FAREWAY®
MEAT & GROCERY

¢ents able HEALTH™

ISSUE 34 | October-December 2019

outsmart your SWEET TOOTH

save time with FREEZER MEALS

beautiful BEETS

Plus fresh, affordable recipes in every issue

FREE

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MEN'S HEALTH

32 ounces of yogurt, a million ways to use it

From dips to desserts, side dishes to mains, you can craft your favorites with protein-packed Chobani® Greek Yogurt, made with only natural ingredients. Visit chobani.com/recipes for inspiration.

Spinach-Artichoke Dip

Yield: 8 servings

INGREDIENTS

¼ cup	Chobani® Non-Fat Plain Greek Yogurt
1 cup	chopped spinach leaves
1 cup	chopped canned artichoke hearts
4 ounces	low-fat cream cheese, room temperature
¼ cup	low-fat mayonnaise
½ cup	grated parmesan cheese, divided
⅛ teaspoon	kosher salt
¼ teaspoon	garlic powder
½ teaspoon	Tabasco sauce

DIRECTIONS

1. In a small pot, combine spinach and artichoke hearts and fill with water until just submerged. Bring to a boil for 1 minute, then strain. Keep warm.
2. In a medium mixing bowl, combine remaining ingredients, except ¼ cup of parmesan, until fully incorporated. Add spinach and artichoke mixture and stir to combine.
3. Transfer mixture into an oven-safe ramekin or small baking dish. Top with remaining cheese and bake at 350°F for 7-10 minutes, or until cheese is melted on top. Let cool slightly before serving.

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NEW!
AT FAREWAY

Oroweat® Organic Thin-Sliced Bread
with 22 Grains & Seeds, Chia, Flaxseed & Ancient grains

BEAUTIFUL BEETS

BEET BASICS

CHOOSE
beets that are the same size and shape for even cooking

USE
the leaves for salad: remove leaves from beets and store for 2–3 days in the refrigerator

STORE
beets in the fridge, unwashed, in a breathable plastic bag

PEEL
beets before cooking or gently remove the skin after cooking by using two paper towels

MICROWAVE
beets by piercing the skin and placing in a microwave-safe dish with a few tablespoons of water; microwave on high for 10–15 minutes or until tender

WRAP
beets in foil and bake for 1 hour at 375°F

ROAST
peeled, quartered beets for 45 minutes at 400°F

2 grams fiber

riboflavin

potassium

folate

35 calories

Orange Roasted Beets

Makes 6 servings
Total time: 1 hour

INGREDIENTS

12 beets
3 Tbsp. olive oil
1½ tsp. fresh thyme leaves, minced
Salt and pepper, to taste
2 Tbsp. balsamic vinegar
Juice of 1 large orange

DIRECTIONS

Preheat the oven to 400°F.
Scrub beets to remove any dirt, remove top and bottom, then peel using a vegetable peeler. Cut beets into 1½ inch chunks and place on a baking sheet. Toss with oil, thyme, salt and pepper. Roast for 35–40 minutes or until beets are tender, turning halfway through. Remove from the oven and toss with vinegar and orange juice.

Nutrition information per serving: 147 calories; 7.1 g fat; 1 g saturated fat; 0 mg cholesterol; 129.4 mg sodium; 18.1 g carbohydrate; 4.6 g fiber; 13.1 g sugar; 2.8 g protein

Easy Beet Salad

Makes 4 servings | Total time: 40 minutes

INGREDIENTS

- 1 pound fresh beets (about 4 medium beets)
- 3 Tbsp. fresh lemon juice
- 3 Tbsp. olive oil
- Salt and pepper, to taste
- 2 Tbsp. fresh parsley, chopped
- 2 Tbsp. feta cheese

DIRECTIONS

Scrub beets to remove any dirt then place in a pot with enough water to cover. Bring water to a boil, then simmer for 20–30 minutes or until beets are fork-tender. Let beets cool then rub peel between two paper towels to remove the skin. Cube beets then toss with remaining ingredients. Store in the refrigerator. Top with feta cheese immediately before serving, if desired.

Nutrition information per serving: 165 calories; 11.2 g fat; 2.4 g saturated fat; 5.6 mg cholesterol; 159.6 mg sodium; 12 g carbohydrate; 3.3 g fiber; 8.2 g sugar; 2.8 g protein

outsmart your sweet tooth

Giving in to your sweet tooth isn't just tough on your waistline, it can also lead to some major blood sugar swings.

What does that mean? Eating quick-digesting carbohydrates (like sugar) give you an immediate burst of energy, but a crash later. The result? A cycle of sugar, crash, repeat. The good news? Taming that sweet tooth doesn't have to be hard. Here are five ways to easily cut back.

1 START AT BREAKFAST

Skip the sugary breakfast cereals and reach for a well-balanced plate instead. Fiber, protein and fat help balance your blood sugar, which helps reduce cravings.

2 REMEMBER TO HYDRATE

Have you had enough water? Sometimes we confuse thirst for hunger. Next time a craving strikes, drink a glass of water, wait 15 minutes, then see how you're feeling.

3 GET ENOUGH SLEEP

Being tired releases your "hunger hormone," known as ghrelin. At the same time, your body is looking for a quick energy fix, so you're left reaching for something sweet. If last night's sleep wasn't up to par, reach for fruits and vegetables to provide better-for-you carbohydrates, fiber and antioxidants to get you through the day.

4 ADJUST YOUR TASTE BUDS

Our taste buds become accustomed to sweetness, so we start to crave its flavor. Train your taste buds by using "savory sweet spices" like cinnamon, ginger, cloves and nutmeg. While these spices aren't technically sweet, they trick your brain into thinking you're eating something sweet.

5 WATCH THE NIBBLING

Whether you spend the day baking or sitting at your desk, it's easy to mindlessly munch. Instead of eating sweets while you're preoccupied, divvy out a single serving and focus on enjoying the treat. This way, you feel satisfied with fewer calories.

Immune Support Supplement
Airborne®

SUPPORT YOUR IMMUNE SYSTEM*

Give your immune system the support it wants with a crafted blend of vitamins, minerals & herbs.

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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MRS. GRIMES

Easy. Tasty. Tonight.

Find more meal ideas at Mrsgrimesbeans.com

Chili Muffin Cups

Servings: 8 (2 oz per cup)
PrepTime: 20 minutes
Total Time: 35 minutes

INGREDIENTS

- ½ pound lean ground beef or turkey
- 1 (15 oz) can **Mrs. Grimes® No Salt Added Chili Beans** (do not drain)
- 1 (16.3 oz) can large-sized refrigerated flaky biscuits (8 biscuits)
- ½ cup shredded reduced fat cheddar cheese
- ½ cup light sour cream
- ¼ cup sliced green onion

Tip:
These are a great hearty snack or lunch for kids. Serve with fresh fruit. For a snack size serving, serve one muffin instead of two.

DIRECTIONS

Heat oven to 350° F. In medium skillet, cook ground beef 6 to 8 minutes, over medium-high heat until thoroughly cooked, stirring to break up meat; drain. Stir in beans.

Lightly spray 16 regular size muffin cups with cooking spray. Remove biscuits from can. Peel each biscuit apart to form 2 layers of dough. Using a rolling pin, flatten each piece of biscuit dough to form a 4-inch circle. Fit dough circles into muffin cups, pressing dough against edges to form a cup. Spoon 2 tablespoons of the chili into each biscuit cup. Bake 12 minutes. Top each with 1/2 tablespoon of cheese and return to oven for 1 minute, or until cheese is melted and biscuit is golden brown. Top each with a dollop of sour cream; sprinkle with green onion.

Update this year's veggie platter by adding

Five Minute Cottage Cheese Dip

to your spread

Five Minute Cottage Cheese Dip

Makes 2 servings I Total time: 5 minutes

INGREDIENTS

- 1½ cups lowfat Fareway Cottage cheese
- 1/8 tsp. salt
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- 1 tsp. minced fresh chives
- ¼ tsp. dried dill
- 1 Tbsp. light mayonnaise
- 1 Tbsp. skim milk

DIRECTIONS

Combine all ingredients in a blender or food processor. Mix until it reaches the desired smoothness. Store for 5–7 days in refrigerator.

Nutrition information per serving: 147 calories; 4.2 g fat; 1.5 g saturated fat; 9.6 mg cholesterol; 897.8 mg sodium; 6 g carbohydrate; 0 g fiber; 5.3 g sugar; 21.4 g protein

Freezer Meals

Do you like to save time?
Keep a clean kitchen? Follow a budget?
Then freezer cooking is for you!

Simply put, freezer cooking is preparing meals when you have time, not on demand—it's convenience without the cost. Label all meals with recipe title, date, thawing and/or cooking instructions and any serving ideas.

Ribeye Philly Cheesesteaks

Makes 4 servings
Total time: varies

INGREDIENTS

1 Tbsp. olive oil
1 bell pepper, sliced
1 small onion, sliced
2 (8 ounce) ribeye steaks, thinly sliced
¼ tsp. seasoned salt

TO SERVE:
4 buns, any kind
4 slices provolone cheese

DIRECTIONS

Heat oil in a skillet over medium heat. Sauté peppers and onions for about 5 minutes or until they begin to soften. Remove from skillet. Season steak slices with seasoned salt and add to skillet. Sear for 2 minutes on each side or until cooked through. Combine peppers, onions and steak. Let mixture cool, then store in a freezer-friendly container or baggie.

To serve: let cheesesteak mix thaw overnight in the refrigerator. Layer cheesesteak mix and provolone cheese on a bun. Wrap in aluminum foil and bake at 350°F for 10–15 minutes or until cheese has melted.

Nutrition information per serving:
577 calories; 32.9 g fat; 14 g saturated fat; 88.8 mg cholesterol; 39.5 g carbohydrate; 4.1 g fiber; 5.4 g sugar; 30.7 g protein

Chilly Day Chili

Makes 8 servings | Total time: varies

INGREDIENTS

2 pounds beef top sirloin, cut into ½ inch cubes
1 onion diced
2 (14.5 oz.) cans chili beans
1 (14.5 oz.) can diced tomatoes
1 (15.5 oz.) jar salsa
2 cups frozen corn
2 tsp. chili powder
1 tsp. cumin
Salt and pepper, to taste

DIRECTIONS

TO FREEZE: Combine all ingredients in a large freezer-friendly zip-top bag.

TO SERVE: Thaw chili in the refrigerator overnight. Add all ingredients to a slow cooker and cook on high for 6 hours or on low for 8–9 hours.

Serve with shredded cheese, avocado, cilantro, green onions, Greek yogurt or tortilla chips.

Nutrition information per serving: 333 calories; 14 g fat; 5 g saturated fat; 83 mg cholesterol; 625 mg sodium; 27 g carbohydrate; 5 g fiber; 28 g protein

English Muffin Pizzas

Makes 6 servings (2 pizzas each) | Total time: varies

INGREDIENTS

6 whole wheat English muffins split in half
¾ cup pizza sauce
2 cups shredded mozzarella cheese
1 cup finely chopped toppings of your choice (pepperoni, sausage, peppers, onions, mushrooms, etc.)

DIRECTIONS

Preheat broiler. Place English muffin halves (cut side up) on a baking sheet and broil for 2–3 minutes or until they begin to brown. Remove from oven and layer with pizza sauce, cheese and toppings.

TO FREEZE: flash freeze individual pizzas on a baking sheet lined with parchment paper for 1–2 hours. Wrap individual pizzas in clear plastic wrap or aluminum foil and store in a large zip-top bag in the freezer.

TO SERVE: Bake pizzas from frozen at 375°F for 13–15 minutes.

Nutrition information per serving (2 pizzas; cheese topping only): 246 calories; 7.5 g fat; 3.5 g saturated fat; 18.6 mg cholesterol; 674.4 mg sodium; 31.5 g carbohydrate; 4.4 g fiber; 6 g sugar; 13.1 g protein

Meatballs

Makes 20 meatballs I Total time: varies

INGREDIENTS

½ pound ground beef
½ pound ground pork
1 egg, beaten
¼ cup milk
¼ cup breadcrumbs
2 tsp. garlic powder
2 tsp. dried parsley
Salt and pepper, to taste

DIRECTIONS

Mix all ingredients together and roll into 1 inch meatballs. Bake at 400°F for 20 minutes or until cooked through.

TO FREEZE: flash freeze cooked meatballs on a baking sheet lined with parchment paper for 1–2 hours. Store meatballs in a large freezer-friendly zip-top bag.

TO SERVE: Thaw meatballs in the refrigerator overnight. Heat meatballs with pasta sauce until warmed through and serve as desired.

Nutrition information per 4 meatballs: 237 calories; 15 g fat; 5.7 g saturated fat; 95.1 mg cholesterol; 87.4 mg sodium; 6.3 g carbohydrate; 0.4 g fiber; 0.9 g sugar; 19.1 g protein

Salsa Verde Chicken Burritos

Makes 8 burritos I Total time: varies

INGREDIENTS

2 cups cooked, chopped chicken
1 (15 ounce) can pinto beans, drained and rinsed
1 cup shredded pepper jack cheese
1 cup salsa verde
¾ cup cooked brown rice
6 (10 inch) flour tortillas

DIRECTIONS

Combine chicken, beans, cheese, salsa and rice. Fill tortillas with chicken mixture and roll up, tucking in the sides as you go.

TO FREEZE: wrap individual burritos in plastic wrap and freeze in a large zip-top bag.

TO SERVE: reheat frozen burritos in the microwave (microwave times will vary; heat in 30 second intervals until burrito is warmed through). OR thaw burritos in the refrigerator overnight and reheat at 350°F for 10–15 minutes or until warmed through.

Nutrition information per serving: 424 calories; 13.1 g fat; 6.4 g saturated fat; 16.6 mg cholesterol; 936.9 mg sodium; 48.6 g carbohydrate; 4 g fiber; 2.7 g sugar; 27.9 g protein

ATTENTION MEN

Celebrate your health this month and make small changes for an even healthier, and possibly longer, life.

"that doesn't mean giving up meat, eggs or even sweet treats—**just enjoy them all in moderation**."

According to the Center for Disease Control, the number 1 cause of death in men is heart disease, which accounts for over 27 percent of deaths in all males of all ages. To improve your health, well-being and longevity, try to:

focus
on moderation and variety

you need over 40 nutrients every day for optimal health and no single food can provide all of them. Aim to fill your plate with different foods from different food groups each day.

eat
foods low in fat, saturated fat and cholesterol

these nutrients can lead to heart disease, so know your fats! However, that doesn't mean giving up meat, eggs or even sweet treats—just enjoy them all in moderation.

increase
whole grains, fruits and vegetables

all three are rich in carbohydrates (for energy) and fiber (for digestive health). Did you know that males in the United States, on average, get less than half of the recommended amount of fiber? If you're under 50 years old, aim for 38 grams of fiber. If you're over 50 years old, aim for 30 grams.

shake
the sodium and salt habit

sodium is another player in heart disease. When choosing canned or processed foods, make sure to read the nutrition facts label and look for lower sodium varieties of all your favorites.

ASK THE DIETITIANS

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Want to contact Whitney or Caitlyn?

Send your nutrition questions to:
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