



cents able HEALTH™

FOR THE WAY WE LIVE AND EAT TODAY

Issue 10 • November 2013–January 2014

FREE

Seasonal PRODUCE

ruby red
grapefruit

Party
FOODS
for any
occasion

Braising
healthy,
tasty &
economical

PLUS fresh, affordable recipes in every issue



Whitney, RD, LD
Caitlyn, RD, LD
Fareway Corporate Dietitians

ask whitney & caitlyn!

I volunteered to bring a few dishes to a family gathering. How do I transport them safely?

a:

First, make sure the location will meet your needs the day of the festivities. Depending on what you're bringing, you may need access to an oven, stovetop, refrigerator, freezer or work space.

Prepare food safely. Be cautious of cross contamination, wash your hands thoroughly with warm soapy water, and use a food thermometer to meet recommended internal temperatures.

Next, store food appropriately at your own house: refrigerate or freeze perishable food within two hours of preparing; one hour if the temperature is above 90°F.

When transporting food, keep hot food above 140°F by wrapping it well and placing it in an insulated cooler. Keep cold foods below 40°F by using a cooler and frozen gel packs or ice.

Finally, reheat any warm dishes to at least 165°F using the stove, oven or microwave.

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:
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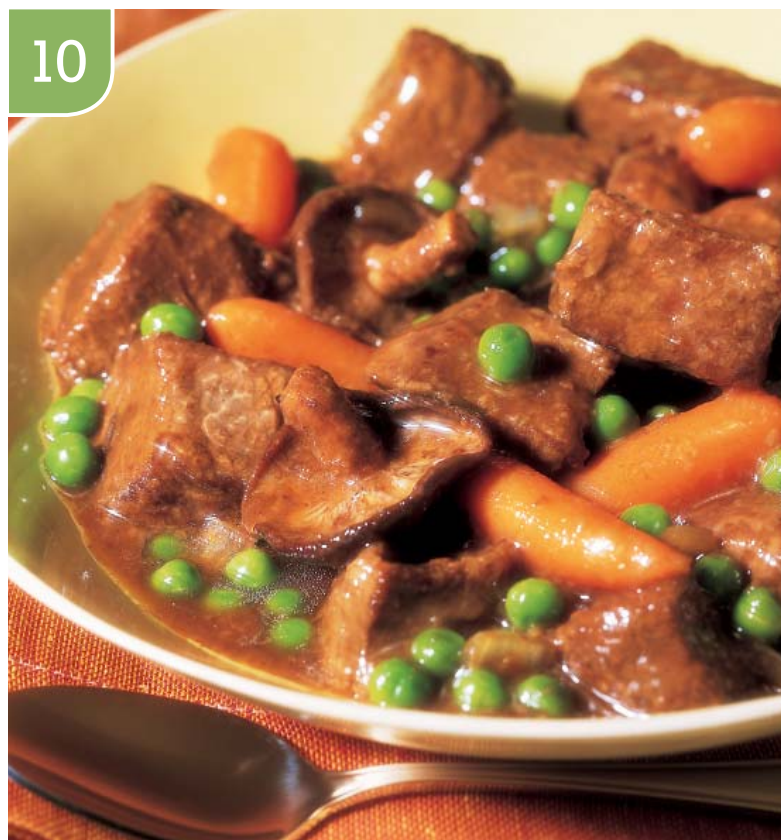
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For more information on the products featured in this issue, please visit the following websites:
www.quaker.com
www.fiberone.com
www.dolesalads.com
www.fritolay.com
www.cascadeicewater.com
www.atkins.com



SLIM *Celebrations!*



Your social calendar is probably especially full right now, and it will likely stay that way for a while. Hosting and attending parties can be a huge source of stress and calories, meaning weight gain. Making smart choices before a big bash and on days when your schedule is a little more free can help with those big splurges, so you can enjoy the festivities without adding another notch to your belt.

Eat BREAKFAST

Every day, no matter what

Breakfast eaters tend to make healthier choices throughout the day. They also experience less hunger and more energy. A lack of time is the number one excuse for skipping breakfast (followed by not being hungry), but breakfast doesn't have to be an all-out, labor-intensive buffet. Don't believe it? Here are three hassle-free, healthy choices:



Quaker® Quick Oats are 100% natural, full of whole grains, sodium free and ready in one minute. But wait, it gets even better. One serving provides 4 grams of filling fiber and 5 grams of appetite-squashing protein.



belVita Breakfast Biscuits provide nutritious, sustained energy throughout the morning. Each pack holds four crunchy, lightly sweetened biscuits with a unique blend of grains and carbohydrates to fuel your body slowly and steadily.



Special K® with Red Berries is a lower calorie choice, with only 110 calories in every one cup serving. The best part about Special K®? The entire line tastes like dessert with fewer calories. Try making a trail mix using Special K® with Red Berries, almonds and pretzels for a go-to breakfast.



Watch **ALL** LIQUID CALORIES

That means juice, soda, flavored coffees and, of course, alcohol. Beverages usually don't supply any satisfying nutrients to help keep you full, which is crucial for weight loss and weight management.



Old Orchard Cranberry Naturals™ offer a reduced-calorie juice cocktail for about half the calories of regular juice, without using high fructose corn syrup. If cranberry is too tart for your taste buds, try raspberry or grape blends.

Cascade Ice® Sparking Water in lemonade flavor has zero calories or caffeine, so this classic flavor is suitable for all ages. Sparkling water is a smart swap for full-calorie carbonated beverages because you get the fizz without the guilt.

Fill up **on** PROTEIN

Protein is huge in a successful weight loss or weight maintenance plan. It increases satiety (you feel full and satisfied) and increases your metabolic rate (it speeds up your metabolism because it's harder to break down protein fibers). It's especially important in a weight loss regimen: when you deprive it of calories, your body can start using muscle for energy. To achieve a smaller, but still toned physique, eat more protein to sustain the muscle you already have.



If you're having a hard time getting ample protein without overdoing the carbs or calories, **Atkins™ Advantage Milk Chocolate Delight** shake delivers 15 grams of protein for only 160 calories, making it a great snack or addition to a small meal. You could also try stocking up on protein-rich nuts, seeds, protein bars or Greek yogurt.



Enjoy 6 SMALL MEALS

Or three meals and two small snacks. Trying to “save up” your calories for a splurge later can backfire, leading to more calories eaten in just one sitting than you would have eaten if you would have spaced out your meals.



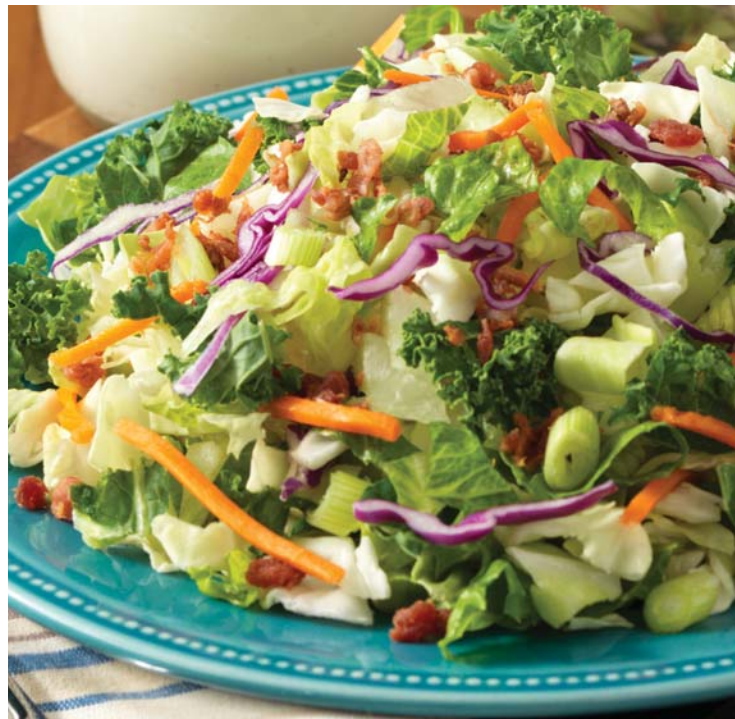
What crunch do you crave? Introducing **NEW DOLE® All-Natural Chopped Salad Kits**. Say “hello” to Bacon & Bleu, BBQ Ranch and Chipotle Cheddar Kits with restaurant inspired toppings and dressings and layers of texture and crunch in every bite – nix the restaurant wait (and calories).



Need a sweet treat between meals? **Fiber One® 90 Calorie Chocolate Fudge Brownies** crush your chocolate craving while filling you up with 20% of your Daily Value of fiber. Try warming them up in the microwave for a few seconds for just-from-the-oven flavor.



And for a salty treat? **BAKED! LAY'S® Barbecue Potato Chips** only have 120 calories per serving and one-third of the fat of regular barbecue chips. Make sure to measure out your servings...it's easy to overdo a salty splurge.



FRESH FROM THE MEAT COUNTER

Braising

HEALTHY, TASTY & ECONOMICAL



If you're pinching pennies or trying to cook up healthy, tasty meals, you can actually have both this time of year.

Inexpensive cuts of meat tend to be less pricey because they require a little TLC in the kitchen—but that doesn't mean hours of stirring and supervision. Braising (also called "pot roasting") is an easy way to get the most flavor and tenderness from affordable options, without standing over a stove all day.

BRAISING IN 3 EASY STEPS

1

Brown meat on all sides in a small amount of oil.

Quickly searing meat gives a depth of flavor and also makes it more visually appealing. Make sure to remove any drippings from the browning process.



2

Load your pot.

Add seasonings, vegetables, meat and a small amount of liquid (1/2 cup to 2 cups).

Cooking liquids can be broth, water, juice, beer or wine.

3

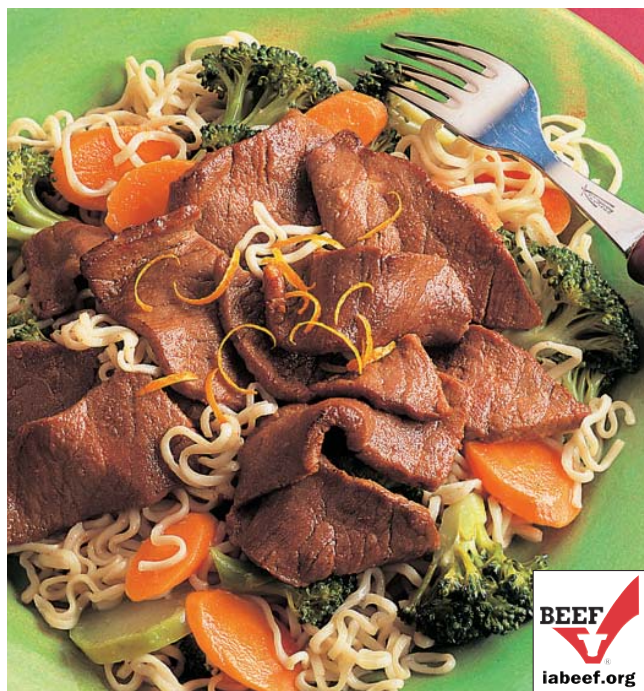
Cover and cook.

Cover pot tightly and simmer over low heat on the stove OR in a 300°F oven until meat is fall-off-the-fork tender. The low and slow cooking method gives you the most bang for your cooking buck.

The cooking liquid can be thickened and used as a sauce or gravy. Just add cornstarch and water.



BEEF BRAISING RECIPES



Asian Beef and Broccoli Noodle Bowl

Makes 4 servings. Total time: 1 ½ to 2 hours

INGREDIENTS

1 ½ pounds boneless beef shoulder steak, cut 1 inch thick	2 Tbsp. fresh ginger, minced
2 tsp. canola oil	4 cups broccoli florets, cut into 1 inch pieces
3 cups water, divided	2 medium carrots, thinly sliced
2 packages beef flavored ramen noodles, broken into pieces	

DIRECTIONS

HEAT oil in a pot over medium heat. PLACE beef in pot; BROWN on all sides. POUR off drippings and SEASON with salt and pepper, as desired. ADD 1 cup water, seasoning packets from ramen noodles and ginger. BRING to a boil. REDUCE heat, COVER tightly and SIMMER for about 1 ½ hours, or until beef is fork tender. REMOVE steaks and KEEP warm. ADD remaining 2 cups of water, broccoli, carrots and noodles to the pot; BRING to a boil. COOK, uncovered, 4 to 6 minutes, or until broccoli and carrots are crisp-tender and noodles are tender. CARVE steaks into thin slices and RETURN to pot.

Nutrition information per serving: 408 calories; 16 g fat; 6 g saturated fat; 9 mg cholesterol; 928 mg sodium; 31 g carbohydrate; 3 g fiber; 35 g protein

Shoulder steaks (also known as charcoal steaks) need a little extra oomph to tenderize them. Slow braising is perfect, but you can also have them tenderized at Fareway's meat counter.

Bistro Beef Stew

Makes 6 servings. Total time: approx. 2 hours

INGREDIENTS

2 pounds bottom rump roast, cut into 1 inch pieces	2 tsp. dried thyme
¼ cup all-purpose flour	1 cup dry red wine
½ tsp. black pepper	1 (14.5 oz) can beef broth
5 tsp. olive oil, divided	12 ounces small button mushrooms
1 tsp. salt	2 cups baby carrots
2 medium onions, chopped	1 cup frozen peas
6 cloves garlic, minced	

DIRECTIONS

COMBINE flour and pepper. Lightly COAT beef with flour mixture; RESERVE any remaining flour mixture. HEAT 2 teaspoons of oil in a stockpot over medium heat. BROWN beef and SEASON with salt. REMOVE from stockpot. ADD 2 teaspoons of oil and ADD onions, garlic and thyme; COOK and STIR 3 to 5 minutes. ADD wine. COOK and STIR for 1 to 2 minutes, or until browned. STIR in broth, reserved flour mixture, mushrooms and beef. BRING to a boil. REDUCE heat and COVER tightly. SIMMER for about one hour. ADD carrots and continue to simmer, uncovered, for about 30 minutes, or until beef and carrots are tender. STIR in peas and SIMMER for 5 minutes.

Nutrition information per serving: 281 calories; 9 g fat; 2 g saturated fat; 64 mg cholesterol; 711 mg sodium; 19 g carbohydrate; 3 g fiber; 29 g protein



Rump roast is one of the most affordable roasts on the market.

PORK BRAISING RECIPES



Carolina Country Style Ribs

Makes 6 servings. Total time: 90 minutes

INGREDIENTS

2 pounds boneless country style pork ribs	¼ cup packed brown sugar
2 cups apple cider vinegar	1 Tbsp. salt
1 cup cold water	1 ½ tsp. crushed red pepper flakes
2 Tbsp. canola oil, divided	½ tsp. cayenne pepper

DIRECTIONS

COMBINE vinegar, water, 1 Tbsp. oil, sugar, salt, red pepper flakes and cayenne pepper; RESERVE half of marinade. ADD remaining marinade to a resealable bag with ribs and MARINATE for 4 to 6 hours in the refrigerator. REMOVE ribs from marinade and discard leftover marinade. HEAT remaining oil in large pot with a lid and BROWN ribs on all sides. ADD remaining marinade and SIMMER for 45 minutes, or until ribs are tender, adding more water if needed. REMOVE ribs from the pot and GRILL for approximately 7 minutes on each side, or until lightly charred.

Nutrition information per serving: 198 calories; 14 g fat; 5 g saturated fat; 51 mg cholesterol; 355 mg sodium; 2 g carbohydrate; 0 g fiber; 14 g protein

Country style ribs are boneless with little waste. Braising helps hold the ribs together so “knife and fork” eaters can have all the flavor without the mess.

Southwestern Pork Roast

Makes 8 servings. Total time: 2 ½ hours

INGREDIENTS

3 pounds boneless pork shoulder	1 (19 oz) can enchilada sauce
1 Tbsp. canola oil	1 small onion, cut into wedges
Salt and pepper, to taste	12 oz red skin potatoes, cut into wedges

DIRECTIONS

PREHEAT oven to 350°F. SEASON pork with salt and pepper. In an oven-ready skillet BROWN pork on all sides in oil, about 10 minutes. SET pork aside. ADD enchilada sauce and BRING to a boil. ADD pork, COVER the skillet and PLACE it in the oven; BAKE for 1 hour. TURN meat over and ADD onions and potato to the skillet. COVER and COOK until vegetables are soft, about 45 minutes. REMOVE the skillet from the oven and let rest for 15 minutes.

Nutrition information per serving: 380 calories; 15 g fat; 5 g saturated fat; 115 mg cholesterol; 840 mg sodium; 21 g carbohydrate; 3 g fiber; 37 g protein



Boneless pork shoulder roasts are best for shredding into sandwiches or carnitas. This recipe pairs it with potatoes—either serve them together or remove the roast and shred it.

Party foods

*Cut your holiday
party planning in half
by hosting*

an all-appetizer **AFFAIR!**

You and your guests will benefit from the simple prep, stress-free serving, and easy clean up. When planning your menu, don't be afraid to have guests contribute. It's a great conversation starter and a friendly way to reduce costs. Keep in mind that your appetizer choices should mimic a traditional dinner menu with a variety of sweet, savory, hot and cold dishes. Here are some of our favorites:

Chocolate Peanut Butter Balls

INGREDIENTS

- 1 cup crunchy peanut butter
- $\frac{1}{8}$ cup butter, softened
- 1 cup powdered sugar
- 2 cups Kellogg's® Rice Krispies® cereal
- 1 $\frac{1}{2}$ cups semi-sweet chocolate morsels
- 2 Tbsp. canola oil
- 54 mini-muffin paper cups



DIRECTIONS

In large electric mixer bowl, BEAT peanut butter, butter and sugar until thoroughly combined. ADD Kellogg's Rice Krispies cereal and MIX well. PORTION the mixture, using rounded teaspoon, and SHAPE into balls. PLACE each ball in paper cup and REFRIGERATE. MELT chocolate morsels and oil in small saucepan over low heat; STIR constantly. SPOON one teaspoon melted chocolate over each peanut butter ball. REFRIGERATE until firm and STORE in airtight container in refrigerator.

Mini Hawaiian Sandwiches

INGREDIENTS

- 1 pkg. (12 count) Sara Lee® Hawaiian bread rolls
- 1 lb. shaved ham
- 12 slices Swiss cheese
- 1 tub (8 oz.) chive & onion cream cheese spread
- $\frac{1}{4}$ cup butter, melted
- 1 Tbsp. Worcestershire sauce
- $\frac{1}{2}$ Tbsp. dried minced onion
- $\frac{1}{4}$ cup grated Parmesan cheese



Rolls only available through the holidays

DIRECTIONS

CUT all rolls in half. PLACE roll bottoms in 9x13-inch pan. PLACE equal amounts of ham on each roll bottom and TOP with Swiss. SPREAD each roll top with cream cheese and RETURN to the bottoms, making sandwiches. In a separate bowl, MIX the butter, Worcestershire sauce, onion and Parmesan cheese. POUR over your sandwiches and LET sit for at least 20 minutes. They can also be made ahead and placed in the fridge overnight. PLACE sandwiches, covered in foil, in a preheated 350° F oven. BAKE for 20 minutes or until warmed through.



Beer Cheese Dip

INGREDIENTS

- $\frac{1}{2}$ cup light cream cheese
- 8 oz. shredded sharp cheddar cheese
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup of your favorite beer
- 1 $\frac{1}{2}$ tsp. ground black pepper
- 2 green onions, sliced
- 3 slices of cooked bacon, crumbled
- 1 bag ROLD GOLD® Pretzels



DIRECTIONS

PLACE first five ingredients in a medium saucepan over low heat. STIR and HEAT until smooth. ADD bacon and all but one teaspoon of the green onions into the dip. PLACE in a heat-proof serving bowl and TOP with remaining green onions. SERVE with ROLD GOLD® Pretzels.

Go to www.fareway.com for an exclusive Rold Gold coupon

When deciding how many appetizers to make, base the number of appetizer selections on your guest count:

- 10–12 guests = 5 appetizer selections
- 25 guests = 9 appetizer selections
- 50 guests = 13 appetizer selections

When deciding how much of each appetizer to make follow this guide:

- 5–8 appetizers per person per hour.
- If a meal will be served, aim for 3–4 appetizers per person per hour before the meal.

Grapefruit

Tart and tangy grapefruit are often overlooked, but with peak season extending from winter to early spring, now is the perfect time to dig in to Texas Ruby Red grapefruit.

Four Reasons You Should Be Eating Grapefruit

1

WEIGHT LOSS

Grapefruit is full of water and fiber. That means you feel full for few calories—in fact, half of a grapefruit only has about 60 calories.

2

HEART HEALTH

Hesperidin, the predominate flavonoid in grapefruit, has been shown to boost HDL ("good") cholesterol while lowering LDL ("bad") cholesterol and triglycerides.

3

ANTI-AGING BENEFITS

Vitamins A and C serve as antioxidants, protecting your body from free radical damage.

4

CANCER PROTECTION

Lycopene found in pink varieties can help ward off lung, prostate and colon cancer.

DISCLAIMER: In addition to all other disclaimers provided herein, the information above is solely for informational purposes. Before consuming any product, you should consult a medical professional relative to your personal circumstances.

HOW TO EAT A GRAPEFRUIT



Cut grapefruit in half between the ends.



Carefully cut between the flesh and the peel.



Using a small spoon, scoop out flesh.



Mixed Green Salad with Grapefruit and Almonds

Makes 12 (1 cup) servings. Total time: 25 minutes

INGREDIENTS

For vinaigrette:

¼ cup fresh grapefruit juice
¼ cup olive oil
1 Tbsp. grated onion
1 Tbsp. white wine vinegar
¼ tsp. salt
¼ tsp. black pepper

For salad:

2 red grapefruit
10–12 cups salad greens
⅓ cup raw almonds
½ red onion, sliced

DIRECTIONS

REMOVE the skin and white pith from the grapefruit. Working over a bowl, CUT the segments away from their membranes. CUT the segments in half and transfer to a salad bowl. SQUEEZE any remaining juice from the grapefruit peel until you have extracted ¼ cup juice. WHISK juice, onion, vinegar, salt and pepper together. TOP lettuce with grapefruit segments, almonds, red onions and vinaigrette.

Nutrition information per serving: 160 calories; 11 g fat; 1 g saturated fat; 0 mg cholesterol; 196 mg sodium; 15 g carbohydrate; 3 g fiber; 3 g protein

Broiled Grapefruit

Makes 4 (½ grapefruit) servings. Total time: 25 minutes

INGREDIENTS

2 red or pink grapefruit
2 Tbsp. packed light brown sugar
½ tsp. ground cinnamon
2 tsp. melted butter

DIRECTIONS

PREHEAT broiler and POSITION oven rack about 3 inches from the heat source. LINE a rimmed baking sheet with foil. CUT each grapefruit in half, then trim a thin slice off the bottom so it sits level. With a knife, CUT around the flesh and REMOVE seeds. PLACE grapefruit halves on baking sheet. BRUSH each half with butter and TOP with sugar and cinnamon. BROIL the grapefruit until the tops are bubbly and golden brown, about 7 to 12 minutes.

Nutrition information per serving: 70 calories; 2 g fat; 1 g saturated fat; 5 mg cholesterol; 19 mg sodium; 13 g carbohydrate; 2 g fiber; 1 g protein





GRAPEFRUIT

WORD FIND

Find the words below to learn more about grapefruit!

H E A L T H Y K V A E S N V O
S C I N U Y M C N T N W D G D
F S Z F Y P G U R I E E H L T
T I U R F E P A R G P E F A R
N I B O X R T R E D O T N T G
N W F E I U J F T V C G W F K
J Z W M R C U R S F Y U F S N
Y A X F C X I N I Y L B W Y R
I U J K P V I L X U Y L O D E
J Y E Y U M T R E Y B T H V G
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Q R E T A W R U D O R W E B S
U R I X H Z U B S M F G E Z C
S V T S U G L Y O Y S O R S D
C T O M S J R S R U Y Q X D V

DELICIOUS
FIBER
GRAPEFRUIT
HEALTHY
LYCOPENE
PINK
RED
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SWEET
TANGY
TART
VITAMINS
WATER

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