



FAREWAY

CART-TO-KITCHEN

SM

ISSUE 43 | JANUARY-MARCH 2022

IMMUNE
BOOSTING
FOODS

NACHO
AVERAGE
NACHO

BROWNIE FOR TWO
PAGE 11

DESSERTS
FOR ONE

PLUS FRESH, AFFORDABLE RECIPES IN EVERY ISSUE!

FREE

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FAREWAY.

CART-TO-KITCHEN SM

**WE'VE ALWAYS
TAKEN YOUR
GROCERIES TO
YOUR CAR, AND
NOW WE'RE
MAKING OUR
WAY INTO YOUR
KITCHEN.**

Our new educational series, **CART-TO-KITCHEN**, safely brings you savvy cooking tips and affordable, healthy recipes featuring Fareway Dietitians, produce experts and meat experts.

New episodes are posted weekly on Fareway's social media outlets, YouTube channel, email messages and www.fareway.com.

HERE IS
JUST A
SAMPLE
OF WHAT
YOU'LL
LEARN

- Apples for baking
- Apple crisp for one
- Easy tortellini soup
- All about sweet potatoes
- Brussels sprouts
- Overnight oat flavors
- How to build a cheeseboard
- Cook once, eat twice with shredded beef
- Cookie recipe for one
- Pork roasts
- How to build the perfect soup
- Pepperoncini

And so much more!



DELICIOUSLY CONVENIENT SALAD KITS TRANSFORMED INTO FRESH MEALS IN MINUTES



EVERYTHING BRUNCH SALAD

Makes 2 servings
Total time: varies

INGREDIENTS

- 1 (12 ounce) package Taylor Farms® Everything Chopped Kit
- 2 eggs, cooked as desired
- 4 slices prosciutto

DIRECTIONS

Combine salad kit ingredients. Top with eggs and prosciutto slices.

APPROXIMATE NUTRITION INFORMATION PER SERVING:

387 calories; 27.3 g fat; 5.6 g saturated fat;
216.5 mg cholesterol; 1144 mg sodium;
19.7 g carbohydrate; 3.5 g fiber;
5.5 g sugar; 16.3 g protein



PORK BELLY BITES MAPLE BOURBON BACON SALAD

Makes 4 servings | Total time: 30 minutes

INGREDIENTS

- ½ pound pork belly, cut into 1-inch cubes
- canola oil cooking spray
- 1 Tbsp. chili powder
- 2 tsp. sugar
- ½ tsp. cumin
- 1 (12 ounce) package Taylor Farms® Maple Bourbon Chopped Kit

DIRECTIONS

Preheat air fryer to 325°F. Spray pork belly with cooking spray. Season with chili powder, sugar and cumin. Lightly spray air fryer basket with cooking spray. Place pork belly pieces in the basket and cook until they begin to crisp, 16–18 minutes. Shake basket or toss with tongs every 5 minutes. Prepare salad kit as directed and top with pork belly bites.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 766 calories; 74 g fat; 24 g saturated fat; 82 mg cholesterol; 354 mg sodium; 15 g carbohydrate; 3 g fiber; 10 g sugar; 13 g protein



BROCCOLI CRUNCH PITAS

Makes 4 servings | Total time: 10 minutes

INGREDIENTS

- 1 (12 ounce) package Taylor Farms® Broccoli Crunch Chopped Kit
- 2 cups shredded chicken
- 4 slices pita bread

DIRECTIONS

Combine salad kit ingredients. Add chicken and salad to pita bread.

APPROXIMATE NUTRITION INFORMATION PER SERVING: 406 calories; 9.4 g fat; 2.4 g saturated fat; 64.4 mg cholesterol; 680 mg sodium; 44.3 g carbohydrate; 3.9 g fiber; 9.5 g sugar; 29.5 g protein



SWEET KALE SALAD WITH BALSAMIC CHICKEN

Makes 2 servings

Total time: 30 minutes + marinating time

INGREDIENTS

1 (12 ounce) package Taylor Farms® Sweet Kale Chopped Kit
8 ounces boneless, skinless chicken breast

Balsamic Marinade:

½ cup balsamic vinegar
¼ cup olive oil
2 Tbsp. honey
1 Tbsp. Dijon mustard
2 cloves garlic, minced

DIRECTIONS

In a large mixing bowl, combine all the marinade ingredients. Add to a large zip-top bag. Add chicken breasts and marinate for at least one hour, up to overnight. Preheat grill to medium heat. Brush grill with oil to prevent sticking. Season chicken with salt (as desired) and place chicken on the grill. Cook until the internal temperature reaches 165°F, approximately 5–6 minutes per side. Remove chicken from grill and let rest for 5 minutes. Serve with Sweet Kale Chopped salad kit.

APPROXIMATE NUTRITION INFORMATION PER

SERVING: 523 calories; 30.3 g fat; 4.1 g saturated fat; 82 mg cholesterol; 368 mg sodium; 27.3 g carbohydrate; 5.25 g fiber; 18.5 g sugar; 33.8 g protein



nacho average nacho



BBQ
shredded pork,
baked beans,
cheese, jalapenos,
corn, cilantro,
tortilla chips



GREEK
 pita chips, hummus,
 feta, kalamata olives,
 cucumber, tomato,
 tzatziki sauce,
 seasoned steak,
 chicken or gyro meat



REUBEN
 corned beef, sauerkraut,
 swiss cheese, rye chips,
 thousand island dressing,
 pepperoncini peppers

BREAKFAST
 eggs, sausage, bacon,
 avocados, waffle fries,
 black beans, red onion,
 tomato, bell pepper



DESSERTS FOR ONE

Irresistible sweet treats perfectly portioned so you can have your cake and eat it too. All in less than ten minutes. Who says you can't have it all?



CARROT CAKE IN A MUG

Makes 1 serving
Total time: 10 minutes

INGREDIENTS

For the carrot cake:

1½ Tbsp. melted butter
2 Tbsp. brown sugar
3 Tbsp. milk
2 Tbsp. shredded carrots
¼ tsp. cinnamon
⅛ tsp. nutmeg
¼ tsp. vanilla extract
¼ tsp. baking powder
¼ cup flour

For the cream cheese frosting:

1 Tbsp. cream cheese, softened
2 Tbsp. powdered sugar
Splash of vanilla extract

DIRECTIONS

Combine melted butter and sugar in a microwave-safe mug or bowl. Stir until sugar is dissolved. Add milk, carrots, cinnamon, nutmeg, vanilla and baking powder. Stir until smooth. Add flour and stir to combine. Microwave for 1–1½ minutes on high or until cake is cooked through. Combine frosting ingredients and spread on carrot cake.

APPROXIMATE NUTRITION INFORMATION PER SERVING (INCLUDES FROSTING): 560 calories; 27 g fat; 17 g saturated fat; 76 mg cholesterol; 393 mg sodium; 73 g carbohydrate; 1.7 g fiber; 49 g sugar; 6.9 g protein





BROWNIE FOR TWO

Makes 2 servings
Total time: 10 minutes

INGREDIENTS

¼ cup all-purpose flour
¼ cup brown sugar
1 Tbsp. sugar
2 Tbsp. cocoa powder
Pinch of salt
¼ cup milk
3 Tbsp. butter, melted
1 Tbsp. chocolate chips

DIRECTIONS

Combine flour, brown sugar, sugar, cocoa powder and salt in a microwave-safe mug or container and stir to combine. Add milk and butter. Stir in chocolate chips. Microwave on medium* power for 1–1½ minutes, or until brownie is cooked through.

*Medium power helps prevent the chocolate chips from burning.

APPROXIMATE NUTRITION INFORMATION PER SERVING:

384 calories; 19.5 g fat; 12.5 g saturated fat; 46.5 mg cholesterol; 156.5 mg sodium; 52.5 g carbohydrate; 2.8 g fiber; 38 g sugar; 4 g protein



SNICKERDOODLE MUG CAKE

Makes 1 serving

Total time: 10 minutes

INGREDIENTS

For cake:

¼ cup + 2 Tbsp. flour
2 Tbsp. sugar
¼ tsp. baking powder
¼ tsp. cinnamon
¼ cup milk
2 Tbsp. melted butter
½ tsp. vanilla extract

For topping:

1 Tbsp. sugar
¼ tsp. cinnamon

DIRECTIONS

Combine flour, sugar, baking powder and cinnamon in a small bowl and stir until combined. Blend in milk, butter and vanilla. Combine sugar and cinnamon for topping in a separate bowl. Spray a microwave-safe mug or bowl with nonstick cooking spray. Add a spoonful of cake batter, then sprinkle with cinnamon/sugar mix. Alternate layers and top with remaining cinnamon/sugar. Microwave on high for 1–1½ minutes, or until cake is cooked through.

APPROXIMATE NUTRITION INFORMATION PER

SERVING: 533 calories; 23 g fat; 15 g saturated fat;
63 mg cholesterol; 204 mg sodium; 74 g carbohydrate;
1.5 g fiber; 17 g sugar; 6.8 g protein



APPLE CRISP FOR ONE

Makes 1 serving

Total time: 10 minutes

INGREDIENTS

For the apple filling:

1 apple peeled and sliced thin

¼ tsp. cinnamon

1 tsp. brown sugar

For the crisp topping:

2 Tbsp. softened butter

1 Tbsp. flour

3 Tbsp. old fashioned oats

1 Tbsp. brown sugar

¼ tsp. cinnamon

DIRECTIONS

Mix apple filling ingredients in a small bowl. Mix crisp ingredients. Work in the butter with a fork. Layer half the apples in a microwave-safe bowl, mug or ramekin. Top with half the crisp mixture. Add another layer of apples and then the remaining crisp mixture. Place in the microwave and cook for 3 minutes.* Carefully remove from the microwave (it will be very hot). Top with whipped topping or ice cream, if desired.

*Or bake at 375°F for 10–12 minutes.

APPROXIMATE NUTRITION INFORMATION

PER SERVING: 441 calories; 24 g fat; 15 g saturated fat; 60 mg cholesterol; 186 mg sodium; 57 g carbohydrate; 6.5 g fiber; 34 g sugar; 3.4 g protein





CHOCOLATE CHIP COOKIE IN A MUG

Makes 1 serving

Total time: 10 minutes

INGREDIENTS

1½ Tbsp. melted butter, cooled

2 Tbsp. brown sugar

1 egg yolk (white discarded)

¼ tsp. vanilla

3 Tbsp. all-purpose flour

1 Tbsp. chocolate chips

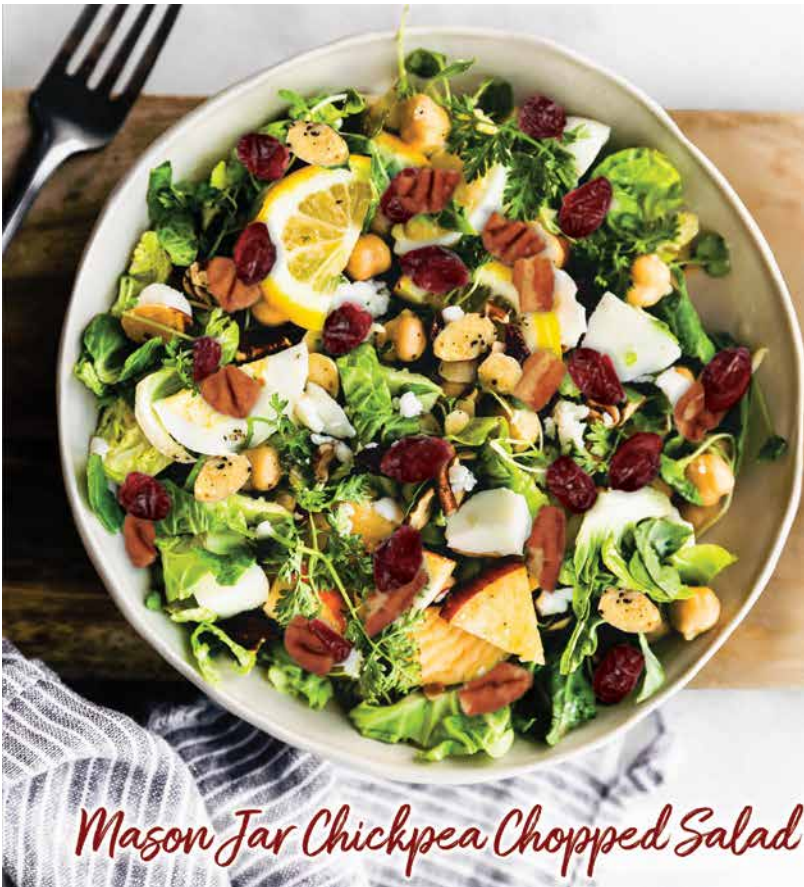
DIRECTIONS

Combine all ingredients in a microwave-safe mug or container. Microwave on medium* power for 1–1½ minutes, adding 15 seconds as needed, until cookie is cooked through.

*Medium power helps prevent the chocolate chips from burning.

APPROXIMATE NUTRITION INFORMATION

PER SERVING: 381 calories; 25 g fat; 14 g saturated fat; 230 mg cholesterol; 152 mg sodium; 39 g carbohydrate; 0.8 g fiber; 33 g sugar; 3.9 g protein



Mason Jar Chickpea Chopped Salad

Mariani
EST. · FAMILY · 1906

*Great on salads...
and just about
everything else!*



Recipe link:



Recipe and photo by Lindsay Cotter @cattercrunch

Taco Bout Delicious



Find more meal ideas at mrsgrimesbeans.com



Gluten Free / Low Calorie

SHRIMP AND BLACK BEAN SALSA TACOS

Makes 8 servings (2 tacos, about 8.5oz each)
Prep Time: 25 minutes
Total Time: 25 minutes

INGREDIENTS

- ¾ lb raw medium shrimp, shelled and deveined
- 1 Tbsp. olive oil
- 1 Tbsp. reduced sodium taco seasoning mix (from 1 oz package)
- 1 (15 oz) can **Mrs. Grimes® black beans** (drained, rinsed)
- ¼ cup salsa
- ¼ cup diced red bell pepper
- ½ avocado, peeled, diced
- ½ jalapeno, finely diced
- 2 Tbsp. chopped fresh cilantro
- 2 Tbsp. lime juice
- 8 small corn tortillas

DIRECTIONS

- In medium bowl, mix shrimp, oil and taco seasoning to coat; set aside. In large bowl, mix beans and salsa, mashing a few of the beans with a fork. Stir in bell pepper, avocado, jalapeno, cilantro and lime juice; set aside.
- In medium skillet, cook shrimp over medium-high heat 4-5 minutes or until pink and opaque, stirring and turning over once. Warm tortillas by toasting in a dry nonstick skillet over medium-high heat a few seconds per side.
- Spoon about ¼ cup of the bean mixture on each tortilla. Top with ⅓ of the shrimp (about 4-5 shrimp). Fold over to eat.

THE NUTRIENT
Vitamin E

THE ROLE
*regulates and supports
immune function*

THE FOODS
nuts, seeds,
avocado, spinach



immune boosters

A healthy immune
system starts with
healthy food

Research has found key nutrients that support the immune system, so you can play an active role in fighting and preventing illness and disease. Along with an overall balanced diet, these foods can help boost your immune system.



THE NUTRIENT
Vitamin C

THE ROLE
increase white blood cell production to fight infection

THE FOODS
grapefruits, oranges, red peppers, broccoli, strawberries, kale and kiwi



THE NUTRIENT
Beta Carotene

THE ROLE
converts to vitamin A, which can help your body respond to toxins and viruses

THE FOODS
carrots, spinach, kale, apricots, sweet potatoes, squash and cantaloupe



THE NUTRIENT
Vitamin D

THE ROLE
supports overall immune function

THE FOODS
salmon, canned tuna (containing bones), egg yolks, mushrooms





THE NUTRIENT
Vitamin B6

THE ROLE
aids in red blood cell formation

THE FOODS
poultry, salmon, tuna, chickpeas, bananas and fortified cereal



THE NUTRIENT
Probiotics

THE ROLE
promote a healthy digestive system to process other vitamins and minerals

THE FOODS
yogurt, kombucha, sauerkraut, pickles



THE NUTRIENT
Zinc

THE ROLE
aids in the production of immune cells, known as T-cells and white blood cells

THE FOODS
shellfish, poultry, red meat, beans and fortified cereals



NEW PRODUCTS

AT FAREWAY



PURE ORGANIC
Fruit Bars



VEGGIES MADE GREAT
Muffins, Veggie Cakes & Muffins



QUEST
PB Cups, Protein Chips & Hero Bars



HONEST EARTH
Mashed Sweet Potatoes



NUUN
Hydration Tabs

ASK THE DIETITIANS

Want to contact Whitney or Caitlyn?

Send your nutrition questions to:

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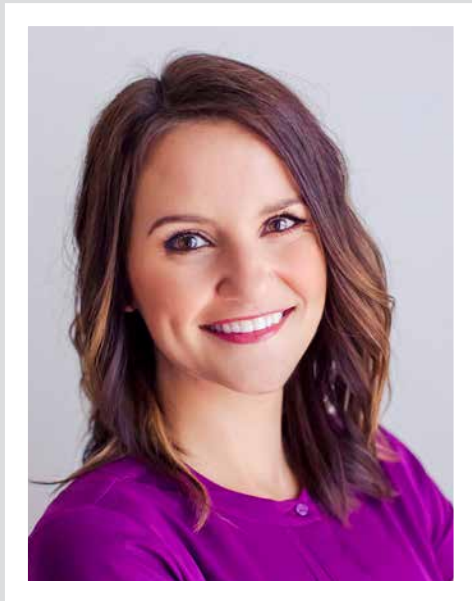
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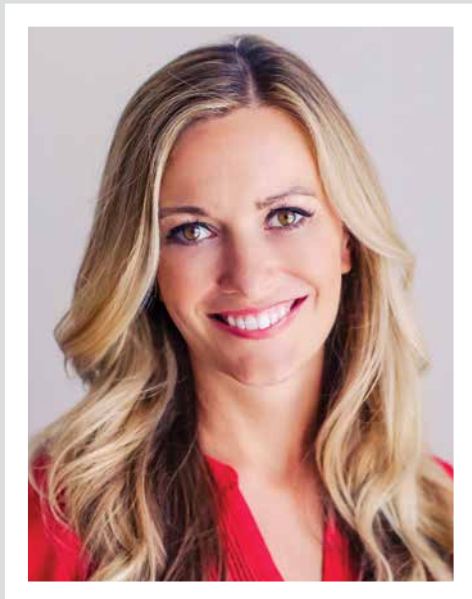
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Whitney, RD, LD



Caitlyn, RD, LD

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