



cents able HEALTH™

FREE

FOR THE WAY WE LIVE AND EAT TODAY

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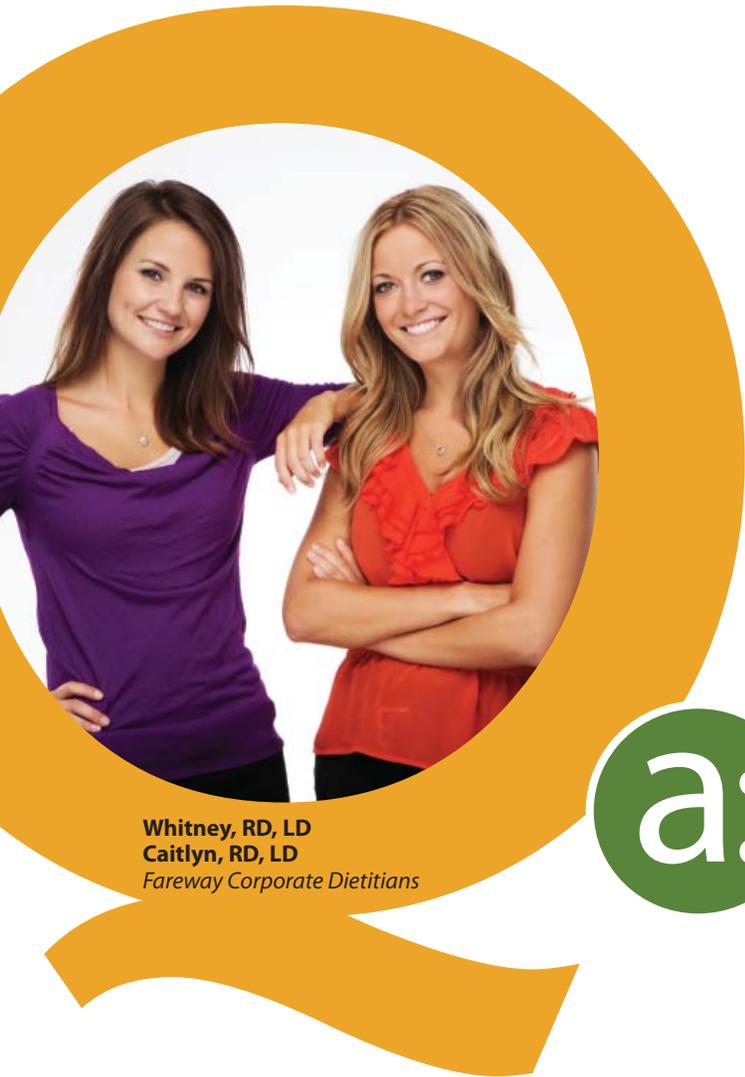
SEASONAL PRODUCE PORTABELLA MUSHROOMS

BACK TO
SCHOOL
FOR THE
WHOLE
FAMILY

RECIPE ON
PAGE 15

GRILL
THIS!
FOR STRESS-FREE
TAILGATING

PLUS fresh, affordable recipes in every issue



Whitney, RD, LD
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Fareway Corporate Dietitians



ask whitney & caitlyn!

- My child's lunch box
- comes home almost full; what can I do to help him eat a better lunch?

We have a couple tricks for a lunch that packs a nutritional punch AND appeals to your child.

First, try putting your kids in the chef's seat. When they have a chance to plan their lunches, they are more likely to eat them. Agree on what goes into every lunch: a protein, a grain, one fruit and veggie, a dairy product and an optional sweet item. Let them pick items they enjoy in each category and then mix and match throughout the week.

Second, make foods as fun as possible. Try cutting sandwiches into shapes with cookie cutters, making homemade Lunchables,[®] or including dips to 'slam dunk' their fruits, veggies or crackers in!

Want to contact Whitney or Caitlyn?

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contents

What's Happening Now

4 | Back to school for the whole family

Fresh from the Meat Counter

8 | Grill this! Fast and healthy tailgating

Simple Solutions

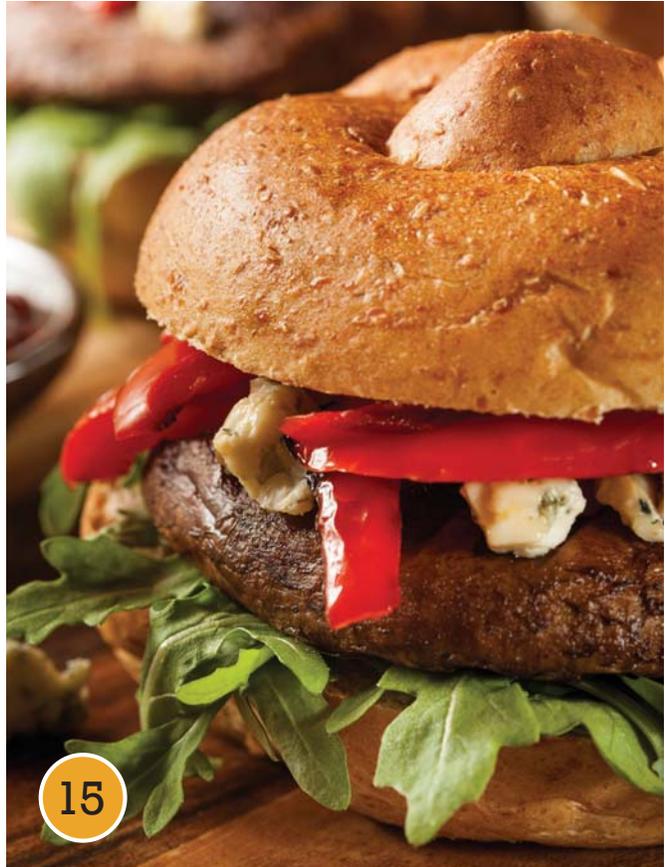
12 | Keys for healthy digestion

Seasonal Produce

14 | Portabella mushrooms

Kids' Page

16 | Apple tree maze



For more information on the products featured in this issue of CentsAble Health, please visit the following websites:

www.lifeway.net, www.randallbeans.com, www.brooksidechocolate.com, www.cascadeicewater.com, www.nakedjuice.com, www.fritolay.com

Quick nutritious meals

the whole family will love

fall means back to school – early mornings, after school activities and car-pooling. While we can't help you get your kids out of bed or to practice on time, we can help get 'em fed during the chaos! Since busy schedules affect the entire family, we have healthy back-to-school strategies for all ages.



Breakfast

We all know breakfast is the most important meal of the day

and not just for kids. Make sure breakfast contains protein; it will help keep your kids full until lunch. Having on-the-go options ready eases up your morning routine and also guarantees a healthy start to the day.

Our Peanut Butter Bites (see recipe) are the perfect solution. They taste like a cookie, without the cooking!



Peanut Butter Bites

Makes about 15 bites • Total time: 5 minutes

INGREDIENTS

1 cup oats, old fashioned or quick
½ cup natural peanut butter
½ cup ground flaxseed
⅓ cup honey
1 tsp. vanilla extract

Optional ingredients:

flaked coconut, nuts, chia seeds,
pumpkin seeds, chocolate chips

DIRECTIONS

COMBINE all ingredients in a large bowl. FORM into bite-sized balls and STORE in the refrigerator.

Nutrition information per bite: 112 calories; 6 g fat; 1 g saturated fat; 0 mg cholesterol; 39 mg sodium; 12 g carbohydrate; 2 g fiber; 4 g protein



Don't forget the drinks!

Choose beverages with no added sugar, like these, for smart sipping.



Naked® Juice blends fruits and veggies into a variety of flavors – each boasting its own unique health benefits.



Old Orchard® for Kids Juice has 50% less sugar than regular 100% apple juice, 100% of your Daily Value of vitamin C and no added sugar or sweeteners.



Lunch

If your child is not eating lunch provided at school, have a plan ready for packing a lunch.

Plan a well-balanced shopping cart with a variety of lean proteins, whole grains, fruits, vegetables and dairy (or non-dairy calcium sources) that can be mixed and matched throughout the day. It's nice to have a sweet treat with lunch a few days a week, too. Brookside® Dark Chocolate Covered fruit flavors are a smart choice because the soft, sweet centers are coated with heart-healthy dark chocolate. Count out the recommended 16 piece serving size to keep the calories below 200.



Cascade Ice® Sparkling Water is free of calories, sodium, caffeine and gluten - making it a guilt-free choice to keep you hydrated.

Dinner

Set a goal to eat dinner together as family four nights per week.

Since your schedule has very little wiggle room, get to know the WonderRoast® rotisserie chicken. It's hot and ready anytime, so a healthy dinner is done. If you have some extra time, turn your rotisserie chicken into an entirely different meal!



Quick Chicken Pot Pie

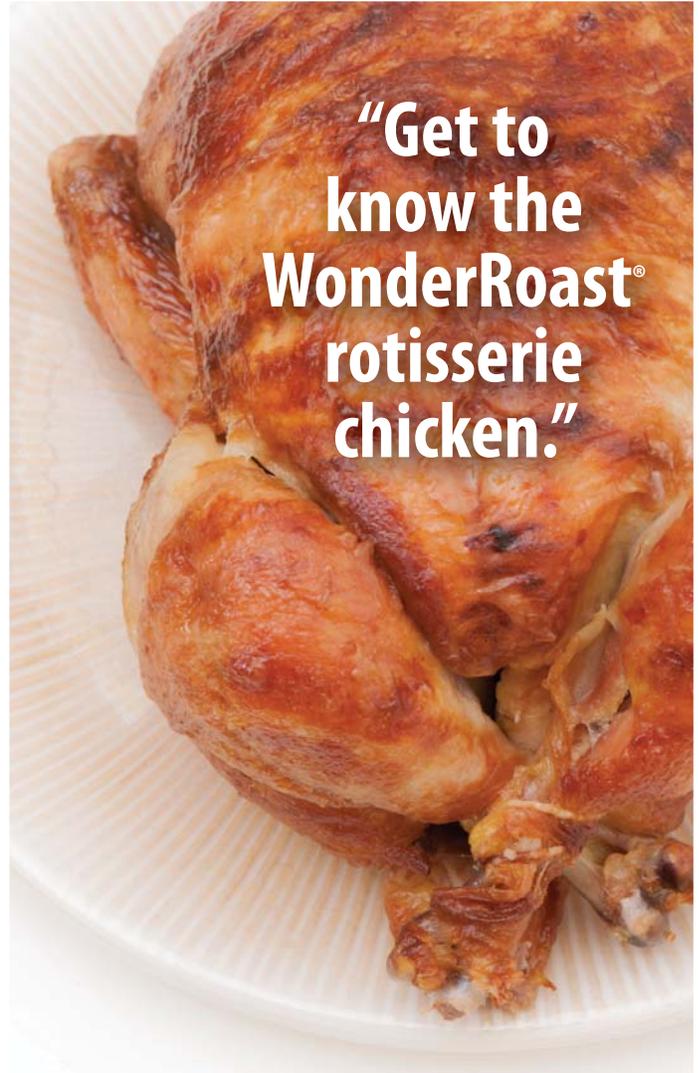
Add chopped rotisserie chicken, sliced canned mushrooms and cooked mixed vegetables to Campbell's Healthy Request Cream of Chicken Soup. Pour into a casserole dish that has been coated with cooking spray. Top with prepared reduced-fat biscuit topping and bake at 350°F for approximately 15 min. or until filling is hot and topping is brown.

Chicken and Vegetable Stir-Fry

Stir fry 1 pkg. frozen vegetables in bottled stir fry sauce until vegetables are crisp-tender. Add 2 cups chopped rotisserie chicken. Serve over instant brown rice and top with chopped peanuts, if desired.

Chicken tortilla soup

Mix 1 rotisserie chicken (meat pulled off and diced) with 1 can Fareway diced tomatoes with green chilies, 1 (14.5 ounce) can diced tomatoes, ½ can prepared enchilada sauce, frozen corn (amount to your preference), 1 (15 ounce) can beans (any kind; drained and rinsed), 2 (14.5 ounce) cans chicken broth, 1½ tsp. cumin, 1 tsp. chili powder and heat through. Top with cilantro and shredded cheddar cheese.



Mini Chicken Enchiladas

Combine 2 (10¾ ounce) cans enchilada sauce, 1 (4 ounce) can chopped green chilies and 1½ Tbsp. minced onion. Fill 12 (8 inch) tortillas with ⅓ cup cooked, diced chicken and 2 Tbsp. of sauce. Roll and place in a pan, seam side down. Top with 2 cups shredded cheddar cheese. Bake at 350°F until cheese is melted and enchiladas are warmed through, about 15 minutes.

For even more ways to use your rotisserie chicken, please visit www.fareway.com

FRESH FROM THE MEAT COUNTER



grill this!

Discover how your grill can take your tailgate from a calorie-heavy food fest, to a **fast and healthy—but still just as fun—game day.**

Here are some of our favorite tailgating recipes with tons of flavor and little fuss!

Chicken Wings

Makes approximately 12 servings • Total time: 25 minutes + marinating time

INGREDIENTS

3 pounds bone-in chicken wings
1 cup cider vinegar
2 Tbsp. oil
2 Tbsp. Worcestershire sauce
2 Tbsp. chili powder
1 tsp. salt
1 tsp. red pepper flakes, optional

DIRECTIONS

COMBINE marinade ingredients, reserving ½ cup for basting. POUR over wings in a resealable plastic bag and MARINATE for 2 – 6 hours. GRILL wings over low fire for approximately 20 minutes, brushing occasionally with remaining marinade, until the internal temperature reaches 165° and the juices run clear. If topping with additional sauce, ADD in the last 5 minutes of grilling.

Nutrition information per serving: 231 calories; 14 g fat; 3.5 g saturated fat; 105 mg cholesterol; 664 mg sodium; 2 g carbohydrate; 0 g fiber; 16 g protein

For video demonstration, please visit www.youtube.com/centsablehealth



Shock Top® Lemon Jerk Chicken

Makes 4 servings

Total time: 15 minutes + marinating time

INGREDIENTS

1 pound boneless, skinless chicken breasts, cut into 1 inch cubes
1 bottle Shock Top® Lemon Shandy
1 lemon, juiced

Jerk seasoning

1 Tbsp. sugar
1 Tbsp. paprika
1 tsp. coarse salt
1 tsp. coarse black pepper
½ tsp. garlic powder
½ tsp. red pepper flakes
¼ tsp. thyme
¼ tsp. allspice

DIRECTIONS

COMBINE all jerk seasoning ingredients and SET aside. MARINATE chicken in Shock Top® Lemon Shandy and the juice of 1 lemon for about 2 hours. DISCARD marinade and SEASON chicken with jerk seasoning.

THREAD chicken onto skewers and GRILL over medium heat for about 7 minutes, turning occasionally, or until the internal temperature reaches 165°F.

Nutrition information per serving: 160 calories; 3 g fat; 1 g saturated fat; 71 mg cholesterol; 373 mg sodium; 6 g carbohydrate; 1 g fiber; 26 g protein

For video demonstration, please visit www.youtube.com/centsablehealth



5 Ingredient Chicken Chili

Makes 6 (1 cup) servings • Total time: 20 minutes

INGREDIENTS

6 cups chicken broth	1 (15.5-ounce) jar of Tostitos® Salsa
3 cups cooked shredded chicken	1 tsp. ground cumin
2 (15-ounce) jars Randall® Great Northern beans, drained	Kosher salt and freshly ground black pepper, to taste

For serving

Chopped fresh cilantro leaves, crumbled Fritos® Corn Chips, diced avocado, shredded Monterey Jack cheese, sour cream

DIRECTIONS

ADD chicken broth, shredded chicken, beans, salsa and cumin to a large stockpot or Dutch oven over medium heat; SEASON with salt and pepper, to taste. BRING to a boil; REDUCE heat and SIMMER until heated through, about 5 minutes. Serve immediately with Fritos® Corn Chips and other toppings, as desired.

Nutrition information per serving: 319 calories; 12 g total fat; 5 g saturated fat; 107.7 mg cholesterol; 1009 mg sodium; 16 g carbohydrate; 3 g fiber; 38 g protein



RANDALL BEANS

Only glass-packed beans in U.S.A. (glass jar)

- Visible—what you see is what you get. No added fillers.
- Healthy (BPA-free, non GMO)
- Re-sealable

Cane sugar, salt, water and beans grown in the U.S.A.



Herb Potato Salad

Makes 6 (1 cup) servings

Total time: 35 minutes

INGREDIENTS

2 pounds potatoes, cubed with skin on
3 Tbsp. white wine vinegar
½ cup plain low-fat yogurt
¼ cup reduced fat sour cream
1 Tbsp. canola oil
½ cup finely chopped red onion
2 Tbsp. chopped fresh parsley
1 Tbsp. chopped fresh dill
½ tsp. salt
½ tsp. black pepper
1 garlic clove, minced

DIRECTIONS

PLACE potatoes in a saucepan, COVER with water and BRING to a boil. REDUCE heat and SIMMER for 15 minutes or until potatoes are fork tender. DRAIN and PLACE in large bowl. SPRINKLE with vinegar.

COMBINE yogurt and sour cream in a medium bowl, stirring with a whisk until smooth. ADD oil and STIR. ADD remaining ingredients and STIR until smooth. ADD yogurt mixture to potatoes and TOSS gently to coat. COVER and CHILL for 1 to 24 hours.

Nutrition information per serving: 168 calories; 4 g fat; 1.2 g saturated fat; 6 mg cholesterol; 221 mg sodium; 30.1 g carbohydrate; 2.6 g fiber; 4.2 g protein

Feed your digestive system

A healthy digestive system isn't just bathroom talk; it also improves your overall health and well-being. That's because the digestive system takes the sandwich you had for lunch and breaks it down into the most usable nutrients possible for your entire body. Continue reading to learn how to keep your digestive system running smoothly.



“If you’re increasing fiber to help with regularity, make sure you drink more water, too.”

fiber

Fiber is a no-brainer for healthy digestion. Besides keeping you full, fiber keeps you regular. Keep in mind, though, that fiber can have the reverse effect if your fluid intake is too low. If you’re increasing fiber to help with regularity, make sure you drink more water, too.

prebiotics

Prebiotics are non-digestible food components found in bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole wheat foods. Simply put, prebiotics feed the good bacteria in your digestive system.

probiotics

Probiotics are the good bacteria (“live cultures”) that live inside your digestive system. These good bacteria keep bad bacteria at bay so things keep moving smoothly in your body. Yogurt, kefir and some aged cheeses provide the best sources of probiotics.



What is kefir?

Kefir is a creamy, yogurt-like smoothie that contains 12 live and active cultures per cup (more than most yogurts). It’s an excellent source of calcium and protein and is 99% lactose-free. Lifeway® kefir also contains the prebiotic, inulin, to feed all those healthy bacteria.



PORTABELLA MUSHROOMS

A VEGETARIAN MEAL EVEN MEAT LOVERS WILL LOVE!

Grilled mushrooms are a delicious and inexpensive way to shake up your barbecue routine. They also boast some pretty big health benefits like potassium, B vitamins, selenium and vitamin D. In fact, mushrooms are the only vegetable that can increase their vitamin D supply with exposure to sunlight (just like humans).

Grilled Portabella Pizzas

Makes 2 servings
Total time: 10 minutes

INGREDIENTS

4 large Portabella mushrooms	½ cup shredded mozzarella fresh basil leaves
2 Tbsp. olive oil	sliced black olives
½ cup marinara sauce	sea salt and black pepper

DIRECTIONS

Gently CLEAN Portabellas with a damp paper towel. TRIM the stems with a paring knife and USE a spoon to SCRAPE the dark brown gills from the underside of the cap. ARRANGE the sauce, cheeses and toppings in small bowls and LINE them up across the top of your work surface. BRUSH the underside of the caps with olive oil and GRILL, oiled side down, for 3-4 minutes over a medium high heat. PLACE the caps on work surface, cooked side facing up, and SEASON with salt and pepper. SPREAD 1 to 2 tablespoons of sauce around the cap. SPRINKLE with cheese, then olives or other desired toppings. Gently PLACE back on the grill and COOK another 3 minutes, or until cheese is melted.

Approx. nutrition information per serving: 127 calories; 9 g fat; 2 g saturated fat; 4 mg cholesterol; 184 mg sodium; 8 g carbohydrate; 2 g fiber; 4 g protein



Grilled Portabella Caps Stuffed with Herb Cheese

Makes 4 servings
Total time: 15 minutes

INGREDIENTS

4 Portabella mushrooms, stems removed	½ cup spreadable reduced-fat herb cheese
1 Tbsp. olive oil	¾ cup buttery crackers, lightly crushed
2 Roma tomatoes, diced	
1 cup baby spinach, rough chopped	

DIRECTIONS

HEAT grill to medium heat. BRUSH both sides of mushrooms with oil. MIX tomatoes and spinach with the herb cheese. SPREAD the gill side of each mushroom with 2 tablespoons of herb cheese mixture. SPRINKLE each mushroom with buttery cracker crumbs. PLACE mushrooms, gill side up, on grill for 13 minutes, or until tender.

Approx. nutrition information per serving: 210 calories; 9 g fat; 2 g saturated fat; 10 mg cholesterol; 460 mg sodium; 0 g carbohydrate; 2 g fiber; 7 g protein

Grilled Portabella Sandwich

Makes 4 sandwiches
Total time: 15 minutes

INGREDIENTS

4 Portabella caps	1 handful of greens
4 oz crumbled blue cheese	1 red bell pepper, roasted & sliced
Small loaf Italian or other crusty bread, sliced	½ cup olive oil
	Salt and pepper to taste

DIRECTIONS

DRIZZLE oil over both sides of Portabella caps and SEASON with salt and pepper. PLACE Portabellas gill side down on a hot grill for 4 minutes and then FLIP and GRILL for another 4 minutes, until tender. REMOVE from the grill. TOAST bread on the grill for 2 – 3 minutes. To assemble the sandwich, first SPREAD mayonnaise (or favorite condiment) on both sides of the bread. Then PLACE the Portabella, either sliced or whole, on the bottom half of the bread. LAYER with cheese, red pepper, and small amount of greens. FINISH with the top half of the bread.

Approx. nutrition information per serving: 249 calories; 13 g fat; 3 g saturated fat; 9 mg cholesterol; 263 mg sodium; 26 g carbohydrate; 5 g fiber; 10 g protein

CentsAble Kids!



Follow the maze
up the tree to
pick the apples.

For answers go to www.fareway.com