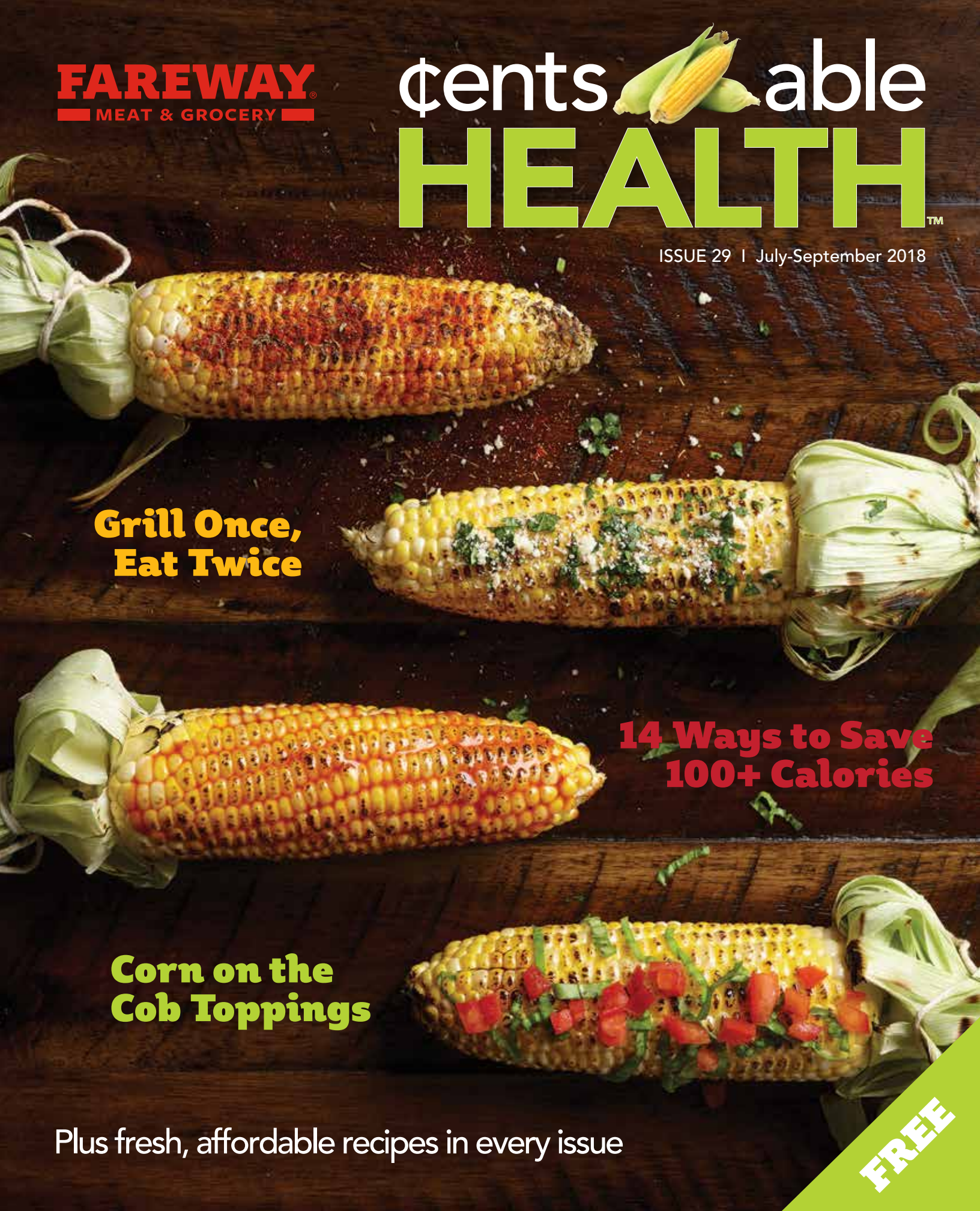
FAREWAY
MEAT & GROCERY

¢ents able HEALTH™

ISSUE 29 | July-September 2018



Grill Once, Eat Twice

14 Ways to Save 100+ Calories

Corn on the Cob Toppings

Plus fresh, affordable recipes in every issue

FREE

CentsAble Health

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18 Grill without guilt



Garden Herb Sirloin Strip Steak
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MRS. GRIMES

Perfect Partner To Your Summer Cookout



Find more meal ideas at Mrsgrimesbeans.com



Southwestern Three Bean Salad

Servings: 9 (about 6oz each)
Prep Time: 25 minutes
Total Time: 1 hour 25 minutes

Ingredients

- 1 (15.25oz) can **Butter Kernel® Whole Kernel Corn** (drained, patted dry)
- 2 teaspoons grated lime peel
- 1/2 cup fresh lime juice
- 3 tablespoons extra virgin olive oil
- 2 tablespoons honey
- 1/2 teaspoon kosher salt
- 1 (15oz) can **Mrs. Grimes® Garbanzo Beans** (drained, rinsed)
- 1 (15.5oz) can **Mrs. Grimes® Kidney Beans** (drained, rinsed)
- 1 (15oz) can **Mrs. Grimes® Black Beans** (drained, rinsed)
- 1/2 cup bite-size slivers red bell pepper (1/2 large)
- 1/2 cup thinly slivered red onion
- 1 small jalapeno, seeds and veins removed, finely diced, if desired
- 2 ripe but firm avocados, peeled, cubed
- 1/2 cup chopped fresh cilantro

Preparation:

In medium nonstick dry skillet, toast corn over medium-high heat 5 minutes or until light brown, stirring and shaking occasionally. Set aside. In large bowl, mix lime peel, lime juice, olive oil, honey and salt. Add all remaining ingredients except avocado and cilantro; toss to coat. Cover and refrigerate 1 hour to blend flavors. Just before serving, fold in avocado and cilantro.

Annie's HOMEGROWN

MAKE
BACK TO SCHOOL
HOPPIER WITH ANNIE'S



- Made with Organic Pasta
- No Artificial Flavors, Synthetic Colors or Preservatives
- 100% Real Cheese, from Cows Not Treated with rBST*
- 10g Protein

yum for everybunny

Summer in the Midwest means

CORN ON THE COB

For the perfect ear, remove the husks and silk just before cooking then boil, grill or roast.



BOIL

To boil, bring a large pot of water to a boil. Add corn and wait for the water to boil again. Cook corn for about 3 minutes, or until the corn is hot but still crisp.

GRILL

Grill corn over medium high. Turn each ear occasionally until all sides are charred and the kernels are tender, about 20 minutes. If you want to grill corn on the cob in the husk, soak ears in water for about 15 minutes first.

ROAST

Preheat oven to 375°F and roast corn on the cob for 30 minutes on a baking sheet. Turn each ear occasionally during cooking.

GO BEYOND BUTTER WITH THESE TASTY TOPPINGS

CAJUN

1 tsp. dried oregano
1 tsp. paprika
¾ tsp. garlic powder
¾ tsp. onion powder
¼ tsp. dried thyme leaves
⅛ tsp. cayenne pepper

STREET CORN

¼ cup chopped cilantro
1 lime, zested and juiced
½ tsp. garlic powder
½ cup Parmesan cheese

SWEET BBQ

¼ cup BBQ sauce
1 tsp. onion powder
2 Tbsp. honey

TOMATO BASIL

2 tomatoes, finely minced
1 Tbsp. fresh basil, chopped



SAVE 100+ CALORIES

DID YOU KNOW THAT CUTTING JUST 100 CALORIES A DAY COULD HELP YOU **LOSE OVER TEN POUNDS A YEAR AND KEEP IT OFF?**

1

ORDER YOUR COFFEE WITH SKIM MILK INSTEAD OF HALF & HALF



2

LEAVE THE CROUTONS OFF YOUR SALAD



3

MAKE YOUR SANDWICH OPEN FACED



4

MAKE YOUR SPAGHETTI WITH HALF PASTA, HALF ZUCCHINI NOODLES



5

SKIP THE CHEESE ON A BURGER



6

GRAB A SLICE OF THIN CRUST NOT THICK CRUST PIZZA



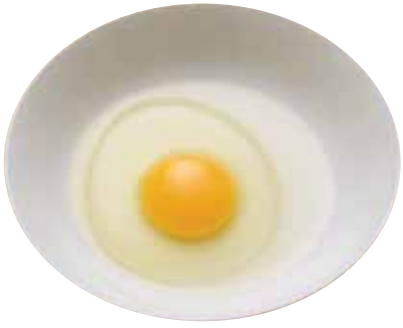
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SWAP MUSTARD FOR MAYO ON YOUR SANDWICH



8

USE 1 WHOLE EGG AND 2 EGG WHITES IN A 3 EGG OMELET (INSTEAD OF 3 WHOLE EGGS)



9

REPLACE 1 (8 OUNCE) SODA OR FRUIT JUICE WITH WATER



10

CHOOSE CANNED FRUIT IN 100% JUICE, NOT HEAVY SYRUP



11

PICK AN ORANGE OVER ORANGE JUICE



12

DIP HUMMUS WITH CARROTS AND CELERY IN LIEU OF TORTILLA CHIPS



13

PORTION OUT CHIPS AND PRETZELS BEFORE SNACKING



14

REPLACE SOUR CREAM WITH FAT FREE GREEK YOGURT





hydrate healthier

Not sure how to refuel? Reach for chocolate milk.

The combination of protein and carbohydrates help build and maintain muscle while the electrolytes can replace what's lost when you sweat. You'll also get a healthy dose of calcium—a key nutrient for strong bones and teeth.



Build a better SANDWICH

with Brownberry® 100% whole wheat products (bread, sandwich thins or pita pockets) for a whole grain, fiber-rich base.

To keep everything fresh until lunch, pack ingredients like pickles, cucumber and lettuce separately. Making a PB&J? Spread both slices of bread with peanut butter before adding the jelly to create a moisture barrier—no soggy sandwich here!





HITTING YOUR DAILY VEGETABLE SERVINGS JUST GOT EASIER!

Fareway's four ounce vegetable cups come in deliciously portioned varieties like diced carrots, cut green beans, peas and diced carrots, sweet peas and whole kernel corn

HEALTHY MEALS FOR BUSY FAMILIES

GRILL ONCE EAT TWICE

A little prep work means you can fire up the grill once, but eat twice.

And not just leftovers. Combining fresh ingredients with part of yesterday's dinner means you can have a whole new meal without starting from scratch. Simply save some of the first recipe to transform lean, quality protein into a second meal.



MEAL 1

Garden Herb Sirloin Strip Steak

Garden Herb Sirloin Strip Steak

Makes 6 servings
Total time: 40 minutes

INGREDIENTS

3 boneless sirloin strip steaks (about 10 ounces each), cut 1 inch thick
2 Tbsp. fresh thyme OR 2 tsp. dried thyme
1 Tbsp. fresh oregano OR 1 tsp. dried oregano
1 tsp. lemon zest
3 garlic cloves, chopped
¼ tsp. pepper

DIRECTIONS

Combine seasoning ingredients in small bowl; reserve 1 tablespoon for garnish. Press remaining seasoning evenly onto steaks. Place steaks on grill over medium, ash-covered coals. Grill, covered, 11-14 minutes (over medium heat on preheated gas grill, 11-15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steaks into slices. Sprinkle with reserved seasoning and salt, as desired. Reserve 1 steak for Beef and Blue Cheese Sliders.

Approximate nutrition information per serving: 219 calories; 9 g fat; 3 g saturated fat; 84 mg cholesterol; 64 mg sodium; 1 g carbohydrate; 0.4 g fiber; 0 g sugar; 31 g protein



MEAL 2

Beef & Blue Cheese Sliders

Beef & Blue Cheese Sliders

Makes 4 servings; Total time: 25 minutes

INGREDIENTS

8 whole wheat dinner rolls
1 Tbsp. olive oil
1 onion, thinly sliced
1 boneless sirloin strip steak, cooked and sliced
½ cup blue cheese dressing
1½ cups fresh baby greens, such as spinach or arugula

DIRECTIONS

Heat olive oil over medium heat. Saute onion until caramelized, 10-15 minutes. Spread blue cheese dressing on the bottom of rolls and top with greens, steak and onions.

Approximate nutrition information per serving: 410 calories; 24.4 g fat; 46.7 mg cholesterol; 577.6 mg sodium; 33 g carbohydrate; 5 g fiber; 7 g sugar; 17.8 g protein



MEAL 1

Blackened Salmon with Avocado Cucumber Salsa

Blackened Salmon with Avocado Cucumber Salsa

Makes 6 servings; Total time: 20 minutes

INGREDIENTS

6 (4 ounce) salmon filets
½ tsp. ground cumin
½ tsp. paprika
½ tsp. onion powder
¼ tsp. chili powder
¼ tsp. black pepper
Salt, to taste

DIRECTIONS

Season salmon with cumin, paprika, onion powder, chili powder, black pepper and salt. Grill salmon over medium-high heat for 10-12 minutes, flipping halfway through, or until salmon flakes easily with a fork. Reserve 2 cups cooked salmon for Salmon Burgers. Combine Avocado Cucumber Salsa ingredients and serve with salmon.

Nutrition information per serving: 339 calories; 21.2 g fat; 3 g saturated fat; 60.1 mg cholesterol; 139.1 mg sodium; 13 g carbohydrate; 7.5 g fiber; 2.3 g sugar; 26.8 g protein

Avocado Cucumber Salsa

2 avocados, diced
½ cucumber, diced
½ red onion, diced
1 jalapeno, seeds removed and minced
1 Tbsp. cilantro, chopped
1 lime, juiced
Salt, to taste

MEAL 2
Salmon Burgers

Salmon Burgers
Makes 4 servings
Total time: 30 minutes

INGREDIENTS

2 cups cooked salmon, flaked
½ cup breadcrumbs
¼ cup minced onion
1 Tbsp. fresh dill OR 1 tsp. dried dill
1 Tbsp. fresh parsley OR 1 tsp. dried parsley
1 large egg
1 tsp. yellow mustard
Salt and pepper, to taste

DIRECTIONS

Combine salmon, breadcrumbs, onion, dill and parsley in a mixing bowl. In a separate bowl, whisk together egg and mustard. Stir egg mixture into salmon until evenly combined. Form into four patties. Place patties in the refrigerator for at least 15 minutes, up to overnight. To cook, preheat pan over medium heat and spray with nonstick cooking spray. Cook until patties are browned on both sides and warmed through, about 4 minutes on each side.

Nutrition information per serving (does not include bun): 132 calories; 4.5 g fat; 0.9 g saturated fat; 76.5 mg cholesterol; 112.1 mg sodium; 6.9 g carbohydrate; 0.9 g fiber; 0.9 g sugar; 14.8 g protein





MEAL 1

Pork & Pineapple

Pork & Pineapple

Makes 6 servings
Total time: 25 minutes
+ marinating time

INGREDIENTS

1½ pounds boneless pork loin chops
1 (20 ounce) can pineapple rings in 100% juice, drained and ½ cup juice reserved
3 Tbsp. brown sugar
3 Tbsp. reduced sodium soy sauce
¼ tsp. garlic powder
⅛ tsp. black pepper

DIRECTIONS

Combine pineapple juice, brown sugar, soy sauce and garlic powder. Pour over pork chops and marinate for at least four hours, up to overnight. Preheat grill to medium heat. Remove chops from the marinade and discard any remaining marinade. Grill chops for 3-4 minutes per side, or until the internal temperature reaches 145°F.
While chops are grilling, place pineapple rings on the grill and cook until slightly charred, about 2 minutes. Reserve ¾ pound grilled pork and 1 cup grilled pineapple for Loaded Asian Quinoa Salad. Serve pork chops with pineapple rings.

Nutrition information per serving: 216 calories; 4 g fat; 1.4 g saturated fat; 74.8 mg cholesterol; 324.4 mg sodium; 18.2 g carbohydrate; 0.8 g fiber; 16.5 g sugar; 26.2 g protein



MEAL 2

Loaded Asian Quinoa Salad

Loaded Asian Quinoa Salad

Makes 6 servings; Total time: 20 minutes

INGREDIENTS

For the salad:

2 cups cooked quinoa
¾ pound cooked pork chops, sliced
1 cup sliced pineapple
1 cup red cabbage, shredded
1 red bell pepper, chopped
½ cup shredded carrots
2 Tbsp. chopped green onion
¼ cup chopped cilantro

For the dressing:

½ cup low sodium soy sauce
1 Tbsp. sesame oil
1 Tbsp. rice wine vinegar
1 Tbsp. sesame seeds
¼ tsp. grated fresh ginger
⅛ tsp. red pepper flakes
Salt and pepper, to taste

DIRECTIONS

Combine salad ingredients in a large bowl and set aside. Whisk together dressing ingredients and pour over salad. Refrigerate until ready to serve.

Nutrition information per serving: 245 calories; 6.3 g fat; 1.3 g saturated fat; 37.4 mg cholesterol; 751.1 mg sodium; 29.9 g carbohydrate; 3.4 g fiber; 13.9 g sugar; 17.3 g protein



MEAL 1

Chili Lime Chicken Kabobs

Chili Lime Chicken Kabobs

Makes 8 kabobs
Total time: 30 minutes
+ marinating time

INGREDIENTS

1 pound boneless, skinless chicken breast, cut into 1-inch cubes
3 cups cubed vegetables, such as peppers, onions, summer squash or mushrooms
1 Tbsp. olive oil
1 Tbsp. red wine vinegar
1 lime, juiced
½ tsp. chili powder
¼ tsp. onion powder
¼ tsp. garlic powder
¼ tsp. paprika
⅛ tsp. cayenne pepper
8 skewers

DIRECTIONS

If using wooden skewers, place them in water and allow to soak for at least 20 minutes. In a small bowl, whisk together olive oil, vinegar, lime juice, chili powder, onion powder, garlic powder, paprika and cayenne pepper. Place chicken in a shallow baking dish with marinade and stir to coat. Cover and marinate in the refrigerator at least 1 hour, up to 4 hours. Thread chicken and veggies onto skewers, and discard remaining marinade. Grill skewers over medium heat, turning occasionally, for 10-15 minutes or until the chicken internal temperature reaches 165°F. Reserve 1 cup chopped vegetables and 2 cups cooked chicken for Pasta Primavera with Chicken.

Approximate nutrition information per serving:
193 calories; 5.7 g fat; 1.2 g saturated fat; 1.4 mg cholesterol; 63.9 mg sodium; 5 g carbohydrate; 1.2 g fiber; 1.7 g sugar; 31.2 g protein



MEAL 2

Pasta Primavera with Chicken

Pasta Primavera with Chicken

Makes 4 servings; Total time: 30 minutes

INGREDIENTS

8 ounces whole wheat penne pasta
1 Tbsp. olive oil
3 garlic cloves, minced
1 green onion, thinly sliced
½ cup frozen peas
1 cup cherry tomatoes, cut in half
1 cup assorted chopped vegetables (leftover from kabobs)
2 cups cooked chicken
1 lemon, juiced
1 Tbsp. dried Italian herb blend
½ cup grated Parmesan cheese

DIRECTIONS

Cook pasta according to package directions, reserving ⅓ cup pasta water for sauce. Heat 1 tablespoon oil over medium heat. Add garlic and onions and saute until fragrant, about 30 seconds. Add peas, tomatoes, vegetables and chicken. Saute until warmed through, about 2 minutes. Add lemon juice, herbs, cooked pasta, Parmesan cheese and reserved pasta water. Stir to combine.

Approximate nutrition information per serving: 454 calories; 9.3 g fat; 3 g saturated fat; 11 mg cholesterol; 282.4 mg sodium; 51.8 g carbohydrate; 8.4 g fiber; 4.3 g sugar; 36.9 g protein



GRILL IT!

We all know the basics of a healthy barbecue: choose lean meats, avoid mayo-based sides and yes, liquid calories do count. To make the most out of your grilling time, and get a hot, healthy meal on the table in minutes, follow these tips to grill without guilt.

ALWAYS TAKE THE TEMPERATURE.

Food thermometers have come a long way—many will give you the recommended cooking temperatures right on the thermometer. While we recommend using a thermometer to make sure you're cooking beef, pork and poultry to the safest minimum internal temperature, it's also the easiest way to grill the perfect steak or chop every time. Ground products should reach 160°F; poultry 165°F; medium rare beef and pork 145°F.

LET IT REST.

After you remove food from the grill, let it rest for a few minutes. Grilling and flipping meat causes the juices to move and focus towards the middle. By giving steaks, chops and chicken a chance to rest before slicing, the juices can migrate throughout the meat, so the flavor ends up on your fork, not your cutting board. Allow at least three minutes for steaks and chops—longer for larger cuts.







WATCH YOUR PORTION SIZES.

Once you've picked the perfect protein, make sure you watching the portion size. When choosing fresh meat, fish or poultry, aim for a 3 ounce (cooked) serving size; that's about the size of your palm or a deck of cards. Not only does this help save calories, it's a great money saver!

THINK BEYOND THE BURGER, TOO.

Some unexpected foods like peaches, asparagus or pineapple can be tossed on the grill for a tasty, nutrient-rich side dish. Aside from being packed with vitamins, minerals and fiber, grilling fruits and vegetables takes almost no time at all—all you really need to do is add char marks. If you're new to grilling produce, start simple. A little nonstick spray paired with the natural grill flavor goes a long way.



Ask WHITNEY & CAITLYN

Fareway Corporate Dietitians



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Caitlyn, RD, LD

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