



cents able HEALTH TM

ISSUE 28 | April-June 2018

DIY
trail
mix

kitchen
hacks

Tips and
tricks
to make
cooking
easier

cast
iron
care &
cooking

seasonal produce
raspberries

Plus fresh, affordable recipes in every issue

FREE



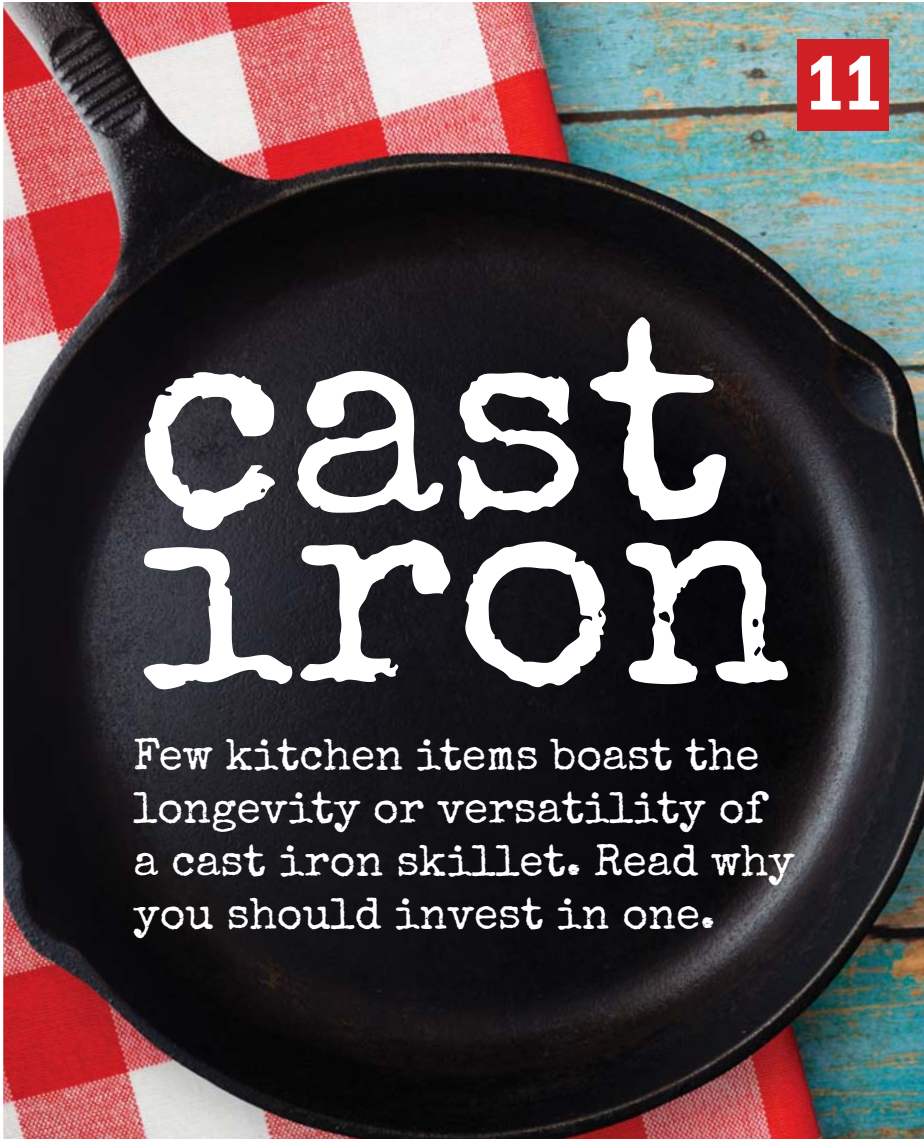
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Simply put, SIMPLY snacks have a great taste, with no artificial flavors or colors to get in the way. They're the ones that make you feel good about sharing with the people you love most!

NATURE VALLEY LAYERED GRANOLA NUT BAR
SIMPLE, RECOGNIZABLE INGREDIENTS:

- ✱ **#1 INGREDIENT: ROASTED PEANUTS OR ALMONDS**
- ✱ **NO COLORS FROM ARTIFICIAL SOURCES**
- ✱ **NO ARTIFICIAL FLAVORS**
- ✱ **NO ARTIFICIAL SWEETENERS**
- ✱ **ONLY 9G OF SUGAR**

Raspberries

Raspberries provide one of the best fiber buys in the produce department. Just 100 calories worth (about 1½ cups) delivers over 12 grams of fiber—that's half of your daily needs. You'll also get a hearty dose of vitamin C, manganese and vitamin K.

To get the most from your fresh raspberries, store them in their original container, unwashed, in the front of your refrigerator, then wash and pat them dry just before eating or serving.

RASPBERRY CILANTRO SALSA

Makes 4 servings; Total time: 5 minutes

Ingredients

3 (6 ounce) packages raspberries	½ tsp. salt
½ cup finely diced red onion	1 tsp. finely minced garlic
¼ cup cilantro, chopped	1 tsp. cumin
2 Tbsp. minced jalapeno	½ tsp. black pepper
4½ tsp. fresh lime juice	1 tsp. sugar

Directions

Combine raspberries, onions, cilantro, jalapeno, lime juice, salt, garlic, cumin and black pepper in a large bowl. Gently mash raspberries with a fork to release berry juices, leaving large pieces of raspberry in the salsa. Add sugar to taste. Chill for at least 1 hour. Serve with chips or over fish or shrimp.

Nutrition information per serving: 134 calories; 1.6 g fat; 0.1 g saturated fat; 0 mg cholesterol; 294.3 mg sodium; 31 g carbohydrate; 15.6 g fiber; 12.1 g sugar; 3.1 g protein





RASPBERRY VINAIGRETTE

Makes about ¾ cup

Total time: 5 minutes

Ingredients

1 (6 ounce) package raspberries
1 Tbsp. red wine vinegar
4 Tbsp. olive oil
Salt and pepper, to taste
1 tsp. honey, optional

Directions

Pulse raspberries in a food processor, then push raspberries through a fine mesh strainer with the back of a spoon, making a puree. Whisk remaining ingredients then stir in raspberry puree. Store for up to 1 week in the refrigerator.

Nutrition information per tablespoon: 74 calories; 6 g fat; 0.8 g saturated fat; 0 mg cholesterol; 17.8 mg sodium; 4.8 g carbohydrate; 2.2 g fiber; 2.2 g sugar; 0.4 g protein



RASPBERRY LEMONADE

Makes 8 cups

Total time: 10 minutes

Ingredients

2 (6 ounce) packages raspberries
1 cup cold water
⅓ cup sugar
¼ cup honey
1 cup lemon juice (2–3 lemons)
1 liter (33.8 ounces) sparkling water or club soda
Mint, for serving (optional)

Directions

Pulse raspberries in a food processor until pureed then push puree through a fine mesh strainer using the back of a spoon. In a large pitcher, whisk together water and sugar until sugar is dissolved. Add honey and whisk until dissolved. Add lemon juice and raspberry puree. Add sparkling water or club soda and stir once. Top with fresh mint, if desired.

Nutrition information per serving (1 cup each): 112 calories; 0.5 g fat; 0 g saturated fat; 0 mg cholesterol; 26.5 mg sodium; 28.5 g carbohydrate; 5 g fiber; 21 g sugar; 1 g protein



COCOA RASPBERRY BANANA MUG CAKE

Makes 2 cakes; Total time: 5 minutes

Ingredients

1 ripe banana	3 Tbsp. cocoa powder
¼ cup peanut butter	2 Tbsp. vanilla Greek yogurt
1 large egg	2 Tbsp. raspberries
4 tsp. maple syrup	

Directions

Mash banana in a medium bowl with a fork. Add peanut butter and egg and stir until well blended. Stir in maple syrup and cocoa until smooth. Divide batter between 2 microwave-safe mugs. Microwave on high for 1–2 minutes, or until cake is firm and has risen. Top with yogurt and raspberries.

Nutrition information per serving: 340 calories; 18.8 g fat; 4.5 g saturated fat; 93.6 mg cholesterol; 195.8 mg sodium; 36.2 g carbohydrate; 7.8 g fiber; 19.6 g sugar; 15.1 g protein

Recipe provided by Dole Food Company



LEMON RASPBERRY OVERNIGHT OATS

Makes 1 serving

Total time: 10 minutes + refrigerating time

Ingredients

½ cup old fashioned oats

½ cup low fat milk

½ tsp. vanilla extract

1 (5.3 ounce) container lemon Greek yogurt

¼ cup fresh raspberries

½ tsp. lemon zest (about ½ of 1 lemon)

Directions

Add oats to your container of choice (such as a mason jar with a lid) and stir in milk and vanilla extract. Layer yogurt and raspberries. Sprinkle with lemon zest and refrigerate overnight.

Nutrition information per serving: 345 calories; 3.4 g fat; 0.7 g saturated fat; 7.5 mg cholesterol; 144.7 mg sodium; 54.9 g carbohydrate; 6.5 g fiber; 23.6 g sugar; 21.6 g protein

RASPBERRY SWIRL FROZEN GREEK YOGURT

Makes approximately 5 cups; Total time: 15 minutes + freezing time

Ingredients

2 (6 ounce) packages raspberries

1 quart plain nonfat Greek yogurt

1 cup sugar

1 vanilla bean, split, seeds scraped out

Directions

Puree 1 package of raspberries in a food processor. Press through a fine mesh strainer using the back of a spoon, making about ½ cup puree. Return ¼ cup of puree to food processor and add yogurt, sugar and vanilla bean. Pulse until sugar is dissolved. Combine remaining puree with the other package of raspberries and gently mash. Stir together yogurt mixture and raspberry swirl until combined. Spoon into a resealable container and freeze until solid. To serve, defrost frozen yogurt slightly in your refrigerator (about 2 hours), scoop and enjoy!

Nutrition information per serving (1 cup each): 327 calories; 1.5 g fat; 0 g saturated fat; 9 mg cholesterol; 67 mg sodium; 62 g carbohydrate; 8 g fiber; 51 g sugar; 20 g protein



whip up some

TRAIL MIX

for long lasting energy on the go



Rumor has it that trail mix started as a way for hikers to stay fueled with lightweight, portable, energy-dense snacks. Fast-forward to busy mornings, kids on-the-go and 3 PM snack attacks, and it's no wonder trail mix is making its comeback. Make your own with just dry ingredients and cool, dry storage for unlimited DIY mixes.

NUTS

Look for unsalted, unsweetened nuts for heart healthy fat, protein, fiber, antioxidants and vitamin E

SEEDS

A smart choice for anyone with a nut allergy with the same healthy fats, protein and fiber as nuts

DRIED FRUIT

Choose varieties with no added sugar for vitamins A, C and K

GRAINS

For a boost of fiber and energy, choose whole grain cereals, pretzels, crackers, granola or popcorn

EXTRAS

Make your mix sweet or savory using herbs and spices, unsweetened coconut flakes, coffee beans, dark chocolate pieces or dried peas

Try one of our recipes or create your own

Original

peanuts
+ raisins
+ M&Ms

Simple

almonds
+ dried cranberries
+ chocolate chips

Tropical

cashew nuts
+ macadamia nuts
+ dried mango
+ coconut flakes
+ banana chips

Fall inspired

pecans
+ dried apple
+ granola
+ pumpkin seeds
+ nutmeg
+ cinnamon

Savory

almonds
+ pumpkin seeds
+ sunflower seeds
+ garlic powder
+ onion powder
+ cayenne pepper

Power

pistachios
+ dried blueberries
+ flax seeds
+ dark chocolate chips

Energy

walnuts
+ pumpkin seeds
+ sunflower seeds
+ dried apricots
+ dried cranberries
+ cinnamon
+ nutmeg

Cajun

almonds
+ pecans
+ walnuts
+ sunflower seeds
+ pumpkin seeds
+ garlic powder
+ chili powder
+ cumin
+ cayenne pepper

Fiber

dried plums
+ almonds
+ dried blueberries
+ oatmeal square cereal
+ pistachios

Nut-free

air popped popcorn
+ sunflower seeds
+ pumpkin seeds
+ dried cranberries
+ unsweetened coconut
flakes



ANGIE'S
BOOM
CHICKA
POP

Snack Craving? CRUSH IT.



REAL, SIMPLE INGREDIENTS. NOTHING FAKE.

BOOMCHICKAPOP.COM #crushit



Azteca ultra grain tortillas pack whole grain nutrition into soft, white flour taste. They also contain no artificial preservatives, colors, or flavors—that's why you'll find them in the refrigerator.



cast iron

Few kitchen items boast the longevity or versatility of a cast iron skillet. Here's why you should invest in one:

Cast iron is sturdy and built to last. You can use any cooking utensils, even metal.

The more you use it, the easier it is to cook with. Cast iron skillets need to be "seasoned," which is simply the oil baked into the skillet, giving it a natural, easy-release finish. Before you use your skillet for the first time, wipe it with a thin layer of canola oil, then bake at 250°F for 90 minutes. Voila! A nonstick pan.

No soap required. To clean cast iron, wash by hand with water and a nylon brush (if needed). For extra sticky

situations, simmer a little water for 1 minute, then use a pan scraper after it's cooled. Dry promptly with a lint-free cloth or paper towel then rub it with a very light layer of cooking oil, such as vegetable or canola oil to re-season. That's it!

You can cook with cast iron almost anywhere, including the stovetop, oven, grill or campfire.

Cast iron skillets get very hot, retain heat and distribute that heat evenly, making them perfect for searing. So pull out your oven mitts and be cautious.

Cooking your favorite cuts of beef, pork and chicken isn't just for summer grilling.

A cast iron skillet is an easy and delicious way to prepare your favorite cuts inside when the weather just isn't cooperating. Wondering which cuts work best? Try thicker cuts to seal in the moisture.



BEEF

Ribeye
New York Strip
Tenderloin
T-bone
Porterhouse
Flank steak



PORK

Tenderloin
Center cut chop



CHICKEN

Whole chicken
Hindquarters
Bone-in breast



PAN-SEARED RIBEYE WITH BLUE CHEESE

Makes 2 servings; Total time: varies

INGREDIENTS

1 bone-in ribeye steak

Salt and pepper, to taste

2 Tbsp. extra virgin olive oil

1 Tbsp. fresh rosemary,
removed from sprig

¼ cup blue cheese

DIRECTIONS

Preheat oven to 415°F. Remove steak from the refrigerator 30 minutes before cooking. Season both sides with salt and pepper. Heat olive oil in a cast iron skillet over high heat. Place the ribeye in skillet and sear undisturbed for 2 minutes. Flip the ribeye and sear for an additional 2 minutes. Add rosemary and then transfer skillet directly to the oven. Bake for 5-6 minutes for medium rare (145°F internal temperature) or 6-7 minutes for medium doneness (160°F). Remove steak from oven and let rest for 5 minutes before slicing. Serve with blue cheese.

NUTRITION INFORMATION PER SERVING: 504 calories; 30 g fat; 9.4 g saturated fat; 182.8 mg cholesterol; 441 mg sodium; 1.5 g carbohydrate; 0.7 g fiber; 0.1 g sugar; 54.3 g protein



AVOCADO SWISS BURGERS

Makes 4 servings; Total time: varies

INGREDIENTS

1 pound ground beef	4 slices Swiss cheese
Salt and pepper, to taste	4 hamburger buns,
1 Tbsp. olive oil	toasted if desired
1 avocado, sliced	

DIRECTIONS

Warm cast iron skillet in the oven while it preheats to 425°F. Meanwhile, season ground beef with salt and pepper, as desired, and form into four burger patties. Once skillet is hot, remove it from the oven using oven mitts. Add oil to skillet. Add burgers then place skillet back in the oven and bake for 8–10 minutes for medium rare, 11–12 minutes for medium or 13–15 minutes for medium well. Top burgers with sliced avocado and Swiss cheese.

NUTRITION INFORMATION PER BURGER (WITH BUN): 448 calories; 23.5 g fat; 8.7 g saturated fat; 90.4 mg cholesterol; 360.6 mg sodium; 24.4 g carbohydrate; 3.3 g fiber; 0.5 g sugar; 33.6 g protein

CAST IRON SKILLET GARLIC & BROWN SUGAR PORK CHOPS

Makes 2 servings; Total time: varies

INGREDIENTS

2 bone-in pork loin chops, 1 inch thick (about ¾ lb. each)
2 Tbsp. butter

RUB MIX

¼ cup dark brown sugar
½ tsp. Cajun seasoning
½ tsp. garlic powder
½ tsp. paprika
Salt and pepper, to taste

DIRECTIONS

Preheat oven to 350°F. In small bowl, mix rub ingredients. Pat rub mix onto each side of pork chops. In a cast iron skillet, melt butter over medium-high heat. Place chops into skillet and brown each side for 2 minutes. Place skillet in the oven and bake for 4 minutes, or until the internal temperature reaches 145°F. Let chops rest 3 minutes before slicing and serving.

NUTRITION INFORMATION PER SERVING:

603 calories; 29.2 g fat; 12.1 g saturated fat; 178.3 mg cholesterol; 457.9 mg sodium; 28.5 g carbohydrate; 0.7 g fiber; 54.8 g protein





CHICKEN DRUMSTICKS

Makes 3 servings (2 drumsticks each); Total time: 1 hour

INGREDIENTS

6 chicken drumsticks (about 1½ pounds)
Seasoned salt, to taste
2 Tbsp. olive oil

DIRECTIONS

Preheat oven to 350°F. Season drumsticks with seasoned salt. Heat oil in cast iron skillet over medium heat, then brown drumsticks on all sides. Transfer skillet to the oven and bake for 35–45 minutes, or until internal temperature reaches 165°F. Let rest 5–10 minutes before serving.

NUTRITION INFORMATION PER SERVING: 304 calories; 20.6 g fat; 4.4 g saturated fat; 94.6 mg cholesterol; 220.4 mg sodium; 0 g carbohydrate; 0 g fiber; 0 g sugar; 28.1 g protein

ROASTED CHICKEN BREAST

Makes 4 servings

Total time: 1 hour

INGREDIENTS

1 bone-in chicken breast
(about 2 pounds), cut in half

Salt and pepper, to taste
1 lemon, quartered
2 Tbsp. olive oil, divided
½ bunch asparagus, cut in half vertically
6 scallions, cut in half vertically
1 garlic clove, minced

DIRECTIONS

Preheat oven to 500°F. Place a large cast iron skillet in the oven, allowing it to heat up. Season chicken with salt and pepper. Place two lemon wedges in the skillet and lay chicken on top, breast side up. Drizzle with 1 tablespoon of oil. Roast for 30 minutes, then add vegetables, remaining lemon wedges and remaining oil to the skillet. Roast for 10 minutes or until the vegetables are tender and the chicken is golden brown and the internal temperature reaches 165°F. Remove skillet from oven and stir in garlic. Let the chicken rest for 5 minutes before slicing and serving.

NUTRITION INFORMATION PER SERVING:
259 calories; 14.5 g fat; 3.1 g saturated fat; 82.3 mg cholesterol; 111.3 mg sodium; 1.3 g carbohydrate; 0.4 g fiber; 1 g sugar; 29.4 g protein





CAST IRON FLANK STEAK

Makes 6 servings

Total time: 15 minutes + marinating time

INGREDIENTS

½ cup olive oil
⅓ cup soy sauce
¼ cup balsamic vinegar
1 garlic clove, minced
1 tsp. black pepper
2 Tbsp. brown sugar
1 flank steak (1½ pounds)

DIRECTIONS

Whisk oil, soy sauce, vinegar, garlic, pepper and brown sugar until the sugar dissolves. Place meat in a shallow dish and pour marinade over. Cover and refrigerate for at least 30 minutes, up to overnight. Preheat a large cast iron skillet over medium-high heat. Place steak in skillet for 4 minutes, flip, and cook for an additional 3-4 minutes, or until internal temperature reaches 145°F. Allow steak to rest for 5 minutes before slicing and serving.

NUTRITION INFORMATION PER SERVING: 124 calories; 6 g fat; 2 g saturated fat; 44.2 mg cholesterol; 75.2 mg sodium; 0.6 g carbohydrate; 0 g fiber; 0.5 g sugar; 15.9 g protein

ROASTED PORK TENDERLOIN

Makes 6 servings; Total time: 40 minutes

INGREDIENTS

1 tsp. garlic powder	Salt, to taste
1 tsp. dried oregano	1 pork tenderloin
1 tsp. ground cumin	(about 1½ pounds)
1 tsp. ground coriander	1 Tbsp. olive oil
1 tsp. dried thyme	1 Tbsp. minced garlic

DIRECTIONS

Preheat oven to 450°F. Combine garlic powder, oregano, cumin, coriander, thyme and salt. Sprinkle over pork tenderloin. Heat cast iron skillet over medium-high heat. Add oil. Add garlic and sauté until fragrant, about 1 minute. Place pork tenderloin in the skillet and sear all sides, about 10 minutes. Transfer tenderloin to the oven and bake for 20 minutes, or until the internal temperature reaches 145°F. Let tenderloin rest for 3 minutes before slicing and serving.

NUTRITION INFORMATION PER SERVING: 144 calories; 5.2 g fat; 1.3 g saturated fat; 60.8 mg cholesterol; 74.3 mg sodium; 1.2 g carbohydrate; 0.3 g fiber; 0.1 g sugar; 22 g protein





Lunch Made Easy

Got 10 minutes? Our Tuna Avocado Melt meets all lunch criteria: whole grains, lean protein, heart healthy fats and full flavor without weighing you down.

TUNA AVOCADO MELT

Makes 2 servings; Total time: 10 minutes

Ingredients

2 slices Fareway whole wheat bread
1 (2.6 ounce) pouch tuna
 $\frac{1}{8}$ tsp. garlic powder
 $\frac{1}{2}$ avocado, sliced
2 Tbsp. grated parmesan cheese

Directions

Lightly toast bread. Combine tuna and garlic powder; mix well. Top bread with avocado and tuna then sprinkle with cheese. Place melts under the broiler for 3–4 minutes, or until cheese is melted. Serve immediately.

Nutrition information per serving: 179 calories; 7.3 g fat; 1.8 g saturated fat; 3.6 mg cholesterol; 369 mg sodium; 14.6 g carbohydrate; 4.2 g fiber; 1.8 g sugar; 14.7 g protein

CHEESE TO PLEASE

MARINATED CHEESE

Ingredients

8 ounces cheddar cheese	$\frac{1}{2}$ cup roasted red pepper,
8 ounces mozzarella	drained and chopped
cheese	2 Tbsp. chopped onion
$\frac{1}{3}$ cup olive oil	1 garlic clove, chopped
$\frac{1}{3}$ cup white wine vinegar	$\frac{3}{4}$ Tbsp. dried basil
3 Tbsp. fresh parsley,	$\frac{1}{4}$ tsp. pepper
chopped	$\frac{1}{4}$ tsp. salt, optional

Directions

Cut cheese into slices, approximately 20 slices per 8 ounce block. Arrange slices in a flat 9" x 13" dish. Mix remaining ingredients and pour over cheese slices. Cover and refrigerate 2–3 hours or overnight. Drain off marinade and arrange cheese on a serving plate with whole grain crackers or baguette slices.

Nutrition information per serving: 239 calories; 20 g fat; 9 g saturated fat; 36 mg cholesterol; 338 mg sodium; 3 g carbohydrate; 1 g fiber; 1 g sugar; 12 g protein

Bonus: The leftover marinade (approximately $\frac{1}{2}$ cup) may be used later on salads



midwestdairy.com



Kitchen Hacks

*Tips and tricks
to make
cooking easier*

1 Store herbs and asparagus in a glass of water in the refrigerator to extend the shelf life

2 Keep a measurement cheat sheet handy

Kitchen Measurements **CHEAT SHEET**

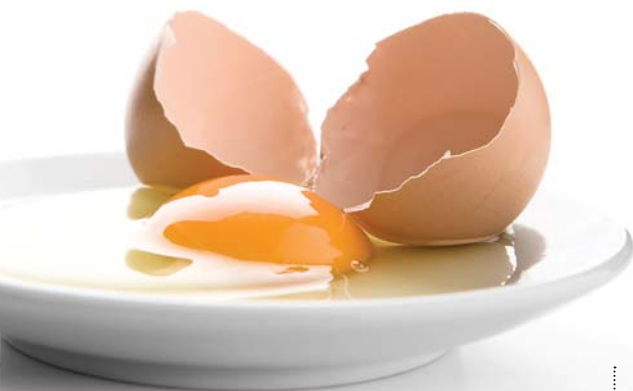
1 GALLON
4 quarts
8 pints
16 cups
128 ounces

1 QUART
2 pints
4 cups
32 ounces

1 PINT
2 cups
16 ounces

1 CUP
16 Tablespoons
8 ounces

1 TBSP
3 teaspoons
1/2 ounce



4 Use eggshell to get pieces egg shell out of your scrambled eggs

3 Clean a cutting board with fresh lemon to remove strong odors like garlic or onion



5 Roll lemons and limes on the counter before juicing to get the most juice out



6 Place a wet paper towel under a cutting board to keep it from slipping



7 Grill fish on lemon slices to keep it from sticking

Ask WHITNEY & CAITLYN

Fareway Corporate Dietitians

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

Fareway Stores, Inc.
C/O Registered Dietitians
2300 Industrial Park Road
Boone, IA 50036

Email: centsablehealth@farewaystores.com

Website: www.fareway.com

Facebook: www.facebook.com/farewaystores

Pinterest: www.pinterest.com/farewaystores

Twitter: www.twitter.com/fareway_stores

YouTube: www.youtube.com/farewayfoodstores

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Whitney, RD, LD



Caitlyn, RD, LD