



cents able HEALTH™

FREE

ISSUE 18
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FOR THE WAY WE LIVE AND EAT TODAY



SOUP'S
ON!

Snack your weigh

HEALTHY!

KALE
a simple superfood

PLUS fresh, affordable recipes in every issue

ask & whitney & caitlyn!



Whitney, RD, LD & Caitlyn, RD, LD
Fareway Corporate Dietitians

a:

Are there supplements or nutrients I should consider during cold and flu season?

An overall healthy diet is usually enough to support a thriving immune system. To keep your sickness-fighter in tip-top shape, aim for a balanced diet rich in fruits and vegetables and these key nutrients:

PROTEIN – Choose a wide variety of lean proteins to help build and repair your body's defense system.

VITAMIN A – Reach for vitamin A to keep your skin and tissues inside your mouth, stomach and respiratory system healthy. Find it in sweet potatoes, carrots, kale, spinach, strawberries, red bell peppers, eggs, and fortified milk.

VITAMIN C – Vitamin C is a natural antioxidant that helps form antibodies (illness fighting cells) in your body. Choose citrus, red bell peppers, strawberries and tomatoes to get your daily dose.

PROBIOTICS – Good bacteria (also known as live cultures) live inside your digestive system to help fight off bad bacteria. Fermented foods, like kefir, sauerkraut and yogurt, contain good bacteria for a strong immune system. You may also consider a probiotic supplement to protect from seasonal illnesses and improve digestion.

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

Fareway Stores, Inc.
C/O Registered Dietitians
2300 Industrial Park Road
Boone, IA 50036

Email: centsablehealth@farewaystores.com

Website: www.fareway.com

Facebook: www.facebook.com/farewaystores

Pinterest: www.pinterest.com/farewaystores

Twitter: www.twitter.com/fareway_stores

YouTube: www.youtube.com/centsablehealth

Instagram: www.instagram.com/fareway_stores



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CentsAble Health

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For information on the products featured in this issue of CentsAble Health Magazine, please visit the following websites www.nutrigrain.com, www.hunts.com, www.cheerios.com, www.faribaultfoods.com, www.dannon.com, www.dolesalads.com, www.atkins.com, www.fritolay.com

Snack your weigh Healthy

Snacks aren't just for kids—
adults need them, too!

Snacks are a great way to satisfy hunger between meals and plump up your diet with vital nutrients. Eating regular, frequent meals and snacks has also been shown to help with weight loss and weight maintenance. Try some of these quick and easy options to kick off your healthy New Year!

When a salty craving strikes, **Simply Tostitos®** corn chips can squash it in its tracks. They contain only three simple ingredients and 140 calories per serving.





Kellogg's® Nutri-Grain® Soft Baked Breakfast Bars in flavors like Apple Cinnamon and Raspberry are an easy way to pack whole grains, fiber, calcium and B vitamins into your morning for only 120 delicious calories.

CHEERIOS™ MAPLE SYRUP BALLS

Makes 8-10 servings
Total time: 35 minutes

INGREDIENTS

- 1 cup Cheerios™, slightly crushed
- ½ cup instant oats
- ⅓ cup dried cranberries
- 3 Tbsp. honey
- ¼ cup peanut butter
- 3 Tbsp. Anderson's Pure Maple Syrup
- ⅓ cup chocolate chips, optional

DIRECTIONS

In a medium-size bowl, COMBINE Cheerios™ cereal, oats and dried cranberries. In a small pot, ADD honey, peanut butter and maple syrup. COOK on medium-high heat for 2-3 minutes or until everything is thoroughly combined. ADD honey mixture to Cheerios™ cereal. MIX well. COOL for 10 minutes. ADD chocolate chips, if desired and MIX. SHAPE the mixture into the desired size. PLACE the balls on a tray and REFRIGERATE for 20 minutes. STORE in the refrigerator.

Nutrition information per serving: 138 calories; 5 g fat; 2 g saturated fat; 0 mg cholesterol; 22 g carbohydrate; 2 g fiber; 3 g protein



By removing stray wheat, rye and barley grains from the **Cheerios™** oat supply, this cereal will still have the same great taste but will be gluten-free.

Anderson's Pure Maple Syrup is a natural way to sweeten your snacks with over 54 antioxidants to help keep your immune system healthy.

Spoon up low fat **Fareway cottage cheese** for a filling snack that can be sweet or savory. Try adding fruit and cinnamon or tomatoes and basil for nutrient-packed fuel.



CHEESY TOAST

Makes 1 serving
Total time: 5 minutes

INGREDIENTS

- 1 slice Sara Lee® 100% Whole Wheat Bread
- ¼ cup Fareway low fat cottage cheese
- ½ tsp. honey
- 2 Tbsp. assorted fruit

DIRECTIONS

TOAST bread and TOP with cottage cheese. DRIZZLE with honey and ADD fruit. ENJOY!

Nutrition information per serving:
120 calories; 1 g total fat; 0 g saturated fat;
3 mg cholesterol; 350 mg sodium;
18 g carbohydrate; 3 g fiber; 10 g protein



Enjoy **DOLE® Take Aways™** for salad anytime, anywhere! Each meal contains a blend of salad greens, grains, nuts, beans and cheeses with flavorful all-natural vinaigrette, packaged in an innovative box that doubles as a salad bowl.



Greek yogurt, like **Dannon® Oikos®** and **Dannon® Light & Fit® Greek**, packs sweet and satisfying protein into a convenient, ready-to-go container.



Meal replacement shakes aren't just for strict weight loss programs. They also work great for snacks and breakfast on the go when you need something portable and drinkable. **Atkins™ Advantage Meal Replacement Shakes** offer a low-sugar mix of protein and essential vitamins and minerals, which is perfect to get your day started, or get you through an afternoon energy crash.

FRESH FROM THE MEAT COUNTER



EVERYDAY CHICKEN gets an *Elegant Makeover!*

Fill chicken breasts with your favorite fixings for a quick, nutritious meal.

To prep your chicken

Butterfly each chicken breast open (cut it through the middle horizontally, without cutting all the way through to the other side, so it opens like a book). You can also ask your Fareway Meat Expert to do this for you. Then pound each breast into large, thin pieces.

Once you have your chicken breasts flattened, spread with stuffing, rolled, and secured with a toothpick, HEAT oil in a large skillet over medium-high heat. ADD chicken and cook until browned on all sides, about 3 minutes per side. TRANSFER chicken to a baking dish and bake at 375°F for about 15 minutes, or until the internal temperature reaches 165°F.

LACKING INSPIRATION?

Try some of these tasty combinations

Ham and Cheese

the kid favorite!

4 slices Swiss cheese
2 Tbsp. chopped ham or 4 slices of deli ham
Salt and pepper to taste
2 cups unseasoned breadcrumbs

TOP chicken breasts with cheese and ham. SEASON with salt and pepper and DREDGE in breadcrumbs. ROLL chicken and SECURE with a toothpick.

Pepperoni Pizza

comfort food without the calories

Salt and pepper, to taste
½ cup shredded mozzarella
¼ cup sliced red bell pepper
8 slices pepperoni

SEASON chicken with salt and pepper then LAYER with cheese, peppers, and pepperoni. ROLL chicken and SECURE with a toothpick.

Caprese

Bring the flavors of summer to the table

1 garlic clove
4 slices fresh mozzarella
8 basil leaves
2 tomatoes, sliced thinly

TOP flattened chicken breasts with garlic, mozzarella, basil and tomatoes. ROLL chicken and SECURE with a toothpick.

Artichoke and Almond

for the adventurous palate

1 (6 ounce) can artichoke hearts
½ cup chopped spinach
2 Tbsp. chopped roasted almonds
2 Tbsp. grated parmesan cheese
Salt and pepper, to taste

MIX artichoke hearts, spinach, almonds and parmesan cheese. SEASON chicken with salt and pepper and TOP with artichoke mixture. ROLL chicken and SECURE with a toothpick.

Spinach and Feta

the original stuffed chicken breast

4 boneless skinless chicken breasts
1 Tbsp. minced garlic
2 Tbsp. olive oil
1 (16 ounce) bag spinach
1 cup feta cheese
2 cups Italian-seasoned bread crumbs

HEAT oil and sauté garlic and spinach until spinach is wilted. ADD feta cheese and SPREAD across chicken breasts. ROLL chicken and SECURE with a toothpick. DREDGE in breadcrumbs.

Buffalo and Blue Cheese

healthier and more satisfying than buffalo wings

¼ cup blue cheese
½ cup celery, thinly sliced
Salt and pepper, to taste
¼ - ½ cup buffalo sauce, divided

TOP flattened chicken breasts with blue cheese and celery. SEASON with salt and pepper. ADD buffalo sauce, to your preference, and ROLL chicken breasts. ADD remaining buffalo sauce in the last 5 minutes of baking.

Kale

add superfood kale to dinner!

For more kale recipes, see page 14.

1 cup finely chopped kale
2 tsp. lemon juice
¼ cup goat cheese
Salt and pepper, to taste
1 Tbsp. olive oil

MIX kale, lemon juice and goat cheese. SEASON chicken with salt and pepper and TOP with kale mixture. ROLL chicken and SECURE with a toothpick.



Stuffed Pork

Looking to impress your friends and family while still jumpstarting your New Year's resolutions? Using lean cuts of pork, like the pork tenderloin* or center cut pork chop, and stuffing them with flavorful, nutrient-packed fillings is a delicious way to host a dinner party and save your waistline.

*The tenderloin comes from the full pork loin. It is one of the leanest and most tender cuts of pork.



BBQ Roasted Pork Tenderloin Stuffed with Braised Kale and Caramelized Onions

Makes 4 servings • Total time: 1 hour

INGREDIENTS

- 1 (1 pound) pork tenderloin
- 1 Tbsp. olive oil
- 1 cup onion, chopped
- ½ cup red bell pepper, finely chopped
- 2 garlic cloves, minced
- ⅛ tsp. salt, to taste
- ½ tsp. black pepper, to taste
- 1 cup low-sodium chicken stock
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. honey
- 1 pound kale, washed and cut
- 1 Tbsp. fat-free or reduced-fat cream cheese
- ½ tsp. red pepper flakes
- 1½ cups barbecue sauce

DIRECTIONS

In a heavy pot, ADD oil and onions and COOK over medium heat until caramelized. ADD red peppers, garlic, salt and black pepper. COOK for about 2 minutes. ADD chicken stock, vinegar and honey and BRING to a boil. ADD kale to liquid. COOK for about 5 minutes or until tender. REMOVE pot from heat and DRAIN remaining liquid. ADD cream cheese and red pepper flakes and STIR. BUTTERFLY pork tenderloin by cutting a slit down the middle. Do not cut through the pork. COVER the pork with plastic wrap; POUND with the flat side of a meat mallet until about 1/2 inch thick, starting from the middle and working outward. DISCARD plastic wrap. SPREAD the kale mixture over the tenderloin and tightly ROLL. SECURE the seams with toothpicks. PLACE pork in a baking dish and BRUSH liberally with barbecue sauce. BAKE in a 350°F oven for 25-30 minutes or until internal temperature has reached 145°F. LET pork rest for 3 minutes.

Nutrition information per serving: 290 calories; 6 g fat; 1 g saturated fat; 65 mg cholesterol; 330 mg sodium; 34 g carbohydrate; 4 g fiber; 26 g protein



Almond Stuffed Pork Chops

Makes 4 servings • Total time: 1 hour

INGREDIENTS

4 center cut pork chops, cut 1¼ inch thick
1 Tbsp. butter
½ cup almonds, chopped
¼ cup celery, chopped
¼ cup onion, chopped
1 Tbsp. water
1 tsp. chicken bouillon granules
½ tsp. dried parsley
⅛ tsp. almond extract
2 slices bread, cut into ½ inch cubes

DIRECTIONS

PREHEAT oven to 375°F. For stuffing, MELT butter in medium saucepan over medium heat. COOK almonds, celery and onion until vegetables are tender. STIR in 2 tablespoons water, bouillon granules, parsley flakes and almond flavor. ADD bread cubes; TOSS to moisten. CUT opening in each chop from the outer side; WIDEN opening into pocket, being careful not to cut through the other side of the chop. Fill pockets in chops with equal amounts of stuffing. SECURE with toothpicks. PLACE stuffed chops on roasting rack in shallow roasting pan. BAKE, uncovered, until internal temperature is 145°F, 35-45 minutes. REMOVE toothpicks from chops and SERVE. LET rest 3 minutes.

Nutrition information per serving: 433 calories; 26 g fat; 9 g saturated fat; 117 mg cholesterol; 284 mg sodium; 10 g carbohydrate; 1 g fiber; 26 g protein



Italian Stuffed Pork Tenderloin

Makes 6-8 servings • Total time: 45 minutes

INGREDIENTS

2 pork tenderloins, about 1 pound each
2 Tbsp. butter
1 (8 ounce) carton fresh mushrooms, chopped
½ cup green onions, sliced
1 (6 ounce) package long grain and wild rice, cooked according to package directions and cooled
1 cup pecans, chopped
2 Tbsp. fresh parsley, chopped
2 tsp. Italian seasoning
½ tsp. salt

COOKING DIRECTIONS

PREHEAT oven to 425°F. CUT a lengthwise slit in each pork tenderloin, cutting to but not through the other side. SET pork aside. MELT butter in large saucepan over medium heat. ADD mushrooms and green onions; COOK until tender. REMOVE from heat. STIR in cooked long grain and wild rice mix, pecans and parsley. SET aside ¾ cup of the rice mixture. SPOON remaining rice mixture into 1½-quart casserole; COVER and SET aside. DIVIDE ¾ cup rice mixture between slits in pork tenderloins, spreading evenly in slits. Close slits; secure with toothpicks.

STIR together Italian seasoning and salt in small bowl. SPRINKLE evenly over top of pork tenderloins. PLACE pork tenderloins on rack in shallow roasting pan. ROAST tenderloins, uncovered, for 25-27 minutes until internal temperature is 145°F, followed by a 5 minute rest time. BAKE casserole of rice mixture alongside tenderloins.

Nutrition information per serving: 311 calories; 15 g fat; 4 g saturated fat; 70 mg cholesterol; 217 mg sodium; 17 g carbohydrate; 3 g fiber; 26 g protein



SOUP'S ON!

Dish up a hot 'n healthy, one pot feast that's as simple as simmering on your stovetop!

Tomato Basil Soup

Makes 4 servings • Total time: 2 hours

INGREDIENTS

- 8 ripe plum tomatoes (about 1 pound), cut in half
- ¼ cup olive oil, divided
- 1 tsp. salt
- ½ tsp. pepper
- ½ cup chopped yellow onion
- 2 garlic cloves, minced

- 1 Tbsp. unsalted butter
- ⅛ tsp. crushed red pepper flakes
- 1 (14 ounce) can whole tomatoes, with their juice
- 1 cup fresh basil leaves, chopped
- ½ tsp. fresh thyme leaves
- 1 cup reduced-sodium chicken stock

DIRECTIONS

PREHEAT oven to 400°F. TOSS together the tomatoes, 2 tablespoons olive oil, salt, and pepper. SPREAD the tomatoes in one layer on a baking sheet and ROAST for 45 minutes.

In a stockpot over medium heat, SAUTE the onions and garlic with 2 tablespoons of olive oil, butter, and red pepper flakes for 10 minutes, or until the onions start to brown. ADD canned tomatoes, basil, thyme, and chicken stock. ADD the oven-roasted tomatoes. BRING to a boil and SIMMER uncovered for 40 minutes. LET cool slightly, and BLEND in a food processor.

Nutrition information per serving: 182 calories; 11 g fat; 3 g saturated fat; 8 mg cholesterol; 246 mg sodium; 20 g carbohydrate; 4 g fiber; 4 g protein



White Chicken Chili

Makes 4 – 6 servings

Total time: 45 minutes

INGREDIENTS

- 1 Tbsp. canola oil
- 2 cloves garlic, minced
- 1 medium onion, chopped
- 2 cups reduced-sodium chicken broth
- 1 (15 ounce) can Mrs. Grimes® White Chili Beans
- 1 (4 ounce) can chopped green chilies
- 1 tsp. ground cumin
- ⅛ tsp. oregano leaves
- ⅛ tsp. ground cloves
- 2 cups cooked chicken
- ½ cup Monterey Jack cheese, shredded
- 2 Tbsp. sour cream

DIRECTIONS

In a large pot, SAUTE garlic and onions in oil until tender, about 5 minutes. ADD chicken broth, beans, chilies, seasonings, and chicken. MIX thoroughly and SIMMER covered for 30 minutes. STIR in cheese and sour cream until melted.

Nutrition information per serving: 238 calories; 8 g fat; 3 g saturated fat; 50 mg cholesterol; 597 mg sodium; 18 g carbohydrate; 5 g fiber; 23 g protein





Lasagna Soup

Makes 8 (1 cup) servings • Total time: 1 hour

INGREDIENTS

1 pound ground beef or Italian chicken sausage
 ½ cup chopped onion
 2 garlic cloves, minced
 4 Tbsp. chopped fresh basil or 1 Tbsp. dried basil
 3 cups reduced-sodium chicken broth
 2½ cups water
 2 cups prepared marinara sauce
 2 bay leaves
 Black pepper, to taste
 5 lasagna noodles, broken into bite-sized pieces

FOR TOPPING:

⅓ cup shredded mozzarella cheese
 ½ cup ricotta cheese OR cottage cheese
 3 Tbsp. grated parmesan cheese
 2 Tbsp. chopped fresh parsley or 2 tsp. dried parsley
 2 Tbsp. fresh basil, minced or 2 tsp. dried basil

DIRECTIONS

For the topping: COMBINE all ingredients and SET aside. HEAT a large soup pot over medium heat, BROWN ground beef. ADD onion and garlic and COOK for an additional 2 to 3 minutes; DRAIN ground beef if necessary. ADD basil, broth, water, marinara sauce, bay leaves and black pepper and BRING to a boil; COVER, REDUCE heat and SIMMER for about 30 minutes. ADD broken pasta and COOK according to package directions. DIVIDE into serving bowls and ADD topping.

Nutrition information per serving: 312 calories; 11 g fat; 4 g saturated fat; 48 mg cholesterol; 544 mg sodium; 31 g carbohydrate; 3 g protein; 22 g protein



Keeping Hunt's® canned tomatoes in your pantry is an easy way to add vitamins A and C to your table. Hunt's® tomatoes are peeled with FlashSteam®, so you enjoy fresh-from-the-farm flavor.

Minestrone Soup

Makes 4-6 servings • Total time: 35 minutes

INGREDIENTS

2 carrots, peeled and chopped
 1 celery stalk, chopped
 1 cup onion, chopped
 1 medium zucchini, chopped
 3 cups reduced-sodium vegetable or chicken broth
 2 (14 ounce) cans Hunt's® diced tomatoes
 1 tsp. dried thyme
 ½ tsp. dried sage
 2 bay leaves
 Salt and ground black pepper, to taste
 ¼ cup dry pasta
 1 (15 ounce) can white beans, drained and rinsed
 2 cups coarsely chopped fresh spinach
 4 Tbsp. grated Parmesan cheese

DIRECTIONS

SAUTE carrots, celery, onion and zucchini until slightly soft, about 5 minutes. ADD broth, tomatoes, thyme, sage, bay leaves, salt and pepper. BRING to a boil then ADD pasta. REDUCE heat and SIMMER for 10-12 minutes, or until pasta is al dente. STIR in beans, spinach and cheese. SIMMER for 5 more minutes and SERVE.

Nutrition information per serving: 161 calories; 2 g fat; 1 g saturated fat; 4 mg cholesterol; 346 mg sodium; 27 g carbohydrate; 5 g fiber; 11 g protein



Kale

Dark, leafy greens like kale are popping up in everything from salads to soups. Along with flavor and texture, hearty kale can take any simple supper to a superfood supper by supplying a surplus of vitamins and minerals. Kale has been shown to help maintain healthy bones, skin, eyes, immunity and blood pressure, just to name a few. Look for kale that is dark green and store it in a plastic bag in the refrigerator for 3 to 5 days.

Sweet and Tangy Kale Salad

Makes 6 servings • Total time: 30 minutes

INGREDIENTS

Salad

4 cups chopped kale
1 cup fresh strawberries,
diced
1 cup fresh blueberries
1 cup pistachios, chopped
2 Tbsp. crumbled goat
cheese or Blue cheese

Dressing

$\frac{1}{4}$ cup olive oil
3 Tbsp. balsamic vinegar
1 medium lemon
(approx. 3 Tbsp)
Dash of sea salt and
pepper

DIRECTIONS

Finely **CHOP** kale. In a large salad bowl, **COMBINE** kale with strawberries, blueberries and pistachios. **ADD** dressing and **MIX** throughout. **LET** all ingredients sit for 20 minutes so that all flavors are absorbed and kale is tenderized. **SPRINKLE** with goat cheese.

For Dressing:

COMBINE all ingredients and **MIX** thoroughly. Set aside.

Nutrition information per serving: 268 calories; 20 g fat; 2 g saturated fat; 2 mg cholesterol; 73 mg sodium; 18 g carbohydrate; 4 g fiber; 6 g protein



**Using kale in salad?
Make sure you
massage it first!**

Squeeze kale firmly like you're balling a piece of paper. Do this several times with both hands to relax and tenderize the kale.



Sausage and Kale Soup

Makes 10 servings • Total time: 35 minutes

INGREDIENTS

1 pound spicy Italian sausage	1 tsp. sage
1 onion, chopped	1 pinch salt
1 stalk celery, chopped	1 pinch pepper
2 carrots, chopped	1 can diced tomatoes
2 cloves garlic, chopped	½ cup uncooked orzo pasta
6 cups chicken broth	1 can white beans, drained and rinsed
1 bay leaf	⅓ cup Parmesan cheese
1 tsp. thyme	1 bunch kale, stems removed

DIRECTIONS

BROWN sausage and REMOVE from pan. ADD a small amount of oil and SAUTE onion, carrot, celery and garlic for about 5 minutes, or until vegetables begin to soften. ADD sausage back to the pan. ADD chicken broth, bay leaf, thyme, sage, salt, pepper and tomatoes. BRING to a boil and ADD pasta and beans. SIMMER for 20 minutes, or until pasta is tender. ADD cheese and kale. SIMMER for 5 minutes and SERVE.

Nutrition information per serving: 238 calories; 11 g fat; 4 g saturated fat; 22 mg cholesterol; 613 mg sodium; 21 g carbohydrate; 3 g fiber; 14 g protein



Recipes courtesy of WP Rawl.



Kale Guac

Makes 6 – 8 servings • Total time: 10 minutes

INGREDIENTS

1 tsp. garlic, minced	1 large avocado, roughly chopped
1 small onion, chopped	¼ cup lemon juice
2 cups kale	¼ cup chopped tomato
3 Tbsp. cilantro, chopped	½ teaspoon salt
3 Tbsp. parsley, chopped	⅛ teaspoon pepper
1 small jalapeño, chopped and seeded	

DIRECTIONS

In a food processor, ADD garlic, onion and kale; BLEND until smooth. ADD cilantro, parsley and jalapeño; continue processing until smooth. POUR processed mixture into a bowl; ADD chopped avocado; MASH until entire mixture is creamy and combined well. STIR in lemon juice, chopped tomato, salt, and pepper.

Nutrition information per serving: 88 calories; 6 g fat; 1 g saturated fat; 0 mg cholesterol; 157 mg sodium; 9 g carbohydrate; 4 g fiber; 2 g protein

Festive Kale Salad

Makes 8 servings • Total time: 15 minutes

INGREDIENTS

8 ounces Kale	5 ounces raisins
2 large red apples, peeled and chopped	1 cup toasted pecans, chopped
1½ cups orange juice	Balsamic Vinaigrette Dressing
½ cup celery, chopped	

DIRECTIONS

ADD chopped apples into a medium size bowl. ADD orange juice over apples to coat and LET marinate for 5 minutes and SET aside. COMBINE kale with celery and raisins. DRAIN apples and TOSS with kale mixture. SET aside. SERVE with toasted pecans and balsamic vinaigrette dressing, to taste.

Nutrition information per serving: 278 calories; 14 g fat; 1 g saturated fat; 0 mg cholesterol; 774 mg sodium; 40 g carbohydrate; 5 g fiber; 5 g protein



CentsAble KIDS!



Can you unscramble the words below related to health?

tawer _____

ciseerxe _____

odof _____

struif _____

getvebales _____

snimativ _____

realsnim _____

ntiinurto _____

ythlahe _____

For answers, please visit www.fareway.com/kids-page-solutions.aspx

