FAREWAY®
MEAT & GROCERY

¢ents able HEALTH™

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FRESH PRODUCE
SALAD GREENS

NO BAKE ENERGY BITES

LOSE SODIUM WITHOUT LOSING FLAVOR

Plus fresh, affordable recipes in every issue

FREE

CentsAble Health

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MRS. GRIMES

Entertaining Made Easy



Find more meal ideas at Mrsgrimesbeans.com



Roasted Corn and Pinto Bean Dip

Servings: 20 (about 2.5 oz each)
Prep Time: 20 minutes
Total Time: 55 minutes

INGREDIENTS

1 tsp. vegetable oil
1 (15 oz) can whole kernel corn, drained
2 garlic cloves, finely chopped
1 (8.8 oz) package original cooked, ready-to-heat rice
½ cup chopped fresh cilantro
2 (15 oz) cans Mrs. Grimes® Pinto Beans, drained, rinsed, divided
3 oz cream cheese
1¼ cups thick chunky salsa, divided
1 tsp. ground cumin
1 tsp. chili powder
1 tsp. hot sauce
1 (4 oz) can diced green chilies (do not drain)
1 cup shredded sharp Cheddar cheese (4 oz)
Tortilla chips

PREPARATION

Heat oven to 375°F. Spray shallow 2 to 2½-quart baking dish with cooking spray. In 12-inch nonstick skillet, heat oil over medium-high heat. Add corn and garlic. Cook 3 minutes or until corn is browned, stirring frequently. Stir in rice and cilantro; cook until heated. Set aside. Meanwhile, in food processor, place 1½ cup of the beans, the cream cheese, ¼ cup of the salsa, cumin, chili powder and hot sauce. Process 30 seconds or until smooth. Add remaining beans and green chilies. Process with 2 or 3 quick pulses just to mix. Spread in baking dish. Spoon remaining salsa over beans. Top with corn mixture and shredded cheese. Bake 20 to 25 minutes or until thoroughly heated. Let stand 5 minutes. Serve with tortilla chips.

BORN IN IOWA



VERENA STREET
EST · COFFEE CO. · 2010
SUSTAINABLY SOURCED · FRESHLY ROASTED

Try a variety of salad greens for different tastes and textures

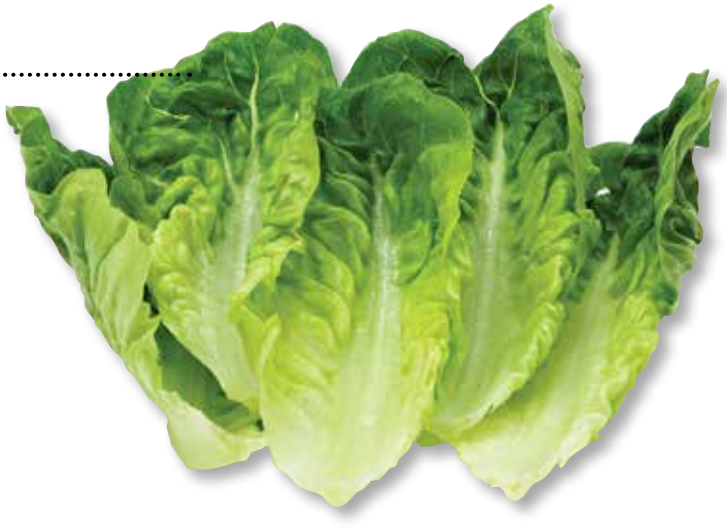
ICEBERG
Possibly the best known salad green, iceberg lettuce has a high water content, which lends to its mild flavor and crunchy texture. Iceberg works well with any salad dressings and toppings.





KALE
Kale is a nutritional powerhouse of vitamins A, C, E, K, fiber and folate. It's rough and study, so it pairs best with an acidic dressing to help soften the leaves.

ROMAINE
Light and crunchy romaine packs more folate and vitamin K than iceberg while still showcasing a mild flavor. Romaine pairs well with any salad dressing or topping, but it's a staple in the classic Caesar salad.





BABY SPINACH
Spinach touts fiber, calcium, folate, iron and vitamins C and K for few calories. Its soft texture makes it perfect for cooking, smoothies or light balsamic dressings.

ARUGULA
The distinct, peppery bite of arugula sets it apart from most salad greens. Try it on top of pizza or paired with a citrus salad.



RED AND GREEN LEAF
Red and green leaf lettuces are usually found on burgers and sandwiches because of their soft, frilly edges. You can also find them in spring salad mixes.



HOW TO STORE salad greens

Store greens in a plastic bag in the crisper in the refrigerator. Loose salad greens (like baby spinach, kale and arugula) should be wrapped in a paper towel in a plastic bag in the crisper for up to 3 days. Don't squeeze all the air out of the plastic bag—the greens need to breathe!

Lemon Arugula Salad

Makes about 4 (2 cup) servings
Total time: 10 minutes

INGREDIENTS

Lemon Vinaigrette

¼ cup freshly squeezed lemon juice
¼ cup white wine vinegar
⅔ cup olive oil
Salt and pepper, to taste

Salad

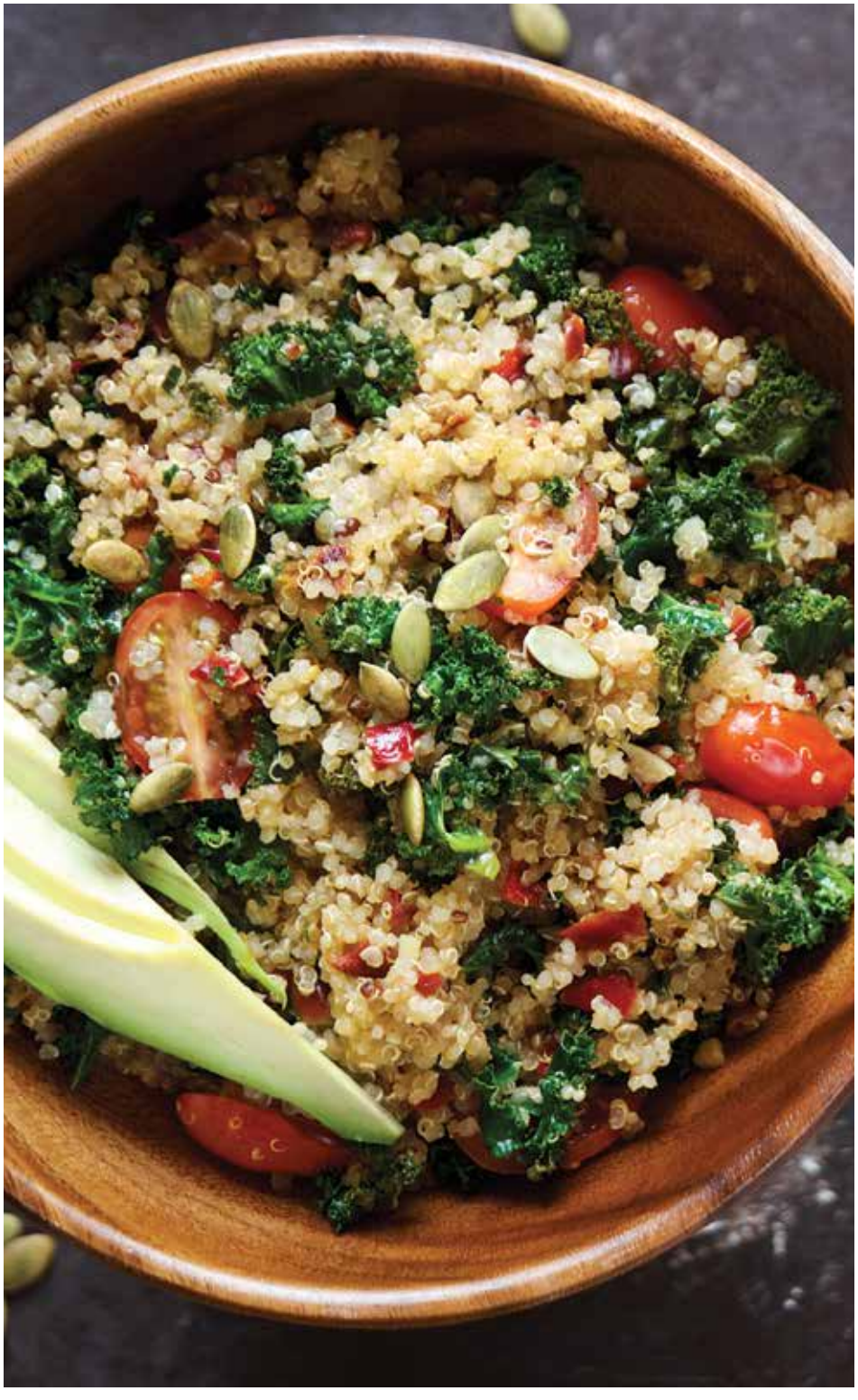
8 cups arugula
½ cup Parmesan cheese

DIRECTIONS

Place lemon juice and vinegar in a small bowl and whisk in olive oil. Season with salt and pepper, to taste. To make the salad, toss arugula with dressing and top with parmesan cheese. Serve immediately.

Nutrition information per serving: 283 calories; 29.2 g fat; 4.9 g saturated fat; 5.5 mg cholesterol; 111.6 mg sodium; 3.4 g carbohydrate; 1 g fiber; 1.6 g sugar; 3.9 g protein





Kale and Quinoa Salad

Makes 4 servings
Total time: 15 minutes

INGREDIENTS

½ cup light balsamic vinaigrette
4 cups kale
2 cups cooked quinoa
½ cup cherry tomatoes
¼ cup roasted red peppers, diced
1 avocado, sliced
2 Tbsp. pumpkin seeds

DIRECTIONS

Drizzle kale with half of the salad dressing. Massage kale until tender and reduced in size, about 3–5 minutes. Combine all ingredients and toss with remaining salad dressing.

Nutrition information per serving: 277 calories; 12.9 g fat; 1.1 g saturated fat; 0 mg cholesterol; 346.8 mg sodium; 34.7 g carbohydrate; 8.1 g fiber; 3.2 g sugar; 7.6 g protein

5 ways you can cut back on SODIUM without losing FLAVOR!

Did you know you may be reaching (or exceeding) the daily 1500 milligram sodium recommendation even if you never pick up the salt shaker? Excess sodium can increase your blood pressure, which puts you at a higher risk for heart disease and stroke.



1

Break up with the salt shaker. That means the sea salt, too! Sea salt typically contains 40% sodium, the same as regular table salt. Instead, reach for herbs and spices without added salt or sodium—make sure to check the label!

2

Pick canned vegetables, beans and condiments with lower or reduced sodium. Drain and rinse canned beans to cut sodium by about 40%.





3

Combine lower sodium items with their traditional counterparts until your tastes adjust. This works particularly well for soups and pasta sauces.



4



Incorporate foods with potassium, such as sweet potatoes, potatoes, salad greens, tomatoes, white beans, kidney beans, yogurt, oranges, bananas and cantaloupe, to help counter the effects of sodium.

5

When dining out, watch out for words like pickled, brined, barbecued, cured or smoked, as foods prepared with these methods usually contain higher sodium. Instead choose items that are steamed, baked, grilled, poached or roasted.



No Bake
ENERGY BITES

The only thing better than a satisfying snack is a snack that tastes like a dessert.



The Basic Bite
1 cup oatmeal +
½ cup peanut butter +
⅓ cup honey

Fiber
¼ cup ground flax seeds +
¼ cup chia seeds

Apple Cinnamon
¼ cup applesauce +
2 teaspoons cinnamon

Chocolate Peanut Butter
¼ cup mini semi-sweet chocolate chips

Bonus: these energy bites don't require any cooking and can be stored in your refrigerator for up to one week. Simply start with the Basic Bite recipe, then add any of the following flavor combinations for a quick, nutritious snack that's always ready.



Cranberry

¼ cup dried cranberries

Oatmeal Raisin Cookie

⅓ cup raisins +
1 teaspoon cinnamon

Pumpkin

½ cup pumpkin puree +
½ teaspoon cinnamon +
¼ cup pumpkin seeds +
¼ cup dried cranberries +
dash of salt

Coconut

½ cup unsweetened coconut +
½ tsp. cinnamon +
whole almonds for garnish



One pan (or pot) DINNERS

because life is too short to spend time washing dishes



Sheet Pan Steak Fajitas

Makes 6 servings
Total time: 35 minutes + marinating time

INGREDIENTS

1½ pound beef flank steak, thinly sliced
½ cup olive oil
3 Tbsp. Worcestershire sauce
⅓ cup lime juice
3 cloves garlic, minced
1 Tbsp. cumin
1 Tbsp. chili powder
½ tsp. red pepper flakes
1 Tbsp. sugar
Salt and pepper, to taste
1 red pepper, sliced
1 yellow pepper sliced
1 onion, sliced
1½ Tbsp. olive oil
¼ tsp. salt
2 Tbsp. lime juice

DIRECTIONS

Combine oil, Worcestershire, lime juice, garlic, cumin, chili powder, red pepper flakes, sugar, salt and pepper. Marinate flank steak for at least 2 hours, up to overnight (can be marinated ahead of time). Preheat oven to 425°F. Toss sliced peppers and onion with oil, salt, pepper and lime juice. Remove steak from marinade (discard any remaining marinade) and place it on a baking sheet with vegetables. Bake for 10–15 minutes, tossing halfway through. Remove pan from oven and turn broiler to high. Broil for 3–4 minutes.

Nutrition information per serving:
339 calories; 20.3 g fat; 5.4 g saturated fat; 89.6 mg cholesterol; 173.5 mg sodium; 6 g carbohydrate; 1.1 g fiber; 2 g sugar; 32.2 g protein

One Pot Tex Mex Pasta

Makes 6 servings
Total time: 45 minutes

INGREDIENTS

1 Tbsp. olive oil
1 small onion, diced
1 jalapeno, diced
1 pound ground beef
½ tsp. taco seasoning
2 cups dry pasta
1 (16 ounce) jar salsa
1 (14.5 ounce) can low sodium chicken broth
1 (14.5 ounce) can diced tomatoes
2 Tbsp. tomato paste
2 cups frozen corn
1 (15 ounce) can black beans, drained and rinsed
optional toppings: avocado, diced tomatoes, cheese, cilantro

DIRECTIONS

Heat oil in a large soup pot over medium heat. Add onion, jalapeno and ground beef and sauté until ground beef is well browned and onion is translucent. Drain excess fat, if necessary. Add taco seasoning and sauté until ground beef is coated. Add pasta, salsa, chicken broth, diced tomatoes, tomato paste, corn and black beans. Bring to a boil, then simmer for 15–20 minutes, or until pasta is tender and most of the liquid is absorbed. Top with avocado, diced tomato, cheese or cilantro, if desired.

Nutrition information per serving:
448 calories; 69.7 calories from fat; 7.9 g fat; 2.3 g saturated fat; 46.9 mg cholesterol; 1102.2 mg sodium; 65.9 g carbohydrate; 11.2 g fiber; 9 g sugar; 30.8 g protein





Jerk Chicken with Sweet Potatoes

Makes 4 servings
Total time: 50 minutes

INGREDIENTS

1 sweet potato, peeled and cut into 1-inch cubes
1 Tbsp. oil
1 lemon, juiced
1 Tbsp. sugar
1 Tbsp. paprika
Salt and pepper, to taste
½ tsp. garlic powder
½ tsp. red pepper flakes
¼ tsp. thyme
¼ tsp. allspice
4 boneless, skinless chicken breasts, cut into strips

DIRECTIONS

Preheat oven to 425°F. Toss potatoes with oil, salt and pepper. Place on a large sheet pan and roast for 15 minutes. While potatoes cook, combine lemon juice, sugar, paprika, salt, pepper, garlic powder, red pepper flakes, thyme, allspice and chicken. Add chicken to sheet pan and roast for an additional 10–15 minutes, or until the internal temperature reaches 165°F and the potatoes are fork tender.

Nutrition information per serving:
335 calories; 6.1 g fat; 0.6 g saturated fat; 120 mg cholesterol; 533.6 mg sodium; 26.2 g carbohydrate; 3.8 g fiber; 3.9 g sugar; 45 g protein



Italian Pork Chops

Makes 4 servings
Total time: 35 minutes

INGREDIENTS

4 boneless pork loin chops
Salt and pepper, to taste
½ cup flour
1 egg, beaten
½ cup panko breadcrumbs
1 Tbsp. Italian seasoning
¼ cup shredded parmesan cheese
1 cup cherry tomatoes
½ pound trimmed green beans
Olive oil

DIRECTIONS

Preheat oven to 425°F. Pat pork chops dry and season with salt and pepper. Place flour, egg and panko in three separate shallow dishes. Mix Italian seasoning and parmesan cheese with panko. Dip chops in flour, then egg, then panko mixture. Spray a large sheet pan with nonstick cooking spray. Add pork chops, tomatoes and green beans to pan. Drizzle vegetables with olive oil and season with salt and pepper, as desired. Roast for 12–18 minutes, or until pork internal temperature reaches 145°F and green beans are tender.

Nutrition information per serving:
405 calories; 9.1 g fat; 3.5 g saturated fat; 166 mg cholesterol; 223.1 mg sodium; 26.7 g carbohydrate; 3.1 g fiber; 2.3 g sugar; 49.3 g protein

PURE DELICIOUSNESS
SIMPLY
NO ARTIFICIAL
COLORS OR FLAVORS

NEW FLAVOR
PURE DELICIOUSNESS
SIMPLY
Cheetos Crunchy
WHITE CHEDDAR
MADE WITH REAL CHEESE
CHEESE FLAVORED SNACKS

PURE DELICIOUSNESS
SIMPLY
ORGANIC
Tostitos
BLUE CORN

NEW AT FAREWAY!

FAREWAY
WHOLE GRAIN
MULTI-GRAIN
BREAD

WHOLE GRAIN
MULTI-GRAIN
BREAD
made with whole wheat flour,
rye, oats and barley



Get enough vitamin D

This sunshine vitamin has been linked to decreased depression and cancer risk. Make sure you are getting enough by consuming plenty of fish with bones, low fat dairy, fortified soy milk and egg yolks. If you are considering a supplement, speak with your health care provider to determine what is best for you.

Good Mood FOODS

The winter blues may be in full swing, but there are foods that can actually improve your mood!

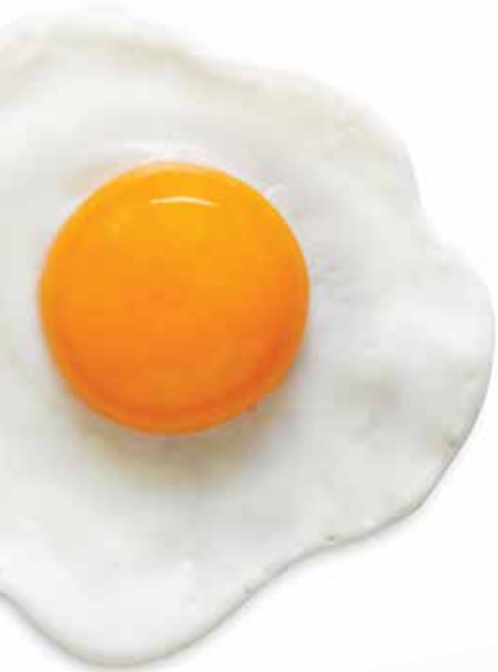
Eat for sustained energy, not quick-fix stimulation. Coffee, tea and chocolate may make you happy, but they often lead to blood sugar (and mood) crashes later. High quality foods help produce chemicals in your brain that can improve not only your mood, but also your memory, energy level and sleep.

Choose complex over refined carbohydrates

Refined carbohydrates (things made with white flour) are digested quickly, causing your blood sugar to spike, then drop. This leaves you cranky, tired and reaching for more to eat. Instead, eat whole grains, veggies, fruit and legumes for complex carbohydrates and fiber to decrease blood sugar swings.







Eat protein at each meal

Heart healthy, lean protein such as lean beef, pork, poultry, fish, nuts, seeds and beans helps your brain release dopamine and norepinephrine shortly after you eat. Effect: you are more alert and focused for hours.





Develop a consistent eating pattern

Make sure you start your day off with breakfast within 90 minutes of waking up. Throughout the day, eat every 3–4 hours for consistent energy and fuel.

Exercise

The effects of exercise, like better sleep, improved mood and better overall outlook, can last up to 24 hours after exercise. Try to be physically active every day and stay hydrated with plenty of water, fruits, veggies and calorie-free beverages.





Ask the Dietitians



Whitney, RD, LD



Caitlyn, RD, LD

Want to contact Whitney or Caitlyn?

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