

FREE

# kitchen

BY FAREWAY

ISSUE 59 | JANUARY-MARCH 2026



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2026  
TRENDS

elevated  
BASICS

homemade  
CHICKEN  
STOCK

sneaky  
SMOOTHIES

PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!

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# SNEAKY smoothies

Smoothies offer a convenient, nutrient-packed blend, but what if we added a few key ingredients to give your smoothie some staying power? Ingredients that are stealthy and healthy, working behind the scenes to turn your smoothie into a meal.

**Try adding one (or more!) of our filling boosters or follow our recipes for suggested combinations.**

# PROTEIN

Protein is made of amino acids, the building blocks for muscles, bone, skin, hair, nails and cartilage. It's also key when it comes to staying full. To help balance the carbohydrates found in smoothies, aim for at least ten grams of protein per serving—that's a minimum recommendation, you can go much higher!

**Here's how to add approximately 10 grams of protein per serving (as always, make sure you're reading labels for the exact nutrition information).**

Greek yogurt, ½ cup  
Traditional yogurt, ½ cup  
Protein powder, ½ serving  
Collagen powder, ½ serving  
Silken tofu, ½ cup  
Cottage cheese, ½ cup  
Whipped cottage cheese, ½ cup  
Milk (dairy or soy), 1 cup  
Peanut butter, 2 tablespoons  
Powdered peanut butter, 3 tablespoons



*Cottage cheese delivers a solid protein punch with a mild flavor and no added sugar.*

Think  
cheesecake but  
satisfyingly filled  
with fiber and  
protein.

## Blueberry + Cottage Cheese Smoothie

Makes 1 smoothie  
Total time: 5 minutes

### INGREDIENTS

1 cup frozen blueberries  
½ cup cottage cheese  
1 cup milk of choice  
1 Tbsp. chia seeds  
1 scoop vanilla protein powder, optional

Approximate nutrition information per serving (does not contain protein powder; include 2% milk and 4% cottage cheese): 386 calories; 14 g fat; 6.2 g saturated fat; 34 mg cholesterol; 489 mg sodium; 42 g carbohydrate; 11 g fiber; 16 g sugar; 24 g protein



# FIBER

Fiber triggers the feeling of fullness, feeds the healthy bacteria in our digestive tract, slows blood sugar spikes and helps with regularity. Most people need 25–35 grams of fiber each day, yet few are meeting the minimum recommendation.

Below is a list of sources with around 5 grams of fiber, which is a nice goal for a snack smoothie. If your smoothie is taking the place of a meal, aim for about 10 grams of fiber.

Chia seeds, 1 tablespoon  
Ground flaxseeds, 2 tablespoons  
Rolled oats, ½ cup  
Avocado, ½ of 1 medium  
Raspberries, ½ cup



*Raspberries are one of the highest fiber fruits—delivering nearly 8 grams in one cup—a simple swap for a more filling smoothie.*



A classic smoothie combination with satisfying chia seeds.

## Strawberry Banana + Chia Seed Smoothie

1 cup frozen strawberries  
½ ripe or frozen banana  
1 Tbsp. chia seeds  
½ cup Greek yogurt (plain or vanilla)  
1 cup milk of choice  
1 teaspoon honey or maple syrup (optional, to taste)

Approximate nutrition information per serving (includes whole milk plain Greek yogurt and 2% milk; does not include added sweetener):  
415 calories; 15.5 g fat; 6.3 g saturated fat; 43 mg cholesterol; 139 mg sodium; 50 g carbohydrate; 9.7 g fiber; 22 g protein

# FAT

**Healthy fat is essential for absorbing vitamins found in your smoothie (vitamins A, D, E and K, to be exact), supporting immune function and keeping you satisfied. If your smoothies aren't keeping you full, try adding a serving of fat (approximately 10 grams). Fat helps to slow digestion, reducing blood sugar spikes, so you feel fuller for longer.**

## **What does approximately 10 grams of healthy fat look like?**

Avocado, ½ of 1 medium  
Peanut butter, 1 tablespoon  
Almond butter, 1 tablespoon  
Coconut milk (canned, full fat), ½ cup  
Chia seeds, 2 tablespoons  
Unsweetened coconut flakes,  
2 tablespoons  
Coconut oil, 1 tablespoon



*Avocados provide filling fiber and fat with a velvety smooth texture. Since they don't add any flavor, you can pair them with virtually any smoothie combination.*



## **Pineapple + Coconut Smoothie**

1 cup frozen pineapple  
½ cup canned coconut milk,  
full fat  
½ cup vanilla yogurt  
(Greek or traditional)  
½ cup milk of choice  
1 Tbsp. chia seeds  
Honey or maple syrup, to taste,  
optional  
Unsweetened shredded coconut  
flakes, for garnish

**Approximate nutrition information per serving (includes nonfat plain Greek yogurt and 2% milk; does not contain added sweetener or coconut flakes):** 466 calories; 25 g fat; 20 g saturated fat; 17 mg cholesterol; 121 mg sodium; 40 g carbohydrate; 6 g fiber; 29 g sugar; 20 g protein

**This refreshing smoothie tastes like a tropical vacation but with staying power.**

# CHICKEN STOCK

Making your own chicken stock is surprisingly simple and it adds a deep, rich flavor that can't be boxed up.



## **What's the difference between stock, broth and bone broth?**

Stock is typically unseasoned and requires a longer cook time compared to broth, which usually contains salt. Bone broth uses bones like stock but requires an even longer cook time, up to 24 hours.

## **What vegetables do I need?**

Nearly any vegetable or vegetable scrap works for stock. If you're new to stock, stick to the basics: a mix of carrots, celery, onion and garlic.

## **What if I have a carcass but I'm not ready to make stock?**

Combine bones and vegetable scraps in a large zip-top bag and freeze until you're ready to make stock.

## **How do I store it?**

Fresh stock lasts for about 4 days in the refrigerator, up to 1 year in the freezer. Freeze stock in portions that work for you in freezer-friendly ice cube trays, bags or containers.

## **Why does it jiggle when it cools?**

Bones and connective tissues release collagen when they're simmered. That collagen turns into gelatin and solidifies when it cools (yes, like the dessert!)

## **What are the health benefits?**

Aside from a rich mouthfeel and depth of flavor, the gelatin produced from making stock supports joint health, digestion and skin health.

## **What are the different cooking methods for stock?**

Stock can be made in an Instant Pot® (45–60 minutes plus a natural release), slow cooker (8–12 hours on low or 4–6 hours on high) or on the stove (at least 4 hours for a rich flavor). At a very low heat, you can simmer stock for 8 hours or more to develop flavor and release gelatin.



1.

Place chicken carcass with meat pulled off into a large pot with a lid.



2.

Add vegetables or vegetable scraps. Include salt and black peppercorns, if desired.



3.

Add water (just enough to cover the carcass) and cook on low heat.



4.

Strain stock using a colander over a bowl.



5.

Store stock in jars or freeze in your preferred container.



6.

Enjoy!



Gelatin produced from making stock supports joint health, digestion and skin health.



A white square plate is filled with a dish of orzo pasta, fried shrimp skewers, and lemon slices. The shrimp are golden-brown and skewered on metal sticks. The orzo is a small, rice-shaped pasta, and the lemon slices are fresh and bright yellow. The plate is set on a bamboo placemat. In the bottom left corner, there is a white bowl containing more lemon slices. A green and white patterned napkin is visible in the bottom left corner.

# ELEVATED BASICS

We're taking everyday recipes and giving them an upgrade with homemade sauces, vibrant ingredients and elevated flavors. The result? Dishes that feel refined, yet familiar.

**Classic chicken and rice gets the ultimate flavor update with crispy chicken and seasoned rice covered in a lemon butter sauce.**

## CHICKEN SKEWERS WITH LEMON BUTTER AND CHICKEN & HERB RICE

**Makes 4 servings | Total time: 45 minutes**

### INGREDIENTS

#### Chicken Skewers

1 pound chicken breast, cut into cubes  
1 Tbsp. oil  
½ cup grated parmesan cheese  
½ cup panko breadcrumbs  
½ tsp. oregano  
½ tsp. garlic powder  
¼ tsp. salt  
¼ tsp. pepper  
4 skewers\*

#### Lemon Butter

1 stick butter, melted  
1 garlic clove, grated or pressed  
3 Tbsp. lemon juice

### DIRECTIONS

Preheat oven to 400°F.

Combine Lemon Butter ingredients and set aside.

Coat chicken in oil. Add remaining ingredients and stir to combine. Divide chicken onto 4 skewers.

Bake skewers until chicken is cooked through, 20 minutes, flipping halfway through.

Turn broiler to high and broil until chicken is crispy and golden brown, 2–3 minutes.

Serve over Chicken and Herb Rice and top with Lemon Butter.

\*if using wooden skewers, soak them in water for at least 20 minutes

**Chicken Skewer approximate nutrition information per ¼ of recipe:** 286 calories; 16 g fat; 4.9 g saturated fat; 108 mg cholesterol; 477 mg sodium; 10 g carbohydrate; 0.5 g fiber; 0.4 g sugar; 25 g protein

**Lemon Butter approximate nutrition information per ¼ of recipe:** 205 calories; 23 g fat; 15 g saturated fat; 61 mg cholesterol; 182 mg cholesterol; 0.7 mg carbohydrate; 0 g fiber; 0 g sugar; 0 g protein

### CHICKEN AND HERB RICE

**Makes 4 servings**

**Total time: 30 minutes**

### INGREDIENTS

2 Tbsp. butter  
½ cup orzo, vermicelli or broken spaghetti noodles  
1 cup long grain rice (not instant)  
1 Tbsp. chicken bouillon  
½ tsp. Italian seasoning  
1 tsp. dried parsley  
1 tsp. garlic powder  
2 ¾ cup water

### DIRECTIONS

Melt butter in a saucepan or skillet with a lid. Add pasta and rice. Sauté until fragrant and toasted, 2–3 minutes. Add remaining ingredients and bring to a boil. Cover and simmer until pasta and rice are cooked through, 15–20 minutes.

**Chicken and Herb Rice approximate nutrition information per ¼ of recipe (using orzo):** 310 calories; 6.8 g fat; 3.7 g saturated fat; 15 mg cholesterol; 589 mg sodium; 55 g carbohydrate; 1.5 g fiber; 1.6 g sugar; 7 g protein



**These enchiladas are as elegant as they are easy. You can even make them ahead (adding the sauce on top when you're ready to bake) so they're weeknight dinner approved.**

## CHICKEN ENCHILADAS WITH HOMEMADE SAUCE

**Makes 6 enchiladas | Total time: 45 minutes**

### INGREDIENTS

#### Enchilada Sauce

3 Tbsp. oil  
3 Tbsp. flour  
1 Tbsp. chili powder  
¼ tsp. cumin  
½ tsp. dried oregano  
½ tsp. garlic powder  
Salt, to taste  
Pepper, to taste  
Pinch of cinnamon, optional  
2 Tbsp. tomato paste  
2 cups chicken broth  
1 tsp. apple cider vinegar (or white vinegar)

#### Enchiladas

2 ½ cups shredded chicken (about 1 pound)  
2 cups shredded cheese, divided  
6 (8 inch) flour tortillas

### DIRECTIONS

#### For the Enchilada Sauce

Heat oil in a saucepan over medium heat. Add flour and whisk until combined. Add chili powder, cumin, oregano, garlic powder, salt, pepper and cinnamon, if using. Stir in tomato paste and heat until flavors combine, 1 minute. Whisk in chicken broth. Bring sauce to a boil, then lower heat to a simmer. Simmer until sauce has thickened, 5 minutes. Remove sauce from heat and stir in vinegar.

#### To assemble Chicken Enchiladas

Preheat oven to 375°F.

Spread ¼ cup of enchilada sauce across the bottom of a baking dish.

Combine shredded chicken, 1 cup of shredded cheese, and ½ cup of enchilada sauce. Divide mixture between tortillas and place seam-side down in the baking dish. Top with remaining cheese and remaining enchilada sauce.

Cover with aluminum foil and bake for 20 minutes. Remove foil and bake until cheese is melted and bubbly, 10–15 minutes.

**Approximate nutrition information per serving (1/6 of recipe; includes Enchilada Sauce):** 459 calories; 24 g fat; 7.9 g saturated fat; 84 mg cholesterol; 1372 mg sodium; 33 g carbohydrate; 1 g fiber; 2 g sugar; 27 g protein



## HAWAIIAN BREAKFAST SLIDERS

Makes 12 sandwiches | Total time: 35 minutes

**Breakfast sandwiches get a crowd-pleasing transformation with slider rolls in a sweet and savory maple glaze. We've used ground sausage, but you could use bacon, sausage patties or ham.**

### INGREDIENTS

1 (12 oz.) package Hawaiian slider rolls	Salt and pepper, to taste
1 pound sausage, cooked and crumbled	6 slices cheese, cheddar, American or pepperjack
6 eggs	¼ cup butter, melted
¼ cup milk	¼ cup pure maple syrup

### DIRECTIONS

Cut rolls in half lengthwise (do not break them apart) and place bottom half of rolls in a baking dish sprayed with nonstick cooking spray or oil. Whisk eggs with milk, salt and pepper. Scramble over medium-low heat until cooked through, about 5 minutes. Layer sausage, scrambled eggs and cheese on rolls. Cover with top of rolls.

Combine melted butter and maple syrup; pour over rolls. Cover pan with aluminum foil. Bake at 350°F until cheese is melted, 15–20 minutes. Slice into individual sliders and serve.

**Approximate nutrition information per sandwich (1/12 of recipe; using 2% milk and American cheese):** 336 calories; 21 g fat; 9.6 g saturated fat; 147 mg cholesterol; 530 mg sodium; 23 g carbohydrate; 1 g fiber; 9.7 g sugar; 15 g protein

The secret to tacos that wow? Loading up the sauces and toppings. Take a simple shrimp taco to the next level with fresh Cilantro Sauce and Mango Salsa.

## SPICY SHRIMP TACOS

Makes 6 tacos | Total time: varies

### INGREDIENTS

1 pound raw shrimp, peeled and deveined (31–40 count)  
2 Tbsp. olive oil, divided  
1 clove garlic, minced  
½ tsp. ground cumin  
½ tsp. chili powder  
¼ tsp. onion powder  
Salt and pepper, to taste  
6 tortillas, for serving (corn or 6-inch flour)

### Cilantro Sauce

1 cup Greek yogurt  
¼ cup chopped cilantro  
2 Tbsp. fresh lime juice

### Mango Salsa

1 bell pepper, diced  
1 red onion, diced  
1 jalapeno pepper, seeds removed and diced  
3 mangos, peeled and diced  
¼ cup chopped cilantro  
2 garlic cloves, minced  
Juice of 1 lime  
Salt, to taste

### DIRECTIONS

Combine all ingredients for Cilantro Sauce and store in the refrigerator.

Combine all ingredients for Mango Salsa and store in the refrigerator.

In a medium bowl, combine 1 tablespoon oil, garlic, cumin, chili powder, onion powder, salt and pepper. Add shrimp and toss to coat.

Heat remaining oil in a large skillet over medium-high heat. Cook shrimp until cooked through, about 5 minutes. Serve with Cilantro Sauce and Mango Salsa.

**Nutrition information per taco (1/6 of recipe; using corn tortillas; does not include sauce or salsa):** 186 calories; 6.6 g fat; 1 g saturated fat; 162 mg cholesterol; 653 mg sodium; 12 g carbohydrate; 1.7 g fiber; 1 g sugar; 19 g protein

**Cilantro Sauce approximate nutrition information per 1/6 of recipe (using whole milk Greek yogurt):**

39 calories; 2 g fat; 1 g saturated fat; 5 mg cholesterol; 14 mg sodium; 2 g carbohydrate; 0 g fiber; 1.6 g sugar; 3.4 g protein

**Mango Salsa approximate nutrition information per 1/6 of recipe:**

72 calories; 0.4 g fat; 0 g saturated fat; 0 mg cholesterol; 2.4 mg sodium; 18 g carbohydrate; 2.5 g fiber; 12 g sugar; 1.3 g protein

**This Big Burger Bowl delivers your favorite burger flavors—without the bun or the drive-through. It's a great way to use leftover burgers and it can easily be added to your meal prep rotation.**

## BIG BURGER BOWL

**Makes 4 servings | Total time: 20 minutes**

### INGREDIENTS

1 Tbsp. olive oil  
1 lb. ground beef  
Salt and pepper, to taste  
2 tsp. minced garlic  
1 head iceberg lettuce, chopped  
1 cup cheddar cheese, shredded  
2 dill pickle spears, sliced  
¼ cup minced onion  
½ tsp. sesame seeds

### For dressing

½ cup mayonnaise  
2 Tbsp. ketchup  
1 Tbsp. vinegar  
2 tsp. sugar  
2 tsp. relish (or finely minced pickles)  
1 tsp. minced onion  
Salt and pepper, to taste

### DIRECTIONS

Combine dressing ingredients and set aside.

Heat oil over medium heat. Add ground beef, salt, pepper and garlic. Cook and crumble ground beef until cooked through, 8–10 minutes.

Divide lettuce into four servings. Top with ground beef, cheese, pickle, minced onion, sesame seeds and dressing.

**Approximate nutrition information per serving: (using 85% lean ground beef; includes dressing):** 568 calories; 46 g fat; 143 g saturated fat; 103 mg cholesterol; 481 mg sodium; 11 g carbohydrate; 1.9 g fiber; 8 g sugar; 26 g protein



# trending now:

# 2026

WHAT'S NEW & WHAT'S NEXT IN



From bold flavors to functional ingredients, here's what's trending and how Fareway is making it easy for shoppers to explore these innovations.

## swicy sensations (sweet + spicy)

### THE "SWICY" TREND IS HEATING UP!

Fareway offers a variety of hot honey-flavored items that blend sweetness with a spicy kick that's ideal for drizzling on pizza, fried chicken, or even better, roasted Brussels sprouts. It's a flavor profile that's captivating adventurous palates.



## fiber fortification

**SHELVES ARE STOCKED WITH ITEMS FORTIFIED WITH FIBER**, giving them more staying power and a higher demand. You can find fiber everywhere from the bread aisle to the soda aisle, helping you hit the recommended 25–35 grams of fiber each day.



# no-recipe recipes

**SOCIAL MEDIA IS INSPIRING A NEW WAVE OF “NO-RECIPE RECIPES,”** where shoppers get creative with ingredients and improvise meals. We fully support this trend with easy-to-customize recipes using simple ingredients. Find more inspiration on Fareway Kitchen’s Instagram and Facebook pages, @FarewayKitchen!

## tallow takes the spotlight

**ONCE A TRADITIONAL COOKING FAT, TALLOW IS MAKING A GOURMET COMEBACK.** Tallow is perfect for high-heat cooking and adding rich flavor to roasted vegetables or seared meats. It’s a nod to ancestral eating with a modern and luxurious twist.



## beverage innovation: beyond the buzz

**FAREWAY IS EXPANDING ITS BEVERAGE AISLE** with mocktails, hemp-infused drinks, and many other non-alcoholic options that deliver relaxation and refreshment without the alcohol. These options cater to shoppers who are wellness-minded and exploring sober-curious lifestyles.



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Sweet Potato  
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5 oz

**LESSER EVIL SNACKS**

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Himalayan Pink Salt  
4.6 oz

**JUNKLESS**

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Double Chocolate  
Chocolate Chip  
Strawberry  
Cinnamon Roll  
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Chocolate Chip  
6 ct

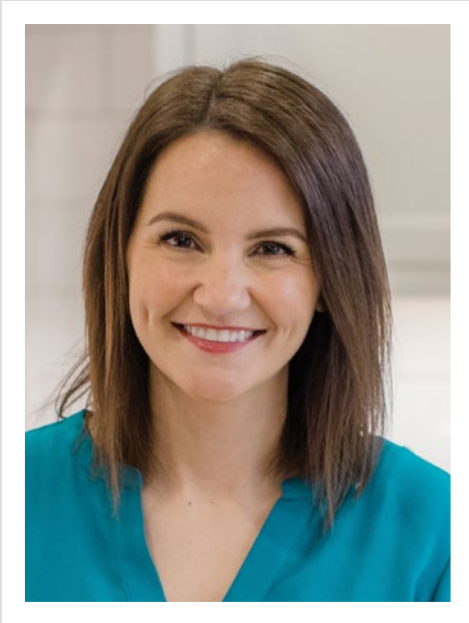


**MADE GOOD**

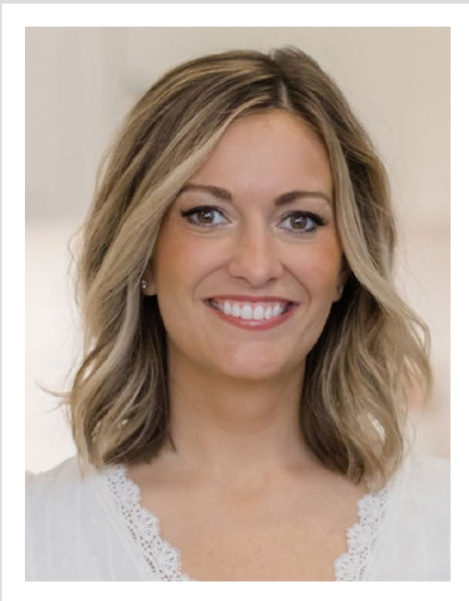
6. Granola Bars  
Chocolate Chip  
6 ct  
Birthday Cake  
5 ct  
Birthday Cake  
10 ct
7. Granola Bites  
Chocolate Chip  
5 ct  
Strawberry  
5 ct  
Birthday Cake  
Chocolate Chip  
10 ct
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Strawberry  
5 ct
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Snickerdoodle  
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5 ct

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Whitney, RD, LD



Caitlyn, RD, LD

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C/O Registered Dietitians  
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