

FAREWAY
MEAT & GROCERY

FRESH PRODUCE
BROCCOLI

cents able **HEALTH**™

ISSUE 32 | April-June 2019

HEALTHY
HYDRATION

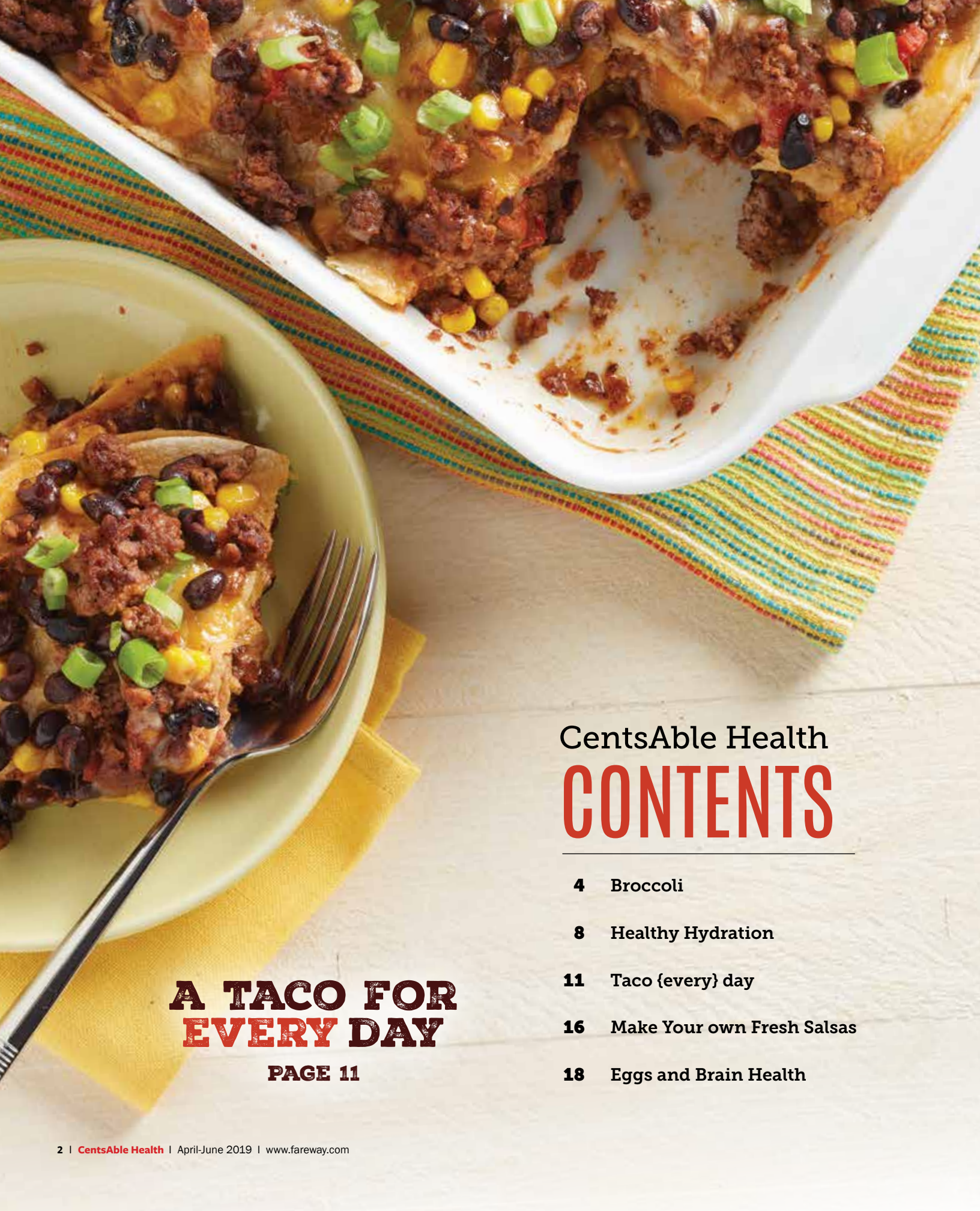
TACO
**{EVERY}
DAY**

MAKE
YOUR OWN
**FRESH
SALSA**

EGGS AND
BRAIN HEALTH

Plus fresh, affordable recipes in every issue

FREE



A TACO FOR EVERY DAY

PAGE 11

CentsAble Health **CONTENTS**

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Easy. Tasty. Tonight.



Find more meal ideas at Mrsgrimesbeans.com



Grilled Chicken Salad

Servings: 6 (about 12oz each)
Prep Time: 30 minutes
Total Time: 30 minutes

INGREDIENTS

- | | |
|-------------------------------------------------------------|---------------------------------------------------------------------------------|
| 6 boneless skinless chicken breast halves (about 6 oz each) | 1 (15 oz) can Mrs. Grimes® Navy Beans or Great Northern Beans (drained, rinsed) |
| 1/3 cup olive oil | 1 (15 oz) can whole kernel corn, drained |
| 3 Tbsp. fresh lemon juice | 1 1/2 cup chopped tomatoes (2 medium) |
| 1 tsp Dijon mustard | 1/2 cup finely chopped red onion |
| 1 tsp reduced-sodium barbecue sauce | 1 (8 to 10 oz) package salad greens (6 cups) |
| 1 garlic clove, finely chopped | 3 Tbsp. chopped fresh basil |

PREPARATION

Heat gas or charcoal grill. Grill chicken over medium-high heat 5 to 7 minutes per side or until no longer pink in center and thermometer inserted in center reads 165°F. Meanwhile, in small bowl, mix olive oil, lemon juice, mustard, barbecue sauce and garlic until thick and blended. Stir in basil; set aside. In medium bowl, mix beans, corn, tomatoes and onion. Arrange salad greens on 6 salad plates. Slice chicken crosswise; arrange over lettuce. Top with bean mixture. Drizzle salads with dressing.

EVERYTHING YOU LOVE
ABOUT SUNCHIPS
~~~~~ NOW ~~~~~  
DELICIOUSLY PUFFY



FRESH PRODUCE

# BROCCOLI

High in vitamin C | High in folate | Rich in fiber & potassium





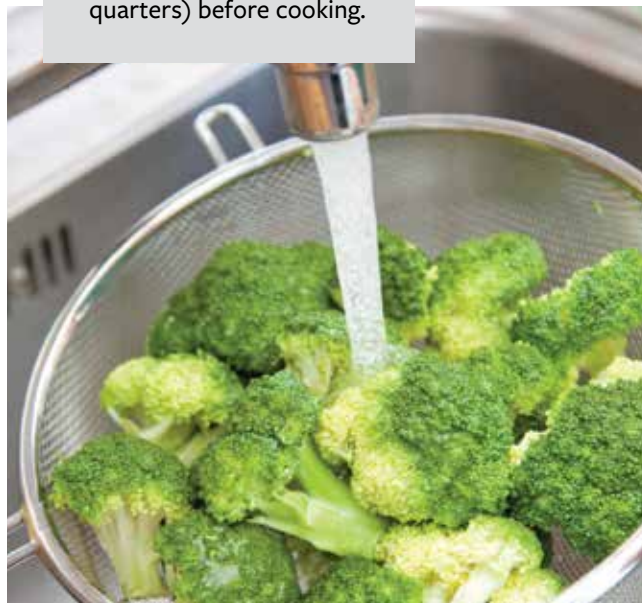


## STORE

Refrigerate broccoli for 3–5 days. Broccoli didn't make it to your dinner table quite in time? Freeze florets on a baking sheet and store them in a plastic bag for a longer shelf life.

## PREP

Wash broccoli just before serving or cooking to prevent moisture build up. Cut broccoli florets into bite-sized pieces (halves or quarters) before cooking.



## COOK

Steam, stir fry, roast or grill broccoli until it is tender yet firm. Prevent overcooking by placing steamed broccoli in an ice bath.



## DIETITIAN TIPS

If you're having a hard time serving broccoli to your kids without a fight, you may be overcooking it. Try serving broccoli raw with a dipping sauce or blanching it (dropping it in boiling water for a few seconds) to soften it slightly without making mushy broccoli. Overcooking also strips broccoli of some of its beneficial nutrients, so aim for a bright green color. Still not sold? Try our broccoli tots on page 6!



## Broccoli Salad

Makes 6 servings

Total time: 15 minutes

### INGREDIENTS

¼ cup low-fat plain yogurt  
¼ cup reduced fat mayonnaise  
2 Tbsp. sugar  
3 Tbsp. apple cider vinegar  
Salt and pepper, to taste  
2 cups broccoli florets  
1 red onion, diced  
¼ cup dried cranberries  
2 Tbsp. sunflower seeds

### DIRECTIONS

Stir together yogurt, mayonnaise, sugar, vinegar, salt and pepper. Combine broccoli, onion and cranberries and toss with yogurt sauce. Refrigerate for 2 hours. Top with sunflower seeds before serving.

**Nutrition information per serving:** 119 calories; 5.8 g fat; 0.8 g saturated fat; 3.5 mg cholesterol; 124.8 mg sodium; 16.3 g carbohydrate; 1.8 g fiber; 12.1 g sugar; 2.3 g protein



## Broccoli Tots

Makes 4 servings (7 tots each)

Total time: 40 minutes

### INGREDIENTS

2 cups broccoli florets  
3 eggs  
1 cup bread crumbs  
1 cup shredded cheddar cheese  
2 tsp. Italian seasoning  
½ tsp. garlic powder  
Salt, to taste

### DIRECTIONS

Preheat oven to 375° F. Pulse broccoli florets in a food processor until finely chopped. Add remaining ingredients and pulse until well combined. Shape mixture into small “nuggets” and bake on a baking sheet lined with parchment paper for 20–25 minutes or until the tops are golden brown and the tots are cooked through.

**Nutrition information per serving:** 155 calories; 6.9 g fat; 3.7 g saturated fat; 96.7 mg cholesterol; 198 mg sodium; 13.6 g carbohydrate; 1.7 g fiber; 1.4 g sugar; 9.1 g protein

**NEW AT FAREWAY!**



## WHOLE GRAIN MULTI-GRAIN **BREAD**

made with whole wheat flour,  
rye, oats and barley

# TREAT YOURSELF RIGHT


WITH VEGA®  
PROTEIN & GREENS



PLANT-BASED  
**vega**



# Stay hydrated the **HEALTHY** way

A photograph of two glasses of lemon water with ice and mint leaves, sitting on a rustic wooden board. There are also lemon wedges and a whole lemon nearby. The background is a light blue wall.

Reach for water. It's a calorie-free way to stay hydrated while also helping your joints, skin, brain, digestion and weight management (to name a few).





Limit tea or coffee to 1 to 2 servings each day to keep your caffeine intake in check. To ward off unnecessary calories, reduce added sugars and syrups in your daily brew.



Did you know food can count towards 10–20% of your daily fluid needs? Melons, tomatoes, berries, cucumbers, lettuce and citrus are all rich in water, making them smart choices to stay hydrated.



Low-fat milk provides calcium, B vitamins and protein. Choose three servings of milk (dairy or a fortified, non-dairy alternative) each day for healthy muscles, bones, teeth.



# GO BREADLESS WITH EGG'WICH



**2 REAL  
EGG  
Frittatas**

*With  
TURKEY SAUSAGE  
and CHEESE*



**TODAY'S YOUR  
DAY TO  
Shine on**  
*Jimmy Dean*

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*Litehouse®  
Freeze Dried Basil*

*Conventional  
Air Dried Basil*



**Instantly Refreshes  
While Cooking  
Closer to Fresh Than Dried  
Bold Flavor & Smell  
No Chopping or Waste**



## WHAT WOULD YOU RATHER USE FOR DINNER?

*Try Litehouse® Freeze Dried Herbs today!*

Basil, Dill, Garlic and Cilantro available in the produce department | [litehousefoods.com](http://litehousefoods.com)





## FORGET TACO TUESDAY WE HAVE A TACO FOR EVERY DAY

### Cheesy Taco Casserole

Makes 8 servings; Total time: 45 minutes

#### INGREDIENTS

|                                                             |                               |
|-------------------------------------------------------------|-------------------------------|
| 1 Tbsp. olive oil                                           | 2 cups chopped tomatoes       |
| ½ cup chopped onion                                         | 1 cup corn                    |
| 2 garlic cloves, minced                                     | 12 corn tortillas             |
| 1 pound ground beef                                         | 2 cups Monterey Jack cheese   |
| 1 Tbsp. prepared taco seasoning                             | 1 cup shredded cheddar cheese |
| 1 (15.5 ounce) can black beans, drained and rinsed, divided | 2 green onions, sliced        |

#### DIRECTIONS

Preheat oven to 375°F. Heat oil in a large skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Add garlic and cook for 1 more minute. Add ground beef and cook until browned, about 7 minutes. Drain any excess fat, if necessary. Stir in taco seasoning, black beans (reserve ¼ cup for topping), tomatoes and corn. Spray a baking dish with cooking spray and spread ½ cup of the beef mixture on the bottom of the dish. Top with a layer of tortillas, ⅓ of each cheese, then ⅓ of the beef mixture. Repeat with another layer of tortillas, cheese and beef. Top with remaining tortillas and beef mix. Add remaining cheese and reserved beans. Bake 20–25 minutes or until cheese is melted and casserole is warmed through. Garnish with green onions.

**Nutrition information per serving:** 547 calories; 29.6 g fat; 4.7 g saturated fat; 50 mg cholesterol; 432.7 mg sodium; 33.3 g carbohydrate; 7.4 g fiber; 2.7 g sugar; 37.5 g protein



## GRILLED STEAK TACOS

Makes 6 servings; Total time: varies

### INGREDIENTS

|                                                                   |                              |
|-------------------------------------------------------------------|------------------------------|
| 1½ pounds steak, such as flank steak,<br>flat iron or skirt steak | 2 Tbsp. low sodium soy sauce |
| 1 cup orange juice                                                | 1 tsp. cumin                 |
| ¼ cup lime juice                                                  | 1 tsp. ground coriander      |
| 2 Tbsp. olive oil                                                 | Salt and pepper, to taste    |
| 2 Tbsp. brown sugar                                               | 4 garlic cloves, minced      |

### DIRECTIONS

Marinate steaks in remaining ingredients for at least 2 hours, up to 24 hours. Remove from marinade and discard remaining marinade. Grill over medium-high heat for 15–20 minutes or until the internal temperature reaches 145°F. Remove from heat and allow steak to rest for 3–5 minutes before slicing.

**Nutrition information per serving (using flank steak):** 177 calories; 7.6 g fat; 3 g saturated fat; 78.2 mg cholesterol; 82.6 mg sodium; 1.1 g carbohydrate; 0.1 g fiber; 0.7 g sugar; 24.7 g protein

**PICO RECIPE  
ON PAGE 16**





## BELL PEPPER TACOS

Makes 6 tacos; Total time: 45 minutes

### INGREDIENTS

|                              |                                   |
|------------------------------|-----------------------------------|
| 3 bell peppers, any color    | 1 packet taco seasoning           |
| 1 Tbsp. oil                  | 1 cup water                       |
| ½ cup chopped onion          | ¾ cup shredded cheese, any flavor |
| 1 pound ground turkey breast |                                   |

### DIRECTIONS

Preheat oven to 400°F. Slice each pepper in half lengthwise and remove stem and seeds. Place peppers on a baking sheet and bake for 10–12 minutes. While peppers are in the oven, heat oil in a skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Add turkey and cook until browned, about 7 minutes. Add taco seasoning and water. Stir to combine. Fill each pepper with ½ cup of taco mixture (or until pepper is full). Top with cheese and return to oven for 20 minutes.

**Nutrition information per stuffed pepper half:** 192 calories; 8.5 g fat; 3.7 g saturated fat; 56.4 mg cholesterol; 334.5 mg sodium; 6.8 g carbohydrate; 2 g fiber; 2.8 g sugar; 22.3 g protein



## SPICY SHRIMP TACOS

Makes 4 servings; Total time: varies

### INGREDIENTS

1 pound medium shrimp, peeled and deveined  
2 Tbsp. olive oil, divided  
1 clove garlic, minced  
½ tsp. ground cumin  
½ tsp. chili powder  
¼ tsp. onion powder  
Salt and pepper, to taste

### Cilantro Sauce

¼ cup Greek yogurt  
2 Tbsp. chopped cilantro  
1 Tbsp. fresh lime juice

### DIRECTIONS

Combine all ingredients for cilantro sauce and set aside. In a medium bowl, combine 1 tablespoon oil, garlic, cumin, chili powder, onion powder, salt and pepper. Add shrimp and toss to coat. Cover and refrigerate for 15 minutes or up to 24 hours. Heat remaining oil in a large skillet over medium-high heat. Cook shrimp until cooked through, about 5 minutes. Serve with cilantro sauce.

**Nutrition information per serving (with cilantro sauce):** 179 calories; 8 g fat; 1.1 g saturated fat; 143 mg cholesterol; 663.2 mg sodium; 7.3 g carbohydrate; 0.7 g fiber; 4.2 g sugar; 18.9 g protein

**MANGO SALSA  
RECIPE  
ON PAGE 16**





**MAKE FOOD PREP EASIER  
WITH A BATCH OF SALSA  
CHICKEN. TWO INGREDIENTS  
WITH ENDLESS OPTIONS.**

**SALSA CHICKEN**

Makes 6–8 servings; Total time: varies

**INGREDIENTS**

2 pounds chicken (breast or thigh) cut into chunks  
2 cups salsa

**DIRECTIONS**

Combine chicken and salsa in a slow cooker. Cook on low for 6–8 hours or on high for 4–5 hours. Shred chicken with two forks. Serve as tacos, enchiladas, lettuce wraps or on salad.

**Nutrition information per serving (using boneless, skinless chicken breast):** 158 calories; 2.2 g fat; 0.1 g saturated fat; 81 mg cholesterol; 828.5 mg sodium; 5.4 g carbohydrate; 1.4 g fiber; 2.6 g sugar; 32.4 g protein

**CORN SALSA RECIPE  
ON PAGE 17**





# TACO TOPPERS



## GREEK YOGURT

In place of full-fat sour cream, nonfat Greek yogurt boasts fewer calories, more protein and digestion-friendly probiotics.



## CORN

Nutrients in corn support eye health, so you have a clear view of your tasty tacos.



## AVOCADOS

Few foods can claim the nutrient-powerhouse title quite like an avocado. Along with potassium and fiber, they also contain heart healthy monounsaturated fats.



## MANGO SALSA

1 bell pepper, diced  
1 red onion, diced  
1 jalapeño pepper, seeded and diced  
3 mangos, peeled and diced  
¼ cup chopped cilantro  
2 garlic cloves, minced  
juice of 1 lime  
salt, to taste

*Combine, refrigerate and enjoy.*

## PICO

|                                     |                       |
|-------------------------------------|-----------------------|
| 3 Roma tomatoes, diced              | ½ cup cilantro, diced |
| 1 bell pepper, diced                | 1 lemon, juiced       |
| 1 jalapeño pepper, seeded and diced | 1 lime, juiced        |
| 1 onion, diced                      | ¼ cup tomato juice    |
| 2 cloves garlic, minced             | 1 pinch salt          |

*Combine, refrigerate and enjoy.*







### ONIONS

Adding diced onion to your taco can help lower the chances of heart disease, certain cancers and even obesity.



### TOMATOES

Fresh tomatoes have been shown to help reduce the risk of heart disease and certain cancers. They also provide vitamin C, potassium and folate.



### BEANS

Beans can stretch your dollar without stretching your waistline. They are an affordable source of fiber and protein to keep you full and satisfied.



### LETTUCE

Depending on the variety, adding lettuce (either on top or as a salad) adds crunch, vitamins, minerals and fiber without the calories.



### AVOCADO SALSA

1 tomato, seeded and chopped  
1 avocado, diced  
1 jalapeño, seeded and chopped  
Salt and pepper, to taste  
1 Tbsp. fresh lime juice  
¼ cup cilantro, chopped

*Combine, refrigerate and enjoy.*



### CORN SALSA

1 (16 ounce) bag frozen sweet yellow corn  
1 jalapeño, seeded and chopped  
½ red onion, diced  
¾ cup cilantro, chopped  
2 limes, juiced  
1 pinch salt  
1 pinch pepper

*Combine, refrigerate and enjoy.*





# Eggs are all they're cracked up to be

Eggs are among the few foods that supply both choline and lutein, nutrients that are important for brain development, memory and life-long learning.



**CHOLINE** is essential for brain health. It plays a role in early brain development, particularly the areas used for memory and learning.

**LUTEIN** has long been associated with eye health but research has discovered lutein's role in brain health, too. It has been shown to play a role in cognition in older adults and academic performance in children.

**EVEN BETTER NEWS?** Each egg is naturally portion controlled (around 70 calories) and packed with high quality protein. Did you know that half of an egg's protein is in the yolk? Eat the entire egg for the most protein.



## Spinach and Mushroom Frittata

Makes 6 servings

Total time: 20 minutes

### INGREDIENTS

2 Tbsp. oil, divided  
½ cup chopped onion  
1 cup spinach  
1 cup sliced mushrooms  
8 eggs, beaten  
Salt and pepper, to taste

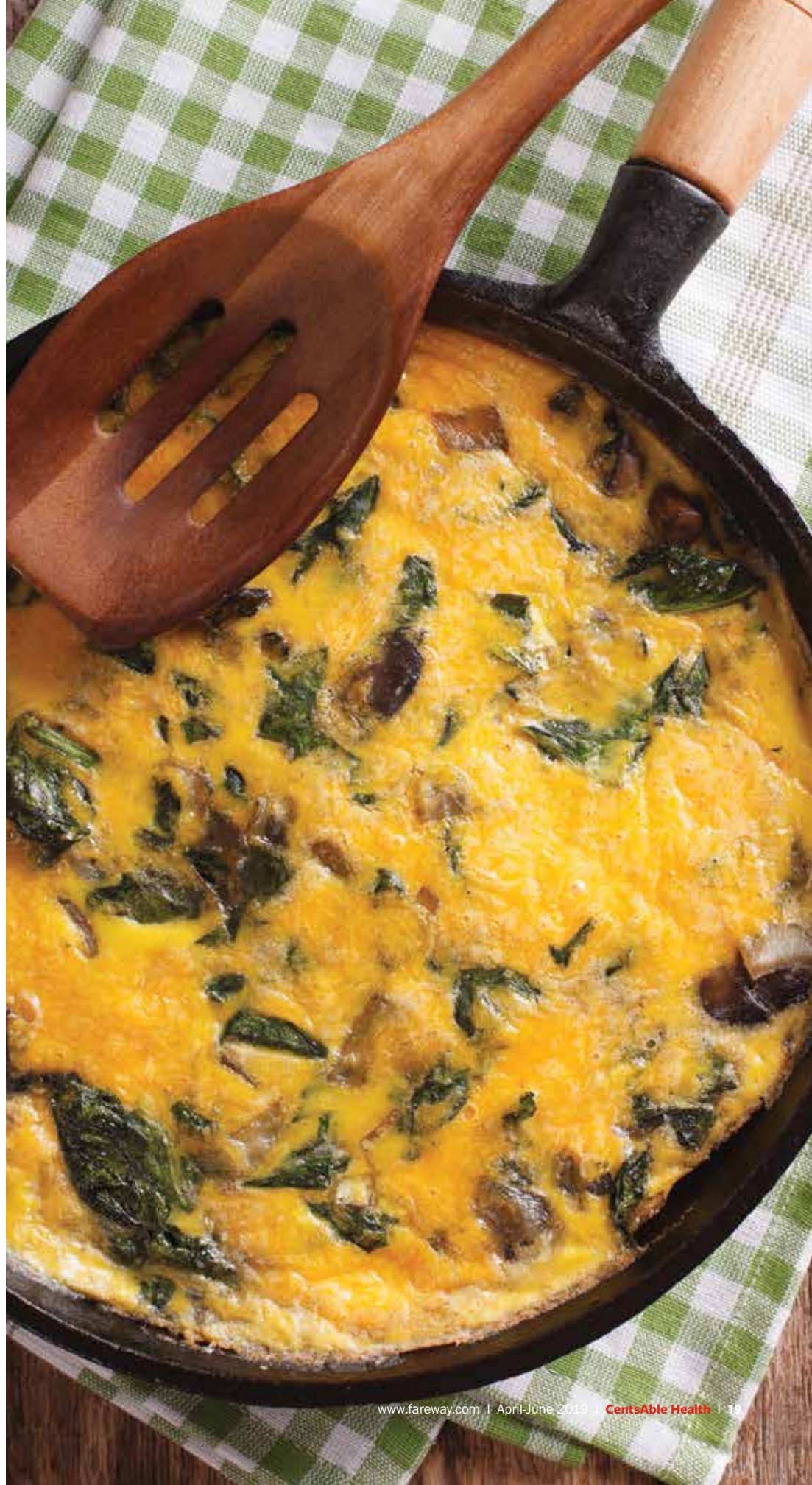
### DIRECTIONS

Preheat oven to 350°F. Heat 1 tablespoon of oil over medium heat in a 9–10 inch oven-safe skillet\*. Add onion and sauté until translucent, about 5 minutes. Add spinach and mushrooms. Sauté until spinach has wilted and mushrooms are tender. Add remaining oil to the skillet. Add eggs and season with salt and pepper, as desired. Reduce heat to low and cook until the frittata is slightly set, about 3 minutes. Place skillet in the oven. Bake for 10–15 minutes or until frittata is lightly browned and puffy. Slice and serve.

\*if you do not have an oven-safe skillet, you can sauté vegetables on the stove, then transfer to a baking dish. Add eggs and bake for 12–18 minutes.

### Nutrition information per serving:

146 calories; 11.1 g fat; 2.5 g saturated fat; 248 mg cholesterol; 99.7 mg sodium; 2.3 g carbohydrate; 0.5 g fiber; 1.1 g sugar; 9 g protein





# Ask the Dietitians

## Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

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Whitney, RD, LD



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