

FAREWAY
MEAT & GROCERY

cents  able
HEALTH™

ISSUE 36 | April-June 2020

BEANS
the **MAGICAL**
FOOD

30
minute
MEALS

more
ways to
ADD
FIBER

PLUS fresh, affordable recipes in every issue

FREE



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BEANS:
THE MAGICAL
FOOD

ZERO GUILT. MORE FLAVOR THAN YOU CAN COUNT.

1G | **10** | **1** | PER SERVING
SUGAR | CALORIES | NET CARB

FLAVOR FRIENDLY. YOGA FRIENDLY. GYM FRIENDLY.

drinkTREO.com




MRS. GRIMES
Premium Quality Since 1902

Taco Bout Delicious

Find more meal ideas at Mrsgrimesbeans.com



Taco Salad Casserole

Servings: 6 (about 11oz each)
Prep Time: 15 minutes
Total Time: 30 minutes

Ingredients

- 1 lb lean ground beef
- 1/2 cup chopped onion
- 1 (30oz) can **Mrs. Grimes® Chili Beans** (do not drain)
- 3 cups (3oz) crushed tortilla chips
- 1cup (4oz) shredded Mexican cheese blend
- 3 cups thinly sliced iceberg lettuce (1/4 head)
- 1 tomato, chopped

Preparation:

Heat oven to 350°F. Spray 11×7-inch baking dish with cooking spray. In large saucepan, cook ground beef and onions over medium-high heat 6 to 8 minutes or until thoroughly cooked. Stir in beans; cook until bubbly. Spread chips in pan. Top with bean mixture. Sprinkle with cheese. Bake 15 minutes or until edges are bubbly and cheese is melted. Just before serving, top with lettuce and tomato. Top with favorite toppings: sour cream, taco sauce, green onions, avocado, more crushed chips.

Taylor Farms CHOPPED SALAD KITS

**GETTING
IN YOUR
VEGGIES
JUST GOT
EASIER**

Taylor Farms® chopped salad kits may be the best grocery shortcut to date. Each kit is washed and ready to enjoy, complete with unique toppings and dressing. With a variety of flavors to choose from, there's always a tasty dinner just minutes away.

No need for a knife—a delicious twist on a steakhouse favorite! This salad packs a punch with crispy onions and did we mention smoky?! Layer on more flavor with our traditional steakhouse seasoning and finish with decadent blue cheese dressing. A blend of crunchy veggies makes this the ultimate “fork-able” salad. Top with sliced heirloom tomatoes. DELISH!

STEAKHOUSE WEDGE CHOPPED KIT



MAPLE BOURBON BACON CHOPPED KIT

Packed with bold flavors, this salad has delicious smoky bacon and crunchy golden honey almonds with a sweet maple bourbon vinaigrette to top crisp romaine lettuce, cabbage, broccoli, green onion and carrots. For a fun twist try topping your baked sweet potatoes with this salad for a nutrient-packed meal or serve as a crowd-pleasing side dish at your next BBQ. Enjoy!

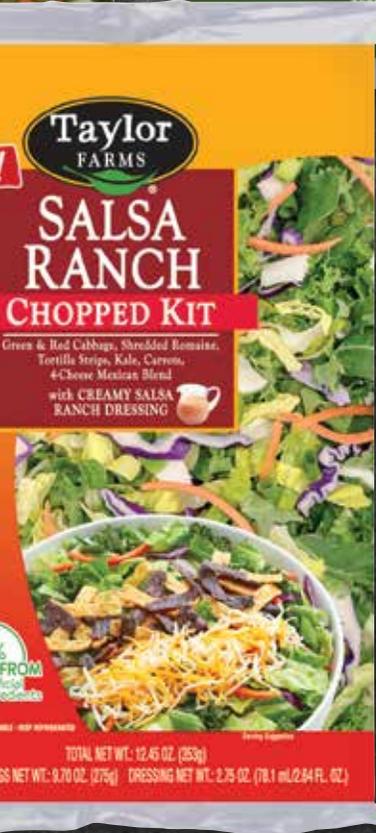


SALSA RANCH CHOPPED KIT

A twist on the classic, this salad combines creamy ranch with all the flavors of your favorite salsa, crisp romaine, red and green cabbage, kale, carrots and green onions topped with crunchy tortilla strips and a Mexican-style cheese blend. Turn taco night inside out (no shell needed) with ground turkey, black beans and a squeeze of lime for a mouthwatering meal in minutes!

Delicious bright veggies including romaine, cabbage, carrots, crisp corn and green onion come together in this mouthwatering salad. Drizzle with our creamy Avocado Ranch Dressing for a refreshing salad with a hint of heat from the cilantro and taco seasoned cheese. Top with Cajun chicken or roll it up in a light spinach wrap with tofu for the perfect meal on the go.

AVOCADO RANCH CHOPPED KIT



ROASTED GARLIC CHOPPED KIT

Calling all GARLIC LOVERS... this one-of-a-kind creamy and savory garlic dressing pairs perfectly with bold smoked cheddar cheese and crunchy crouton pieces. Toss with crisp romaine, red cabbage, shredded broccoli, green onions, celery and a hint of parsley. Top with sautéed shrimp for a protein-packed meal.



TANGERINE CRUNCH CHOPPED KIT

Freshly squeezed! This bright salad combines toasted quinoa with vibrant dried cranberries, sliced almonds and honey-sweetened tangerine vinaigrette. It's paired with romaine, green cabbage, shredded broccoli, green onions, celery and a hint of parsley. Liven up your next brunch with a delicious quiche, a side of our tangerine crunch and a glass of bubbly. CHEERS!

GRILLED STEAKHOUSE SALAD FLATBREAD

Makes 4 servings

Total time: 45 minutes

INGREDIENTS

- 1 Taylor Farms Steakhouse Wedge Chopped Kit
- 1 pound grilled steak, such as flank, ribeye or sirloin
- Salt and pepper, to taste
- 1 can refrigerated pizza dough
- 2 Tbsp. olive oil

DIRECTIONS

Season steak with salt, pepper and the steak seasoning from the Taylor Farms Steakhouse Wedge Chopped Kit, reserving $\frac{1}{2}$ teaspoon of the steak seasoning for the flatbread. Preheat grill to high heat. While grill is heating, roll out pizza dough and brush both sides with olive oil. Season with remaining steak seasoning, salt and pepper. Grill steak for 6–7 minutes per side (depending on cut and thickness) or until the internal temperature reaches 145°F. Remove steak from grill and let it rest for 5–10 minutes before slicing. While steak is resting, place flatbread on the grill and cook until the underside is charred and bubbles appear on the topside, about 2 minutes. Flip and continue to cook for 2–3 minutes. Toss the remaining salad kit ingredients together and then place them on top of the flatbread. Slice steak and add on top. Slice and serve immediately.

Nutrition information per serving (using sirloin): 601 calories; 28 g fat; 9.3 g saturated fat; 81 mg cholesterol; 879 mg sodium; 52.6 g carbohydrate; 2.75 g fiber; 8.6 g sugar; 35 g protein



“This salad packs a punch with crispy onions and did we mention smoky?!”



SALSA RANCH BURRITO BOWL

Makes 4 servings

Total time: 20 minutes

INGREDIENTS

- 1 Taylor Farms Salsa Ranch Chopped Kit
- 1 pound 90% lean ground beef
- 2 red bell peppers, sliced into thin strips
- 1 cup canned black beans, strained and rinsed
- 1 (1.25 ounce) packet taco seasoning
- 2 cups cooked brown rice
- ¼ cup cherry tomatoes
- 1 jalapeno, thinly sliced into coins
- 2 green onions
- 2 limes, sliced into wedges for serving
- Cilantro for garnish

DIRECTIONS

Heat a sauté pan over medium-high heat. Sauté ground beef until crumbled and cooked through, about 7 minutes. Add bell peppers, beans, taco seasoning and ¼ cup water to the pan. Cover and simmer until peppers are tender and liquid is absorbed. In a large bowl, mix the salad kit together. Divide salad among four bowls and top with ground beef mixture, brown rice, cherry tomatoes, jalapeno slices and green onions. Serve with limes and cilantro, if desired.

Nutrition information per serving:

492 calories; 18 g fat; 5.7 g saturated fat; 78 mg cholesterol; 862 mg sodium; 50 g carbohydrate; 11 g fiber; 14.5 g sugar; 33 g protein

"This salad combines creamy ranch with all the flavors of your favorite salsa."





5 EASY WAYS TO GET YOUR FIBER

REACHING THE RECOMMENDED 25 TO 30 GRAMS OF DAILY FIBER SHOULD BE ON THE FOREFRONT OF EVERYONE'S MIND.

Although fiber is typically associated with healthy digestion (ahem, regularity), it actually hosts a whole slew of health benefits. Fiber aids in weight management, blood sugar regulation, healthy cholesterol, and it may even help reduce the risk of colon cancer. Try these five easy ways to add more fiber to your day.

1

SPRINKLE ON CHIA SEEDS

Don't be fooled by chia seeds' tiny size—they pack a healthy punch. In fact, one serving (about 2 tablespoons) provides 11 grams of fiber, almost half of your daily needs! Chia seeds are virtually flavorless and don't require any cooking or grinding, which means you can sprinkle them on everything from yogurt to vegetables.

2

EAT THE ENTIRE FRUIT OR VEGETABLE

The edible skin of fruits and vegetables contains fiber and antioxidants, so think twice before you peel. While not all skins are edible, the skins of apples, cucumbers, potatoes, kiwis and pears (just to name a few) can all be safely enjoyed for more nutrients and less food waste.





3

CHOOSE WHOLE GRAINS

Whole grain breads, pastas and cereals contain the fiber-rich bran that most refined carbohydrates are missing. To make sure you're getting whole-grain goodness, always check the ingredients. A product's main ingredient should say "whole" or "100%" under the nutrition facts panel.



4

ADD VEGETABLES

Minced, pureed, spiralized or sautéed vegetables can be hidden almost anywhere to boost fiber—out of sight, but not out of your digestive system. Try pureeing cauliflower to add to potatoes, sautéing finely minced mushrooms for tacos or spiralizing zucchini to mix with pasta.



5

ADD BEANS

Beans are high in fiber and mild in flavor, so you can add them to almost any dish to boost fiber and plant-based protein. Not sure which beans to try? Turn to page 18 for more on the health benefits of beans!

Quick, Easy & HIGH IN FIBER



MEXICAN-STYLE BEEF SAUSAGE BAKED POTATOES

Makes 4 servings | Total time: 30 minutes

INGREDIENTS

1 pound ground beef
2 Tbsp. red wine vinegar
1½ tsp. dried oregano
1½ tsp. paprika
1½ tsp. chili powder
1 tsp. garlic powder
½ tsp. chipotle chili powder
Salt and pepper, to taste
½ cup salsa
2 cups frozen Southwestern vegetable
blend, thawed
4 russet potatoes, baked
½ cup crumbled feta or cojita cheese,
optional
Optional toppings: avocado, guacamole,
lettuce, tomato, cilantro, onion or
sour cream

DIRECTIONS

Heat a sauté pan over medium heat. Add ground beef and season with vinegar, oregano, paprika, chili powder, garlic powder, chipotle chili powder, salt and pepper. Cook 8–10 minutes, breaking into ½ inch crumbles, until browned and cooked through. Cut slits in potatoes and top with beef sausage and remaining ingredients.

Nutrition information per serving: 399 calories; 9 g fat; 4 g saturated fat; 57 mg cholesterol; 611 mg sodium; 54 g carbohydrate; 9.6 g fiber; 25 g protein

400
CALORIES

9 G
FAT

25 G
PROTEIN

9.6 G
FIBER



NOTHING ARTIFICIAL

Chobani™ Coffee Creamers

Simply made with five or fewer ingredients, like farm-fresh cream and cane sugar



SHORT ON TIME DOESN'T MEAN SHORT ON FLAVOR WITH JUST 30 MINUTES DINNER IS SERVED

PEPPER STEAK

Makes 4 servings
Total time: 30 minutes

INGREDIENTS

1 Tbsp. oil
1 red bell pepper, sliced
1 green bell pepper, sliced
1 pound steak, such as flank or sirloin,
thinly sliced
2 tsp. minced garlic
½ tsp. minced ginger
½ cup soy sauce
1 Tbsp. brown sugar
1 Tbsp. cornstarch
¼ cup water

DIRECTIONS

Heat half of the oil in a large skillet over medium-high heat. Add peppers and cook until crisp tender, about 4 minutes. Remove peppers from the pan and set aside. Add remaining oil to the skillet and add steak. Cook steak in a single layer (it may take a few batches) for 5–6 minutes or until lightly browned. Add peppers back into the skillet with steak. Whisk together garlic, ginger, soy sauce, sugar, cornstarch and water. Add sauce to the skillet and bring to a simmer. Continue to simmer for 2–3 minutes or until sauce has thickened slightly. Add additional water as needed.

Nutrition information per serving: 246 calories; 8.9 g fat; 2.4 g saturated fat; 69 mg cholesterol; 906 mg sodium; 13 g carbohydrate; 1.2 g fiber; 7 g sugar; 28 g protein





TURKEY AND SWEET POTATO SKILLET

Makes 4 servings | Total time: 30 minutes

INGREDIENTS

1 Tbsp. oil	¼ tsp. red pepper flakes
½ cup onion, diced	Salt and pepper, to taste
1 yellow bell pepper, diced	2 cups sweet potatoes, diced (about 1 large potato)
1 pound ground turkey or chicken	½ cup shredded mozzarella cheese
1 tsp. garlic, minced	
1 tsp. chili powder	

DIRECTIONS

Heat a large skillet over medium-high heat. Add oil, onion and bell pepper. Sauté until tender, about 4 minutes. Add turkey and garlic to the skillet. Season with chili powder, red pepper flakes, salt and pepper. Sauté until crumbled and turkey is cooked through, about 7 minutes. Add sweet potatoes. Cover and cook until potatoes are tender, about 10–15 minutes.

Nutrition information per serving: 321 calories; 16 g fat; 4.5 g saturated fat; 92 mg cholesterol; 122 mg sodium; 19 g carbohydrate; 2.8 g fiber; 5.4 g sugar; 27 g protein



HIBACHI CHICKEN

Makes 4 servings
Total time: 30 minutes

INGREDIENTS

2 Tbsp. oil
1 pound chicken breast or thigh, cut into cubes
Salt and pepper, to taste
2 Tbsp. butter
1 cup broccoli florets
1 (8 ounce) package mushrooms
1 onion, cut into cubes
1 zucchini, cut into small spears
1 large carrot, sliced
¼ cup reduced sodium soy sauce
1 tsp. sesame seeds

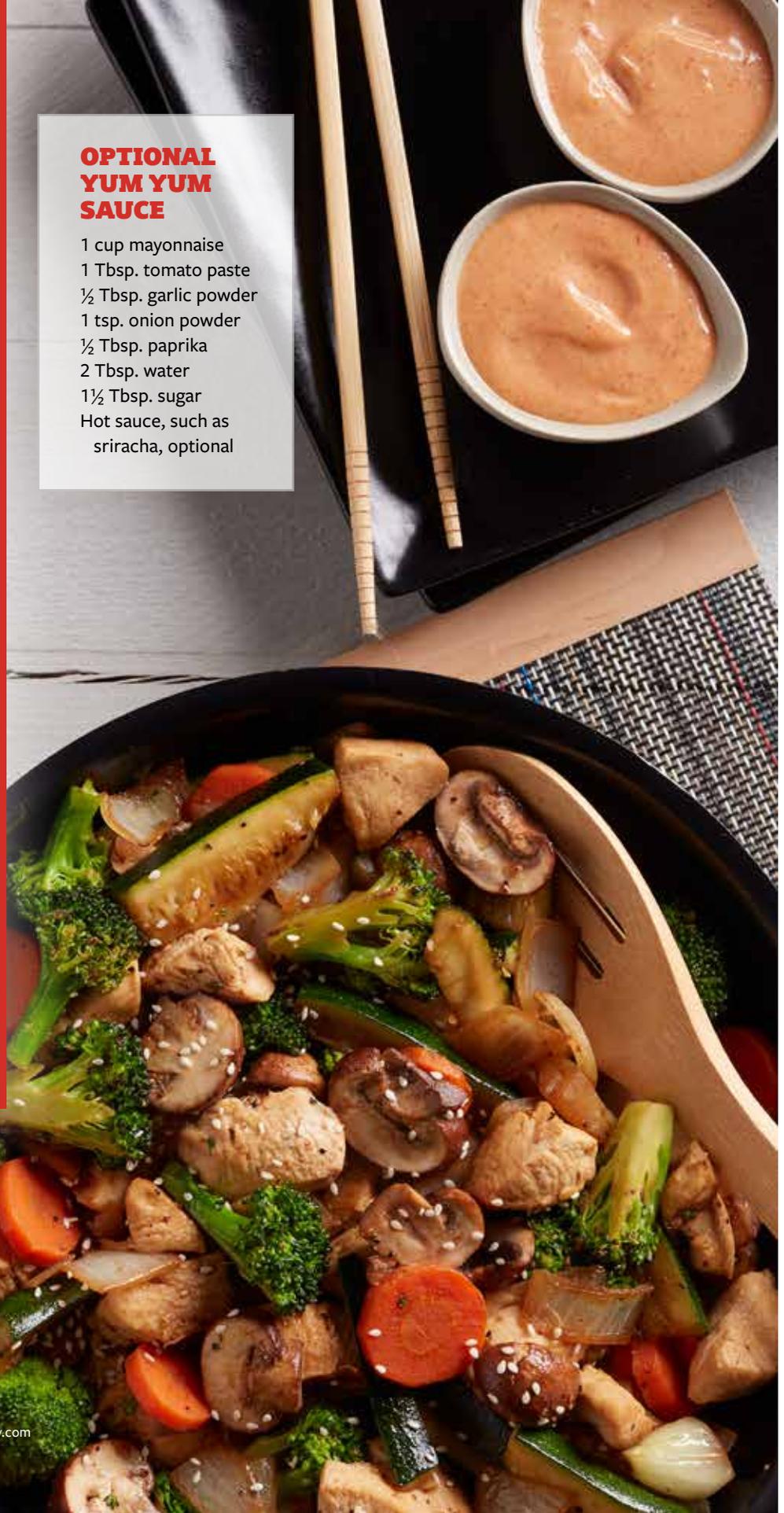
DIRECTIONS

Heat a large skillet over high heat, then add oil. Season chicken with salt and pepper and add to skillet. Cook on all sides until chicken is cooked through, about 7 minutes. Remove chicken from pan and set aside. In the same skillet, melt butter then add vegetables. Sauté until crisp tender, about 4 minutes. Add chicken back to the skillet with the soy sauce and sesame seeds.

Nutrition information per serving (using chicken breast): 302 calories; 16 g fat; 5.3 g saturated fat; 98 mg cholesterol; 497 mg sodium; 10 g carbohydrate; 2.3 g fiber; 29 g protein

OPTIONAL YUM YUM SAUCE

1 cup mayonnaise
1 Tbsp. tomato paste
½ Tbsp. garlic powder
1 tsp. onion powder
½ Tbsp. paprika
2 Tbsp. water
1½ Tbsp. sugar
Hot sauce, such as sriracha, optional





DIJON SALMON

Makes 4 servings

Total time: 30 minutes

INGREDIENTS

4 (4 ounce) salmon fillets
1 Tbsp. fresh parsley,
chopped OR 1 tsp. dried
parsley
¼ cup Dijon mustard
1 Tbsp. oil
3 garlic cloves, minced
Salt and pepper, to taste

DIRECTIONS

Preheat oven to 375°F.
Place salmon on a baking
sheet covered in parchment
paper, skin side down. Mix
the remaining ingredients
together and spread over
salmon. Bake salmon for
15–18 minutes or until
cooked through.

Nutrition information per serving:

203 calories; 11 g fat; 1.6 g saturated fat;
62 mg cholesterol; 223 mg sodium; 1.5
g carbohydrate; 0.5 g fiber; 0.2 g sugar;
23 g protein



PORK TENDERLOIN WITH SPICED APPLES

Makes 4 servings

Total time: 30 minutes
+marinating time

INGREDIENTS

1 pound pork tenderloin
Salt and pepper, to taste
2 Tbsp. fresh rosemary, chopped OR
2 tsp. dried rosemary
2 Tbsp. minced garlic
3 tsp. butter, divided
4 small apples, such as Granny Smith,
cored and cut into wedges
1 Tbsp. apple cider vinegar
¼ cup water
2 Tbsp. honey
½ tsp. cinnamon
¼ tsp. ground ginger
¼ tsp. ground nutmeg

DIRECTIONS

Season pork with salt, pepper, rosemary and garlic. Marinate in the refrigerator for at least 4 hours, up to overnight. Pre-heat oven to 450°F. Heat an ovenproof skillet (such as cast iron) over high heat. Add 1½ teaspoons butter and sear tenderloin on all sides until caramelized, about 2 minutes per side. Transfer skillet to the oven and bake for approximately 15 minutes or until the internal temperature reaches 145°F. Remove pork from oven and let it rest for 5–10 minutes before slicing. While pork is resting, heat remaining butter in a nonstick skillet over medium-high heat. Add apples and cook for 3–5 minutes. Add remaining ingredients and bring to a boil. Reduce heat and simmer for an additional 3–5 minutes or until apples are tender. Slice pork and serve with apples.

Nutrition information per serving: 374 calories; 7 g fat; 2 g saturated fat; 64 mg cholesterol; 414 mg sodium; 26 g carbohydrate; 2 g fiber; 21 g sugar; 23 g protein

HOMEMADE HAMBURGER SKILLET

Makes 6 servings

Total time: 30 minutes

INGREDIENTS

2 Tbsp. olive oil

½ yellow onion, minced

1 pound ground beef

Salt and pepper, to taste

½ tsp. garlic powder

½ tsp. paprika

1 Tbsp. tomato paste

12 ounces elbow pasta (uncooked)

2 cups beef broth

2 cups milk

½ cup shredded cheese, such as cheddar, pepper jack or Mexican blend

¼ cup fresh parsley, chopped (optional)

V

DIRECTIONS

Heat a large skillet or stockpot over medium-high heat. Add oil, onions and ground beef. Season with salt, pepper, garlic powder and paprika. Sauté ground beef until crumbled and cooked through, about 7 minutes. Add tomato paste and stir to combine. Add pasta, broth and milk. Stir and let cook until pasta is tender, about 11 minutes. Remove from heat and add cheese.

Nutrition information per serving: 469 calories; 17 g fat; 5.8 g saturated fat; 60 mg cholesterol; 290 mg sodium; 49 g carbohydrate; 2.2 g fiber; 6.1 g sugar; 29 g protein



BEANS

THE MAGICAL FOOD

Turns out beans really are the magical food (nutritionally, at least). Beans are rich in fiber, plant-based protein and complex carbohydrates, making them almost an entire meal on their own. Not sure which bean goes where? Keep reading!



CANNELLINI

Cannellini beans (also known as white kidney beans) have a more subtle flavor compared to the red kidney bean, making them perfect for salads or soups.

CHICKPEAS

Chickpeas (also known as garbanzo beans) are popular across the globe. Chickpeas are most popular in hummus, a dip made from mashed chickpeas and tahini.



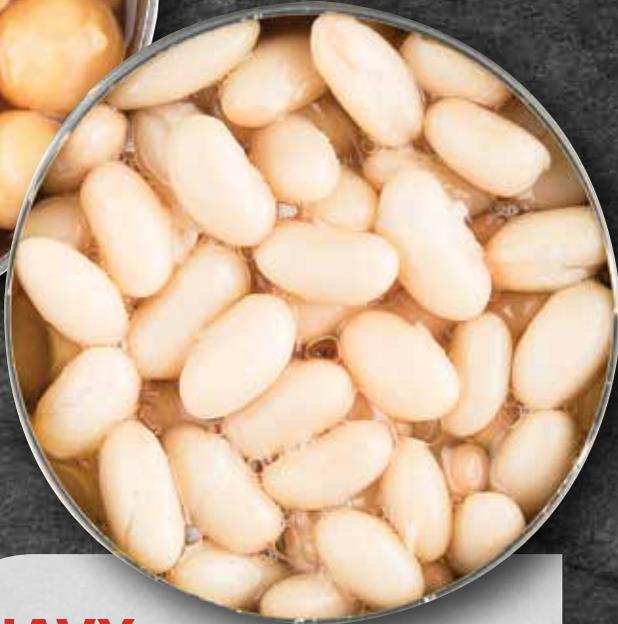
BLACK

Black beans have a meaty texture and are often used in Latin American foods. Add them to tacos, enchiladas, burritos or taco salads.



RED KIDNEY

Red kidney beans are named for their similar shape and color to human kidneys. Kidney beans generally take on the flavors of the food they are cooked with. Use them in red beans and rice or chili for authentic flavor and texture.



PINTO

Pinto beans are one of the most popular beans in the United States and northwestern Mexico, and are also common in Brazilian cooking. They're traditionally used to make refried beans.



NAVY

The navy bean got its name because it was a staple food for the U.S. Navy in the 1800s. Today, it is the main bean used for baked beans.

Canned beans (except for chili beans) should always be drained and rinsed until all of the white bubbles are gone. This helps reduce sodium and gas-causing compounds.

ASK THE DIETITIANS

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

Fareway Stores, Inc.
C/O Registered Dietitians
2300 Industrial Park Road
P.O. Box 70
Boone, IA 50036



EMAIL

centsablehealth@farewaystores.com

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Whitney, RD, LD



Caitlyn, RD, LD

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