FREE

kitchen

BY FAREWAY SM

ISSUE 62 | OCTOBER-DECEMBER 2026



WINTER SQUASH

TAKEOUT at HOME

GATHER and GRAZE BITES

FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!

ASK THE DIETITIANS

Send your nutrition questions to:

FAREWAY STORES, INC.

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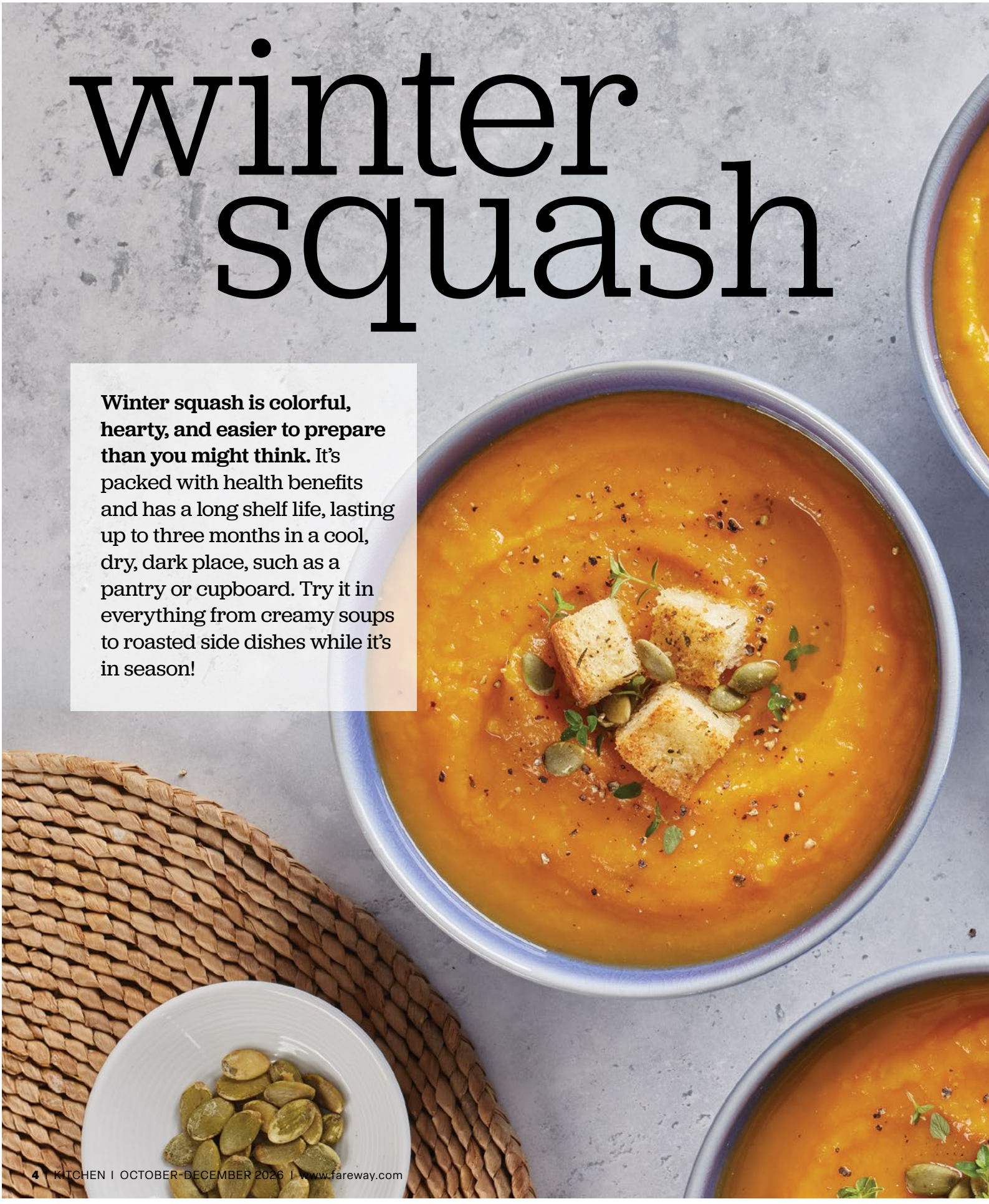
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winter squash

Winter squash is colorful, hearty, and easier to prepare than you might think. It's packed with health benefits and has a long shelf life, lasting up to three months in a cool, dry, dark place, such as a pantry or cupboard. Try it in everything from creamy soups to roasted side dishes while it's in season!







Butternut squash has more vitamin A per 1 cup (cooked) serving than other winter squash varieties, with over 100% of your daily value needed to support eye health and immune function.

Butternut Squash Soup With Thyme Croutons

Makes about 8 cups I Total time: 35 minutes

Sweet squash, flavorful spices and savory herbs blend into a smooth, velvety soup with rich flavor in every spoonful. Butternut Squash Soup freezes well and keeps for 2–3 months in the freezer.

INGREDIENTS

1 Tbsp. oil
1 onion, diced
2 celery stalks, diced
1 Tbsp. minced ginger
1 Tbsp. minced garlic (about 3 cloves)
1 butternut squash (about 2½ pounds), peeled, halved lengthwise, seeded and cubed
4–5 cups broth or stock (chicken or vegetable)
2 tsp. salt
½ tsp. black pepper
Optional toppings: pepitas (pumpkin seeds), heavy cream, fresh thyme

Thyme Croutons

2 cups cubed bread
2 Tbsp. oil
½ tsp. garlic powder
½ tsp. dried thyme
Salt, to taste

DIRECTIONS

For Thyme Croutons

Preheat oven to 375°F. Toss bread cubes with oil and seasonings. Spread into a single layer on a baking sheet. Bake, turning halfway through, until crisp, 15–20 minutes. Remove from oven and let cool.*

While croutons are baking, heat oil in a large soup or stock pot over medium-high heat. Add onion, celery, ginger and garlic; sauté until onions are translucent, about 5 minutes. Add cubed squash and enough broth to just cover the squash. Season with salt and pepper. Bring soup to a simmer and cook until everything is tender, 15–20 minutes.

Drain and reserve broth from pot. Puree the solids with an immersion blender, blender or food processor. Stir in as much of the reserved broth as needed for desired consistency.

To serve, top soup with Thyme Croutons and desired toppings.

*Store cooled croutons in an airtight container at room temperature for up to 1 week.

Approximate nutrition information per 1 cup serving (1/8 of recipe; includes croutons; does not include optional toppings):
188 calories; 6.2 g fat; 0.8 g saturated fat; 2.5 mg cholesterol; 1127 mg sodium; 32 g carbohydrate; 4.3 g fiber; 6 g sugar; 4.7 g protein





Spaghetti squash
is the lowest-calorie winter squash variety with around 40 calories per cup (cooked).

Garlic Parmesan Spaghetti Squash

Makes 2 servings I Total time: about 45 minutes

This simple Garlic Parmesan Spaghetti Squash delivers tender strands and rich flavor, making it a delicious alternative to traditional pasta. Try mixing half spaghetti squash and half spaghetti noodles in your favorite recipes!

INGREDIENTS

1 spaghetti squash (about 3 pounds), halved lengthwise and seeded
2 Tbsp. butter
1 tsp. garlic powder
½ tsp. salt
¼ tsp. black pepper
½ cup grated parmesan
2 Tbsp. chopped fresh parsley, optional

DIRECTIONS

Preheat oven to 400°F. Lightly coat a baking sheet with nonstick spray or oil, then place squash, cut sides down, on the prepared baking sheet. Roast until squash is tender, 30–40 minutes.

Use a fork to shred squash into strands.

To serve, toss spaghetti squash strands with remaining ingredients.

Approximate nutrition information per serving (1/4 of recipe):
211 calories; 11 g fat; 6 g saturated fat; 26 mg cholesterol; 620 mg sodium; 26 g carbohydrate; 5 g fiber; 9.4 g sugar; 6 g protein

For help prepping spaghetti squash, turn to page 8





Acorn squash
is the highest fiber winter squash with 9 grams per cup!

Butter And Brown Sugar Acorn Squash

Makes 4 servings I Total time: about 1 hour

Butter and Brown Sugar Acorn Squash is a simple yet satisfying side dish for any family dinner. It's rich in caramelized flavor and can be tailored to any number of servings.

INGREDIENTS

1 acorn squash (about 1½ pounds) halved lengthwise and seeded
2 Tbsp. butter, softened or at room temperature
2 Tbsp. brown sugar
Salt, to taste

DIRECTIONS

Preheat oven to 400°F. Place squash, cut side up, in a baking dish and spread butter over the top. Sprinkle brown sugar and salt over squash. Roast until squash is tender, 45–60 minutes.

To serve, cut each acorn half in half to make 4 servings.

Approximate nutrition information per serving (1/4 of recipe):
120 calories; 5.9 g fat; 3.7 g saturated fat; 15 mg cholesterol; 51 mg sodium; 18 g carbohydrate; 1.6 g fiber; 6.7 g sugar; 0.9 g protein

spaghetti squash
MADE SIMPLE

If you find spaghetti squash (or any winter squash) difficult to cut and prep, here are a few tips to boost your culinary confidence.

- Use a large sharp chef's knife. A serrated knife won't make its way through uncooked winter squash.
- Roast the squash to soften it. Prick the whole squash with a fork and roast it in a baking dish at 400°F for about 10 minutes. Let it cool and cut.
- Or place the whole squash on a microwave-safe plate or dish and prick with a fork. Microwave in 1 minute increments until it's soft enough to cut but not fully cooked, usually 3—5 minutes.

Prepping your spaghetti squash



1. Cut the ends off spaghetti squash



2. Slice it in half lengthwise



3. Scoop out and discard the seeds



4. Roast cut-side down



5. Remove strands with a fork

takeout at HOME

These takeout favorites are packed with flavor using everyday ingredients, so you can enjoy restaurant quality at home.





TWO SMASH PATTIES ARE STACKED and finished with a tangy Burger Sauce. These Loaded Double-Stack Smash Burgers work well with a variety of cooking methods, including flat top grill, cast iron skillet or griddle.

Loaded Double-Stack Smash Burgers

Makes 4 servings
Total time: about 30 minutes

INGREDIENTS

2 Tbsp. butter
2 onions, sliced
Water, as needed
4 hamburger buns
1½ pounds ground beef
Salt and black pepper, to taste
8 slices American or cheddar cheese
For serving: shredded lettuce, dill pickles

Burger Sauce

¼ cup mayonnaise
1 Tbsp. ketchup
1 Tbsp. pickle juice (or white vinegar)
1 tsp. sugar
1 tsp. pickle relish or finely minced pickles
½ tsp. onion powder

DIRECTIONS

Combine Burger Sauce ingredients and set aside.

Melt butter a large skillet over medium heat. Sauté onions in melted butter, adding water as needed, until caramelized, 20–30 minutes. Remove onions and toast buns in the same skillet. Remove buns from skillet.

Heat the skillet over high heat. Divide ground beef into 8 balls. Working in batches as needed, arrange beef balls in skillet, smashing with a burger press or spatula lined with parchment paper until very thin, about ¼ inch thick. Season tops with salt and pepper and cook until edges begin to crisp, 1½–2 minutes. Flip burgers, then season other side with salt and pepper. Add cheese and cook until melted and burgers are cooked through, about 1 more minute.

To build burgers, layer each bottom bun with Burger Sauce, lettuce, 2 burger patties, onions and pickles. Spoon more Burger Sauce onto top bun and enjoy!

Approximate nutrition information per serving (using 85% lean ground beef; includes Burger Sauce and bun): 840 calories; 57 g fat; 24 g saturated fat; 173 mg cholesterol; 1064 mg sodium; 33 g carbohydrate; 2 g fiber; 6.4 g sugar; 48 g protein



PORK SHOULDER IS COOKED LOW AND SLOW for craveable Carnitas Tacos. Serve it with your favorite toppings in a tortilla (our favorite!) or on top of rice.

Carnitas Tacos

Makes 6 servings
Total time: varies

INGREDIENTS

1 boneless pork shoulder (about 3 pounds)
1 large onion, sliced
2 cups chicken broth
½ cup apple juice
1 tsp. dried oregano
½ tsp. cumin
5–6 garlic cloves, minced
1 tsp. salt
For serving: corn tortillas, guacamole, fresh lime, chopped cilantro, diced onion, avocado

DIRECTIONS

Preheat oven to 325°F*.
Cut pork into 5–6 large chunks. Place pork in an oven-safe Dutch oven or casserole dish with a lid, then add onion, broth, apple juice, oregano, cumin, garlic and salt. Roast, covered, until pork shreds easily with 2 forks, about 1 hour per pound.

Shred pork with two forks. Serve on corn tortillas with desired toppings.

Optional

Preheat broiler to low. Using a slotted spoon, transfer shredded pork to a baking sheet, reserving cooking liquid. Broil until edges of pork begin to crisp, about 5 minutes. If necessary, stir in reserved cooking liquid to moisten.

*Cooking Variations

These can also be cooked in a slow cooker set on high for 4–5 hours (low for 8–10 hours) or in an Instant Pot® for 90 minutes.

Approximate nutrition information per serving: (1/6 of recipe; does not include additional items for serving):
326 calories; 13 g fat; 4.6 g saturated fat; 138 mg cholesterol; 845 mg sodium; 5.4 g carbohydrate; 0.6 g fiber; 3.1 g sugar; 43 g protein



TENDER BEEF AND MELTY CHEESE come together in these easy Instant Pot French Dips with caramelized onions and Au Jus. See our alternate cooking methods if you prefer to use a slow cooker or Dutch oven.

Instant Pot® French Dips

Makes 6 sandwiches I Total time: varies

INGREDIENTS

1 boneless chuck roast
(about 3 pounds)
1 Tbsp. oil
Salt and black pepper, to taste
1 (14 ounce) can beef broth
1 (1 ounce) packet onion soup mix
2 onions, sliced
1 Tbsp. butter
6 hoagie-style rolls
6 slices provolone cheese

AU JUS

1 (10.5 ounce) can condensed beef consommé
1 (10.5 ounce) can condensed French onion soup
Beef broth, as needed

DIRECTIONS

Cut beef roast into 4–5 large chunks and season with salt and pepper. Set Instant Pot to "saute" and add 1 tablespoon oil. Sear beef on all sides, about 3 minutes per side. Add broth and onion soup mix to Instant Pot. Close the lid, making sure the pressure valve is set to seal.

Set Instant Pot to pressure cook on Manual and adjust time to 90 minutes. Once finished, quick release pressure (or allow to release manually). Open lid carefully, then shred beef with two forks.

While roast is cooking, heat a large skillet with a lid over medium-low heat. Add butter and sliced onions. Cooked, covered, stirring occasionally until onions are soft and caramelized, 20–30 minutes.

For Au Jus

Combine consommé and condensed onion soup in a small saucepan. Simmer until flavors are combined, 5–10 minutes. Add broth as needed for desired consistency.

To serve, set oven to broil. Place sandwich rolls, cut side up, on a baking sheet. Top rolls with shredded beef, onions and cheese. Broil until cheese is melted, about 1–2 minutes. Serve with warm Au Jus for dipping.

Cooking Variations

No Instant Pot? No problem? You can also make the shredded beef in a slow cooker set on high for 4–5 hours or low 8–10 hours, or cook in a covered Dutch oven at 325°F for 1 hour per pound.

Approximate nutrition information per serving (1/6 of recipe; includes bun, cheese and Au Jus): 731 calories; 22 g fat; 9.6 g saturated fat; 129 mg cholesterol; 1897 mg sodium; 80 g carbohydrate; 3.6 g fiber; 4 g sugar; 56 g protein



OUR PASTA WITH CREAMY TOMATO SAUCE feels elegant but is easy enough for any night of the week. If you prefer a smoother sauce, blend it in a blender, food processor or with an immersion blender before adding it to the cooked pasta.

Pasta With Creamy Tomato Sauce

Makes 6 servings
Total time: 30 minutes

INGREDIENTS

1 (16 ounce) package bucatini pasta (or your favorite pasta)
2 Tbsp. butter
2 garlic cloves, minced
1 (28 ounce) can whole peeled tomatoes
2 Tbsp. tomato paste
1 tsp. salt
½ tsp. black pepper
¼ tsp. Italian seasoning
1 cup heavy cream
1 (5 ounce) parmesan wedge, grated
Fresh basil and red pepper flakes, optional

DIRECTIONS

Prepare pasta according to package directions.

While pasta is cooking, melt butter in a large pot or deep skillet over medium heat. Add garlic; sauté until fragrant, 30–60 seconds. Add tomatoes (with their juice), tomato paste, salt, pepper and Italian seasoning. Simmer, stirring and mashing occasionally, until tomatoes have broken apart and sauce is slightly thickened, 15–20 minutes.

Reduce heat to low and stir in cream; cook until heated through.

Toss sauce with pasta. Top with grated parmesan, fresh basil and red pepper flakes, as desired.

Approximate nutrition information per serving (1/6 of recipe; does not include toppings): 473 calories; 20 g fat; 14 g saturated fat; 55 mg cholesterol; 506 mg sodium; 63 g carbohydrate; 4 g fiber; 10 g sugar; 12 g protein



A TRUE TAKEOUT FAVORITE! Chicken Fried Rice is a one skillet meal that comes together in about 20 minutes, so it's perfect for busy weeknights.

Chicken Fried Rice

Makes 4 servings
Total time: 20 minutes

INGREDIENTS

3 Tbsp. oil, divided
1 pound chicken breasts or thighs, cut into bite-sized pieces
Salt and black pepper, to taste
5 Tbsp. soy sauce, divided
1 cup diced white onion
1 Tbsp. minced garlic (about 3 cloves)
1 cup frozen mixed peas and carrots
2 eggs, beaten
3 cups cooked rice, chilled
2 tsp. sesame oil
Optional toppings: green onions, red pepper flakes, sriracha

DIRECTIONS

Heat 1 tablespoon of the oil over high heat in a large skillet or wok. Season chicken with salt and pepper, then add to skillet along with 1 tablespoon of the soy sauce. Sauté until cooked through, 5–7 minutes.

Remove chicken from skillet, then add 1 tablespoon of the oil. Add onion and saute until translucent, about 5 minutes. Stir in garlic and the peas and carrots. Saute until peas and carrots are thawed, about 2 minutes.

Push vegetables to side and scramble eggs in the other side of skillet. Stir together eggs and vegetables, then push to side of skillet.

Add remaining 1 tablespoon oil to skillet, then add rice. Sauté until heated through, stirring to combine with vegetables. Return chicken to the skillet, along with the remaining 4 tablespoons soy sauce and the sesame oil.

To serve, top as desired.

Approximate nutrition information per serving (1/4 of recipe; using chicken breast; does not include toppings): 495 calories; 19 g fat; 3.1 g saturated fat; 176 mg cholesterol; 1505 mg sodium; 43 g carbohydrate; 2.4 g fiber; 3.1 g sugar; 35 g protein

PROUDLY CHEESE® WISCONSIN

Gather & Graze Bites

Cracker and cheese bites are simple, versatile appetizers that bring together crisp textures and savory flavors in easy-to-enjoy portions.

They're perfect for casual gatherings, holiday celebrations or any occasion that calls for small but satisfying snacks. Their bite-sized presentation makes them easy to share, while the endless combinations of crackers, cheeses and toppings keep every platter interesting.







WHEN PLANNING FOR THE PERFECT BITE, REMEMBER THE 4 CS.

1. Crackers
(or bread) provide a sturdy base to easily hold each bite. Make sure the cracker can support its toppings so it doesn't fall apart.

2. Cheese
is the star of the show. You should be able to see and taste the cheese throughout the whole bite so it doesn't get lost. We recommend choosing your cheese first when planning a bite.

3. Contrast
flavors and textures to provide interest to each bite. Think fruit, honey, nuts, seeds, or jellies that complement the cheese but don't overpower it.

4. Color
can be added with garnishes like fresh herbs, dried fruit or hot sauce to make each bite party-worthy.

SHOP OUR GATHER & GRAZE BITES

Pear & Swiss



THIN WHEAT CRACKERS



SHULLSBURG CREAMERY BABY SWISS



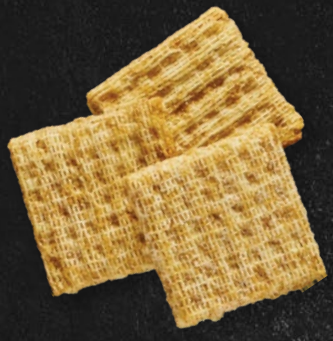
PEAR SLICES WITH HONEY



DRIED CHERRIES



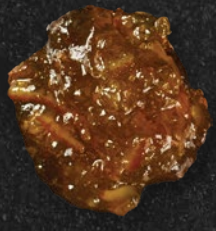
Baked Cheese & Marmalade



SHREDDED WHEAT CRACKERS



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MERCURY-TESTED



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