



# cents able **HEALTH**™



ISSUE 27 | January-March 2018



an ounce of  
**WALNUTS**  
for better health

fast & fresh  
**SEAFOOD  
RECIPES**

sweet  
& savory  
**CARROTS**

Plus fresh,  
affordable  
recipes in  
every issue

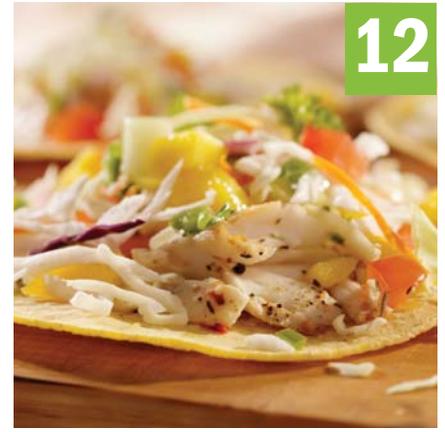
**FREE**



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Take taco night out to sea with our favorite fish taco recipes



## LET'S FACE IT mornings are crazy

*That's why each pack of crunchy belVita Breakfast Biscuits includes four lightly sweetened, crunchy biscuits that have been specially baked to release 4 hours of nutritious, steady energy to fuel your morning.*

**Enjoy belVita Breakfast Biscuits as part of a balanced breakfast with a serving of low-fat dairy and fruit, such as:**

- Fresh strawberries and creamy non-fat Greek yogurt
- Crunchy apple slices topped with low-fat cheese
- A frosty fruit smoothie made with low-fat yogurt, frozen blueberries and ice

## SMARTFOOD DELIGHT® Popcorn

100% whole grain, air popped popcorn with just 35 calories per cup





## **PUMPKIN SPICE CANDIED WALNUTS**

**Makes 6 servings**

**Total time: 15 minutes**

### **Ingredients**

1½ cups California walnut halves  
and pieces

½ cup granulated sugar

1 tsp. pumpkin pie spice

¼ tsp. salt

### **Directions**

Toast walnuts in a dry frying pan over medium heat, stirring frequently, about 5–7 minutes or until fragrant. Pour onto a large rimmed baking sheet with a nonstick baking mat or parchment paper. In a medium saucepan, combine sugar, pumpkin pie spice and salt. Cook on medium until sugar melts and is no longer grainy, about 3 minutes. Remove from heat immediately, add walnuts and stir to coat. Pour walnuts onto prepared lined baking sheet and separate with a fork. Cool completely before storing in an airtight container.

### **Approximate nutrition information per serving:**

299 calories; 16 g fat; 1.5 g saturated fat;

0 mg cholesterol; 194 mg sodium; 20 g carbohydrate;

2 g fiber; 4 g protein

# Walnuts

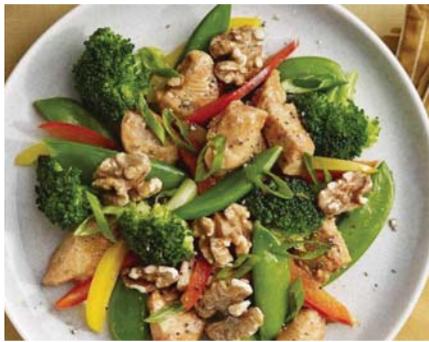


## What's in one ounce?

One ounce of walnuts (about 14 walnut halves) has 2.5 grams of plant-based omega-3 alpha-linolenic acid (ALA), making walnuts the only nut containing a significant amount.



Stay tuned for even more walnut health benefits! Researchers are looking into the connections between walnuts and cognition, cardiovascular disease, diabetes, weight management, satiety, cancer and gut health.



## CHINESE CHICKEN WALNUT STIR FRY

Makes 4 servings  
Total time: 20 minutes

### Ingredients

¾ pound boneless, skinless chicken breast  
¼ cup tomato sauce  
2 Tbsp. reduced sodium soy sauce  
2 tsp. cornstarch  
1 tsp. sesame oil  
1 Tbsp. ginger root, grated  
¾ cup California walnuts, chopped  
1 (1 pound) bag stir-fry vegetables, thawed  
Salt and pepper, to taste  
¼ cup green onions, thinly sliced  
4 cups rice, cooked

### Directions

Cut the chicken into ½-inch cubes. Place in a large bowl and add the tomato sauce, soy sauce, cornstarch, sesame oil and ginger root. Stir and toss until completely mixed. Coat a wok or large skillet with nonstick cooking spray and place over medium heat. When hot, add the chicken and stir constantly for 2 minutes. Add the walnuts and vegetables and stir constantly for 2 minutes more, or until the chicken is cooked through. Season with salt and pepper, if desired. Transfer to a bowl or platter and sprinkle with the green onions. Serve over rice.

**Approximate nutrition information per serving:**  
506 calories; 16 g fat; 2 g saturated fat; 60 mg cholesterol; 997 mg sodium; 55 g carbohydrate; 4 g fiber; 28 g protein



## WALNUT AND PANKO CRISPY FISH FILLETS

Makes 4 servings  
Total time: 35 minutes

### Ingredients

#### FOR FISH FILLETS:

¾ cup California walnuts, finely chopped  
¾ cup Panko bread crumbs  
1 tsp. garlic salt  
½ tsp. dried dill  
1 pound cod fillets, cut into 3-inch long pieces  
2 eggs, beaten  
1 Tbsp. spicy brown mustard  
½ cup flour  
Lemon wedges, for serving

#### FOR THE LEMON DILL TOPPING

(stir together):

¼ cup plain Greek yogurt  
1 tsp. lemon juice  
¼ tsp. garlic salt  
⅛ tsp. dried dill

### Directions

Preheat oven to 400°F and line a baking sheet with foil; coat with nonstick cooking spray. Stir together walnuts, breadcrumbs, garlic salt and dill in a shallow dish. Beat together eggs and mustard in a second shallow dish. Place flour in a separate shallow dish. Roll fish pieces into flour, then egg mixture, then walnut mixture and place on baking sheet. Bake for 15–20 minutes or until fish flakes easily with a fork. Serve immediately with lemon wedges and Lemon Dill Topping.

**Approximate nutrition information per serving:**  
400 calories; 19 g fat; 3.5 g saturated fat; 165 mg cholesterol; 470 mg sodium; 27 g carbohydrate; 2 g fiber; 31 g protein



## BANANA SPLIT TRAIL MIX

Makes approximately 20 (6 Tbsp.) servings  
Total time: 40 minutes

### Ingredients

½ cup brown sugar  
¼ cup water  
2 Tbsp. butter  
2 Tbsp. honey  
2 tsp. vanilla extract  
2 cups rolled oats  
2 cups California walnuts, coarsely chopped  
1 cup dried banana chips  
1 cup dried cherries  
1 cup dark chocolate chips

### Directions

Preheat oven to 300°F and line a baking sheet with parchment paper. Bring brown sugar, water, butter, honey and vanilla to a boil in a large saucepan. Let boil for a few minutes, then stir in oats and walnuts. Spread on prepared baking sheet and bake for 10 minutes. Stir and bake for 10 more minutes or until lightly browned. Let cool completely, then stir in fruits and chocolate chips. Store in an airtight container.

**Approximate nutrition information per serving:**  
230 calories; 14 g fat; 5 g saturated fat; 5 mg cholesterol; 5 mg sodium; 27 g carbohydrate; 4 g fiber; 4 g protein

# Carrots

It's no surprise that we can find carrots in most refrigerators. They're easy to snack on, sweet or savory, and they boast an impressive shelf life. Carrots will stay fresh in the refrigerator for up to two weeks. Simply store them in a plastic bag with the tops removed (the green tops can draw moisture out of the carrot).

With just 30 calories per serving, carrots are naturally low calorie. They're also an excellent source of vitamin A—meeting our daily needs with just one serving.



## ROASTED CARROTS

*Makes 6 servings*

*Total time: 30 minutes*

### Ingredients

12 large carrots, peeled and ends trimmed  
2 Tbsp. olive oil  
Salt and pepper, to taste  
2 Tbsp. fresh dill or parsley, chopped

### Directions

Preheat oven to 400° F. Cut carrots into halves or quarters, if desired. Toss carrots with oil, salt and pepper and place on a sheet pan in one even layer. Roast for 20 minutes, or until brown and tender. Remove from oven and toss with dill or parsley.

**Nutrition information per serving:** 106 calories; 5.2 g fat; 0.7 g saturated fat; 0 mg cholesterol; 125.7 mg sodium; 15 g carbohydrate; 4.5 g fiber; 6.8 g sugar; 1.7 g protein





**SNACK STICKS**



**GRATE/SHRED**



**MATCH STICKS**



**COINS**

**Visit our YouTube channel for carrot cutting how to videos**

[www.youtube.com/farewayfoodstores](http://www.youtube.com/farewayfoodstores)





### CARROT CAKE OATMEAL COOKIES

Makes 15 cookies • Total time: 1 hour 15 minutes

#### Ingredients

1 cup instant oats	1 large egg
¾ cup whole wheat flour	1 tsp. vanilla extract
1½ tsp. baking powder	½ cup maple syrup
1½ tsp. ground cinnamon	¾ cup grated carrots
⅛ tsp. salt	½ cup raisins
2 Tbsp. unsalted butter	

#### Directions

In a medium bowl, whisk together oats, flour, baking powder, cinnamon and salt. In a separate bowl, combine butter, egg, vanilla and maple syrup. Slowly add flour mixture into wet ingredients, mixing until just combined. Gently fold in grated carrots and raisins. Place dough in the refrigerator to chill for 30 minutes. Line a baking sheet with parchment paper. Using a teaspoon, drop dough onto baking sheet, making 15 cookies. Bake for 12–15 minutes at 325°F. Remove cookies from oven and let cool for at least 15 minutes.

Approximate nutrition information per cookie: 100 calories; 2.5 g fat; 1 g saturated fat; 15 mg cholesterol; 80 mg sodium; 20 g carbohydrate; 2 g fiber; 10 g sugar; 2 g protein



### CARROT CAKE MUFFINS

Makes 15 muffins

Total time: 45 minutes

#### Ingredients

2 cups all-purpose flour  
 ¾ cup granulated sugar  
 2 tsp. baking soda  
 1 tsp. ground cinnamon  
 1 tsp. salt  
 1 (8 ounce) can crushed pineapple, drained  
 ¼ cup vegetable or canola oil  
 2 large eggs  
 2 egg whites  
 1 Tbsp. vanilla extract  
 3 cups grated carrots  
 ½ cup chopped pecans  
 ½ cup raisins

#### Directions

Preheat oven to 350°F. Place 15 paper baking cups in muffin pans, or spray a muffin tin with nonstick spray. Combine flour, sugar, baking soda, cinnamon and salt. In a separate bowl, whisk together pineapple, oil, eggs, egg whites and vanilla. Add pineapple mixture to flour mixture, stirring until just combined. Fold in carrots, pecans and raisins. Spoon into baking cups, filling about two-thirds full. Bake for 22–25 minutes, or until a toothpick inserted in the center of each muffin comes out clean. Cool for at least 10 minutes before serving.

Approximate nutrition information per serving: 208 calories; 7.3 g fat; 0.8 g saturated fat; 27.8 mg cholesterol; 359.4 mg sodium; 32.2 g carbohydrate; 2 g fiber; 11.4 g sugar; 3.8 g protein





## CABBAGE AND CARROT SLAW

Makes 6 servings • Total time: 10 minutes

### Ingredients

1/3 cup white wine vinegar	4 cups shredded
1 Tbsp. sugar	cabbage, any color
1 garlic clove, minced	3 cups carrots, shredded
1/8 tsp. cumin	5 green onions, sliced
1/8 tsp. dried oregano	Salt and pepper, to taste
1/8 tsp. dry mustard	

### Directions

In a large bowl, whisk together vinegar, sugar, garlic, cumin, oregano and mustard until sugar is dissolved. Add cabbage, carrots, green onions, salt and pepper and toss to combine. Cover and refrigerate before serving.

*For best results, refrigerate for at least 4 hours before serving.*

**Approximate nutrition information per serving:** 50 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 230 mg sodium; 12 g carbohydrate; 3 g fiber; 7 g sugar; 1 g protein

## ORANGE AND GINGER GLAZED CARROTS

Makes 4 servings

Total time: 30 minutes

### Ingredients

1 pound carrots, cut into coins or snack sticks  
 2 Tbsp. olive oil or butter  
 Salt and pepper, to taste  
 1 Tbsp. grated fresh ginger  
 1/3 cup freshly squeezed orange juice  
 1 tsp. freshly squeezed lemon juice  
 1 tsp. orange zest  
 1/2 tsp. lemon zest  
 Chopped parsley, for garnish

### Directions

Combine carrots, oil or butter, salt, pepper, ginger and orange juice in a saucepan. Bring mixture to a boil, stir, then reduce heat to a simmer. Cover and simmer 10–20 minutes, or until liquid is absorbed and carrots are tender. Uncover and add lemon juice, orange zest and lemon zest. Garnish with parsley.

**Approximate nutrition information per serving:** 60 calories; 3.1 g fat; 1.8 g saturated fat; 7.6 mg cholesterol; 104.2 mg sodium; 8 g carbohydrate; 1.7 g fiber; 4.5 g sugar; 0.8 g protein



# BIGGER HUNGER DESERVES A BIGGER BAR



Nature Valley™ XL chewy protein bars are 50% bigger to deliver 15 grams of protein for under 300 calories



## SOUTHWEST CHICKEN CHILI

Makes 4 (1½ cup) servings • Total time: 40 minutes

### Ingredients

- 1 Tbsp. vegetable oil
- 1 pound boneless skinless chicken breasts, cut in small cubes
- ½ tsp. salt
- ½ tsp. ground cumin
- ½ tsp. cayenne pepper
- 1 cup chopped bell pepper, any colors
- 1 (15 oz) can Mrs. Grimes® Black Beans, drained and rinsed
- 1 (15 oz) can whole kernel corn, drained
- 1 (14.5 oz) can chicken broth, divided
- 2 Tbsp. cornstarch

### Directions

In 3-quart nonstick saucepan, heat oil over medium heat. Add chicken; season with salt, cumin and cayenne pepper. Cook 5–8 minutes or until chicken is no longer pink, stirring frequently. Add bell peppers; cook 5 minutes, stirring frequently. Stir in beans and corn. In small bowl, mix 2 tablespoons of the chicken broth with cornstarch. Add remaining broth and cornstarch mixture to saucepan. Cook 5 minutes or until mixture boils and thickens, stirring occasionally.

Approximate nutrition information per serving: 270 calories; 7 g fat; 1.5 g saturated fat; 55 mg cholesterol; 980 mg sodium; 26 g carbohydrate; 6 g fiber; 6 g sugar; 27 g protein



# Need a quick healthy meal? try fish!

We've probably all heard we should be eating more seafood (about 16 ounces per week), but why? All fish provides quality protein, and the oily kinds—like salmon, tuna and sardines—also deliver omega 3 fatty acids to help protect your heart. However, the best kept secret in seafood may be how fast it puts dinner on the table.



## BAKED TUNA CAKES

Makes 8 cakes • Total time: 1 hour

### Ingredients

1 (12 ounce) can of tuna in water, drained	½ tsp. Italian seasoning
1 large egg	½ tsp. lemon juice
2 Tbsp. green onion, sliced	Salt and pepper, to taste
¼ cup mayonnaise	½ tsp. garlic powder
1 tsp. Dijon mustard	½ tsp. cayenne pepper,
½ cup panko bread crumbs, divided	optional

### Directions

Combine tuna, egg, green onion, mayonnaise, mustard, ¼ cup panko bread crumbs, Italian seasoning, lemon juice, salt, pepper, garlic powder and cayenne pepper. Form into 8 patties. Coat patties in remaining panko bread crumbs then refrigerate for 30 minutes. Bake at 375 °F for 20 minutes, flipping halfway through. Serve with chili sauce or garlic aioli for dipping, if desired.

Approximate nutrition information per tuna cake: 82 calories; 2.1 g fat; 0.5 g saturated fat; 45.1 mg cholesterol; 268 mg sodium; 5.1 g carbohydrate; 0.4 g fiber; 0.6 g sugar; 10.1 g protein

## TUNA SALAD

Makes 1 serving • Total time: 5 minutes

### Ingredients

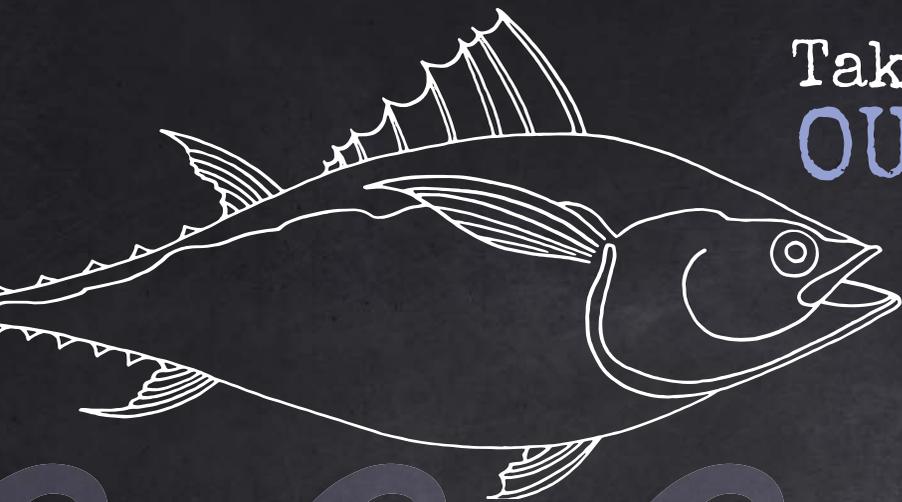
1 (2.6 ounce) pouch tuna  
2 Tbsp. plain Greek yogurt  
1 Tbsp. chives, minced  
1 Tbsp. lemon juice  
Salt and pepper, to taste

### Directions

Combine all ingredients and serve on crackers, sandwich thins, whole grain bread or pita pockets.

Approximate nutrition information per serving: 121 calories; 0.9 g fat; 0.2 g saturated fat; 39 mg cholesterol; 329 mg sodium; 4 g carbohydrate; 0.2 g fiber; 3 g sugar; 25.3 g protein





# Take taco night OUT TO SEA

with our favorite  
**fish taco**  
recipes



## FISH TACOS WITH MANGO SALSA

*Makes 6 servings (2 tacos each)*

*Total time: 40 minutes*

For Mango Salsa

- 1 bell pepper, diced
- 1 red onion, diced
- 1 jalapeno pepper, deseeded and diced (optional)
- 3 mangos, peeled and diced
- ¼ cup chopped cilantro
- 2 garlic cloves, minced
- Juice of 1 lime
- Salt, to taste

Combine all ingredients and store in the refrigerator.

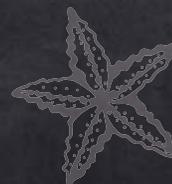
For Tacos

- 4 Tbsp. fresh lime juice
- 2 Tbsp. vegetable oil
- 1 garlic clove, minced
- 1½ tsp. chili powder
- ½ tsp. cumin
- ½ tsp. paprika
- 1 pound cod or tilapia
- 12 (6 inch) corn tortillas
- 2 cups shredded cabbage

### Directions

Combine lime juice, oil, garlic, chili powder, cumin and paprika. Add fish and marinate in a glass baking dish for 15–30 minutes. Remove fish from marinade and saute over medium-high heat until fish flakes easily with a fork. Let fish cool slightly, then flake into bite-sized chunks. Warm tortillas in the microwave for 5–10 seconds, then top with fish, mango salsa and cabbage.

Approximate nutrition information per serving: 326 calories; 7.2 g fat; 0.9 g saturated fat; 35.5 mg cholesterol; 270.1 mg sodium; 53 g carbohydrate; 7.3 g fiber; 25.1 g sugar; 16.7 g protein



## SPICY SHRIMP TACOS WITH BLUEBERRY CORN SALSA

Makes 4 servings • Total time: 25 minutes

### Ingredients

4 tsp. canola oil, divided  
¾ cup frozen corn kernels, thawed  
1 cup fresh blueberries  
½ cup chopped onion  
2 Tbsp. fresh cilantro, chopped  
½ jalapeno pepper, minced  
1 Tbsp. lime juice  
¼ tsp. salt  
1 pound raw shrimp, peeled and deveined  
1 tsp. cumin  
1 tsp. chili powder  
Cayenne pepper, to taste  
Salt, to taste  
8 (6 inch) corn tortillas, warmed



### Directions

Heat 1 teaspoon oil in a large skillet over medium-high heat. Add corn and cook for 2 minutes, or until it starts to brown. Stir in blueberries. Transfer blueberries and corn to a large bowl and stir in onion, cilantro, jalapeno, lime juice and salt. In a separate bowl, combine shrimp, cumin, chili powder, cayenne pepper and salt. Heat remaining oil in skillet over medium-high heat. Add shrimp and cook for 1½–2 minutes per side, or until shrimp is opaque and cooked through. Top tortillas with shrimp and salsa. Serve immediately.

Approximate nutrition information per serving: 290 calories; 8 g fat; 0.5 g saturated fat; 145 mg cholesterol; 810 mg sodium; 38 g carbohydrate; 5 g fiber; 5 g sugar; 20 g protein



### Directions

Preheat oven to 375 °F. Moisten fish with teriyaki sauce, then coat with breadcrumbs. Place on baking sheet sprayed with cooking spray. Bake for 15–20 minutes, or until fish flakes easily with a fork. Mix dressing and mayonnaise until blended. Combine mayonnaise mixture with coleslaw blend and nuts; mix lightly. Top tortillas with fish and slaw mixture.

Approximate nutrition information per serving: 561 calories; 23.2 g fat; 3.9 g saturated fat; 59.5 mg cholesterol; 1062.2 mg sodium; 56.4 g carbohydrate; 8 g fiber; 5.5 g sugar; 34.6 g protein

## CRUNCHY ASIAN FISH TACOS

Makes 4 servings • Total time: 30 minutes

### Ingredients

1 pound tilapia fillets, cut crosswise into 1-inch-wide strips  
2 Tbsp. reduced-sodium teriyaki sauce  
1 cup seasoned bread crumbs  
⅓ cup sesame dressing  
2 Tbsp. mayonnaise  
5 cups coleslaw blend (cabbage slaw mix)  
¼ cup dry roasted peanuts, chopped  
8 (6 inch) corn tortillas, warmed



### BAKED COCONUT SHRIMP

Makes 4 servings

Total time: 30 minutes

#### Ingredients

- 1 pound raw shrimp
- $\frac{3}{4}$  cup Panko bread crumbs
- $\frac{1}{2}$  cup sweetened, shredded coconut
- $\frac{1}{2}$  cup raw coconut flakes
- 2 egg whites, beaten
- $\frac{1}{3}$  cup all-purpose flour

#### Directions

Preheat oven to 450° F. Peel and devein shrimp. Coat a baking sheet with cooking spray or canola oil. Mix bread crumbs, sweetened coconut and raw coconut in a dish. Add beaten egg whites to a separate dish. Place flour in a separate shallow dish. Dredge shrimp in flour, then eggs, then coconut mixture. Repeat with remaining shrimp. Bake shrimp until cooked through and bread crumbs start to brown, about 10–12 minutes.

Approximate nutrition information per serving: 292 calories; 11.4 g fat; 9.2 g saturated fat; 142.7 mg cholesterol; 714.5 mg sodium; 25.9 g carbohydrate; 2.3 g fiber; 5.9 g sugar; 22.3 g protein

Looking to cut down on sodium? Try making your own seasoning!

### HOMEMADE OLD BAY SEASONING

- 1 Tbsp. celery seed
- 1 Tbsp. ground bay leaves
- 2 tsp. black pepper
- 1 tsp. paprika
- $\frac{1}{2}$  tsp. dry mustard
- Pinch each of nutmeg, cinnamon, cloves and cayenne pepper



### SHRIMP AND CORN PACKETS

Makes 4 servings • Total time: varies

#### Ingredients

- $1\frac{1}{2}$  pounds large shrimp, peeled and deveined
- 2 ears corn, each cut crosswise into 4 pieces
- 1 pound baby red potatoes, halved
- 2 Tbsp. olive oil
- 2 Tbsp. Old Bay seasoning
- Salt and freshly ground black pepper, to taste
- 2 Tbsp. fresh parsley, minced

#### Directions

Preheat oven to 475° F. Cut four sheets of foil, each about 12 inches long. Divide shrimp, corn and potatoes into 4 equal portions and add to the center of each foil in a single layer. Add olive oil, seasoning, salt and pepper, to taste; gently toss to combine. Fold the sides of the foil over the shrimp and vegetables, covering completely and sealing the packets closed. Bake packets at 475° F for 15–17 minutes. Serve immediately, garnished with parsley, if desired.

Approximate nutrition information per serving: 322 calories; 9.1 g fat; 1.3 g saturated fat; 214 mg cholesterol; 1146 mg sodium; 34.4 g carbohydrate; 3.7 g fiber; 3.8 g sugar; 27.4 g protein

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Whitney, RD, LD



Caitlyn, RD, LD

# Ask WHITNEY & CAITLYN

Fareway Corporate Dietitians

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