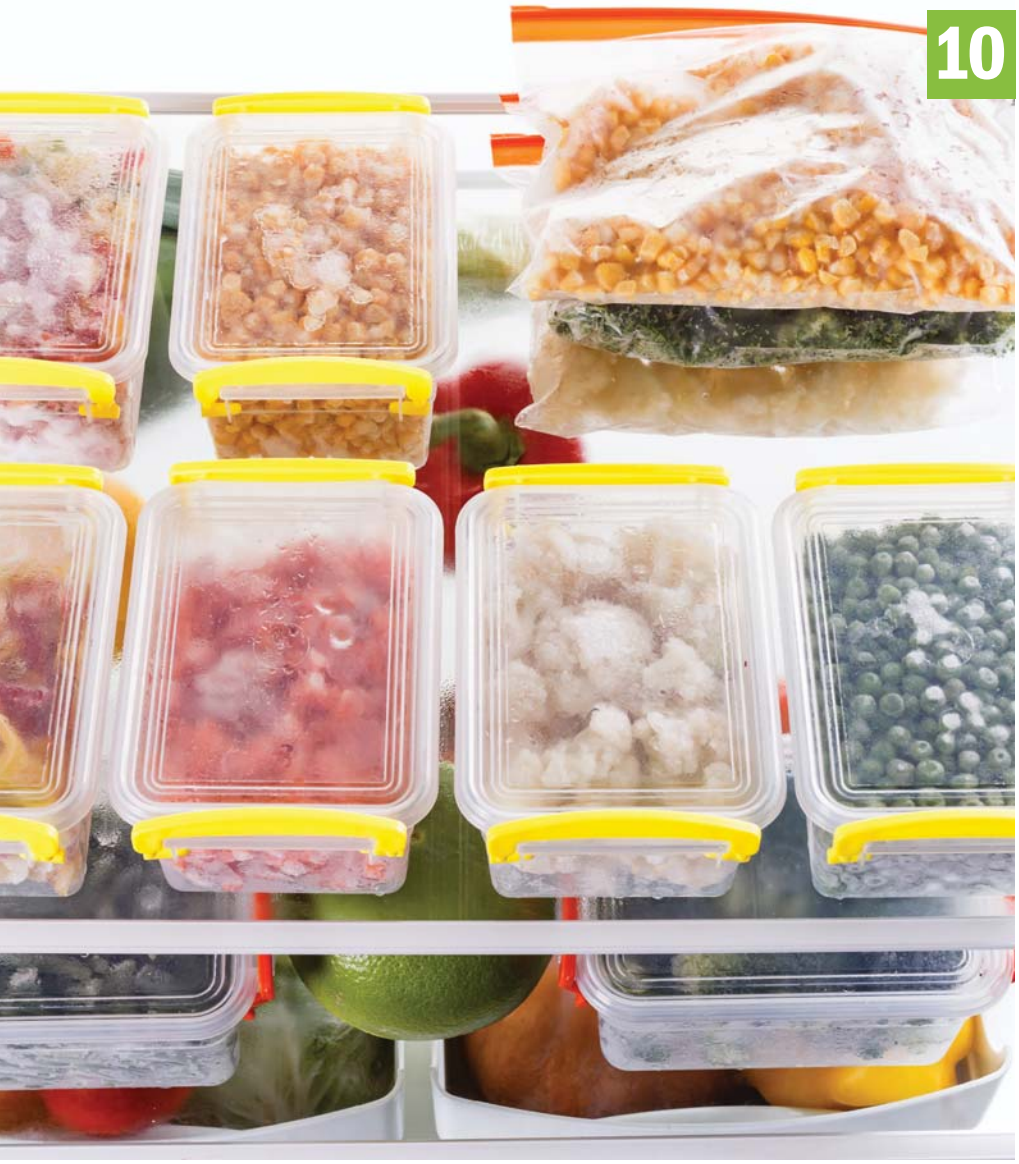

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HEALTH™
ISSUE 23 | February 2017 - April 2017
The
ART
of Batch
Cooking
10
healthy
changes
so small you
won't even notice
PLUS fresh, affordable recipes in every issue
FREE









CentsAble Health

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18 5 breakfasts in 5 minutes: 5 ingredients or less



Dannon® Oikos® Triple Zero

Be unstoppably you!

0 added sugar

0 artificial sweeteners

0 fat

Plus 15 grams of protein per 5.3 ounce container to keep you unstoppably satisfied.



CHICKEN CHILI WITH WHITE CHILI BEANS

Makes 6 servings (about 1 cup each)
Total time: 20 minutes

Ingredients

1 Tbsp. oil
1 pound boneless skinless chicken breasts, cubed
1 small onion, chopped (about ½ cup)
2 (15.5 oz) cans Mrs. Grimes® White Chili Beans (do not drain)
1 (15 oz) can corn & peppers (do not drain)
1 (4 oz) can diced green chilies (do not drain)

Directions

In a 12-inch nonstick skillet, HEAT oil over medium-high heat. ADD chicken and onion; COOK until chicken is no longer pink, stirring occasionally. STIR in remaining ingredients. COVER; COOK 10 minutes, stirring once.

Nutrition information per serving: 230 calories; 5 g fat; 1.5 g saturated fat; 35 mg cholesterol; 530 mg sodium; 27 g carbohydrate; 8 g fiber; 21 g protein





Brussels Sprouts

When it comes to Brussels sprouts, it's all about the cooking.

This member of the cruciferous vegetable family has a distinct smell when it's overcooked. Interestingly, the compound (sulfur) responsible for that strong smell is also the compound that helps fight off certain cancers. Fear not! You can still reap all the health benefits with a pleasant, nutty aroma if you cook them correctly. For a healthy dose of fiber, vitamin C and folate, just try our recipes on page 5.

Roasting Brussels sprouts may be our favorite way to prepare them. Simply halve or quarter Brussels sprouts and toss them with oil. Season and scatter them on a baking sheet. Roast at 450°F for 25 to 30 minutes, or until they are crisp-tender. Note: Make sure the Brussels sprouts have plenty of room. If they're too crowded on the baking sheet, they will steam instead of caramelize. If you like them a little extra crispy, add maple syrup, honey, or brown sugar.

KALE AND BRUSSELS SPROUTS SALAD

Makes 4 servings I *Total time: 15 minutes*

Ingredients

¼ cup fresh lemon juice
2 Tbsp. Dijon mustard
1 Tbsp. minced onion
1 garlic clove, grated or minced
Salt and pepper, to taste
1 bunch of kale, rinsed and chopped (about 2 cups)
6 ounces Brussels sprouts, ends trimmed, and grated or shredded with a knife
2 Tbsp. olive oil
¼ cup grated Parmesan cheese
2 Tbsp. sliced almonds

Directions

COMBINE lemon juice, Dijon mustard, onion, garlic, salt and pepper in a small bowl and STIR to blend. In a large bowl, COMBINE chopped kale and Brussels sprouts. WHISK olive oil into lemon juice mixture and SEASON with salt and pepper, if desired. ADD dressing and cheese to kale and Brussels sprouts. TOSS to coat. GARNISH with sliced almonds.

Nutrition information per serving: 145 calories; 10.5 g fat; 2 g saturated fat; 3 mg cholesterol; 199 mg sodium; 10 g carbohydrate; 3 g fiber; 5.5 g protein

ROASTED BRUSSELS SPROUTS AND CARROTS

Makes 4 servings
Total time: 35 minutes

Ingredients

2 Tbsp. oil
2 Tbsp. fresh lime juice
2 tsp. brown sugar
1 garlic clove, minced
⅛ tsp. red pepper flakes
Salt and pepper, to taste
1 pound Brussels sprouts, quartered with ends removed
2 cups baby carrots

Directions

WHISK oil, lime juice, sugar, garlic, red pepper flakes, salt and pepper together. TOSS with Brussels sprouts and carrots. ROAST at 450°F until crisp-tender, about 25 minutes.

Nutrition information per serving: 138 calories; 7 g fat; 1 g saturated fat; 0 mg cholesterol; 69 mg sodium; 17 g carbohydrate; 6 g fiber; 4 g protein



Sunkist

a cooperative of family farms since 1893™

It's Peak Sunkist® Citrus Season!

TRY THESE PEAK SEASON CITRUS VARIETIES:



CARA CARA NAVEL ORANGES

This unique variety looks like a Navel orange on the outside – but the seedless interior has a rich pink hue from the natural presence of lycopene. Available December through May, this extremely sweet Sunkist® Navel is branded The Power Orange® because it is an excellent source of vitamins A and C and a good source of folate and fiber.

MINNEOLA TANGELOS

Minneola tangelos are easily identified by their distinctive knob-like formation at the stem. A cross between a grapefruit and a tangerine, juicy Minneolas are larger than most mandarins with a deep red-orange exterior and a bold, tangy flavor. Available mid-December through April, Minneolas are an excellent source of both vitamin C and folate.

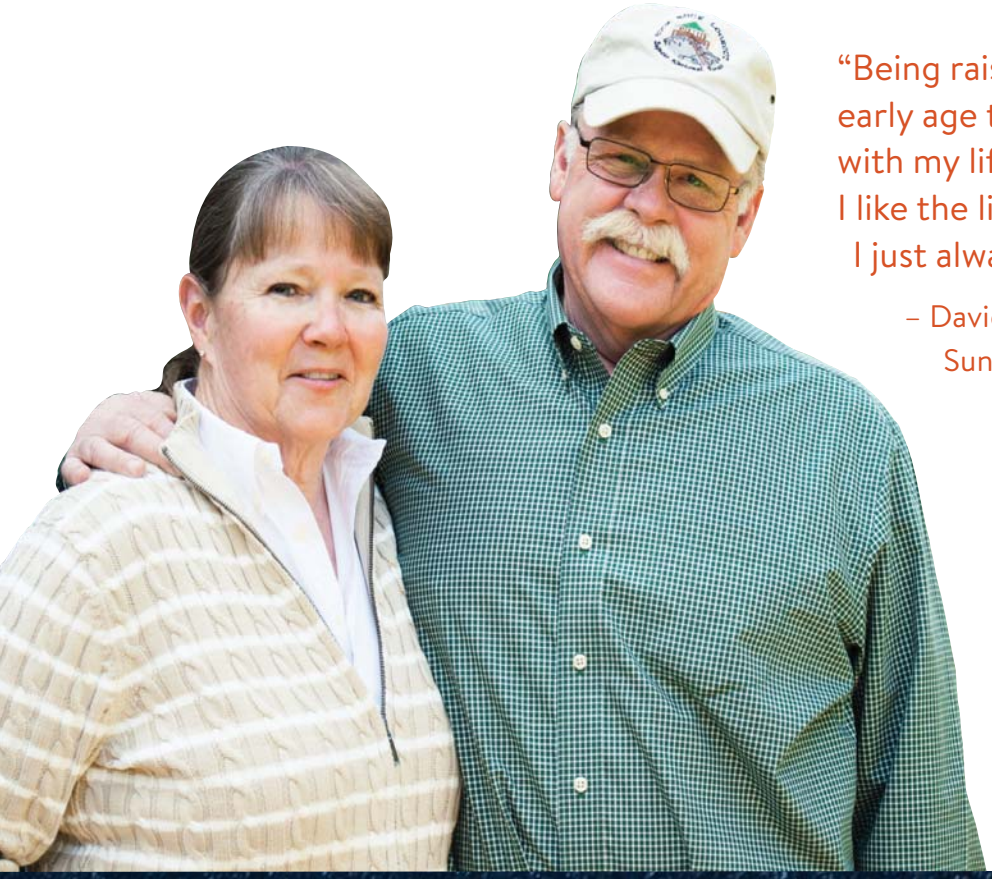




MEYER LEMONS

Thought to be a cross between a regular lemon and a mandarin, Meyer lemons are a bit sweeter and less acidic than regular lemons with a refreshing herbal scent – perfect for lemon-based desserts and lemonades. Peak Meyer lemon season is in the winter, and this beautiful lemon is a bright yellow to rich yellow-orange with a thin, tender rind that gives it a smooth, soft feel.

Sunkist® and The Power Orange are registered trademarks of Sunkist Growers Inc., USA. © 2017.



"Being raised on a farm, I learned at an early age that this is what I was going to do with my life. My calling was to be a farmer. I like the lifestyle and I love being outside. I just always knew I'd be a farmer."

– David Brown, Fourth Generation Sunkist® grower

Sunkist® growers have deep roots in citrus. Generations of farmers were raised in the orchards where their parents (and grandparents) grew citrus, each generation passing down their knowledge to the next.

Learn more about Sunkist's family farmers at **SunkistFamilyStories.com**.

RUSTIC CITRUS MARMALADE

The marmalade recipe, from Chef Cindy Pawlcyn of Napa Valley, is a great way to get the most out of seasonal citrus. Follow safe canning instructions.

Makes: 15 pint size canning jars

Ingredients:

6 pounds of mixed citrus fruit, use at least 3 varieties making sure one is a tart variety

4 ½ pounds sugar



Directions:

Cut the ends of each fruit and quarter the fruit leaving the core intact, and not touching the cuts. Remove any seeds you can see and lay each wedge on its peel and cut crosswise into thick slices. Place the citrus into a large ceramic bowl and cover with 10 cups of water. Cover and refrigerate overnight.

Pour the fruit and water into a large enameled or stainless steel preserving pan and bring to a full boil. Reduce to a simmer and cook for 1 hour or longer, stirring occasionally until the peels are translucent. Add the sugar and bring back to boil. Cook stirring often until you reach the jelling point of 218-220°.

2017

can be your healthiest year ever!

Try these ten changes so small, you won't even notice.



1 **DRINK MORE WATER.** Whether you drink a big glass before meals or sip throughout the day, more water keeps you full and hydrated.



4 **COOK IN BULK** to save time (see page 10 for more ideas).

5 **MENU PLAN.** Scavenge your kitchen, produce drawer, and freezer to see what items you can use then make a grocery list.



2 **REPACKAGE SNACKS** in smaller, portion-controlled containers.



3 **EXPERIMENT WITH HERBS AND SPICES** to cut down on sodium and increase antioxidants.

Small changes add up to big results!





EAT BREAKFAST – a granola bar, eggs, toast, almost anything works that keeps you full with protein and carbohydrates to kick start your metabolism. See page 18 for 5 breakfasts with 5 ingredients or less and take less than 5 minutes.



6

TRY A NEW (HEALTHY) FOOD each week to help develop your palate.

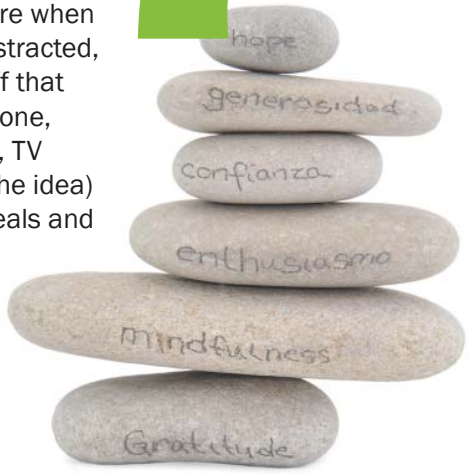
8

INVEST IN REUSABLE CONTAINERS (and try to keep tabs on the lids). High quality or fun containers make packing your lunch or keeping leftovers easier.

10

7

PRACTICE MINDFUL EATING. We tend to eat more when we are distracted, so turn off that tablet, phone, computer, TV (you get the idea) during meals and snacks.



9

USE SMALLER PLATES – it tricks your brain into eating less, yet feeling fuller faster.



BATCH COOKING 101

When it comes to meal planning and eating healthy, few things make it easier than batch cooking.



Having "planned leftovers" on hand saves you time, money, and take-out container calories.

Batch cooking doesn't mean you have to precook every single thing on your menu for the week – even just simplifying your staples can save a mid-week meltdown.







START WITH A LIST OF 4 TO 6 RECIPES.

If at least two of the recipes share common ingredients, like chicken or ground beef, then you can pair those recipes together.

Some easy, go-to options are stir fry, tacos, rice bowls, salads, soups, quesadillas and frittatas.

ONCE YOU HAVE YOUR MENU DECIDED, MAKE A GROCERY LIST.

When it comes to cooking, you can do one large batch cooking session for the entire week, or batch cook two smaller times during the week. (For tips on how to batch cook beef and pork, keep reading!)

STORE EVERYTHING IN REUSABLE CONTAINERS.

They can be ready-to-go meals, or in separate containers that you can put together later. A combination of both works well for those who take a lunch to work but have a few more minutes to put dinner together at night.

Batch cooking beef starts with choosing the right cut.

For steaks, Top Sirloin, Strip, and Flank work best. One pound of steak should make four (3 ounce) servings once cooked. If you want shredded beef, we recommend roasts like Chuck, Shoulder, or Bottom Round. A two to three pound roast will make about eight to 12 (3 ounce) servings once cooked.



Flank Steak



Top Sirloin Steak



Strip Steak



Chuck Roast



Shoulder Roast



Bottom Round Roast

We have paired recipes together for you! For these recipes, you will need to marinate and cook two pounds of Top Sirloin Steak ahead of time.

TO PREPARE YOUR BEEF

Fire up your grill, broiler or slow cooker, just remember to check any recipes for marinades or preferred seasonings before you start. (You can find lots of cooking tips at www.fareway.com).

For the marinade
⅓ cup Asian-sesame dressing
⅓ cup hoisin sauce
2 Tbsp. fresh lime juice

COMBINE marinade ingredients. PLACE steaks and ½ cup of marinade in a plastic bag. TURN to coat and MARINATE in the refrigerator for 15 minutes to 2 hours. COVER and REFRIGERATE remaining marinade for Steak and Asian Noodle Salad.

PLACE steak in center of grill over medium, ash-covered coals. GRILL steak, uncovered, 17 to 21 minutes (over medium heat on preheated gas grill, covered, 13 to 16 minutes) for medium-rare (145°F) to medium (160°F) doneness, turning occasionally. OR BROIL 3 to 4 inches away from the heat sources for 16 to 21 minutes, flipping halfway through.



STEAK AND ASIAN NOODLE SALAD

Makes 4 servings
Total time: varies

Ingredients

1 beef Top Sirloin Steak (about 1 pound), cooked
6 ounces uncooked whole grain spaghetti
1 package (8 ounces) sugar snap peas
1 medium red bell pepper, thinly sliced
1 cup packaged shredded carrots
Reserved marinade
Toasted sesame seeds (optional)

Directions

COOK pasta according to package directions, adding vegetables during the last 3 minutes of cooking. DRAIN. COMBINE pasta and vegetables with reserved marinade in large bowl. Evenly DIVIDE among 4 bowls. CARVE steaks into slices. Evenly ARRANGE beef over pasta and vegetables. SPRINKLE with toasted sesame seeds, if desired.

Nutrition information per serving: 423 calories; 9 g fat; 2 g saturated fat; 50 mg cholesterol; 502 mg sodium; 48 g carbohydrate; 9.3 g fiber; 35 g protein

FOUR SEASONS BEEF & BRUSSELS SPROUTS SALAD

Makes 4 servings
Total time: 15 to 20 minutes

Ingredients

1 beef Top Sirloin Steak (about 1 pound), cooked
4 cups thinly sliced Brussels sprouts
1 medium red or green apple, chopped
1 cup thinly sliced celery
½ cup dried cranberries
½ cup champagne vinaigrette or honey mustard dressing
¼ cup crumbled feta cheese
¼ cup toasted walnuts or pecans, optional

Directions

COMBINE steak, Brussels sprouts, apple, celery and cranberries in large bowl. ADD dressing; TOSS to coat. SPRINKLE with cheese and nuts, if desired.

Nutrition information per serving: 357 calories; 13 g fat; 4 g saturated fat; 80 mg cholesterol; 690 mg sodium; 30 g carbohydrate; 5 g fiber; 32 g protein



To change up your protein, try pork.

Pork Tenderloin, Butterfly Chops and Loin Chops all cook, store, and repurpose effortlessly. If you're in the mood for shredded pork or carnitas, whip up a pork Shoulder Roast or Loin Roast to enjoy throughout the week.

The following recipes both use pork tenderloin – which is just as lean as a boneless, skinless chicken breast with only about 3 grams of fat per serving. Start by preparing one pork tenderloin (about 1½ pounds). Season with salt, pepper, garlic powder and thyme.

TO PREPARE YOUR PORK

Preheat oven to 400°F. Heat 1 teaspoon of oil in an oven safe skillet (or cast iron skillet). Add tenderloin and cook until it is evenly browned on all sides, about 5 minutes.

Bake tenderloin for 15 minutes, flipping halfway through, or until the internal temperature reaches 145°F. Transfer tenderloin to a cutting board and let rest 5 minutes before slicing. For tenderloin that will be eaten later in the week, store it unsliced in the refrigerator.



Butterfly Chops & Loin Chops



Shoulder Roast



Pork Tenderloin



Loin Roast



GAME DAY PORK AND CHILE WRAPS

Makes 4 servings
Total time: 10 minutes

Ingredients
12 ounces pork tenderloin, cooked and sliced
4 (8 inch) tortillas
¼ avocado, pitted, peeled and sliced
⅓ cup red onion, thinly sliced
1 (4 ounce) can diced green chiles
4 cups mixed greens

Directions
MICROWAVE tortillas on high until slightly warm and softened, about 30 seconds. PLACE tortillas on a work space and top with remaining ingredients, stopping 2 inches from the edge. FOLD one side of the tortilla over the fillings. TUCK fillings in tightly, then FOLD in the edge of the tortilla. CONTINUE rolling tortilla, securing with a toothpick, if necessary.

Nutrition information per serving: 290 calories;10 g fat; 1 g saturated fat; 60 mg cholesterol; 310 mg sodium; 26 g carbohydrate; 4 g fiber; 23 g protein



PORK TENDERLOIN MEDALLIONS WITH LEMON-GARLIC SAUCE

Makes 4 servings; Total time: 15 minutes

Ingredients

12 ounces pork tenderloin, cooked and sliced into medallions
2 tsp. olive oil, divided
2 garlic cloves, minced
½ cup dry white wine
½ cup low sodium chicken broth
1 lemon, zested and juiced
1 Tbsp. fresh parsley, chopped

Directions

HEAT 1 teaspoon of olive oil in a large skillet over medium-high heat. ADD pork tenderloin and COOK, turning once, until it is browned and reheated, about 1 minute. REMOVE pork from skillet and COVER to keep warm.

ADD remaining 1 teaspoon of oil to the skillet. ADD garlic and COOK, stirring constantly, until garlic is fragrant, about 30 seconds. ADD wine and chicken broth. INCREASE heat to high and COOK, stirring to scrape the bottom of the skillet, until the liquid is reduced, about 5 minutes.

REMOVE the skillet from heat and STIR in salt and pepper, to taste, zest and juice from the lemon and parsley. SERVE the tenderloin medallions drizzled with sauce.

Nutrition information per serving: 150 calories; 5 g fat; 1 g saturated fat; 75 mg cholesterol; 220 mg sodium; 1 g carbohydrate; 0 g fiber; 24 g protein



Lays® Poppables™ light and airy crunch makes them just so POPPABLE!

And with 2x more pieces per serving than regular potato chips, they're satisfying, too! One serving (28 to 30 pieces) comes in at about a mere 150 calories, made from simple ingredients.

SANDWICH FANS CELEBRATE!

Keep calories low and flavor high with Brownberry® Whole Wheat Sandwich Thins®. They deliver 20 grams of whole grains, 5 grams of fiber and 4 grams of protein with only 100 calories.







Looking for a lighter version of a favorite game day dip?

AE® Cottage Cheese and Greek yogurt add flavor and creaminess without the guilt.

CHEESY CHICKEN AND ARTICHOKE DIP

Makes 6 to 8 servings; Total time: 35 minutes

Ingredients

1 cup AE® Lowfat Cottage Cheese with Sea Salt
1 (6 ounce) container AE® Classic Plain Greek Yogurt
½ cup lite mayonnaise
1 cup shredded Swiss cheese
¼ cup shredded parmesan cheese
½ cup diced red bell pepper
¼ tsp. garlic powder
¼ tsp. hot pepper sauce
1 (10 ounce) can premium chunk chicken breast, drained
1 (14 ounce) can artichoke hearts, drained and chopped
Assorted crackers or pita chips, for serving.

Directions

PREHEAT oven to 350°F. Lightly COAT a 1½ quart baking dish with nonstick spray. In a large bowl, COMBINE cottage cheese, yogurt and mayonnaise. STIR in cheeses, bell pepper, garlic powder and hot sauce. FOLD in chicken and artichoke hearts and POUR into a prepared baking dish. BAKE for 20 to 25 minutes, or until it is bubbly and brown around the edges.

Approximate nutrition information per serving: 195 calories; 11 g fat; 4 g saturated fat; 45 mg cholesterol; 370 mg sodium; 10 g carbohydrate; 1 g fiber; 15 g protein



Airy, crunchy Garden Veggie Straws® combine garden-grown potatoes and ripe vegetables to form a better-for-you snack that has 30% less fat than the leading potato chip* and allows for 38 straws per serving.

Gluten-free | Non-GMO | Kosher | No Artificial Flavors or Preservatives | Cholesterol-free

**Per 1 ounce serving*



5 Breakfasts
5 Minutes
5 Ingredients or less

ONE | Instant Oatmeal

Instant oatmeal is partially cooked then dried, reducing microwave time to about two minutes. Look for unsweetened oatmeal to keep sugar and calories at bay while boasting whole grains, fiber and protein.



TWO | FRUIT AND NUTS

Trail mix is one of the easiest breakfasts on the move. The combination of healthy fat and protein will keep you full longer while the carbohydrates give you quick energy for the morning ahead. Make your own with your favorite unsalted nuts, unsweetened dried fruit and a few sweet treats like dark chocolate pieces or shredded coconut.

THREE | EGGS

Eggs are a budget-friendly source of high quality protein, and vitamins A, D, E, and K. You can sauté them in nonstick cooking spray, poach or scramble for a quick breakfast. Have a little more than 5 minutes? Hard-boil eggs in advance and store them in the refrigerator to grab-n-go.





FIVE | 100% WHOLE WHEAT TOAST

Before you push that slice of bread down, flip over the package and check the ingredients list. The best bread options read “whole wheat” or “whole grain” as the first ingredient. When you’re ready to start topping, try an egg or low-fat cottage cheese for protein, avocado for heart healthy fat, or fresh fruit for a higher fiber alternative to jelly.

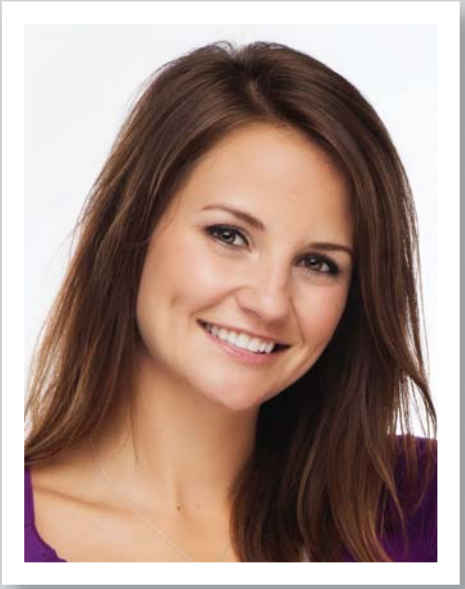
FOUR | SMOOTHIES

Toss frozen fruit, vanilla Greek yogurt and a few ice cubes in your blender for a breakfast that’s ready before you are. Fruit adds sweetness, vitamins, minerals and fiber to your morning while Greek yogurt brings about twice the protein as regular yogurt. Opt for even more nutrients (like vitamin A, folate, B vitamins, calcium, and vitamin C) by adding a handful of spinach – we promise you can’t even taste it!

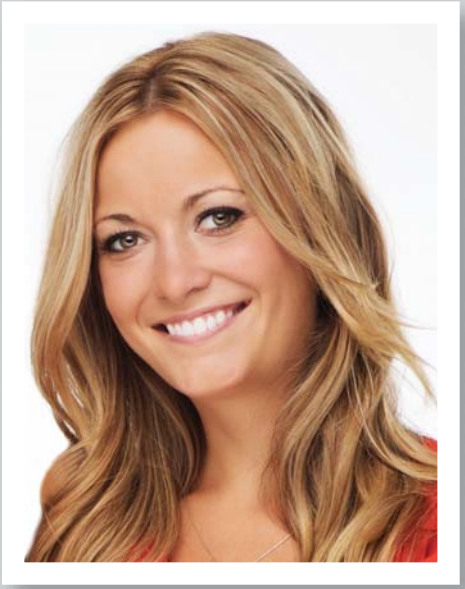


Ask WHITNEY & CAITLYN

Fareway Corporate Dietitians



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