

FAREWAY
MEAT & GROCERY

cents  able
HEALTH

ISSUE 35 | January–March 2020

The
**HUMBLE
POTATO**

POWER UP
with **POWER
BOWLS**

**REDUCE
FOOD
WASTE** in
just 3 steps

PLUS
fresh, affordable recipes in every issue

FREE



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FILL YOUR
CAN-TRY



PRIMAL KITCHEN

LETTUCE CELEBRATE!

Primal Kitchen™
Dressings, Vinaigrette & Marinades
Made with Avocado Oil



**BETTER
FUEL FOR
BETTER
LIVING**

all the

**WHOLE GRAINS,
FIBER & PROTEIN
YOU WANT**

**TO GET THE BOOST
YOU NEED**



Pesto Chicken Foldit

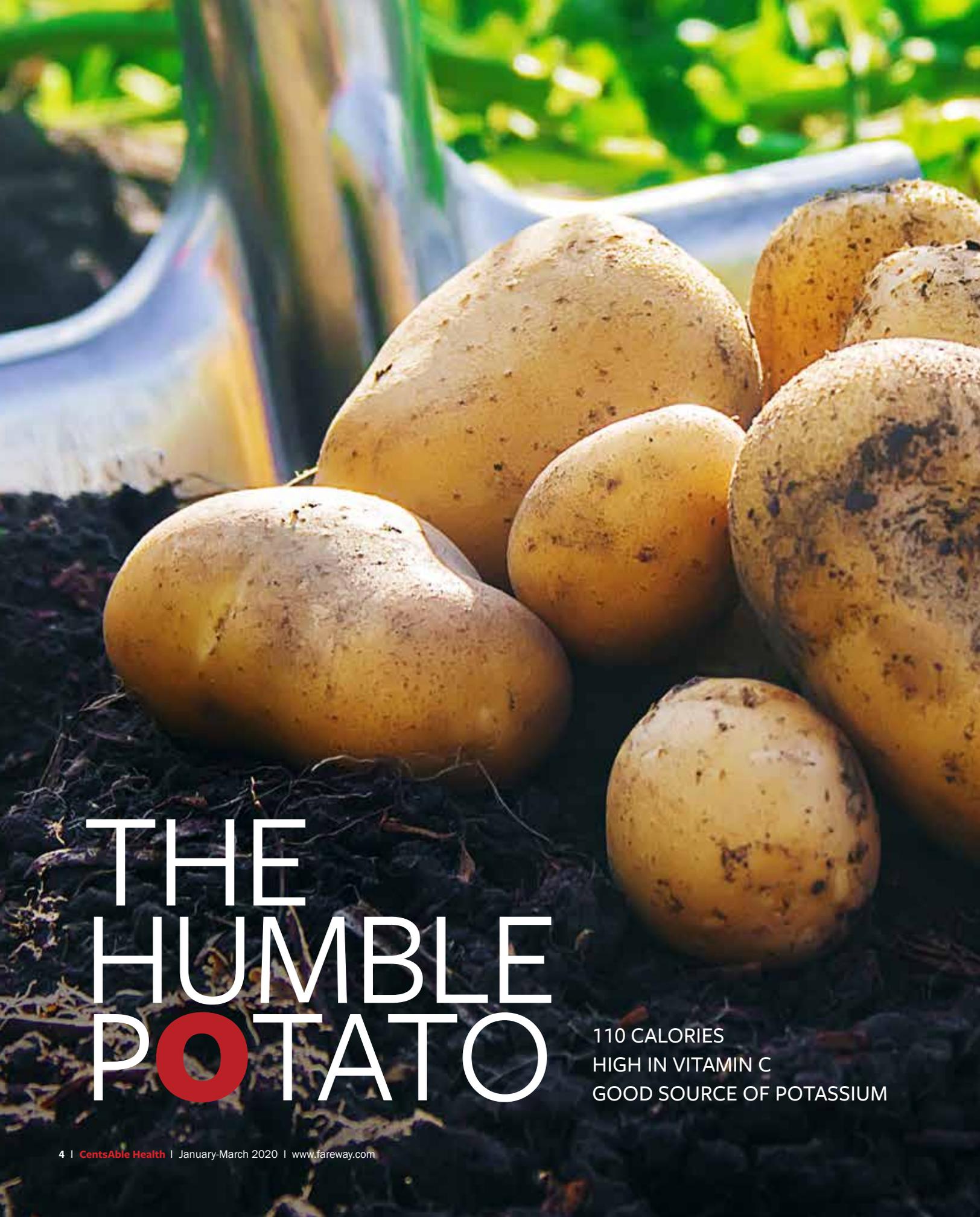
Makes 1 sandwich
Total time: 10 minutes

Ingredients

- 1 Sweet Hawaiian Foldit
- ½ cooked chicken breast
(about 4 ounces)
- ¼ cup pesto
- 1 slice roasted pepper
- 2 slices red onion

Directions

On one side of the Foldit, spread the pesto. Top with the chicken, roasted red pepper slices and onions. Fold the flatbread in half.



THE HUMBLE POTATO

110 CALORIES
HIGH IN VITAMIN C
GOOD SOURCE OF POTASSIUM



POTATO BASICS

CHOOSE

Choose potatoes that are clean, smooth, firm and dry.

STORE

Store potatoes in a cool, dark, well-ventilated area for 3–5 weeks.

USE

Wash potatoes before using or peeling. Gently poke potato with a fork four or five times to allow steam to escape when cooking.

BAKE

Bake directly on the oven rack at 425°F for 40–60 minutes (depending on the size).

MICROWAVE

Microwave for 5 minutes. Flip and continue to microwave for 3–5 additional minutes.

ROAST

Cut potatoes into wedges and season with salt, pepper and oil. Roast at 400°F for 15–20 minutes, flipping halfway through.

GO BEYOND A REGULAR
BAKED POTATO!

TOP YOUR

TOT

TO UTILIZE LEFTOVERS,
FEED A CROWD OR MEAL
PLAN ON A BUDGET

CHILI

BBQ PORK

BROCCOLI CHEESE



TACO



BUFFALO CHICKEN



REDUCE FOOD WASTE

The food in your kitchen landed there with the best intentions—to turn into a delicious meal or snack—but then life happened, and you didn't get around to eating all your groceries.



The number 1 tactic to slash your food waste at home is to make a grocery list (and stick to it!)



A yellow sticky note is placed on a light-colored surface. It has a handwritten grocery list in blue ink. To the left of the note, a large red letter 'T' and a green checkmark are visible, partially cut off by the edge of the page.

eggs
milk
bread
cheese

THE BAD NEWS:

it's been estimated that nearly half of all the food we buy ends up in the garbage, costing us major money.

THE GOOD NEWS:

you can conquer food waste with just a few simple steps and see immediate results.

BEFORE YOU START JOTTING DOWN THIS WEEK'S MEALS, YOU'LL WANT TO TAKE

THREE EASY STEPS

ONE

Check your pantry, refrigerator and freezer

for items that you can use in meals and/or snacks. Start with items that need to be used up first.



TWO

Get creative and plan a menu

using items you already have. If you can group meals or snacks together that use common ingredients—even better!

THREE

Include leftovers in your plan.

A rotisserie chicken one night can mean lunch the next day, or tacos for another dinner.



WHAT'S A POWER BOWL?

Some call them BUDDHA BOWLS, GRAIN BOWLS, or they may be known simply as MEAL PREP in your house.

NO MATTER WHAT YOU CALL THEM, these one-dish wonders hold rice or whole grains, vegetables, protein, and sometimes fruit or a sauce to power you mentally and physically. By using hearty ingredients, you can cook once and eat multiple meals—a win for any busy house.

BARBECUE PORK POWER BOWL

Makes 4 servings | Total time: varies

Ingredients

2 cups pulled pork
Try our Classic Pulled Pork at www.fareway.com
4 cups coleslaw mix (without dressing)
2 cups corn
½ cup sliced pickles

Directions

Divide coleslaw mix among four bowls and top with pulled pork, corn and pickles.

Nutrition information per serving: varies by pulled pork recipe





BALSAMIC ROASTED VEGETABLE POWER BOWL

Makes 4 servings | Total time: 30 minutes

Ingredients

FOR THE VEGETABLES

- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 4 garlic cloves, minced
- ½ tsp. dried rosemary
- Salt and pepper, to taste
- 2 medium carrots, peeled and sliced
- 1 medium zucchini, cubed
- 1 cup sliced mushrooms
- 1 cup broccoli florets
- 1 cup cauliflower florets

FOR THE POWER BOWL

- 4 cups salad greens
- 1 cup cooked barley
- 2 ounces crumbled goat cheese
- 1 pound cooked chicken (diced or shredded)

Directions

Preheat oven to 400°F. Line a large baking sheet with parchment paper. Combine oil, vinegar, garlic, rosemary, salt and pepper. Pour over vegetables and toss to coat evenly. Spread vegetables on baking sheet and roast for 18–20 minutes or until vegetables are tender.

To assemble: divide salad greens, barley and roasted vegetables among four bowls. Top with goat cheese and chicken.

Nutrition information per serving: 340 calories; 14.2 g fat; 4.8 g saturated fat; 99.6 mg cholesterol; 161.6 mg sodium; 20.7 g carbohydrate; 4.1 g fiber; 4.7 g sugar; 32.5 g protein





CHICKEN CURRY AND COCONUT RICE POWER BOWL

Makes 4 servings
Total time: 45 minutes

Ingredients

FOR COCONUT RICE

1 cup water
 $\frac{3}{4}$ cup full fat coconut milk
1 tsp. brown sugar
1 cup long grain rice
Salt, to taste

FOR CHICKEN

1 pound chicken breast, cut into cubes
1 Tbsp. curry powder
Salt and pepper, to taste

FOR SAUCE

$\frac{1}{4}$ cup honey
1 Tbsp. mustard
2 Tbsp. oil
 $\frac{1}{4}$ tsp. onion powder
 $\frac{1}{2}$ tsp. cornstarch
2 tsp. water
 $1\frac{1}{2}$ tsp. curry powder
 $\frac{1}{4}$ tsp. red pepper flakes

FOR THE POWER BOWL

2 cups chopped kale
1 sweet potato, cubed and roasted

Directions

In a saucepan, bring water, coconut milk, brown sugar and salt to a boil. Add rice. Reduce heat to medium-low and simmer until water is absorbed, about 15 minutes. Remove from heat and fluff with a fork. Season chicken with curry powder, salt and pepper. Add a small amount of oil to a large sauté pan and sauté for 5–10 minutes (depending on the size of the chicken cubes) or until cooked through. Remove chicken from pan. Combine sauce ingredients and add to the same pan you cooked the chicken in. Bring to a simmer, then add chicken back to the pan. Cook for 5–10 minutes or until flavors have combined.

TO ASSEMBLE

Mix kale with coconut rice and divide among four bowls. Top with chicken, sauce and roasted sweet potatoes.

Nutrition information per serving: 606 calories; 21.5 g fat; 9.9 g saturated fat; 76.5 mg cholesterol; 153.6 mg sodium; 68.2 g carbohydrate; 5.3 g fiber; 21.2 g sugar; 34.8 g protein

MEDITERRANEAN POWER BOWL

Makes 4 servings | Total time: 45 minutes

Ingredients

FOR THE ROASTED CHICKPEAS

- 1 can chickpeas, drained and rinsed
- 1 tsp. olive oil
- ¼ tsp. dried basil
- ¼ tsp. garlic powder

FOR THE POWER BOWL

- 2 cups salad greens
- 1 cup cooked quinoa, cooked according to package directions
- 1 cup grape tomatoes, halved
- 1 cucumber, chopped
- 1 yellow bell pepper, chopped
- ½ cup kalamata olives
- ½ cup hummus

Directions

Preheat oven to 400°F. Line a baking sheet with parchment paper. Season chickpeas with oil, basil and garlic powder. Roast for 30 minutes, stirring halfway through.

TO ASSEMBLE

divide salad greens among four bowls and arrange chickpeas, quinoa, tomatoes, cucumber, bell pepper and kalamata olives in sections around the bowl. Spoon hummus into the middle of each bowl and serve.

Nutrition information per serving: 310 calories; 12.1 g fat; 1 g saturated fat; 1.2 mg cholesterol; 681.7 mg sodium; 37.2 g carbohydrate; 9.9 g fiber; 3.6 g sugar; 13 g protein

Chickpeas (also known as garbanzo beans) are rich in plant-based protein and fiber.



CITRUS SALMON POWER BOWL

Makes 4 servings | Total time: 30 minutes

Ingredients

FOR THE SALMON

4 (4 ounce) salmon fillets
2 Tbsp. olive oil
1 Tbsp. paprika
½ tsp. garlic powder
½ tsp. dried thyme
Salt and pepper, to taste
Zest of 1 lime

FOR THE DRESSING

1 cup plain Greek yogurt
½ cup fresh cilantro
Juice of 2 limes
1 tsp. honey
Salt, to taste

FOR THE POWER BOWL

1 cup cooked quinoa
2 cups baby spinach
3 oranges or grapefruits, segmented
1 avocado, sliced

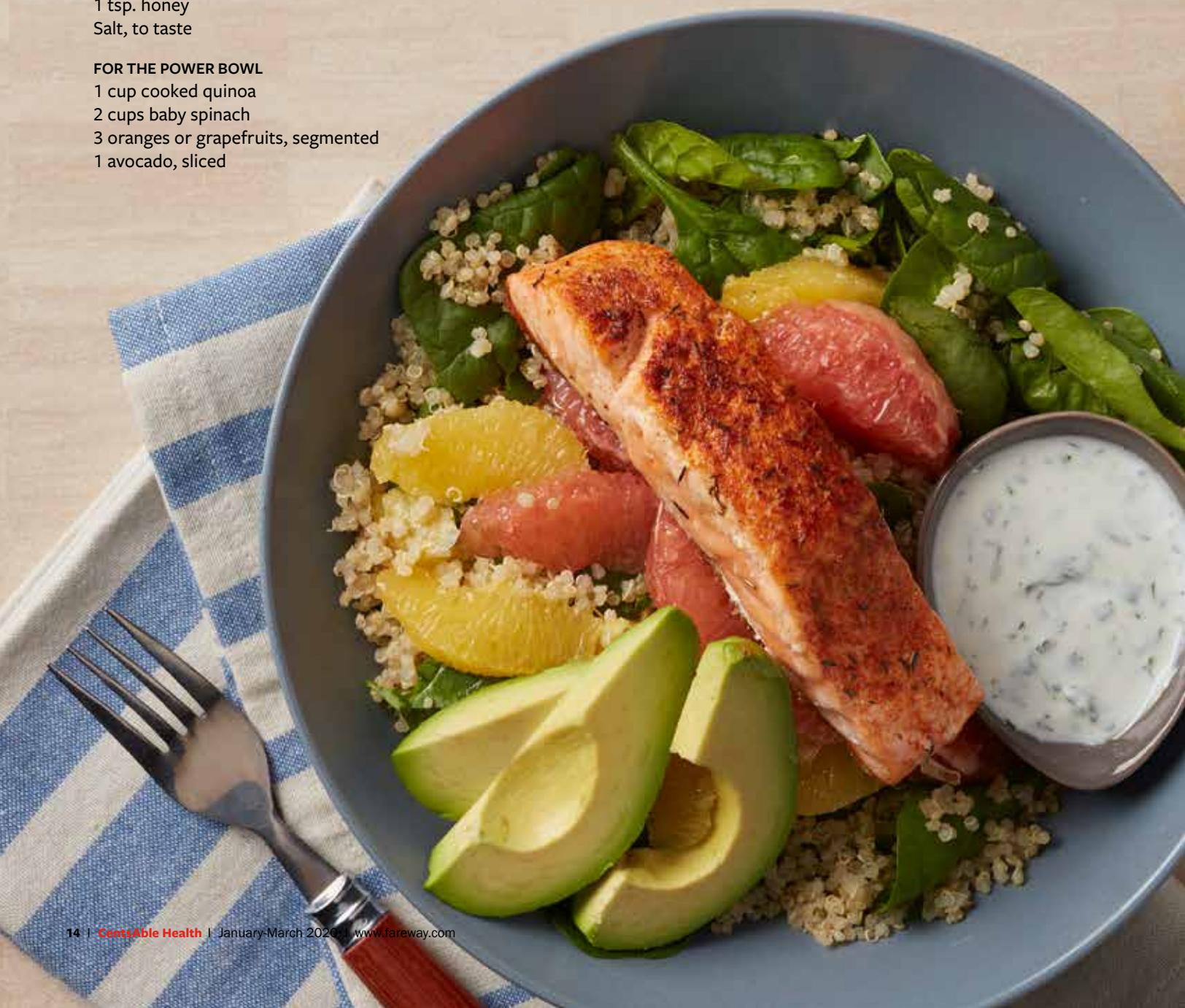
Directions

Season salmon with oil, paprika, garlic powder, thyme, salt, pepper and lime zest. Heat a medium skillet over medium-high heat. Add salmon, skin side up, and sear for 3–5 minutes on each side or until salmon is cooked through and flakes easily with a fork. Combine dressing ingredients in a blender or food processor and set aside.

TO ASSEMBLE

Divide quinoa, spinach, orange or grapefruit segments and avocado among four bowls. Top with salmon fillet and dressing.

Nutrition information per serving: 354 calories; 17.6 g fat; 2.5 g saturated fat; 18.4 mg cholesterol; 32.6 g carbohydrate; 8.4 g fiber; 4.6 g sugar; 16.5 g protein





FOUR SEASONS BEEF & BRUSSELS SPROUT POWER BOWL

Makes 4 servings

Total time: 30 minutes

Ingredients

2 cups brussels sprouts, cut in half

1 pound cooked steak, such as top sirloin or flank steak

Try it with our Cast Iron Flank Steak at www.fareway.com

4 cups thinly sliced brussels sprouts

1 medium apple, chopped

¼ cup dried cranberries

½ cup sliced celery

½ cup honey mustard dressing

¼ cup crumbled blue cheese, optional

¼ cup pecans, optional

Directions

Preheat oven to 425°F. Toss halved brussels sprouts with olive oil, salt and pepper. Roast for 15–20 minutes or until tender and brown.

TO ASSEMBLE

Divide sliced brussels sprouts among four bowls and add steak, apples, cranberries, celery and roasted brussels sprouts. Toss with honey mustard dressing. Top with blue cheese and pecans, if desired.

Nutrition information per serving: 541 calories; 28 g fat; 7 g saturated fat; 90.7 mg cholesterol; 408.1 mg sodium; 38.3 g carbohydrate; 7.5 g fiber; 22.1 g sugar; 33.9 g protein

national CANNED FOOD month

The key to unlocking quick (yet healthy) dinners may be as simple as opening your cupboard.

RESEARCH SHOWS that a well-stocked pantry—or cantry®—can help busy families prepare healthy meals more often while meeting their fruit and vegetable needs. Items are picked and packed at peak freshness, so your recipes aren't just nutritious, they're delicious.

Cans Get You
COOKING



CARNE ASADA BURRITOS

Makes 4 servings | Total time: 1 hour 30 minutes

Ingredients

½ cup orange juice	1 (14.5 ounce) can diced tomatoes, drained
2 Tbsp. canned chipotle peppers	1 (4.5 ounce) can diced green chilies
1 tsp. ground cumin	4 large (burrito-size) flour tortillas
1 large garlic clove	½ cup shredded Monterey Jack
1 Tbsp. vegetable oil	1 (15 ounce) can black beans, drained and rinsed
1 pound flank or sirloin steak	1 cup cooked rice
Salt and ground black pepper, to taste	Guacamole, optional

Directions

In blender or food processor, combine orange juice, chipotle peppers, cumin, garlic and oil; puree until smooth. Place steak in zip-top bag with orange juice mixture; marinate in refrigerator at least 1 hour. Preheat grill or broiler. Remove steak from marinade; pat dry. Season with salt and pepper. Grill meat until surface is browned on both sides, 5–8 minutes. Let rest 5 minutes. When cool enough to handle, cut steak into bite-size pieces. In small bowl combine diced tomatoes and green chilies. In large skillet over low heat, heat tortillas. As you remove each tortilla from skillet, top with one-fourth of the cheese, tomato mixture, beans and rice. Fold opposite ends of tortilla over toward center; roll up to create a tight burrito. Repeat with remaining ingredients. Serve with guacamole if desired.

Nutrition information per serving: 340 calories; 11 g total fat; 1.5 g saturated fat; 20 mg cholesterol; 780 mg sodium; 40 g carbohydrate; 4 g sugar; 18 g fiber; 22 g protein





ORANGE PORK STIR-FRY

Makes 4 servings | Total time: 25 minutes

Ingredients

1 pound pork tenderloin	1 (15 ounce) can stir-fry vegetables, drained
1 Tbsp. cornstarch	
¼ tsp. salt and ground black pepper	3 Tbsp. sweet Asian chili sauce
1 Tbsp. peanut oil	2 Tbsp. low sodium soy sauce
1 Tbsp. minced fresh ginger	2 tsp. sesame oil
3 cups baby spinach leaves	2 scallions, thinly sliced
1 (16 ounce) can mandarin oranges in light syrup, drained	

Directions

Cut pork tenderloin into ½ inch thick rounds, then into ½ inch wide strips. Place pork tenderloin strips in medium bowl; add cornstarch, salt and pepper; toss to mix well. In 12 inch skillet over medium high heat, heat peanut oil; add ginger. Cook 30 seconds; add pork strips. Stir fry until pork is lightly browned, about 5 minutes. Add spinach; cook 2 minutes, stirring constantly until just wilted. Add mandarin oranges, stir fry vegetables, chili sauce and soy sauce; cook over medium heat until mixture is coated and thickens slightly. Stir in sesame oil and sprinkle with scallions.

Nutrition information per serving: 270 calories; 10 g fat; 2 g saturated fat; 55 mg cholesterol; 1030 mg sodium; 22 g carbohydrate; 4 g fiber; 14 g sugar; 26 g protein





VEGETABLE LASAGNA

Makes 6 servings

Total time: 1 hour

Ingredients

- 12 no-boil lasagna noodles
- 1 (28 ounce) can crushed tomatoes
- 1 garlic clove, crushed
- 1 tsp. dried basil
- ½ tsp. salt
- ¼ tsp. ground black pepper
- 1 (15 ounce) container ricotta cheese
- 1 large egg
- 1 (14.5 ounce) can sliced carrots, drained
- 1 (13.5 ounce) can chopped spinach, drained
- 2 cups shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese

Directions

In a 2-quart saucepan over high heat, heat crushed tomatoes, garlic, basil, salt and pepper. Bring to a boil, then reduce heat to low. Simmer, uncovered, for 10 minutes to blend flavors. Preheat oven to 375°F. Spray a 12" x 8" baking dish with nonstick spray. In medium bowl combine ricotta cheese and egg until well mixed. Spoon some tomato sauce on bottom of dish to coat. Place 3 uncooked noodles lengthwise across the pan. Top with 1/3 of tomato sauce. With a spatula, spread 1/3 of ricotta mixture. Scatter 1/3 of carrots and spinach on ricotta and add 1/3 of mozzarella cheese. Repeat with uncooked noodles, tomato sauce, ricotta, vegetables and mozzarella two more times. Sprinkle with Parmesan cheese. Cover dish with foil; bake 30 minutes. Uncover dish; bake 10 minutes longer. Let cool before cutting.

Nutrition information per serving:
420 calories; 12 g fat; 5 g saturated fat;
60 mg cholesterol; 1160 mg sodium; 52 g
carbohydrate; 12 g sugar; 6 g fiber; 32 g protein



BEEF & VEGETABLE SOUP

Makes 6 servings | Total time: 30 minutes

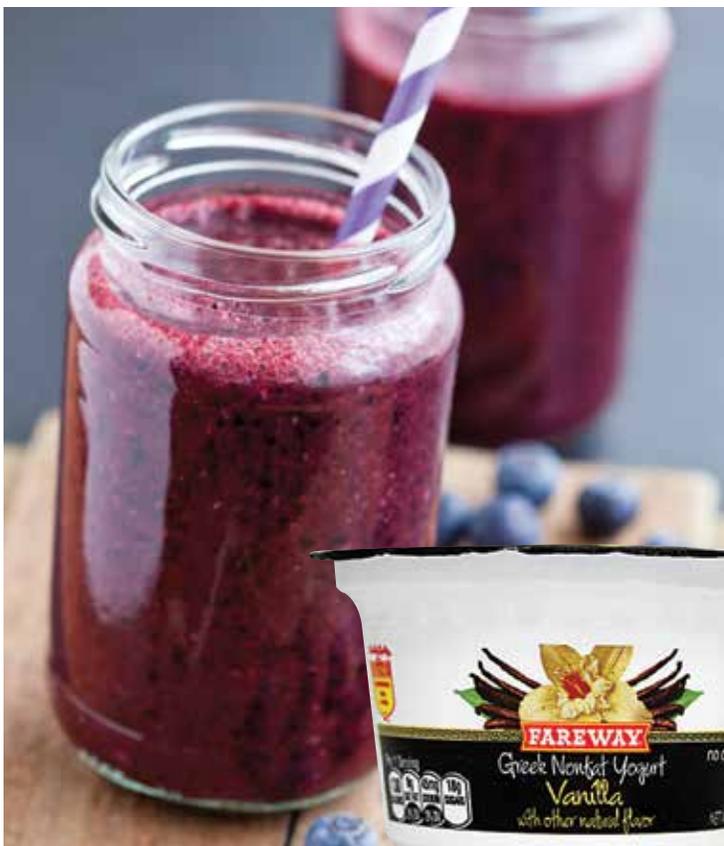
Ingredients

- 1 Tbsp. vegetable oil
- 1 pound lean ground beef
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 (14.5 ounce) can low sodium beef broth
- 1 (14.5 ounce) can sliced carrots, drained
- 1 (14.5 ounce) can no salt added cut green beans
- 1 (14.5 ounce) can no salt added stewed tomatoes
- 1 tsp. dried basil
- 1 cup cooked egg noodles, cooked according to package directions

Directions

In 4-quart saucepan over medium-high heat, add oil and cook ground beef until well browned on all sides, stirring frequently. With slotted spoon, remove beef to bowl. In drippings remaining in saucepan over medium heat, cook onion and garlic until tender-crisp, about 5–8 minutes. Add beef broth, carrots, green beans, stewed tomatoes, basil and ground beef. Heat to boiling, then reduce heat to low. Cover and simmer 10–15 minutes to blend flavors, stirring occasionally. Stir in cooked egg noodles.

Nutrition information per serving: 250 calories; 11 g fat; 3.5 g saturated fat; 55 mg cholesterol; 240 mg sodium; 19 g carbohydrate; 8 g sugar; 4 g fiber; 18 g protein



TRIPLE BERRY BANANA AND SPINACH SMOOTHIE

Makes 2 smoothies

Total time: 5 minutes

Ingredients

- 8 ounces frozen triple berry blend
- 1 large banana, frozen
- 1 cup baby spinach
- 1 (5.3 ounce) container Fareway vanilla Greek yogurt
- 1 cup milk
- 1–2 Tbsp. honey, optional

Directions

Add all ingredients to a blender and puree until smooth. Pour into two glasses and serve immediately.

ASK THE DIETITIANS

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

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