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Issue 7

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# cents able HEALTH

FOR THE WAY WE LIVE AND EAT TODAY

FREE



**Food pairings**

to maximize health benefits

Flavor-boasting **salmon recipes**

Improve your **pineapple know-how**

PLUS fresh, affordable recipes in every issue!

# Ask Whitney!



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**I've been reading a lot about the importance of food safety lately. How do I safely thaw food, and how long do most leftovers last?**

**A:** Safe food handling is essential in preventing foodborne illnesses. Remember, you can't see, smell, or taste bacteria that may cause illness. To keep your food safe while thawing, you can use the refrigerator, cold water or the microwave:

**Refrigerator** — the refrigerator allows safe, slow thawing. Make sure thawing meat and poultry do not drip on other food.

**Cold water** — for faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change water every 30 minutes and cook immediately after thawing. NEVER use warm or hot water.

**Microwave** — cook meat and poultry immediately after microwave thawing.

**Leftovers are great time-saving meals during the week, but only if they're safe to eat!**

1. Discard any food left out at room temperature for more than 2 hours (or 1 hour if the temperature was above 90°F).
2. Place food in shallow containers and immediately put it in the refrigerator or freezer for rapid cooling.
3. Use most cooked, refrigerated leftovers within 3 to 4 days and cooked, frozen leftovers within 2 to 3 months.

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Choose your sauce & go

# STIR crazy!

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For more information on the products featured in this issue of CentsAble Health magazine, please visit the following websites:

[www.faribaultfoods.com](http://www.faribaultfoods.com)

[www.fritolay.com](http://www.fritolay.com)

[www.greengiant.com](http://www.greengiant.com)

[www.porkbeinspired.com](http://www.porkbeinspired.com)

[www.beefitswhatsfordinner.org](http://www.beefitswhatsfordinner.org)

[www.mondelezinternational.com](http://www.mondelezinternational.com)

[www.dole.com](http://www.dole.com)



# FAREWAY turns 75 in May!

Fareway has always been committed to saving you money on delicious meals and groceries. With the inauguration of CentsAble Health in 2011, Fareway became dedicated to your family's health and wellness, too.

We look forward to another happy and healthy 75 years.

**2011** Our 100<sup>th</sup> store was opened in Nebraska City, Nebraska

**2011** CentsAble Health took off with a Registered Dietitian, magazine, website and community events

**2012** CentsAble Health expanded to include a second Registered Dietitian



1945

1955

1965

1975

1985

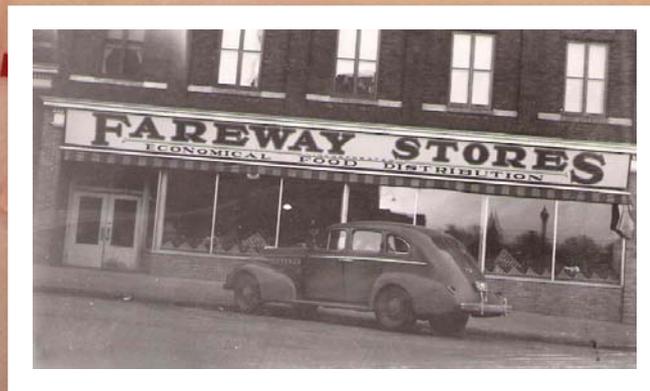
1995

2005

2015



**1938** The first Fareway store was opened in Boone, Iowa, on May 12



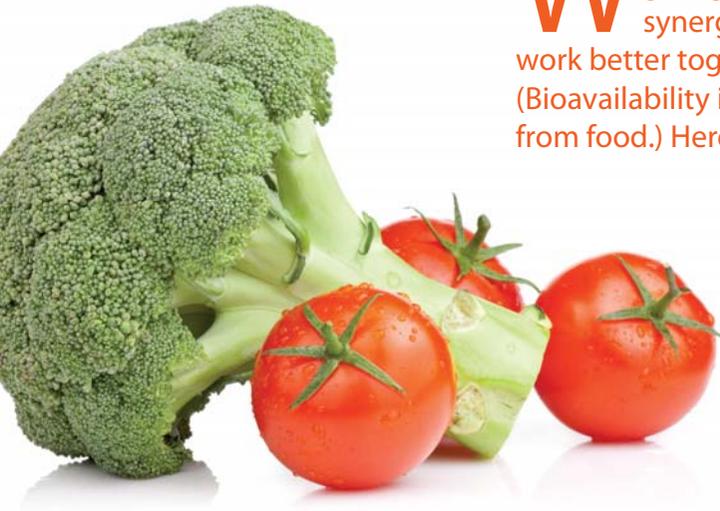
**1990** Fareway #50 was opened in Des Moines

**2010** Fareway launched its first website and social media campaigns



# ONE + ONE = MORE THAN TWO

**W**e all know a colorful plate is important, but new research is giving us even more reason to add color and variety. Food synergy is a hot topic with today's health nuts: some foods work better together by increasing the *bioavailability* of nutrients. (Bioavailability is the amount of useful nutrients our bodies can absorb from food.) Here are a few food pairings you may be missing:



## BROCCOLI + TOMATOES

The American Institute of Cancer Research knows all about phytochemicals and their impact on cancerous cells. One well-studied phytochemical is lycopene (found in tomatoes and watermelon), which has been shown to help reduce the risk of prostate cancer. However, pairing tomatoes with broccoli can increase the amount of lycopene your body can use and has also been shown to successfully decrease tumor size.

### Tuscan Broccoli Pizza

Makes 8 servings  
Total time: 1 hour



#### INGREDIENTS

- 1 (11.8 oz) bag **Green Giant® Seasoned Steamers™**
- Frozen Tuscan Seasoned Broccoli**
- 1 (13.8 oz) can refrigerated pizza crust
- 1 Tbsp. olive oil
- 1 garlic clove, finely chopped
- 1 tomato, thinly sliced
- 1 ½ cups shredded cheese
- ½ tsp. crushed red pepper flakes, if desired

#### DIRECTIONS

HEAT oven to 400°F. GREASE large cookie sheet with cooking spray. COOK broccoli as directed on bag; COOL 10 minutes. Meanwhile, UNROLL dough on cookie sheet; PRESS into 15x12-inch rectangle. BAKE about 8 minutes or until light golden brown. In small bowl, MIX oil and garlic. BRUSH on pizza crust. TOP with broccoli, tomatoes, cheese and pepper flakes. BAKE 8 to 10 minutes or until crust is deep golden brown and cheese is melted. CUT into squares.

**Nutrition information per serving:** 271 calories; 14 g fat; 4.5 g saturated fat; 20 mg cholesterol; 530 mg sodium; 26.2 g carbohydrate; 2.5 g fiber; 10.5 g protein





## BEANS + RICE

Beans are rich in protein and fiber, making them a staple in any healthy lifestyle. However, the protein in beans is lacking some essential amino acids our bodies need for protein synthesis. Adding a complementary protein (like rice, corn, or whole grains) supplies the missing essential amino acids to make a complete protein.

### Red Beans and Rice

Makes 4 servings  
Total time: 30 minutes

#### INGREDIENTS

- 1 Tbsp. coconut oil (or canola oil)
- 1 garlic clove, minced
- 1 green onion, chopped
- ¼ tsp. dried thyme
- ½ can **Mrs. Grimes® Kidney Beans**, drained and rinsed
- 1 cup water
- 1 cup coconut milk
- 1 cup rice
- ½ tsp. salt



#### DIRECTIONS

HEAT oil in a large saucepan and ADD garlic, green onion and thyme. SAUTÉ for 2 minutes. ADD beans, water and coconut milk; STIR and bring to a boil. ADD rice and salt. PLACE a lid on top, REDUCE heat to low and SIMMER 15 to 20 minutes, or until all of the liquid is absorbed.

**Nutrition information per serving:** 279 calories; 19 g fat; 16.6 g saturated fat; 0 mg cholesterol; 380 mg sodium; 23.6 g carbohydrate; 4.5 g fiber; 5.2 g protein



## GRAINS + ORANGE JUICE

The World Health Organization reported that iron is the most common nutrient deficiency worldwide. Although iron is found in grains, it's not as readily available from these sources as from meat and other proteins. The fix: a little vitamin C. Pair **belVita Breakfast Biscuits** or your morning cereal with orange juice and fresh fruit to get the most iron in your breakfast (along with whole grain goodness).



# Salmon

**F**ew single foods boast the health benefits of salmon. Its high quality protein (salmon contains all essential amino acids needed for protein synthesis), vitamins, minerals and omega-3 fatty acid profile make salmon a nutritional powerhouse. We've all heard salmon can help reduce the risk of heart disease, but how?

Omega-3s decrease blood cholesterol, blood clotting factors and inflammation in blood vessels while increasing relaxation in larger arteries and blood vessels. That means it's easier for blood to pump through your body, making your heart very happy and healthy. Aim to eat salmon 2 to 3 times each week to help you reach the recommended amount of heart healthy fats.

## Lemon Salmon

Makes 4 servings  
Total time: 30 minutes

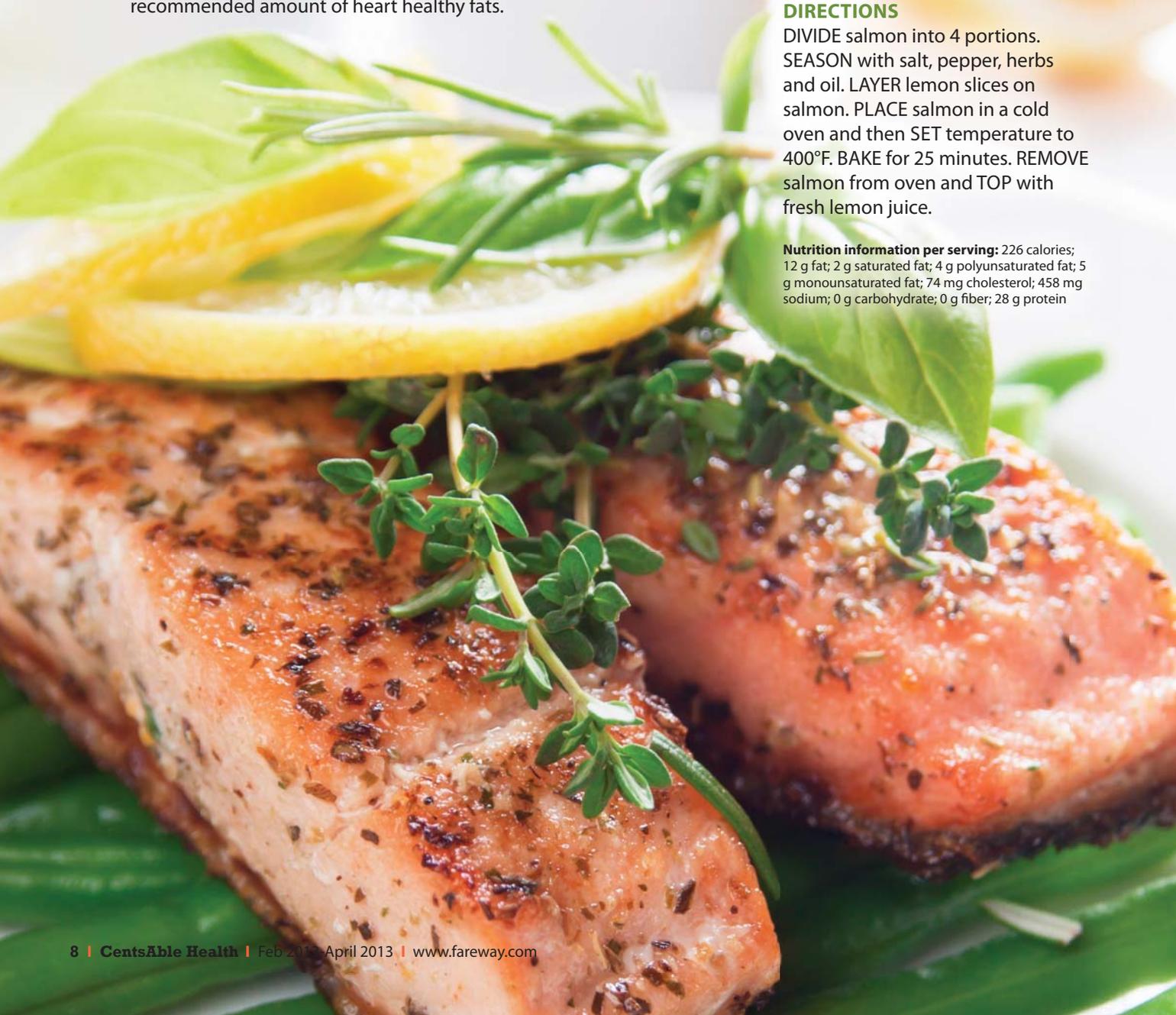
### INGREDIENTS

1 pound salmon  
2 lemons, sliced  
2 Tbsp. canola oil  
Salt and pepper to taste  
Fresh thyme & rosemary to taste

### DIRECTIONS

DIVIDE salmon into 4 portions. SEASON with salt, pepper, herbs and oil. LAYER lemon slices on salmon. PLACE salmon in a cold oven and then SET temperature to 400°F. BAKE for 25 minutes. REMOVE salmon from oven and TOP with fresh lemon juice.

**Nutrition information per serving:** 226 calories; 12 g fat; 2 g saturated fat; 4 g polyunsaturated fat; 5 g monounsaturated fat; 74 mg cholesterol; 458 mg sodium; 0 g carbohydrate; 0 g fiber; 28 g protein





## Maple-Glazed Salmon

Makes 4 servings  
Total time: 45 minutes

### INGREDIENTS

4 (5-ounce) salmon fillets

#### Marinade

1 Tbsp. pure maple syrup  
1 Tbsp. teriyaki sauce  
1 Tbsp. pineapple juice  
1 tsp. minced fresh ginger  
1 clove garlic, mashed

### DIRECTIONS

PLACE salmon fillets in a plastic bag. COMBINE marinade ingredients in a bowl or measuring cup. POUR marinade over fillets and REFRIGERATE 1 hour. PLACE fillets on baking sheet and DISCARD remaining marinade. BAKE at 400°F for approximately 25 minutes, or until salmon is opaque and flakes easily with a fork.

## Foil Baked Salmon

Makes 4 servings  
Total time: 45 minutes

### INGREDIENTS

4 (5-ounce) salmon fillets	¼ cup chopped onion
2 Tbsp. olive oil plus 2 tsp.	2 garlic cloves, minced
Salt and pepper, to taste	2 Tbsp. fresh lemon juice
1 (14-ounce) can chopped tomatoes, drained	1 tsp. dried oregano
	1 tsp. dried thyme

### DIRECTIONS

PREHEAT oven to 400°F. SPRINKLE salmon with 2 teaspoons oil, salt and pepper; STIR the tomatoes, onions, garlic, 2 tablespoons of oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl until combined. PLACE a salmon fillet on top of a sheet of foil. WRAP the ends of the foil to form a spiral shape. SPOON the tomato mixture over the salmon. FOLD the sides of the foil over the fish, covering completely; SEAL the packet closed. REPEAT with remaining salmon fillets. PLACE the packets on a baking sheet and BAKE until salmon is opaque and flakes easily with a fork, about 25 minutes.

**Nutrition information per serving:** 300 calories; 18 g total fat; 3 g saturated fat; 78 mg cholesterol; 213 mg sodium; 5 g carbohydrate; 1.5 g fiber; 29 g protein

# STIR crazy!

Stir fry in six simple steps for healthy meals in minutes!

**CHOOSE** your protein and cut into thin, uniform slices.

**Recommended proteins:** top sirloin, round tip steak, pork tenderloin, pork chop, chicken breasts, shrimp or tofu.

**HEAT** a small amount of oil in a heavy nonstick skillet over medium-high heat until hot.

**STIR FRY** protein, continuously turning, until cooked thoroughly, then remove from pan.

**ADD** vegetables to pan and cook until just softened

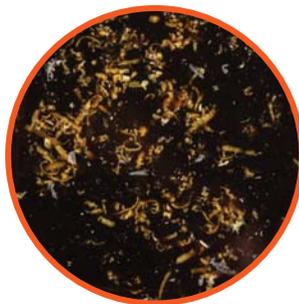
**Recommended vegetables:** broccoli, carrots, zucchini, snow peas, bell peppers, asparagus, cabbage, spinach, mushrooms or green beans. Keep in mind that dense vegetables, like broccoli and carrots, take longer to cook.

**RETURN** protein to pan with vegetables and add stir fry sauce (see recipes).

**HEAT THROUGH AND ENJOY!**



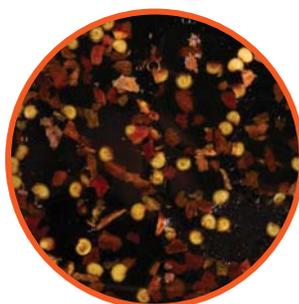
**Fresh Herb**  
STIR FRY SAUCE



**Lemon**  
STIR FRY SAUCE



**Sweet and Sour**  
STIR FRY SAUCE



**Sesame-Soy**  
STIR FRY SAUCE

## Fresh Herb Stir Fry Sauce

¼ cup low sodium chicken broth  
¼ cup lite soy sauce  
1 tsp. rice wine vinegar  
½ tsp. sugar  
½ cup chopped cilantro

## Lemon Stir Fry Sauce

¼ cup low sodium chicken broth  
¼ cup lemon juice  
1 tsp. lemon zest  
1 Tbsp. lite soy sauce  
2 Tbsp. sugar, optional

## Sweet and Sour Stir Fry Sauce

¼ cup ketchup  
¼ cup vinegar  
¼ cup water  
1 tsp. soy sauce  
2 Tbsp. sugar (or sugar substitute equivalent)  
2 Tbsp. orange marmalade  
¾ tsp. minced ginger  
½ tsp. minced garlic  
Dash hot pepper sauce  
1 Tbsp. pineapple juice  
¼ cup chopped pineapple (**turn to page 14 for more pineapple ideas!**)  
2 Tbsp. cornstarch + ½ Tbsp. water, for thickening

**DIRECTIONS:** In a medium saucepan, combine all ingredients except the cornstarch and water mixture; **BLEND** well and bring to a boil. **ADD** cornstarch mixture. **REDUCE** heat and **SIMMER**, stirring frequently until thickened.

## Sesame-Soy Stir Fry Sauce

¼ cup low sodium chicken broth  
¼ cup lite soy sauce  
2 tsp. rice wine vinegar  
2 tsp. sesame oil  
1 tsp. red pepper flakes  
1 tsp. sugar, optional

## Sweet and Sour Pineapple Pork

Makes 4 servings  
Total time: 1 hour

### INGREDIENTS

1 pound lean pork	2 Tbsp. diced onion
1 Tbsp. soy sauce	½ cup diced pineapple
1 tsp. minced garlic	Sweet and sour sauce (recipe on page 10)
1 tsp. minced ginger	Toasted sesame seeds, for garnish
2 Tbsp. oil, divided	
½ cup sliced bell peppers	

### DIRECTIONS

CUT pork into bite-sized pieces and marinate for 30 minutes in soy sauce, garlic, ginger and 2 teaspoons oil. SET aside.

HEAT remaining oil in a skillet and ADD pork. DISCARD remaining marinade. STIR FRY until internal temperature reaches 145°F. REMOVE pork from pan. ADD peppers, onions and pineapple; STIR FRY for 2 minutes. ADD sweet and sour sauce and cooked pork. SIMMER for 2 minutes. TOP with sesame seeds and SERVE.

**Nutrition information per serving:** 361 calories; 14 g fat; 3 g saturated fat; 79.9 mg cholesterol; 503 mg sodium; 31.5 g carbohydrate; 1 g fiber; 26 g protein



# CONQUER

## Your Cravings

Men and women spend, on average, 40 to 45 minutes each day thinking about food—planning their next meal or daydreaming about snacking between meals. When your next craving hits, reach for these satisfying alternatives.



### The craving: **CHOCOLATE**

Chocolate is the most commonly craved food in the United States, and with 88% of consumption taking place between or after meals, it's no wonder chocolate is thought to be diet sabotage. However, taming your chocolate craving is as simple as eating chocolate (the right kind)! Dark chocolate, like **Dove**®, tends to be higher in cocoa, which means less sugar. It also contains antioxidants that research suggests can help lower blood pressure and improve heart health. Keep your waistline in check by eating 200 calories or less.

### The craving: **SODA**

It's no surprise that soda accounts for extra sugar and calories (translation: weight gain). In fact, 48% of all Americans drink soda daily—yikes! However, people reach for soda for different reasons, like caffeine, sweetness or carbonation. Instead of reaching for a soda, which has no added health benefits, reach for something with a little oomph in a glass. If you're looking for caffeine, try tea or iced tea. **FUZE**® **Iced Tea with Lemon** has around 70 calories per 12 ounces—about half the calories of a regular soda. If you're craving carbonation, try adding seltzer water to fruit juice. If you're looking for a calorie-free option, add seltzer to zero calorie **SOBE**® **Life Water**. Not only will you enjoy a guilt-free sweet treat, you'll also get some added vitamins, minerals and antioxidants.





## The craving: ICE CREAM

Nothing beats a heaping bowl of thick, rich ice cream... except enjoying that same decadence with some added health benefits. **Yoplait® Frozen Greek Yogurt Honey Caramel Bars** contain a mere 90 calories, are low in fat, boast 5 grams of protein and contain live and active cultures for a healthy digestive tract.



## The craving: SALTY SNACK

Calories and sodium add up quickly with salty snacks, with little to no other healthy nutrients. **Lay's® Lightly Salted Potato Chips** are a smart solution: fifteen chips contain less than 200 calories, 5 grams of heart healthy monounsaturated fats, and only 85 milligrams of sodium—that's 50% less than traditional potato chips. You can also try **Fareway Tortilla Chips**, made with natural whole grain corn.

## The craving: PIE

Pie and crisps are tied with a sense of nostalgia—Thanksgiving, Fourth of July, Grandma's house. The calorie bombs tend to come from the crust or toppings, not necessarily the filling. The alternative: Sweet Apple Cinnamon Baked Oatmeal made with **Lucky Leaf® Pie Filling**. The extra old-fashioned oats make this perfect for breakfast, snacks or an after dinner dessert.



## Sweet Apple Cinnamon Baked Oatmeal

Makes 10 servings  
Total time: 50 minutes



### INGREDIENTS

3 cups old-fashioned oats	1 (21-ounce) can LUCKY LEAF® Premium Apple Pie Filling
¾ cup packed brown sugar	4 eggs, beaten
2 tsp. ground cinnamon	3 cups fat free milk
1 tsp. salt	¼ cup canola oil
	1 Tbsp. vanilla

### DIRECTIONS

PREHEAT oven to 350°F. In a large bowl COMBINE oats, brown sugar, cinnamon and salt. STIR in Lucky Leaf® Premium Apple Pie Filling. In a second large bowl, STIR together eggs, milk, oil and vanilla. STIR egg mixture into oat mixture until combined. POUR mixture into a greased 3-quart rectangular baking pan. BAKE in preheated oven for 45 to 55 minutes or until oatmeal mixtures is set.

**Nutrition information per serving:** 277 calories; 8.8 g fat; 1.4 g saturated fat; 68.8 mg cholesterol; 424 mg sodium; 42.5 g carbohydrate; 2.4 g fiber; 6.4 g protein

# Pineapple



**Did you know...** A pineapple is ripe if one of its top leaves can easily be pulled out.

## Healthy Bites

- Excellent source of vitamin C
- Good source of fiber
- Fat free
- Saturated fat free
- Cholesterol free
- Very low sodium
- 80 calories in 1 cup pineapple chunks

Can't find fresh pineapple? Try **DOLE® Canned Pineapple** available in slices, chunks or tidbits, all in 100% pineapple juice. Grill the slices with ham, add the chunks into stir fry or fruit salads and serve the tidbits as a dessert topping! As with fresh, if you have any extras store in a glass or plastic container in your refrigerator until your next pineapple craving hits.



Pineapples are easier to cut when they're slightly cold. Refrigerate for about 30 minutes before starting.



1. Cut one inch off of both ends.



2. Stand pineapple upright and slice into quarters.



3. Trim core from each piece of pineapple. (Cut quarters in half for easier handling, if needed.)



4. Filet flesh away from skin.



5. Cut into cubes.



6. Enjoy!

## Pizza with Pineapple and Ham

Makes 8 servings  
Total time: 30 minutes

### INGREDIENTS

1 (12-inch) pizza crust  
¾ cup marinara sauce  
1 ½ cups mozzarella cheese  
2 Tbsp. grated Parmesan cheese  
1 cup chopped pineapple  
½ cup chopped, cooked ham

### DIRECTIONS

LAYER marinara sauce, cheese, pineapple and ham evenly over pizza crust. BAKE according to crust package directions. LET stand 3-5 minutes before slicing.

**Approx. nutrition information per slice:** 300 calories; 12.7 g fat; 5.7 g saturated fat; 36.8 mg cholesterol; 744 mg sodium; 29.6 g carbohydrate; 2.3 g fiber; 16.7 g protein

## Sautéed Pineapple with Honey and Pine Nuts

Makes 1 serving  
Total time: 10 minutes

### INGREDIENTS

1 cup cubed pineapple	1 tsp. pine nuts
1 tsp. butter	1 tsp. rum, optional
1 Tbsp. honey	2 Tbsp. vanilla Greek yogurt

### DIRECTIONS

If using canned pineapple, drain juice using a strainer. LAY pineapple cubes on a paper towel and PAT dry. ADD butter to a medium saucepan and SAUTÉ over medium heat. BROWN butter, then ADD pineapple cubes. ADD honey and TOSS to coat. COOK until pineapple is golden brown, about 5 to 7 minutes. TURN off heat and ADD pine nuts.

In a small bowl mix together rum and Greek yogurt. PLACE pineapple in a serving dish and top with yogurt. SERVE immediately.

**Approx. nutrition information per serving:** 246 calories; 7.7 g fat; 2.7 g saturated fat; 10 mg cholesterol; 46.4 mg cholesterol; 40.7 g carbohydrate; 2.5 g fiber; 4 g protein

# CentsAble Kids!

## Find-A-Word

The words in the list are hidden in the puzzle. Find and circle them. Don't forget that words can go across, down, or diagonally!

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

Orchard  
Apple  
Strawberry  
Orange  
Juice  
Peach  
Squeeze  
Natural  
Delicious  
Lemonade  
Yummy  
Grape  
Cranberry  
Banana  
Cherry  
Blackberry  
Cider

Your Name \_\_\_\_\_



Find more kids' activities at [oldorchard.com/fun](http://oldorchard.com/fun)  
For answers, please visit [www.fareway.com](http://www.fareway.com)