



cents able HEALTH TM

ISSUE 26 | November-December 2017

HOLIDAY DINNERS

FEATURING BONELESS
PORK LOIN ROASTS

5

STAPLES
FOR A
HEALTHY
PANTRY

Turn your
**LEFTOVER
VEGGIE
PLATTER**
into
DINNER

Plus fresh, affordable recipes in every issue

FREE

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CentsAble Health

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WINTER FROST MIX



WINTER FROST MIX

Makes approximately 24

(½ cup) servings

Total time: 20 minutes

Ingredients

3 cups Fareway Corn, Rice, or Wheat Squares cereal
3 cups granola
2 cups Rold Gold® Sticks pretzels
2 cups dry roasted peanuts
1½ cups chocolate chips
2 cups white chocolate chips
1½ cups dried cranberries

Directions

Mix cereal, granola, pretzels and peanuts in a large bowl. Melt white chocolate in microwave, stirring about every 30 seconds until smooth. Pour melted white chocolate over cereal mixture and toss until coated. Spread cereal on cookie sheet covered in wax paper and allow to cool. Break into smaller pieces when cool and toss with chocolate chips and dried cranberries.

Approximate nutrition information per serving:
255 calories; 11.4 g fat; 4.5 g saturated fat;
0 mg cholesterol; 97 mg sodium;
37.8 g carbohydrate; 2.5 g fiber; 21.7 g sugar;
4.2 g protein

A Great Cheese Plate

Choose three to five cheeses (plan for around two ounces of each cheese per person) with varying textures and flavors then add a few non-cheese items to add variety-like sweet fruit, tangy olives, crunchy crackers, and savory summer sausage or prosciutto.



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NUTRITION IN THE PANTRY

5

STAPLES TO HAVE ON HAND

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When it comes to nutrition, all forms count. Canned, fresh, frozen, dried and 100% juice all provide essential nutrients that make up a healthy diet. With no cleaning, chopping, seeding, peeling, cooking or soaking required, canned foods provide the ultimate healthy convenience.



BEANS

One-half cup of canned beans provides 20 – 30% of the daily recommended amount of fiber (depending on the variety) along with a low fat, cholesterol free source of protein. Already cooked canned beans take just five minutes to be meal-ready, just make sure to drain and rinse your beans (except for chili beans) to reduce sodium.

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TUNA

A 3-ounce serving provides omega 3s for heart and brain health and about 22 grams of protein. Drain canned tuna and serve it on toast, crackers or a salad to help meet the recommended eight ounces of seafood each week.

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PEACHES

Vitamin C levels in canned peaches are four times higher than in fresh and folate levels are 10 times higher compared to fresh, making canned peaches a pantry MVP. Look for varieties packaged without added sugar for a quick snack or to top off your morning parfait.



DICED TOMATOES

One-half cup provides 20% of the daily recommended amount of vitamin C, key to healthy immune function. The canning process also increases the antioxidant lycopene naturally found in tomatoes. Top nachos or tacos with your favorite canned diced tomato and forget the extra chopping.

GREEN BEANS

A staple side dish, canned green beans contribute fiber, vitamins A and C, potassium and folate to any family meal. Looking to sneak in a few extra veggies? Finely chop canned green beans and mix them in with meatloaf, hamburgers, or meatballs.





**We love a good
holiday crudité
platter but what to do
with all the leftovers?**

Since you've already done all the washing, cutting and prepping, meals and side dishes can be ready in minutes.

Turning those raw vegetables into a warm weeknight side dish is really as simple as turning on your oven. Toss cut veggies with a little olive oil, salt and pepper then roast at 450°F for about 20 minutes, or until vegetables are crisp tender.



Minestrone soup is one of those “everything but the kitchen sink” style recipes. While we’ve given some vegetable suggestions, feel free to use whatever veggies you have on hand.

MINESTRONE SOUP

Makes 4 – 6 servings • Total time: 35 minutes

Ingredients

- 2 medium carrots, peeled and chopped
- 1 celery stalk, chopped
- 1 cup onion, chopped
- 1 cup green beans
- 3 cups reduced-sodium vegetable or chicken broth
- 2 (14.5-ounce) cans diced tomatoes
- 1 tsp. dried thyme
- ½ tsp. dried sage
- 2 bay leaves
- Salt and pepper, to taste
- ¼ cup dry pasta (elbow, farfalle, small shells)
- 1 can white beans, drained and rinsed
- 2 cups coarsely chopped fresh spinach
- 4 Tbsp. grated Parmesan cheese

Directions

Saute carrots, celery, onion and green beans until slightly soft, about 5 minutes. Add broth, tomatoes, thyme, sage, bay leaves, salt and pepper. Bring to a boil then add pasta. Reduce heat and simmer for 10 – 12 minutes or until pasta is al dente. Stir in beans, spinach and cheese. Simmer for 5 more minutes and serve.

Approximate nutrition information per serving: 217 calories; 1.9 g fat; 0.9 g saturated fat; 3.7 mg cholesterol; 440.6 mg sodium; 41.4 g carbohydrate; 9.1 g fiber; 6.8 g sugar; 10.9 g protein



Vegetables aren't only for dinner... and eggs aren't only for breakfast. Frittatas, omelets and scrambled eggs make a perfect base for using up leftovers.

LEFTOVER CRUDITÉ FRITTATA

Makes 6 servings • Total time: 30 minutes

Ingredients

1 Tbsp. olive oil	6 large eggs
2½ cups assorted vegetables, diced	Salt and pepper, to taste
½ tsp. dried rosemary	1 cup shredded cheese

Directions

Preheat oven to 400 °F. Heat oil over medium heat and saute vegetables for about 10 minutes, or until they're tender. Stir in rosemary and remove from heat. In a medium bowl, whisk together eggs, salt, pepper and cheese. Combine eggs and vegetables and pour into an 8" x 8" casserole dish sprayed with cooking spray. Bake for 20 – 30 minutes, or until eggs are cooked through.

Approximate nutrition information per serving: 188 calories; 13.8 g fat; 5.5 g saturated fat; 228.6 mg cholesterol; 210.3 mg sodium; 4.2 g carbohydrate; 1.1 g fiber; 1.7 g sugar; 12.4 g protein

Having leftover cleaned, cut, and ready vegetables means you can whip up a salad in seconds. Serve chopped vegetables on a bed of your favorite salad greens, or go completely lettuce-free with chopped vegetables tossed in Classic Vinaigrette.



CLASSIC VINAIGRETTE

Makes approx. 4 servings

Total time: 5 minutes

Ingredients

2 Tbsp. red wine vinegar
2 tsp. Dijon mustard
Salt and pepper, to taste
⅓ cup olive oil

Directions

Combine vinegar, mustard, salt and pepper. Gradually whisk in olive oil. Store in an airtight container in the refrigerator.

Nutrition information per serving: 163 calories; 18 g fat; 2.5 g saturated fat; 0 mg cholesterol; 61 mg sodium; 0.6 g carbohydrate; 0 g fiber; 0 g sugar; 0 g protein



Attending another get-together? Turn your leftovers into a party pleaser for a second time with Vegetable Pizza.

VEGETABLE PIZZA

Makes 15 appetizers

Total time: 30 minutes

Ingredients

- 1 (12 inch) prepared pizza crust or 1 (8 oz) can refrigerated roll dough
- 2 cups Greek yogurt
- 2 Tbsp. cream cheese
- 1 Tbsp. ranch seasoning
- 2 cup assorted mixed vegetables
- ½ cup sharp cheddar cheese
- 1 pinch fresh dill

Directions

Prepare crust according to package directions. In a separate bowl, combine yogurt, cream cheese and ranch seasoning packet and spread on crust. Top with mixed vegetables and cheese. Garnish with fresh dill.

Approximate nutrition information per serving:
 117 calories; 6.2 g fat; 2.3 g saturated fat;
 7.6 mg cholesterol; 410 mg sodium;
 8.5 g carbohydrate; 0.5 g fiber; 1.4 g sugar;
 5.5 g protein

Did someone leave the celery behind? Lucky for you. Turn those forgotten stalks into tasty snacks with these new variations of Ants on a Log.

- Blue cheese + cayenne pepper
- Chocolate hazelnut spread + blueberries
- Guacamole + black beans
- Hummus + pretzel pieces
- Strawberry cream cheese + dried cranberries
- Greek yogurt + ranch seasoning + fresh peas



Get to know GOOD THINGS



POTATO

White Cheddar,
Sweet Potato,
Spinach & Garlic



RICE

Simply Salt,
Poppy & Sesame Seed
Veggie Blend



OAT

Sweet Oat
& Flax



CHICKPEA

Garlic & Herb



CORN

Sea Salt

Enjoy traditional stuffing in PORTION-CONTROLLED SINGLE SERVINGS



HERB STUFFIN' MUFFINS

Makes 12 muffins • Total time: 45 minutes

Ingredients

6 slices Fareway 100% whole wheat bread, cut into cubes	1 Tbsp. dried sage
½ loaf French bread, cut into cubes	1 tsp. dried thyme
1½ Tbsp. olive oil	½ tsp. dried parsley
1 small onion, diced	Salt and pepper, to taste
2 ribs celery, diced	2 cups chicken or turkey broth
	2 large eggs, beaten

Directions

Preheat oven to 300°F. Bake bread for 10 – 15 minutes, or until toasted and lightly brown. Meanwhile, heat oil in a nonstick skillet over medium heat. Add onion and celery and saute until tender, about 5 – 7 minutes. Add bread and onion mixture to a large bowl and cool to room temperature. Add sage, thyme, parsley, salt and pepper and toss to combine. Add broth and eggs; stir well. Adjust oven temperature to 400°F. Spray 12 muffin tins with nonstick cooking spray. Add stuffing to muffin tins and press down slightly on each muffin. Bake for 30 – 35 minutes, or until muffins are firm.

Nutrition information per muffin: 126 calories; 3.6 g fat; 0.7 g saturated fat; 28 mg cholesterol; 205 mg sodium; 18.5 g carbohydrate; 1.2 g fiber; 5 g protein



TRANSFORM YOUR HOLIDAY DINNERS

WITH OUR

Boneless Pork Loin Recipes

ASIAN SLOW COOKER PORK ROAST

Makes 8 servings • Total time: varies

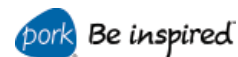
Ingredients

2 – 3 pounds boneless pork loin roast
2 Tbsp. Chinese five-spice
 $\frac{3}{4}$ cup + 2 Tbsp. brown sugar, divided
2 tsp. garlic powder
2 tsp. red pepper flakes, divided
1 tsp. salt
 $\frac{1}{2}$ tsp. black pepper
 $1\frac{1}{2}$ cups + 2 Tbsp. cold water, divided
2 Tbsp. cornstarch
 $\frac{1}{4}$ cup apple cider vinegar
2 Tbsp. soy sauce
Fresh cilantro, chopped, for garnish
Lime wedges, for garnish

Directions

Place roast in your slow cooker. In a small bowl, whisk together Chinese five-spice, 2 tablespoons brown sugar, garlic powder, 1 teaspoon red pepper flakes, salt and pepper. Rub the spice mixture over the pork. Pour 1 cup of water around the pork roast. Cover and cook on low for 8 hours or high for 4 hours. When there are about 20 minutes of cooking time left, prepare glaze by mixing cornstarch and 2 tablespoons cold water until dissolved; set aside. In a large saucepan, add $\frac{1}{2}$ cup cold water, apple cider vinegar, soy sauce, 1 teaspoon red pepper flakes, and $\frac{3}{4}$ cup brown sugar. Bring to a simmer and then stir in cornstarch mixture. Continue to stir the glaze until it has thickened, about 5 minutes, then remove from heat. Remove pork from the slow cooker and discard liquid left in the slow cooker. Generously brush pork with the glaze and serve with remaining glaze on the side. Garnish with cilantro and lime wedges, if desired.

Nutrition information per serving: 284 calories; 6.7 g fat; 2 g saturated fat; 84 mg cholesterol; 599 mg sodium; 25.2 mg carbohydrate; 0 g fiber; 22 g sugar; 29.6 g protein





ORANGE-POMEGRANATE ROSEMARY PORK ROAST

Makes 8 servings

Total time: 1 hour 25 minutes

Ingredients

2 pounds boneless
pork loin roast
2 Tbsp. olive oil
3 garlic cloves, minced
1 tsp. salt
1 tsp. black pepper
2 tsp. fresh rosemary
½ cup pomegranate juice
1½ cups orange marmalade
½ cup dry red wine, such as
cabernet sauvignon
3 Tbsp. Dijon-style mustard

Directions

Preheat oven to 350° F.
Place roast in a shallow, foil lined roasting pan. Rub roast generously with oil and garlic. Season with salt, pepper and rosemary. Bake pork for 30 minutes. Meanwhile, in a saucepan over medium-high heat, combine pomegranate juice, orange marmalade and wine and bring to a boil, stirring frequently until it thickens. Remove from heat; whisk in mustard. Pour mixture over pork roast. Return roast to oven and cook for approximately 25 – 30 minutes, or until the internal temperature reaches 145° F. Remove from oven and allow to rest for 10 minutes before slicing.

Nutrition information per serving:

354 calories; 8.8 g fat; 2 g saturated fat;
67 mg cholesterol; 502 mg sodium;
44 g carbohydrate; 0.7 g fiber; 38 g sugar;
23.5 g protein

RECIPE AND PHOTO: Michele Feuerborn of Flavor Mosaic for the National Pork Board.



BALSAMIC-ROSEMARY PORK ROAST WITH ROASTED POTATOES

Makes 8 servings

Total time: 1 hour 25 minutes

Ingredients

2½ pounds boneless pork loin roast
 1½ cups fresh rosemary*
 12 garlic cloves
 3 Tbsp. olive oil
 2 Tbsp. balsamic vinegar
 1 tsp. salt
 2 tsp. black pepper
 2½ pounds small red potatoes,
 cut into ½ inch wedges

Directions

Preheat oven to 450°F. In a food processor, combine rosemary leaves, garlic, oil, vinegar, salt and pepper. Pulse to make a paste. Spread ¾ of the paste over roast, reserving remaining paste. Place roast in a large, shallow roasting pan and roast for 15 minutes. Meanwhile, in a large bowl combine remaining paste and potatoes. Reduce oven to 350°F. Add potatoes to roasting pan, arranging potatoes around the roast. Continue roasting for 40 – 45 minutes, or until pork internal temperature reaches 145°F, tossing potatoes halfway through. Remove roast and potatoes from the oven and allow to rest for 10 minutes before slicing and serving.

**Start with less rosemary in your paste and add up to 1½ cups, depending on your family's preference.*

Nutrition information per serving: 372 calories; 12.2 g fat; 3 g saturated fat; 84 mg cholesterol; 360.7 mg sodium; 31 g carbohydrate; 3.4 g fiber; 2.7 g sugar; 32.7 g protein

GARLIC-MUSTARD PORK ROAST

Makes 8 servings • Total time: varies

Ingredients

2 – 3 pounds boneless pork loin roast
 2 Tbsp. garlic, minced
 1 Tbsp. dried oregano leaves
 2 tsp. olive oil
 1 Tbsp. Dijon-style mustard
 ½ tsp. salt
 ¼ tsp. black pepper

Directions

Preheat oven to 350°F. Combine garlic, oregano, olive oil, mustard, salt and pepper. Mix until blended into a paste. Rub mixture all over pork. Place pork roast in a baking pan and roast, uncovered, for 20 – 30 minutes per pound, or until the internal temperature reaches 145°F. Remove roast from oven and cover loosely with foil. Let stand 10 minutes before serving.

Nutrition information per serving: 199 calories; 7.9 g fat; 2.2 g saturated fat; 84 mg cholesterol; 241 mg sodium; 1 g carbohydrate; 0 g fiber; 0 g sugar; 29 g protein





Not many roasts claim a yearly spot on the holiday table quite like a **PRIME RIB**

How much do I buy?

In general, one pound of boneless beef roast should yield three to four servings. However, for holidays and special occasions, it's a good idea to figure in second helpings and leftovers.

What are some alternatives to a Prime Rib?

Beef tenderloin makes an excellent lean roast to serve your family. As a bonus, it's also considered the most tender cut of beef. Beef top round roasts are an affordable option for the holidays while still providing flavor and tenderness. Just make sure to slice against the grain when serving.

How do I cook a beef roast?

Place roast (straight from the refrigerator), fat side up, on a rack in a shallow roasting pan and season as desired. Insert an ovenproof meat thermometer so the tip is centered in the thickest part of the roast. Preheat oven and cook roast according to the chart below. We recommend removing the roast when the internal temperature reaches 135°F. Remove the roast from the oven, cover with aluminum foil, and allow the roast to rest for 15 – 20 minutes.

Why is resting time recommended?

While the roast is “resting”, the internal temperature rises and the meat continues cooking to a perfect medium-rare, 145°F. The roast also becomes more firm and the juices redistribute back into the meat, so the juices end up on your plate, not your cutting board.

Roast	Oven Temperature (preheated)	Weight (pounds)	Total Cooking Time
Prime Rib	350°F	3 - 4	1 hour 30 min - 1 hour 45 min
		4 - 6	1 hour 45 min - 2 hours
		6 - 8	2 hours - 2 hours 15 min
		8 - 10*	2 hours 30 min - 3 hours 15 min
Beef Tenderloin Roast	425°F	2 - 3	35 - 45 min
		4 - 5	45 - 55 minutes
Beef Top Round Roast	325°F	3 - 4	1 hour 15 min - 1 hour 45 min
		4 - 6	1 hour 45 min - 2 hours
		6 - 8*	2 hours - 2 hours 30 min
		8 - 10*	3 hours - 3 hours 45 min

*Tent loosely with aluminum foil halfway through roasting time



Did you know a prime rib roast is actually not a specific cut of beef, but is actually a preparation method for a beef ribeye roast?

Try one of our flavor inspiration combinations on your next beef roast

2 Tbsp. coarsely ground mixed peppercorns (black, white, green and pink)

1 Tbsp. minced garlic

2 tsp. vegetable oil

2 Tbsp. steak seasoning blend

2 tsp. dried oregano leaves

2 tsp. dried thyme leaves

3 Tbsp. plus 2 tsp. Dijon-style mustard

1 Tbsp. steak seasoning blend

1 tsp. dried rosemary leaves

3 Tbsp. minced fresh rosemary or

1 Tbsp. dried rosemary

6 cloves garlic, minced

1 ½ tsp. salt

1 ½ tsp. dry mustard

1 ½ tsp. cracked black pepper

3 cloves garlic, minced

1 ½ tsp. lemon pepper



PROTEIN & FIBER

in one delicious snack

Fiber One™ Protein Nut Chewy Bars offer quality protein from wholesome peanuts and almonds. With only 5 grams of sugar, enjoy flavors like Chocolate Pretzel Nut and Sweet & Salty Roasted Nut.



Easy Maple Squares

Makes 16 servings

Total time: 45 minutes

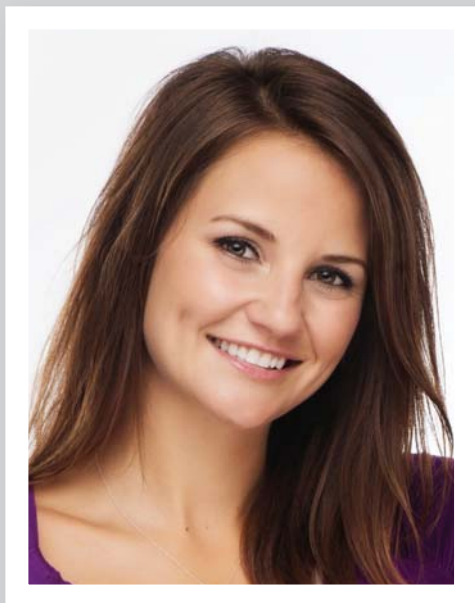
Ingredients

- 3 eggs
- $\frac{2}{3}$ cup canola oil
- 1 cup Anderson's Pure maple syrup
- 1 tsp. vanilla
- 2 cups flour
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $\frac{3}{4}$ cup chocolate chips
- $\frac{1}{2}$ cup chopped walnuts

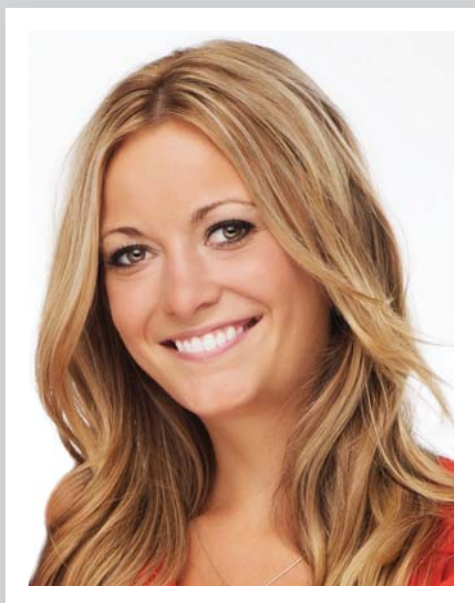
Directions

Preheat oven to 350° F. Combine eggs, oil, maple syrup, and vanilla in small bowl. In a separate bowl, mix together flour, baking powder and salt. Slowly add liquid ingredients to flour mixture until combined. Stir in chocolate chips and walnuts. Pour into a 13" x 9" pan and bake for 30 minutes. Let cool and slice into 16 squares.

Nutrition information per serving: 282 calories; 15.9 g fat; 3.3 g saturated fat; 39.1 mg cholesterol; 111.9 mg sodium; 32.7 g carbohydrate; 0.7 g fiber; 6.2 g sugar; 4.2 g protein



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