows kids who eat breakfast tend to reach higher levels in math and reading, retain more of what they learn, concentrate better and miss fewer school days than kids who don't. To get the most benefits from every breakfast, include two to three food groups for a satisfying mix of carbohydrates, protein and fat.



TOAST



+ PEANUT BUTTER +



BANANA



GRANOLA BAR +



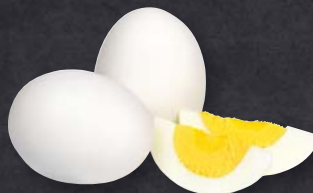
YOQURT +



BERRIES



OATMEAL



+ HARDBOILED EGG +



ORANGE SLICES

No time in the morning?

Make friends with your freezer to make breakfast a breeze. These breakfast sandwiches are ready in under two minutes – perfect for busy mornings.



FREEZER BREAKFAST SANDWICHES

Makes 6 sandwiches; Total time: 50 minutes

Ingredients

6 large eggs

Salt and pepper, to taste

6 slices deli-style ham

6 whole wheat English muffins, split

6 slices of cheese

Directions

PREHEAT oven to 375° F. WHISK eggs with salt and pepper in a large mixing bowl. COAT a 9" x 13" baking pan with cooking spray and ADD eggs. BAKE until eggs are set, about 25 to 30 minutes. LET COOL and CUT into 6 pieces. TOAST English muffins then LAYER with egg, ham and cheese to assemble sandwiches. WRAP each sandwich in aluminum foil and PLACE in the freezer.

To reheat: UNWRAP sandwich from foil and WRAP sandwich in a paper towel. MICROWAVE for 1 to 1½ minutes, or until the cheese is melted and the egg is warmed through.

Approximate nutrition information per sandwich: 368 calories; 18 g fat; 8 g saturated fat; 209 mg cholesterol; 943 mg sodium; 28 g carbohydrate; 4 g fiber; 23 g protein

SNACKS

You know that afternoon slump that hits between lunch and dinner? Your kids feel it too. Whether it's sweet or savory, an afternoon snack helps keep your metabolism revved up and your kids content until dinner.



ALMOND HONEY POWER BARS

Makes 8 bars; Total time: 30 minutes

Ingredients

1 cup old-fashioned rolled oats	1/3 cup dried fruit
1/4 cup slivered almonds	1/4 cup creamy peanut butter
1/4 cup sunflower seeds	1/4 cup brown sugar
1 Tbsp. ground flaxseeds	1/4 cup honey
1 cup unsweetened whole grain puff cereal	1/2 tsp. vanilla extract
	1/8 tsp. salt

Directions

COMBINE oats, almonds, sunflower seeds, flaxseeds, cereal and dried fruit in a large bowl. COMBINE peanut butter, sugar, honey, vanilla and salt in a small saucepan. HEAT over medium-low, stirring frequently until the mixture bubbles lightly, about 2 to 5 minutes. POUR the peanut butter mixture over the dry ingredients and MIX until no dry spots remain. TRANSFER to a 8" x 8" pan. Lightly COAT your hands with cooking spray and PRESS the mixture down firmly to make an even layer. REFRIGERATE until firm, about 30 minutes. CUT into 8 bars.

Nutrition information per serving: 204 calories; 10 g fat; 1 g saturated fat; 0 mg cholesterol; 74 mg sodium; 24 g carbohydrates; 3 g fiber; 5 g protein

ENGLISH MUFFIN PIZZA

Makes 2 pizzas

Total time: 15 minutes

Ingredients

- 1 whole wheat English muffin, split
- 1/4 cup marinara or pizza sauce
- 1/4 cup shredded mozzarella cheese
- 1/4 cup of your favorite pizza toppings

Directions

PREHEAT oven to 375°F. PLACE English muffin halves, cut side up, on a baking sheet. LAYER with sauce, cheese and toppings. BAKE for 10 minutes, or until cheese is melted and English muffins are browned around the edges.

Approximate nutrition information per pizza: 138 calories; 4 g fat; 2 g saturated fat; 8 mg cholesterol; 435 mg sodium; 18 g carbohydrate; 3 g fiber; 7 g protein



TURKEY PINWHEELS

Makes 10 servings (3 pinwheels each)

Total time: 15 minutes + refrigerating time

Ingredients

6 whole wheat tortillas
8 ounces prepared hummus
12 lettuce leaves
1 pound deli-style turkey
1 cucumber, seeds removed and thinly sliced
3–4 tomatoes, thinly sliced

Directions

SPREAD hummus on each tortilla. TOP with lettuce, turkey, cucumber and tomato. ROLL tortilla tightly and WRAP in clear plastic wrap. REFRIGERATE for 1 hour. REMOVE from plastic wrap and slice into 1-inch slices.

Nutrition information per serving: 110 calories; 2 g fat; 0 g saturated fat; 2 mg cholesterol; 201 mg sodium; 18 g carbohydrate; 3 g fiber; 4 g protein



ROASTED CHICKPEAS

Makes 3 servings; Total time: 45 minutes

Ingredients

1 can chickpeas, drained and rinsed
1 Tbsp. olive oil
½ tsp. cumin
½ tsp. coriander
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. paprika
¼ tsp. salt

Directions

PREHEAT oven to 400°F. LINE a baking tray with paper towels and POUR the drained chickpeas on top. PAT well to dry and then REMOVE paper towels. ADD oil and half of the spice mixture and TOSS to coat.

Make sure the chickpeas are spread in an even layer on the baking tray, and ROAST until golden and crisp outside, about 30 to 40 minutes, tossing a couple times. REMOVE from oven and TOSS with remaining spices. COOL slightly, and then SERVE warm or at room temperature (do not cover them or they will lose their crispness faster).

Nutrition information per serving: 165 calories; 6 g fat; 0 g saturated fat; 0 mg cholesterol; 418 mg sodium; 21 g carbohydrate; 5 g fiber; 6 g protein

BAKED MOZZARELLA STICKS

Makes 6 servings; Total time: 25 minutes

Ingredients

1 package mozzarella string cheese
1 egg
1 Tbsp. Italian seasoning
½ cup bread crumbs
½ cup marinara sauce

Directions

PREHEAT oven to 350°F. LINE a baking sheet with foil and SPRAY with nonstick cooking spray. REMOVE cheese from package and SET aside. In a small bowl, WHISK egg until foamy. MIX Italian seasoning and breadcrumbs in a separate bowl. DIP one piece of string cheese in egg until coated and then into bread crumbs, coating completely. RE-DIP cheese in egg and bread crumbs, if desired, for extra crispy sticks. BAKE for 5 to 6 minutes or until heated through. SERVE with warmed marinara sauce.

Nutrition information per serving: 180 calories; 7 g fat; 4.3 g saturated fat; 50 mg cholesterol; 50 mg sodium; 7 g carbohydrate; 0 g fiber; 14 g protein





Fresh from the meat counter

Love your leftovers!

Utilizing leftovers is a great way to save time and money. Whether you threw a few too many chops on the grill or slow-cooked a loin, liven up your pork leftovers with a few simple ingredients.

SOUTHWESTERN-STYLE PORK TORTILLA SOUP

Makes 4 servings

Total time: 40 minutes

Ingredients

2 cups cooked pork, cubed
1 medium onion, chopped
1 Tbsp. olive oil
2 garlic cloves, minced
1 tsp. ground cumin
4 cups low-sodium chicken broth
1 (15 ounce) can diced tomatoes
1 (4 ounce) can diced green chiles

Directions

SAUTÉ onion in a stockpot over medium heat until softened. STIR in garlic and cumin. ADD chicken broth, diced tomatoes, and green chiles. BRING to a boil, REDUCE heat to low and COOK for about 20 minutes. STIR in cubed pork and HEAT through. GARNISH with tortilla chips, shredded cheese, lime wedges or cilantro.

Nutrition information per serving: 280 calories; 9 g fat; 2 g saturated fat; 80 mg cholesterol; 610 mg sodium; 14 g carbohydrate; 2 g fiber; 32 g protein



PORK POT STICKERS

Makes 36 pot stickers; Total time: 45 minutes

Ingredients

1 cup cooked pork tenderloin or pork chop, finely chopped	1 Tbsp. soy sauce
1/3 cup cabbage, finely chopped	1 Tbsp. dry sherry
1/3 cup celery, finely chopped	1 tsp. vegetable oil
1/4 cup green onion, minced	1 1/2 tsp. cornstarch
	1/4 cup vegetable oil
	36 wonton wrappers
	1 cup water

Directions

In a medium bowl COMBINE pork, cabbage, celery and green onion; MIX well. COMBINE 1 tablespoon soy sauce, sherry and 1 teaspoon oil; STIR in cornstarch until dissolved. POUR soy mixture over pork mixture; TOSS to coat. COVER and CHILL 30 minutes. SPOON about 2 teaspoons filling in center of one wrapper. BRING up sides diagonally to form a triangle and SEAL edges with water. TRANSFER to a baking sheet and COVER with a dry cloth. REPEAT with remaining wrappers. In a large skillet HEAT 2 tablespoons of the oil. Carefully PLACE half the pot stickers in skillet, without letting sides touch. COOK over medium heat 1 minute or until bottoms are browned. Carefully ADD 1/2 cup water to skillet. REDUCE heat; COVER and SIMMER 10 minutes. UNCOVER and COOK 3-5 minutes or until water evaporates. COOK, uncovered, 1 minute. To keep warm, place in a 250° F oven.

Nutrition information per pot sticker: 56 calories; 3 g fat; 0 g saturated fat; 4 mg cholesterol; 263 mg sodium; 5 g carbohydrate; 0 g fiber; 2 g protein





PORK QUESADILLA

Makes 4 servings; Total time: 30 minutes

Ingredients

½ pound cooked pork, shredded or diced
1 Tbsp. olive oil
1 bell pepper, sliced

1 cup shredded cheese
4 (10 inch) tortillas
Salsa, for serving

Directions

PREHEAT oven to 200°F and PLACE a baking sheet in the oven. Meanwhile, in a large nonstick skillet over medium heat, WARM the oil. ADD the bell peppers and COOK, stirring occasionally, until browned and very tender, 8 to 10 minutes. TRANSFER the peppers to a plate or bowl and SET aside. Carefully WIPE out the skillet and SET aside. PLACE ¼ cup of cheese on each tortilla, leaving a 1-inch border at the edge. ARRANGE the bell peppers and pork on top, then FOLD the tortillas in half over the fillings. REWARM the skillet over medium heat. ADD 2 of the quesadillas and COOK, covered, until golden brown on the bottom, 2 to 4 minutes. Carefully TURN and COOK, uncovered, until golden brown on the other bottom half and the cheese has melted, 1 to 3 minutes. TRANSFER the finished quesadillas to the baking sheet in the oven. Carefully WIPE out the skillet and repeat with the remaining quesadillas. CUT each quesadilla into 4 to 6 wedges. SERVE with salsa, if desired.

Nutrition information per quesadilla: 369 calories; 20 g fat; 9 g saturated fat; 74 mg cholesterol; 342 mg sodium; 20 g carbohydrate; 2 g fiber; 26 g protein

ROTINI PORK SALAD WITH FRESH BASIL

Makes 6 servings

Total time: 15 minutes

Ingredients

1 pound cooked pork, cubed
6 ounces cooked rotini pasta, drained
 $\frac{3}{4}$ cup diced onion
 $1\frac{1}{2}$ cups diced tomatoes
1 bell pepper, diced
 $\frac{3}{4}$ cup grated parmesan cheese
 $\frac{3}{4}$ cup mozzarella cheese, diced
 $\frac{1}{4}$ cup basil, chopped

Vinaigrette

1 Tbsp. cornstarch
1 cup water, divided
1 tsp. Dijon-style mustard
2 garlic cloves, minced
 $\frac{1}{2}$ cup red wine vinegar
1 Tbsp. olive oil

Directions

For Vinaigrette: STIR together cornstarch and $\frac{1}{4}$ cup water; BLEND thoroughly. In small saucepan, BRING remaining $\frac{3}{4}$ cup water to boil; STIR in cornstarch slurry; COOK and STIR to thicken. REMOVE from heat, COOL completely and STIR in remaining Vinaigrette ingredients. In large shallow serving bowl, TOSS together all salad ingredients. DRESS salad with Vinaigrette and SERVE immediately.

Nutrition information per serving: 455 calories; 16 g fat; 7 g saturated fat; 105 mg cholesterol; 334 mg sodium; 29 g carbohydrate; 2 g fiber; 47 g protein



BBQ PORK PIZZA

Makes 4 servings; Total time: 30 minutes

Ingredients


1 premade pizza crust
1 cup cooked pork, shredded or cubed
 $\frac{1}{4}$ cup barbecue sauce
 $\frac{1}{2}$ cup shredded cheese (Gouda, mozzarella, cheddar, or Monterey Jack)
3 scallions, sliced

Directions

TOP pizza crust with remaining ingredients. BAKE at 375°F for about 15 minutes, or until cheese is melted and bubbly.

Nutrition information per serving: 300 calories; 7.5 g fat; 2 g saturated fat; 30 mg cholesterol; 817 mg sodium; 41 g carbohydrate; 1 g fiber; 16 g protein





Fresh from the meat counter

Try a Stir-Fry!

If you need a healthy dinner in a snap, stir-fry should be your best friend. A little oil, a hot pan, and in a few minutes all the work is done. By choosing lean cuts of beef, like sirloin, strip or flank, you can enjoy all the flavor without the guilt. Toss in some crisp vegetables, and you've created a nutritious meal in no time.

The Do's and Don'ts of Stir-Fry

DO

- Season before and after
- Use only a small amount of oil
- Cut meat into ½ inch thick slices or thinner

DON'T

- Overcrowd your pan
- Add water
- Cover while cooking

SAMBA STEAK STIR-FRY

Makes 4 servings, Total time: 30 minutes

Ingredients

1 pound sirloin steak
3 tsp. vegetable oil, divided
1½ cups thinly sliced bell pepper, any color
½ of 1 onion, cut into wedges
1 medium jalapeño pepper, thinly sliced
Salt and pepper, to taste
8 small whole wheat tortillas

Rub

3 cloves garlic, minced
1 tsp. ground cumin
1½ tsp. ground chipotle chile pepper

Pico de Gallo

¾ cup chopped tomatoes
½ cup white onion, chopped
3 Tbsp. fresh cilantro, chopped
1 jalapeño, diced
1 lime, juiced
Salt and pepper, to taste

Directions

PREPARE Pico de Gallo by combining all ingredients. COVER and REFRIGERATE until ready to use. SLICE sirloin into ½-inch strips. COAT evenly with rub ingredients and SET aside. HEAT 1 teaspoon oil in a large nonstick skillet over medium-high heat until hot. ADD bell pepper, onion and jalapeño; STIR FRY 5 to 8 minutes or until vegetables are crisp-tender. REMOVE from skillet and KEEP warm. HEAT 1 teaspoon oil in same skillet until hot. ADD half of beef and STIR FRY 1 to 2 minutes or until outside surface is no longer pink. (Do not overcook.) REMOVE from skillet; KEEP warm. REPEAT with remaining 1 teaspoon oil and beef. RETURN all beef and vegetables to skillet. SEASON with salt and pepper, as desired. SERVE beef with tortillas and Pico de Gallo.

Nutrition information per serving: 510 calories; 14 g fat; 4 g saturated fat; 75 mg cholesterol; 686 mg sodium; 61 g carbohydrate; 9.8 g fiber; 37 g protein



FLASH IN THE PAN STIR-FRY

Makes 4 servings; Total time: 30 minutes

Ingredients

1 pound beef Top Sirloin Steak
1 cup uncooked whole grain brown rice
¼ cup orange marmalade
1 Tbsp. plus 1 tsp. chili garlic sauce
Salt and pepper, to taste
4 tsp. vegetable oil, divided
2 yellow or red bell peppers, cut into strips
1 medium onion, thinly sliced
½ pound asparagus, cut into 1½ inch pieces
½ cup mushrooms

Directions

PREPARE rice according to package directions; KEEP warm. COMBINE orange marmalade, chili-garlic sauce, salt and pepper in small bowl; SET aside. CUT beef into ¼-inch thick strips. HEAT 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. ADD half of beef; STIR FRY 1 to 2 minutes or until outside surface of beef is no longer pink. REMOVE from skillet. REPEAT with 1 teaspoon oil and remaining beef. REMOVE from skillet and KEEP warm. HEAT remaining 2 teaspoons oil in same skillet over medium-high heat until hot. STIR FRY bell peppers and onion 2 to 3 minutes. ADD asparagus and mushrooms. STIR FRY 1 minute. ADD beef and orange marmalade mixture to the pan. COOK and STIR 2 minutes or until heated through. SERVE over rice.

Nutrition information per serving: 471 calories; 12 g fat; 3 g saturated fat; 70 mg cholesterol; 538 mg sodium; 59 g carbohydrate; 4.6 g fiber; 32 g protein



SIZZLIN' ASIAN STIR-FRY

Makes 4 servings

Total time: 30 minutes

Ingredients

- 1 pound beef Top Sirloin Boneless or Top Round Steak
- 3 Tbsp. water
- 4 cups stir-fry vegetable blend (about 10 to 12 ounces)
- $\frac{1}{2}$ cup red bell pepper strips
- 1 Tbsp. vegetable oil
- $1\frac{1}{2}$ tsp. crushed red pepper
- 2 cups cooked brown rice
- Coarsely chopped dry-roasted peanuts (optional)

Marinade:

- 2 Tbsp. soy sauce
- 1 Tbsp. minced garlic
- 1 Tbsp. minced fresh ginger
- 1 Tbsp. dry sherry
- 1 tsp. sugar
- 1 tsp. cornstarch

Directions

CUT steaks into thin strips. COMBINE marinade ingredients in medium bowl. ADD beef; TOSS to coat. SET aside. COMBINE water, vegetable blend and bell pepper in large nonstick skillet or wok; COVER and COOK over medium-high heat 4 to 5 minutes or until crisp-tender. REMOVE and DRAIN vegetables; KEEP warm. HEAT 2 teaspoons oil in same pan over medium-high heat until hot. ADD crushed red pepper; STIR FRY 30 seconds. ADD half of beef; STIR FRY 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) REMOVE from pan. REPEAT with remaining 1 teaspoon oil and beef. RETURN beef and vegetables to pan. COOK and STIR about 1 minute or until heated through. SERVE over rice, as desired. GARNISH with peanuts, if desired.

Nutrition information per serving, using top sirloin: 323 calories; 9 g fat; 2 g saturated fat; 70 mg cholesterol; 327 mg sodium; 28 g carbohydrate; 3.1 g fiber; 30 g protein

THAI ROLL-UPS

Makes 4 servings; Total time: 30 minutes

Ingredients

- 1 pound flank steak
- 3 Tbsp. teriyaki marinade and sauce
- 1 small red bell pepper, cut into thin strips
- $\frac{1}{4}$ cup creamy peanut butter
- $\frac{1}{4}$ cup chopped green onions
- Salt and pepper, to taste
- 8 medium to large green or red leaf lettuce leaves

Directions

CUT steak in $\frac{1}{4}$ -inch thick strips. COMBINE beef and 2 tablespoons teriyaki marinade in medium bowl; TOSS to coat and SET aside. SPRAY a large nonstick skillet or wok with cooking spray; HEAT over medium-high heat until hot. ADD bell pepper and STIR FRY 2 to 3 minutes or until crisp-tender. REMOVE from skillet and SET aside. ADD half of beef to same skillet or wok over medium-high heat; STIR FRY 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) REMOVE from skillet. REPEAT with remaining beef. RETURN beef to skillet. ADD peanut butter, green onions, bell pepper and remaining 1 tablespoon teriyaki marinade; COOK and STIR until beef and vegetables are evenly coated and heated through. SEASON with salt and pepper, as desired. SPOON beef mixture evenly onto lettuce leaves and ROLL UP.

Nutrition information per serving: 275 calories; 12 g fat; 4 g saturated fat; 42 mg cholesterol; 608 mg sodium; 11 g carbohydrate; 1.8 g fiber; 28 g protein

Get the most out of dessert by making it with creamy, rich, protein-packed Greek yogurt.

YOGURT BERRY TRIFLE

Makes 2 servings; Total time: 5 minutes

Ingredients

2 (5.3 ounce) containers Dannon® Oikos®
Greek 0% vanilla yogurt
½ cup berries
2 cups cubed angel food cake

Directions

SPLIT ingredients and LAYER into two wine glasses. REFRIGERATE trifles until ready to serve. TOP with fresh mint, if desired.

Approximate nutrition information per serving: 224 calories;
0 g fat; 0 g saturated fat; 5 mg cholesterol; 210 mg sodium;
43 g carbohydrate; 1 g fiber; 14 g protein



Cut the calories in classic crispy chicken using Miracle Whip® Dressing instead of mayonnaise. Added perk: Miracle Whip® adds a tangy zing with half the fat.

CRISPY CHICKEN

Makes 4 servings

Total time: 45 minutes

Ingredients

1 pound boneless, skinless chicken breast
1 cup Italian seasoned breadcrumbs
⅓ cup shredded Parmesan cheese
¼ cup Miracle Whip® Dressing
2 Tbsp. milk

Directions

PREHEAT oven to 400° F. COMBINE breadcrumbs and cheese on a plate. MIX Miracle Whip® and milk on a separate plate. DIP chicken into Miracle Whip® mixture then into breadcrumbs. PLACE on a baking sheet sprayed with nonstick cooking spray. BAKE for 20 to 25 minutes, or until chicken reaches an internal temperature of 165° F.

Nutrition information per serving: 290 calories;
11 g fat; 3.5 g saturated fat; 80 mg cholesterol;
730 mg sodium; 17 g carbohydrate; 1 g fiber;
29 g protein



A RAINBOW of fruits & vegetables

Ever wonder why we recommend eating a rainbow of fruits and vegetables? The compounds responsible for different colors also carry some pretty potent health benefits.

Lycopene, the antioxidant responsible for red, has been associated with a lower risk of prostate cancer and increased heart health.

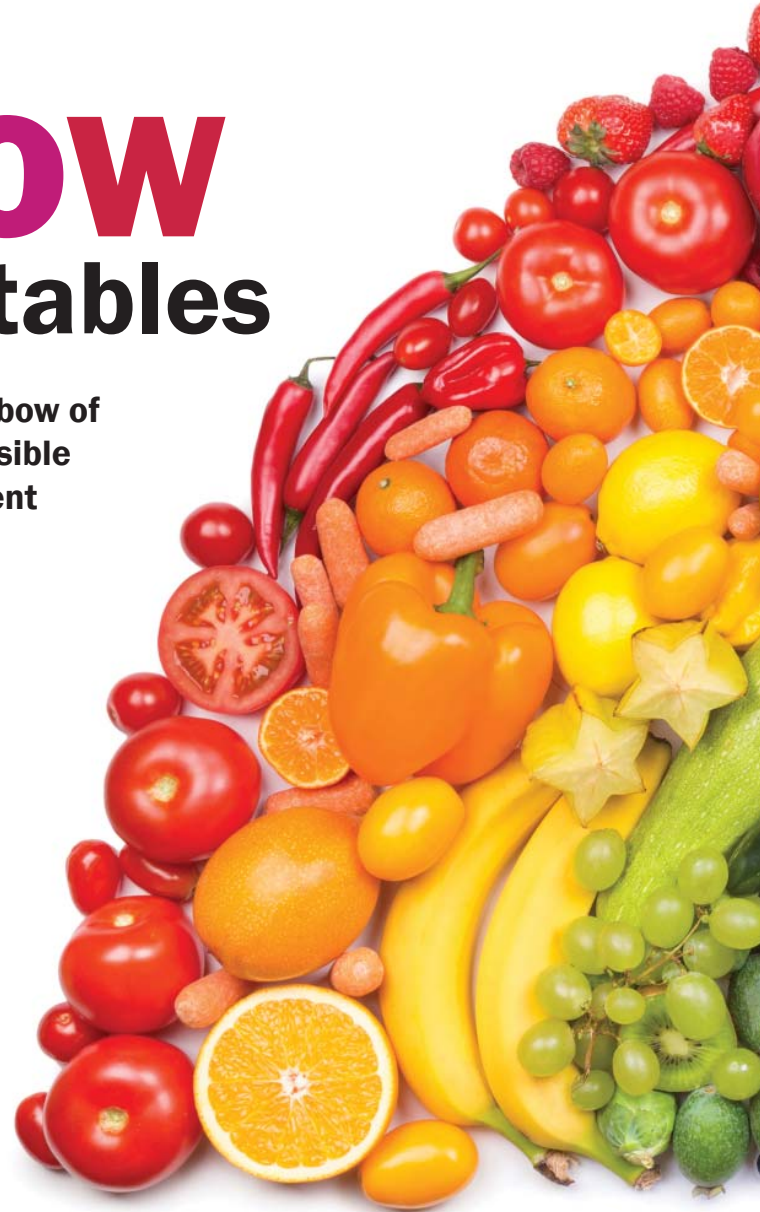
WHAT TO CHOOSE: tomatoes, tomato products, watermelon, pink grapefruit, cranberries, red apples, cherries, beets, red peppers, pomegranates, red potatoes, radishes, raspberries, and strawberries

Orange and yellow fruits and vegetables are usually colored by natural plant pigments called carotenoids. Beta-carotene in orange fruits and vegetables converts to vitamin A in our bodies. Vitamin A plays an important role in eye health, immunity, skin function and bone health. Citrus fruits also supply a hearty dose of vitamin C and folate.

WHAT TO CHOOSE: apricots, butternut squash, cantaloupe, carrots, lemons, mangoes, oranges, papayas, peaches, pears, yellow peppers, pineapple, pumpkin, sweet corn, and sweet potatoes

Anthoxanthins supply the white hue to fruits and vegetables. They contain chemicals shown to help lower cholesterol and blood pressure.

WHAT TO CHOOSE: bananas, cauliflower, garlic, ginger, jicama, mushrooms, onions, parsnips, potatoes, and turnips





The pigment chlorophyll gives green fruits and vegetables their colorful hue. Along with vitamin K, folate, and potassium, green goodies have also been shown to help reduce the risk of certain cancers. Some members of the green family contain leutin, which may reduce the risk of cataracts and age-related macular degeneration.

WHAT TO CHOOSE: broccoli, cabbage, kiwi, avocado, leafy greens, green apples, asparagus, green beans, cucumbers, green grapes, honeydew melon, limes, peas, green peppers, zucchini

Blue fruits and vegetables contain anthocyanin, an antioxidant important for a healthy heart and blood pressure. Blueberries in particular have been linked with improved memory and healthy aging.

WHAT TO CHOOSE: Blueberries, eggplant (especially the skin), blackberries, prunes, purple grapes, raisins and plums



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