ask whitney & caitlyn!



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

What is the best way to store bread? On the counter or in the refrigerator?

a:

Counter. Storing bread in the refrigerator actually leads bread to dry out and become stale faster due to cold temps. Most breads should last anywhere from a few days to a week at room temperature; make sure to squeeze out all excess air each time you grab a slice and keep it away from direct sunlight. If you see any moisture accumulate, mold is probably on its way. To make bread last even longer (three to four months), wrap in a resealable zip-top bag or in aluminum foil and freeze.

Note: some gluten-free breads are designed to be kept in the refrigerator. Follow package instructions in this case.

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:
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For more information on the products featured in this issue, please visit the following websites:

www.oldorchard.com
www.yoplait.com
www.faribaultfoods.com
www.fritolay.com/yourhealth
www.peanutbutter.com
www.luckyleaf.com
www.motts.com







A Guide to GLUTEN FREE



Let's start with the basics: gluten is a protein found in wheat, rye and barley. When your body produces an autoimmune response to gluten, you develop inflammation in your small intestines; this is called celiac disease. While there is no cure for celiac disease, there is a very effective treatment: following a gluten free diet. Overwhelming at first? *Yes*. Doable? *Definitely*.

SYMPTOMS

Symptoms of celiac are all over the board, ranging from diarrhea, constipation and bloating to rashes, headaches, joint pain and heartburn. If you've experienced any lingering ailments for more than two weeks, you may want to schedule an appointment with your physician. Before your appointment:

- Eat a normal diet. If you cut out gluten before your blood test, your doctor won't be able to diagnose you with celiac disease
- Keep a food log
- Track your symptoms
- Write down any current stressors or life events

If you're going gluten free, you're going to need to become acquainted with food labels. *Very acquainted.* Although gluten is found in wheat, barley and rye, you also need to look out for any of their derivatives.

Gluten Containing Grains

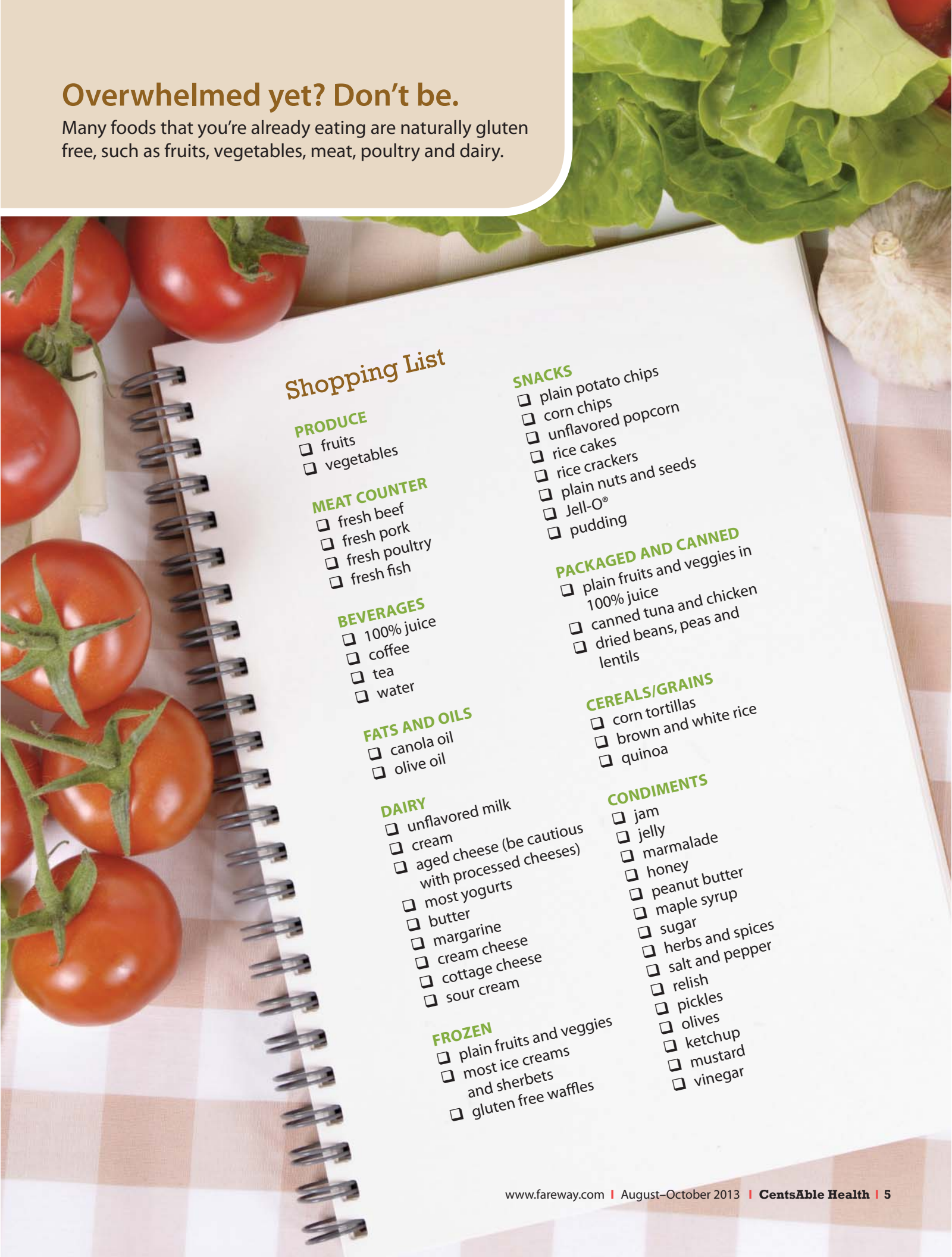
Barley
Barley malt/extract
Bran
Bulgur
Couscous
Durum
Einkorn
Emmer
Farina
Faro
Graham flour
Kamut
Matzo flour/meal
Orzo
Panko
Rye
Seitan
Semolina
Spelt
Triticale
Udon
Wheat
Wheat bran
Wheat germ
Wheat starch

Gluten Free Grains

Amaranth
Arrowroot
Buckwheat
Corn
Flax
Flours made from nuts/beans/seeds
Millet
Potato starch
Potato flour
Quinoa
Rice
Rice bran
Sago
Sorghum
Soy (soya)
Tapioca
Teff

Overwhelmed yet? Don't be.

Many foods that you're already eating are naturally gluten free, such as fruits, vegetables, meat, poultry and dairy.



Shopping List

PRODUCE
- ❑ fruits
- ❑ vegetables

MEAT COUNTER
- ❑ fresh beef
- ❑ fresh pork
- ❑ fresh poultry
- ❑ fresh fish

BEVERAGES
- ❑ 100% juice
- ❑ coffee
- ❑ tea
- ❑ water

FATS AND OILS
- ❑ canola oil
- ❑ olive oil

DAIRY
- ❑ unflavored milk
- ❑ cream
- ❑ aged cheese (be cautious with processed cheeses)
- ❑ most yogurts
- ❑ butter
- ❑ margarine
- ❑ cream cheese
- ❑ cottage cheese
- ❑ sour cream

FROZEN
- ❑ plain fruits and veggies
- ❑ most ice creams and sherbets
- ❑ gluten free waffles

SNACKS
- ❑ plain potato chips
- ❑ corn chips
- ❑ unflavored popcorn
- ❑ rice cakes
- ❑ rice crackers
- ❑ plain nuts and seeds
- ❑ Jell-O®
- ❑ pudding

PACKAGED AND CANNED
- ❑ plain fruits and veggies in 100% juice
- ❑ canned tuna and chicken
- ❑ dried beans, peas and lentils

CEREALS/GRAINS
- ❑ corn tortillas
- ❑ brown and white rice
- ❑ quinoa

CONDIMENTS
- ❑ jam
- ❑ jelly
- ❑ marmalade
- ❑ honey
- ❑ peanut butter
- ❑ maple syrup
- ❑ sugar
- ❑ herbs and spices
- ❑ salt and pepper
- ❑ relish
- ❑ pickles
- ❑ olives
- ❑ ketchup
- ❑ mustard
- ❑ vinegar

gluten free RECIPES

Gluten Free Angel Food Cake

Yes, you can have dessert, too!
Makes 1 (10 inch) cake
Total time: 20 minutes + baking time



¾ cup King Arthur gluten free multi-purpose flour
¼ cup cornstarch
¾ cup superfine sugar
1 ½ cup egg whites (about 10 to 11 large eggs)
¼ tsp. salt
1 ½ tsp. cream of tartar
2 tsp. vanilla extract
¾ cup + 2 Tbsp. superfine sugar

DIRECTIONS

PREHEAT oven to 350°F and PLACE oven rack in its lowest position. WHISK together flour, cornstarch and ¾ cup sugar, then SIFT and SET aside. In a large mixing bowl, BEAT together egg whites, salt and cream of tartar until foamy. ADD vanilla extract. Gradually INCREASE the speed of the mixer and CONTINUE beating until egg whites have increased in volume and thickened. Gradually BEAT in remaining sugar, a little at a time, until the meringue holds soft peaks. Gently FOLD in sifted flour mixture ¼ cup at a time, just until incorporated. SPOON the batter into an ungreased 10" round angel food pan and gently TAP on the counter to settle the batter and remove any large air bubbles. BAKE until cake is deep golden brown and the top springs back when pressed lightly, about 45 minutes. REMOVE the cake from the oven and INVERT the pan onto the neck of a heatproof bottle or funnel to suspend the cake as it sets and cools, about two hours.

Nutrition information per serving: 119 calories; 0 g fat; 0 g saturated fat; 0 mg cholesterol; 75 mg sodium; 27 g carbohydrate; 0 g fiber; 3 g protein





Mrs. Grimes Gluten Free Chili



Makes 4 servings
Total time: 45 minutes

INGREDIENTS

1 pound ground beef
½ cup chopped onion
¼ cup chopped green pepper
1 (14.5 ounce) can Fareway diced tomatoes
1 (15 ounce) can Mrs. Grimes chili style beans in chili sauce
1 (8 ounce) can Fareway tomato sauce
1 bay leaf
1 tsp. dried oregano
3 Tbsp. chili powder
Optional toppings: shredded cheese, avocado, tomato or cilantro

DIRECTIONS

In a large skillet, BROWN ground beef, onion and green pepper until meat is browned and vegetables are tender. DRAIN any fat that has rendered. STIR in tomatoes, beans with sauce, tomato sauce, bay leaf, oregano and chili powder. BRING to a boil then SIMMER for 30 minutes. REMOVE bay leaf, ADD toppings and SERVE.

Nutrition information per serving: 330 calories; 10 g fat; 4 g saturated fat; 70 mg cholesterol; 939 mg sodium; 29 g carbohydrate; 8 g fiber; 30 g protein

Easy Quinoa

Makes 4 servings
Total time: 20 minutes

Quinoa is naturally gluten free and a complete vegetarian protein. It's also rich in iron, fiber and riboflavin.

INGREDIENTS

1 cup quinoa
1 ½ cups water
¼ tsp. salt, optional

DIRECTIONS

RINSE quinoa using a fine mesh strainer until all white bubbles are gone. TRANSFER quinoa to a pot with a tight fitting lid; ADD water and salt. BRING to a boil, COVER with lid, then SIMMER for 15 minutes. REMOVE quinoa from heat and allow to it to sit for five minutes with the lid on. FLUFF quinoa with a fork and SEASON as desired.

Nutrition information per serving: 160 calories; 2.5 g fat; 0 g saturated fat; 0 mg cholesterol; 10 mg sodium; 30 g carbohydrate; 3 g fiber; 6 g protein

For a list of Fareway brand gluten free products, please visit www.fareway.com

Information herein should not be used as your ultimate source for gluten-free information. A product labeled gluten free may still have been processed within a facility containing gluten. You should seek advice from a licensed health care professional and always read labels, warnings, and other product information before consuming a product. Fareway Stores, Inc. makes no representations or warranties regarding any product or the fitness of any product for any particular purpose.

Tailgating

In the Midwest, the perfect tailgate is just as important as your team making it to a bowl game. To impress your fellow tailgaters with game-changing recipes, try these fan favorites… that your party-goers will never guess are healthy, too.



TIP:
Nervous about grilling with alcohol? Don't be—it evaporates during the cooking process, leaving your meat melt-in-your-mouth tender.

fan favorite
FLAT IRON STEAK

WHY IT'S A FAN FAVORITE

It's the second most tender beef muscle, so it doesn't require a marinade for tenderness… just for flavor! Each steak ranges in size from 1 to 1 ½ pounds; translation: great for feeding a rowdy crowd. And, they can be grilled whole or cut into cubes for kabobs.

Michelob® AMBERBOCK® Flat Iron

Makes 4 servings • Total time: 30 minutes + marinating time

INGREDIENTS

2 pounds flat iron steak
Seasoned salt, to taste
½ cup soy sauce
¼ cup canola oil
6 garlic cloves, minced
¼ cup Dijon mustard
2 tsp. fresh rosemary, minced
1 Tbsp. + 1 tsp. Worcestershire sauce
2 Tbsp. cracked black pepper
1 cup Michelob® AMBERBOCK® beer

DIRECTIONS

POKE holes in flat irons on both sides and SEASON with seasoned salt, as desired. PLACE steaks in a non-reactive container, such as a glass baking dish. COMBINE remaining ingredients and POUR over steak. MARINATE steak in the refrigerator for at least 4 hours, or overnight. PREHEAT grill to medium heat and GRILL steak for 15-20 minutes, or until internal temperature reaches 145°F.

Approximate nutrition information per serving: 368 calories; 16 g fat; 4 g saturated fat; 1087 mg sodium; 95 mg cholesterol; 9 g carbohydrate; 0 g fiber; 30 g protein

Grilled Tequila Steak Pizza

Makes 4 servings • Total time: 35 minutes + marinating time

INGREDIENTS

1 pound flat iron steak
1 cup fresh or frozen corn kernels, cooked
1 cup chopped tomato
2 Tbsp. fresh cilantro, chopped
¼ tsp. salt
1 cup shredded cheese
4 medium whole wheat tortillas (about 8 inches in diameter)

Marinade:
¼ cup fresh lime juice
¼ cup tequila
1 Tbsp. minced chipotle pepper in adobo sauce
OR ½ tsp smoked paprika & ½ tsp cayenne pepper

DIRECTIONS

COMBINE marinade ingredients in a small bowl. RESERVE 2 tablespoons for topping. PLACE steaks and remaining marinade in a zip-top plastic bag; TURN steaks to coat. CLOSE bag securely and MARINATE in the refrigerator for at least 15 minutes, or up to two hours. Meanwhile, COMBINE corn, tomato, 2 tablespoons cilantro, salt and reserved 2 tablespoons of marinade; COVER and REFRIGERATE. REMOVE steaks from marinade and DISCARD remaining marinade. GRILL steaks over medium heat for 10 to 20 minutes, or until internal temperature reaches 145°F, turning occasionally.

REMOVE steaks from grill and KEEP warm. PLACE tortillas on grill and GRILL one to two minutes, or until toasted. FLIP tortillas and SPRINKLE evenly with cheese. GRILL one to two more minutes, until cheese starts to melt.

CARVE steaks into thin slices. SEASON with salt, as desired. TOP tortillas with beef and corn mixture.

Nutrition information per serving: 485 calories; 23 g fat; 11 g saturated fat; 100 mg cholesterol; 726 mg sodium; 33 g carbohydrate; 4 g fiber; 33 g protein



Grilled Salsa Steak Appetizer

Makes 24 appetizers • Total time: 35 minutes + marinating time

INGREDIENTS

1 pound flat iron steak
1 cup salsa, divided
2 Tbsp. fresh cilantro
24 Tostitos® Simply Natural™ yellow corn tortilla chips
½ cup guacamole
24 fresh cilantro leaves, optional



DIRECTIONS

PLACE steaks and ½ cup salsa in a zip-top bag; TURN steaks to coat. CLOSE bag and MARINATE in the refrigerator for at least 15 minutes, or up to 2 hours. COMBINE remaining salsa and cilantro; COVER and REFRIGERATE until ready to use. REMOVE steaks from marinade. GRILL over medium heat, 10 to 20 minutes, or until internal temperature reaches 145°F, turning occasionally.

CARVE steaks into thin slices and CUT into bite-size pieces. ARRANGE chips on platter and TOP each chip with salsa mixture, steak and guacamole. SERVE immediately.

Nutrition information per serving: 59 calories; 3 g fat; 1 g saturated fat; 12 mg cholesterol; 134 mg sodium; 5 g carbohydrate; 1 g fiber; 4 g protein



fan favorite
PORK TENDERLOIN

WHY IT'S A FAN FAVORITE

Pork tenderloin is the chicken breast of the pork world. In fact, it's even leaner than a boneless, skinless chicken breast—weighing in at only 120 calories, 3 grams of fat and 1 gram of saturated fat per three ounce serving. Still not sold? It's quick-cooking, has no waste or fat to trim, and can stand up to whatever bold flavors you can throw at it.

Bacon Wrapped Tenderloin Slices

Makes 4 to 6 servings • Total time: 20 minutes

INGREDIENTS

1 pork tenderloin (about 1 ½ to 2 pounds)
Salt and black pepper, to taste
1 Tbsp. chopped fresh rosemary leaves
1 Tbsp. chopped fresh thyme leaves
4 to 6 slices bacon

DIRECTIONS

SLICE tenderloin into 2 inch slices and BUTTERFLY (see directions on page 11). SEASON with salt, pepper, rosemary and thyme. WRAP each tenderloin slice with bacon and SECURE with toothpick. HEAT grill to medium heat and GRILL for 5 to 10 minutes, or until internal temperature reaches 145°F.

Nutrition information per serving: 186 calories; 12.5 g fat; 4 g saturated fat; 56 mg cholesterol; 401 mg sodium; 0 g carbohydrate; 0 g fiber; 17 g protein



HOW TO BUTTERFLY PORK TENDERLOIN SLICES







1. Slice tenderloin into 2 inch slices
2. Cut horizontally down the center of each slice, making sure not to cut all the way through the other side
3. Open the slice as you would a book

BBQ Pork Tenderloin

Makes 4–6 servings • Total time: 35 minutes

INGREDIENTS

1 Tbsp. brown sugar
2 Tbsp. paprika
2 tsp. garlic powder
1 ½ tsp. black pepper
1 pork tenderloin
(about 1 ½ to 2 pounds)
½ cup barbecue sauce

DIRECTIONS

COMBINE first 4 ingredients and RUB onto pork tenderloin. PREHEAT grill to medium-hot. PLACE tenderloin on hot grill. COVER and GRILL tenderloin for 20–25 minutes, or until internal temperature reaches 145°F. BRUSH with barbecue sauce and GRILL for 5 more minutes, or until sauce is caramelized. REMOVE tenderloin from grill and LET rest 3 minutes before slicing and serving.

Nutrition information per serving: 196 calories; 3.5 g total fat; 1 g saturated fat; 61 mg cholesterol; 585 mg sodium; 18 g carbohydrate; 0 g fiber; 22 g protein



BACK TO SCHOOL Staples

Good nutrition plays an important role in a successful day for a child. Packing a nutritious lunch, which children will actually eat, can be a frustrating challenge. Here are some of our favorite healthy and delicious items so your kids will have a lunch they won't want to trade!

Mott's® Snack and Go Natural Applesauce Pouch

These single serving pouches don't even require silverware. Whether they're an on-the-go breakfast or thrown in a lunch box, they are amazingly easy. And, with no cholesterol, sodium or added sugar, they are a fruit serving that your kids can eat anywhere.



Old Orchard for Kids Apple Juice

Grab a thermos and fill it with eight ounces for 50% less sugar than 100% apple juice (without added sugar or sweeteners). Every serving contains 100% of your daily value of vitamin C and counts as one fruit serving with no artificial colors, flavors or preservatives.





Yoplait® Yogurt

Yoplait® yogurts provide at least 100 milligrams of calcium per serving, and with a magnitude of different flavors, you could send a new one every day! Plus, Yoplait® contains live and active cultures to help strengthen your youngster's immune system.



Skippy® Natural Creamy Peanut Butter

Why natural peanut butter? It only contains four ingredients even your kids can pronounce: peanuts, sugar, oil and salt. It also lacks preservatives, artificial colors, flavors and an oily mess that accompanies some natural peanut butters.

Ants on a Log

TOP celery with Skippy® peanut butter and raisins for protein, fiber and healthy fats to keep your kids full.



Lucky Leaf® Premium Apple Pie Filling

Who would have thought of pie filling as something to go in a lunch box? We did! Lucky Leaf® premium apple pie filling is fat free, low calorie and versatile. For a sweet treat, serve Fruit Pockets with Lucky Leaf® Pie Filling for breakfast, lunch or dessert.



Fruit Pocket with Lucky Leaf® Pie Filling

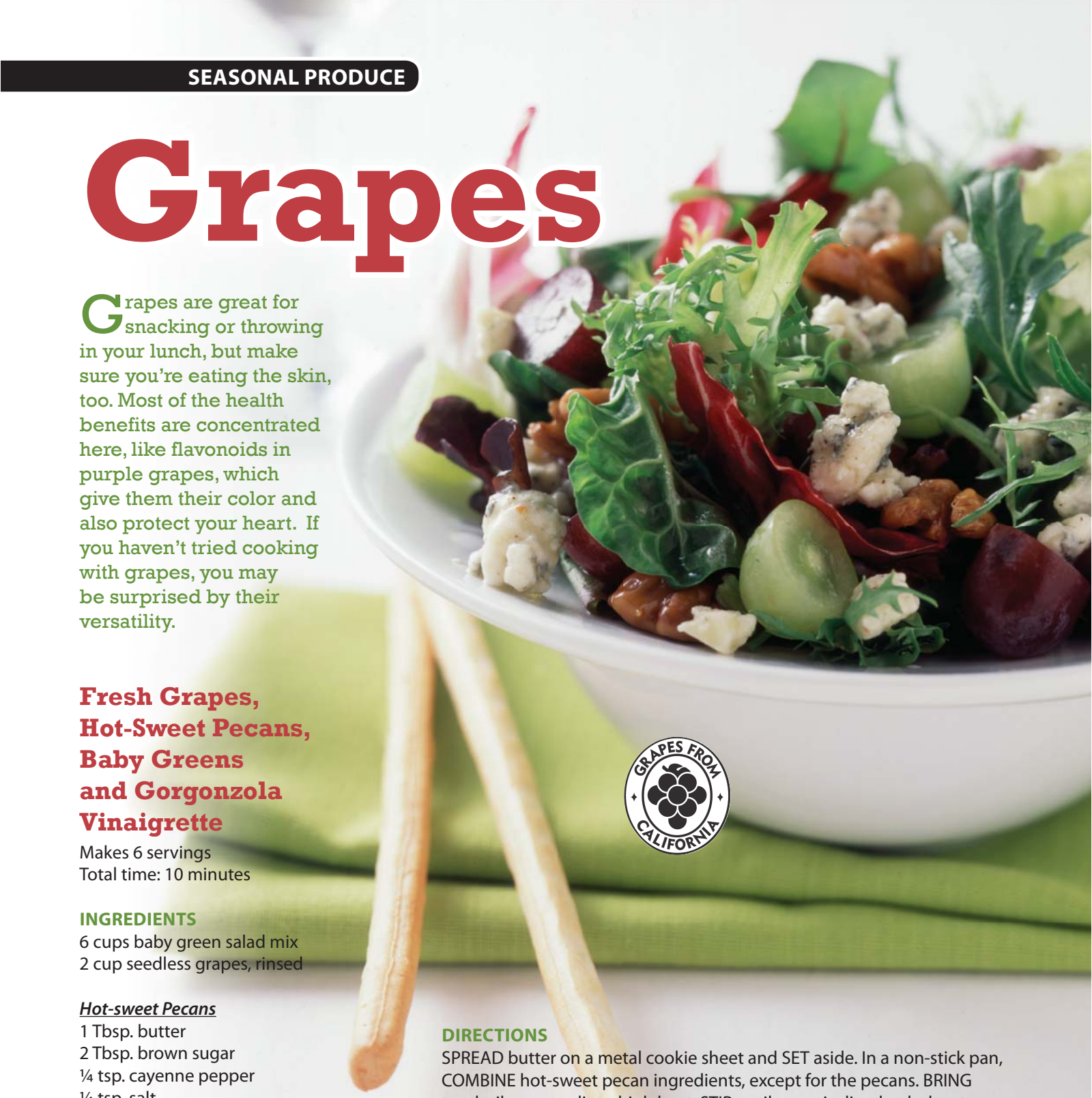
¼ cup Lucky Leaf® premium apple pie filling
1 (6 inch) tortilla
1 dash each cinnamon and nutmeg
1 tsp. walnuts

PREHEAT oven to 350°F. FILL tortilla with pie filling, cinnamon, nutmeg and nuts. PLACE on a baking sheet and SLIT top to let steam escape. BAKE for 8-12 minutes or until golden brown.

Nutrition information per serving: 152 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 200 mg sodium; 37 g carbohydrate; 5 g fiber; 4 g protein

Grapes

Grapes are great for snacking or throwing in your lunch, but make sure you're eating the skin, too. Most of the health benefits are concentrated here, like flavonoids in purple grapes, which give them their color and also protect your heart. If you haven't tried cooking with grapes, you may be surprised by their versatility.



Fresh Grapes, Hot-Sweet Pecans, Baby Greens and Gorgonzola Vinaigrette

Makes 6 servings
Total time: 10 minutes

INGREDIENTS

6 cups baby green salad mix
2 cup seedless grapes, rinsed

Hot-sweet Pecans

1 Tbsp. butter
2 Tbsp. brown sugar
¼ tsp. cayenne pepper
¼ tsp. salt
1 tsp. water
½ cup pecan halves

Gorgonzola Vinaigrette

½ cup olive oil
3 Tbsp. white wine vinegar
4 oz. Gorgonzola or Feta cheese
¼ tsp. black pepper
½ tsp. salt

DIRECTIONS

SPREAD butter on a metal cookie sheet and SET aside. In a non-stick pan, COMBINE hot-sweet pecan ingredients, except for the pecans. BRING to a boil over medium-high heat. STIR until sugar is dissolved, about 2 minutes. ADD pecan halves and STIR while cooking for 1 ½ minutes. SPOON pecans onto cookie sheet and SPREAD into one layer. LET cool. WHISK together dressing ingredients until well combined. To assemble salad, TOSS greens with grapes, pecans and vinaigrette.

Note: *Nuts and dressing can be made in advance and stored in separate airtight containers.*

Nutrition information per serving: 349 calories; 30 g fat; 6 g saturated fat; 21 mg cholesterol; 460 mg sodium; 18 g carbohydrate; 2 g fiber; 6 g protein

Grape and Prosciutto Appetizers

Makes 12 servings
Total time: 15 minutes

INGREDIENTS

1 baguette, cut into 12 slices
2 Tbsp. olive oil
26 seedless grapes
1 Tbsp. balsamic vinegar
black pepper
4 oz. fat-free cream cheese
12 basil leaves
6 slices prosciutto or old fashioned ham

DIRECTIONS

PREHEAT oven to 350°F. Lightly BRUSH baguette slices with 2 Tbsp. olive oil and LAY them directly on the middle of the oven rack. TOAST for 5 minutes, or until light golden brown. PUT the remaining olive oil in a sauté pan and WARM over medium-high heat. ADD grapes and SAUTÉ for 2 to 3 minutes, or until soft and warm. REMOVE from heat. SPRINKLE with vinegar and black pepper. TOP each baguette with one basil leaf and cheese. CUT each slice of prosciutto or ham in half and DRAPE over the cheese. TOP each baguette with 3 sautéed grapes.

Nutrition information per serving: 137 calories; 3 g fat; 1 g saturated fat; 4 mg cholesterol; 399 mg sodium; 20 g carbohydrate; 1 g fiber; 7 g protein



Chicken and Grape Salad

Makes 6 servings
Total time: 20 minutes

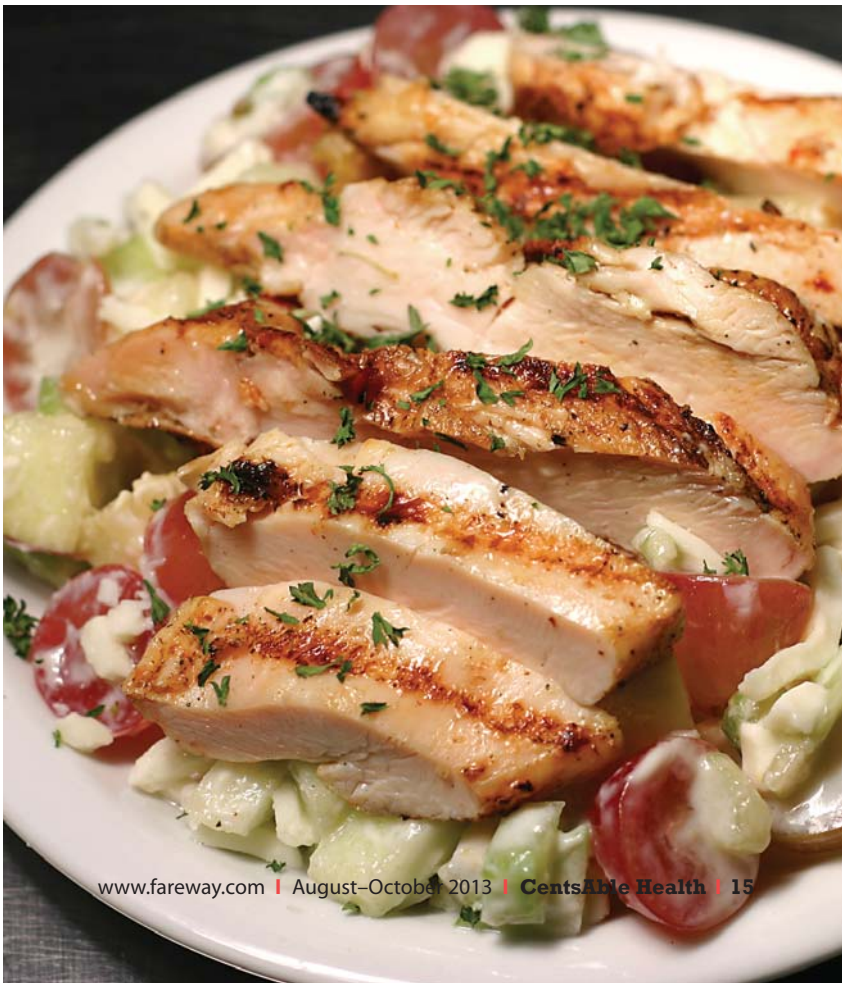
INGREDIENTS

1 pound chicken breast, cooked and sliced
2 stalks celery, chopped
2 cups grapes, halved
½ cup low-fat mayonnaise
½ cup nonfat plain yogurt
2 Tbsp. fresh parsley, minced
1 Tbsp. brown sugar
Juice of one lemon
Salt and black pepper, to taste

DIRECTIONS

COMBINE celery, grapes, mayonnaise, yogurt, lemon juice, brown sugar, salt, pepper and parsley in a mixing bowl. DIVIDE into six servings and top with sliced chicken.

Nutrition information per serving: 217 calories; 7 g fat; 1 g saturated fat; 71 mg cholesterol; 435 mg sodium; 13 g carbohydrate; 1 g fiber; 26 g protein



¢entsAble Kids!

Unscramble each of the clue words, then copy the letters in the numbered cells to other cells with the same number. Good luck!

GRAPES

GRSEAP

BERYR

REFZEE

REHSF

TINADTOXSANI

SIRNASI

SEDES

LOISIDUEC

TEESW

PUMLP



For answers, please visit www.fareway.com