

**FAREWAY**  
MEAT & GROCERY

cents  able  
**HEALTH**™

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simple  
SOUPS

FOR ANY OCCASION

FOODS FOR  
better  
SLEEP

SEASONAL PRODUCE  
winter  
SQUASH

Plus fresh, affordable recipes in every issue

**FREE**



CentsAble Health  
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# Everything **PUMPKIN**

# BORN IN IOWA

**VERENA STREET**  
EST • COFFEE CO. • 2010  
SUSTAINABLY SOURCED • FRESHLY ROASTED



## JUMP INTO THE SEASON

IT'S WONDER-FALL!



**EACH LÄRABAR FLAVOR  
MADE WITH ONLY 2-9 SIMPLE,  
RECOGNIZABLE INGREDIENTS**

**GLUTEN FREE, NON GMO, VEGAN, DAIRY FREE**

# WINTER SQUASH



## Acorn and butternut squash are in full supply this time of year.

These nutrition-packed fruits offer a surplus of nutrients and are incredibly versatile.

Winter squash are fat free, cholesterol free and sodium free, yet are rich in vitamin C, fiber, potassium, magnesium, vitamin A and antioxidants. Try experimenting with your acorn or butternut squash by adding it to soup, pizza, lasagna or gratin. You can also roast, mash, bake, make squash fries or combine them with garlic, beans and corn. What about dessert? Winter squash can be baked with dried fruit and nuts or baked with sugar and topped with Greek yogurt and walnut halves.

### Garlic Parmesan Butternut Squash

Makes 4 servings  
Total time: 1 hour

#### INGREDIENTS

1 butternut squash  
2 Tbsp. olive oil  
2 garlic cloves, minced  
½ cup Parmesan cheese  
½ tsp. dried thyme  
Salt and pepper, to taste

#### DIRECTIONS

Preheat oven to 400°F. Cut squash in half lengthwise. Scrape out and discard seeds. Peel squash, then cut into 1-inch cubes. On a foil-lined baking sheet, toss squash with remaining ingredients. Bake for 40–45 minutes, or until tender.

#### Nutrition information per serving:

91 calories; 5.2 g fat; 1.6 g saturated fat; 5.5 mg cholesterol; 99 mg sodium; 9 g carbohydrate; 1.4 g fiber; 1.6 g sugar; 3.2 g protein

### Pumpkin Pie Acorn Squash

Makes 2 servings; Total time: 1 hour

#### INGREDIENTS

1 acorn squash  
1 Tbsp. canola oil  
2 Tbsp. brown sugar  
½ tsp. pumpkin pie spice  
2 Tbsp. pecans  
Dash of salt

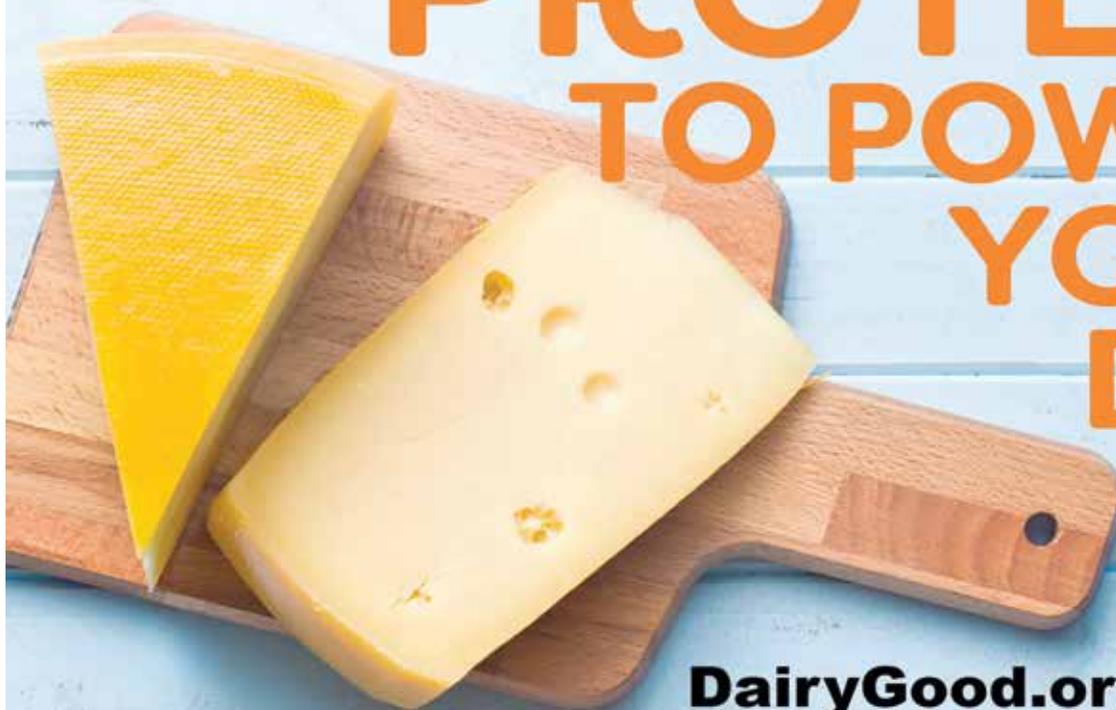
#### DIRECTIONS

Preheat oven to 350°F. Cut squash in half. Scrape out and discard seeds. Place squash, cut side up, on a baking sheet and brush with oil. Sprinkle with sugar, pumpkin pie spice, pecans and salt. Bake for 45–55 minutes, or until squash is tender.

**Nutrition information per serving:** 214 calories; 12.2 g fat; 1 g saturated fat; 0 mg cholesterol; 85.5 mg sodium; 28.1 g carbohydrate; 3.9 g fiber; 4.7 g sugar; 2.4 g protein



# PROTEIN TO POWER YOUR DAY



**DairyGood.org**



Make. Share.  
Enjoy.



Find more meal ideas at [Mrsgrimesbeans.com](http://Mrsgrimesbeans.com)



## Zucchini Vegetarian Chili

Servings: 6 (about 10oz each)  
Prep Time: 20 minutes  
Total Time: 35 minutes

### Ingredients

- 1 Tbsp. vegetable oil
- 1 cup diced carrots
- 1 large bell pepper, diced
- 1/2 medium onion, diced
- 1 medium zucchini, cubed
- 2 cloves garlic, minced
- 2 tsp. dried oregano
- 1 tsp. brown sugar
- 1 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 (15oz) can Mrs. Grimes® Chili Beans (do not drain)
- 1 (15.25oz) can Butter Kernel® Whole Kernel Corn, drained
- 1 (14.5oz) can petite diced tomatoes (do not drain)
- 1 (8oz) can tomato sauce
- 6 oz. Cotija cheese, crumbled
- 3 Tbsp. chopped fresh cilantro
- 6 lime wedges

### Preparation:

In nonstick Dutch oven or large saucepan, heat oil over medium-high heat. Stir in carrots, bell pepper and onion. Cook 5 minutes or until starting to soften, stirring occasionally. Stir in zucchini, garlic, oregano, brown sugar, chili powder, cumin, salt and pepper. Cook 5 to 10 minutes or until vegetables are soft, stirring occasionally. Stir in beans, corn, tomatoes and tomato sauce. Bring to a boil. Reduce heat and simmer 15 minutes, stirring once or twice. Serve individual bowls of chili with crumbled cheese, cilantro and lime.

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**GRAB SOME  
SUNSHINE™**



# CALMING FOODS

## *for restful sleep*



**Bananas** provide potassium and tryptophan to promote sleep

Have you ever wondered if that nighttime snack can do more than just satisfy a hungry stomach?

Some foods can actually help promote relaxation and sleep, making for a more restful night. Next time you find yourself reaching for a bedtime snack, try one of these calming comforts.



**Chickpeas** boast tryptophan, which helps your body make serotonin and melatonin to induce sleep



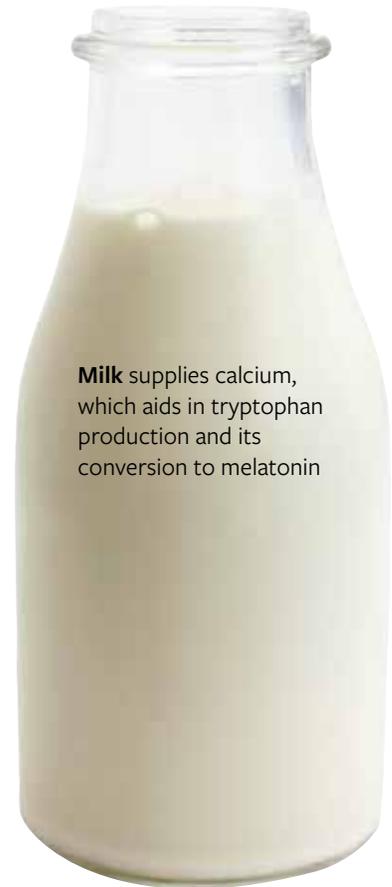
**Almonds** contain magnesium, which aids in muscle relaxation

**Chamomile tea** is a naturally caffeine-free herbal tea that has a mild sedative effect





**Tart cherries** boost melatonin to help relieve insomnia



**Milk** supplies calcium, which aids in tryptophan production and its conversion to melatonin

**Decaffeinated green tea** has L-theanine, which relaxes and soothes



## Bed Time Snack Ideas

- Open face sandwich with almond or peanut butter and sliced bananas + glass of milk
- Hummus + whole grain crackers + tea
- Oatmeal with almonds, cherries and sliced banana
- Smoothie with yogurt, banana and tart cherry juice



**Oats and whole grains** deliver magnesium for muscle relaxation and healthy carbohydrates that help tryptophan get into the brain



# Easy Apps

Stress less at your next party by serving all fork-free fare. Using small, individual skewers for appetizers keeps your budget and your waistline in order, not to mention there is virtually zero clean up.

## Caprese

Thread a cherry tomato, fresh mozzarella pearl and fresh basil leaf onto a skewer. Drizzle with balsamic vinegar and season with black pepper.

## Italian

Cook refrigerated tortellini according to package directions. Cool pasta and toss with Italian dressing. Alternate tortellini, salami slices, cheese cubes and olives on a skewer.

## Prosciutto and Melon

Wrap prosciutto slices around cantaloupe pieces. Skewer with a fresh mint leaf and a grape.



### **Greek**

Toss feta cheese cubes in olive oil and dried oregano. Skewer with Kalamata olives, grape tomatoes and cucumber slices.

### **Caramel Apple**

Dice a granny smith apple and toss it with fresh lemon juice. Add apple and cubed brie cheese to a skewer and drizzle with caramel sauce. Sprinkle with dried cranberries.

### **Ham and Pineapple**

Slice ham steak into cubes and brush with equal parts brown sugar and soy sauce. Thread ham and drained canned pineapple chunks onto a skewer and bake at 400°F for 10 minutes, flipping halfway through.



# SIMPLE SOUPS

Is the weather cold and rainy? Sunny yet brisk? There's a soup for that.

## Slow Cooker Vegetable Beef Stew

Makes 8 servings; Total time: varies

### INGREDIENTS

- 1½ pounds beef stew meat, cut into cubes
- 1 large yellow onion, chopped
- 1 cup sliced carrots
- 1 cup chopped celery
- 4 garlic cloves, minced
- 8 cups low sodium beef broth
- 2 (14.5 ounce) cans diced tomatoes with juice
- 1½ tsp. dried basil
- 1 tsp. dried oregano
- ½ tsp. dried thyme
- 1 pound red potatoes, cut into cubes
- 1 cup frozen green beans
- 1 cup frozen corn
- 1 cup frozen peas

### DIRECTIONS

Combine all ingredients in a large slow cooker and cook on low for 8 hours or on high for 6 hours.

**Nutrition information per serving:** 306 calories; 9.5 g fat; 3.5 g saturated fat; 59.6 mg cholesterol; 373.3 mg sodium; 29.9 g carbohydrate; 5.4 g fiber; 8.2 g sugar; 27.2 g protein





## 5 Ingredient White Chicken Chili

Makes 6 servings; Total time: 15 minutes

### INGREDIENTS

6 cups low sodium chicken stock  
4 cups cooked shredded chicken  
2 (15 ounce) cans great northern  
beans, drained and rinsed  
2 cups salsa verde

2 tsp. ground cumin  
Optional toppings: cilantro,  
avocado, shredded cheese,  
green onions, tortilla chips

### DIRECTIONS

Combine all ingredients in a large stockpot over medium heat; stir to combine. Bring to a boil, then reduce heat to low and simmer for 5–10 minutes.

**Nutrition information per serving:** 390 calories; 6.5 g fat; 1.5 g saturated fat; 79.3 mg cholesterol; 690.3 mg sodium; 37.4 g carbohydrate; 7 g fiber; 7 g sugar; 44 g protein



## Beef and Black Bean Chili with Cornbread

Makes 6 servings; Total time: 35 minutes

### INGREDIENTS

- 1 pound ground beef
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 (14.5 ounce) can Fareway fire roasted salsa
- 1 Tbsp. chili powder
- 1 cup corn
- 1 (8.5 ounce) package cornbread mix
- 1 cup water

### DIRECTIONS

Brown ground beef in a large ovenproof skillet. Mash one can of black beans. Add salsa, both cans of beans, chili powder and corn to the skillet and stir to combine. Mix water and cornbread and spread it on top of chili. Bake at 450°F for 16–20 minutes, or until cornbread is lightly browned and cooked through.

**Nutrition information per serving:** 479 calories; 12.5 g fat; 4 g saturated fat; 49 mg cholesterol; 1311 mg sodium; 62.9 g carbohydrate; 13.8 g fiber; 11.4 g sugar; 28.5 protein

# Chicken Sausage and Kale Soup

Makes about 6 servings; Total time: 35 minutes

## INGREDIENTS

1 pound chicken sausage, sliced	1 tsp. sage
1 onion, chopped	Salt and pepper, to taste
1 stalk celery, chopped	1 can diced tomatoes
2 carrots, chopped	½ cup uncooked orzo pasta
2 cloves garlic, chopped	1 can white beans, drained and rinsed
4 cups chicken broth	⅓ cup Parmesan cheese
1 bay leaf	1 cup kale
1 tsp. thyme	

## DIRECTIONS

Brown sausage and remove from pan. Add a small amount of oil and sauté onion, celery, carrots 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 Parmesan and kale. Simmer for 5 minutes. Serve.

Nutrition information per serving: 329 calories; 9.3 g fat; 3 g saturated fat; 45 mg cholesterol; 725 mg sodium; 42 g carbohydrate; 6.5 g fiber; 6 g sugar; 22 g protein





## Lighter Broccoli Cheese Soup

Makes 6 servings; Total time: 30 minutes

### INGREDIENTS

2 Tbsp. butter or olive oil  
1 small onion, minced  
 $\frac{2}{3}$  cup diced carrot  
3 garlic cloves, minced  
 $\frac{1}{4}$  cup flour  
3 cups low sodium vegetable  
or chicken stock

2 cups 2% milk  
3–4 cups broccoli florets  
(about 1 medium head of broccoli)  
1 tsp. Dijon mustard  
Salt and pepper, to taste  
8 ounces sharp cheddar cheese

### DIRECTIONS

Heat butter or olive oil in a large stockpot over medium-high heat until melted. Add onion and carrots and sauté until soft, about 4–5 minutes. Add garlic and stir. Add flour and sauté for 1 more minute, stirring constantly. Whisk in stock until evenly combined. Add milk, broccoli, mustard, salt and pepper and bring soup to a simmer. Reduce heat and simmer for 10–12 minutes, or until broccoli is tender. Stir in cheese until completely melted.

**Nutrition information per serving:** 298 calories; 18.6 g fat; 9.3 g saturated fat; 50.9 mg cholesterol; 383.9 mg sodium; 18.5 g carbohydrate; 2.3 g fiber; 6.5 g sugar; 17 g protein

# Spicy Black Bean Soup

Makes 6 cups; Total time: 30 minutes

## INGREDIENTS

2 Tbsp. olive oil  
1 medium onion, chopped  
1 red bell pepper, chopped  
½ cup chopped carrot  
3 garlic cloves, minced  
2 cups chicken or vegetable broth  
2 (15 ounce) cans black beans,  
drained and rinsed  
1 (14.5 ounce can) Fareway diced  
tomatoes with green chilies  
1 bay leaf  
1 tsp. cumin  
1 tsp. chipotle powder  
¼ tsp. cayenne pepper, optional  
Salt and pepper, to taste  
Optional toppings: sour cream,  
cilantro, shredded cheese,  
tortilla chips, avocado

## DIRECTIONS

Sauté onion in olive oil until translucent, about 5 minutes. Add pepper, carrot and garlic and sauté until tender, about 5 more minutes. Add remaining ingredients and bring to a boil; let soup simmer for 10 minutes. Remove and discard bay leaf. Blend half of the soup with a food processor, blender or immersion blender and return to pot. Simmer for 5 more minutes and serve.

Nutrition information per serving: 219 calories; 5.5 g fat; 1 g saturated fat; 0 mg cholesterol; 731 mg sodium; 32.9 g carbohydrate; 12.2 g fiber; 4.8 g sugar; 11.6 g protein





# EVERYTHING PUMPKIN

Did you count down to the pumpkin spice latte this year? Turns out those pumpkin-y goodies that we break into every year come with more than just bold flavors—they also pack some big health benefits.

Pure canned pumpkin (not pumpkin pie filling) is a powerhouse of nutrients—helping out almost your entire body.

The bright orange color of pumpkin gives away one of its most notable nutrients: beta-carotene. Beta-carotene is converted to vitamin A in our bodies, which helps maintain healthy vision, especially in dim light. As a bonus, vitamin A also helps maintain youthful skin.

At just 50 calories per serving, pumpkin fits into any weight loss or weight maintenance plan. From breakfast to dinner, pure pumpkin can be thrown in almost any dish to add bulk to your plate without adding bulk to your waist. Think beyond pie and try adding pure pumpkin to pasta sauce, yogurt, smoothies or oatmeal.



One way to help balance out a high sodium diet is to eat more foods containing potassium (the average American eats twice the recommended amount of sodium each day). As a rich source of potassium, pumpkin can help balance electrolytes for healthy blood pressure and also refuel electrolytes endurance athletes lose when they sweat.



If you have some extra time, you can make your own pumpkin puree using fresh pumpkin. The directions are similar to roasting a large squash: cut the pumpkin in half and remove the seeds and fibers (feel free to keep the seeds and roast them separately). Place the halves flesh side down on a baking sheet and roast at 400°F for at least 30–45 minutes, depending on the size of your pumpkin (you should be able to easily pierce it with a fork). Remove from the oven, let it cool, and then remove the flesh with a spoon. If you want an extra smooth puree, toss it in a blender or food processor and voila! Store it in the fridge for one week or in the freezer for up to three months.



# Ask the

# Dietitians

## Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

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