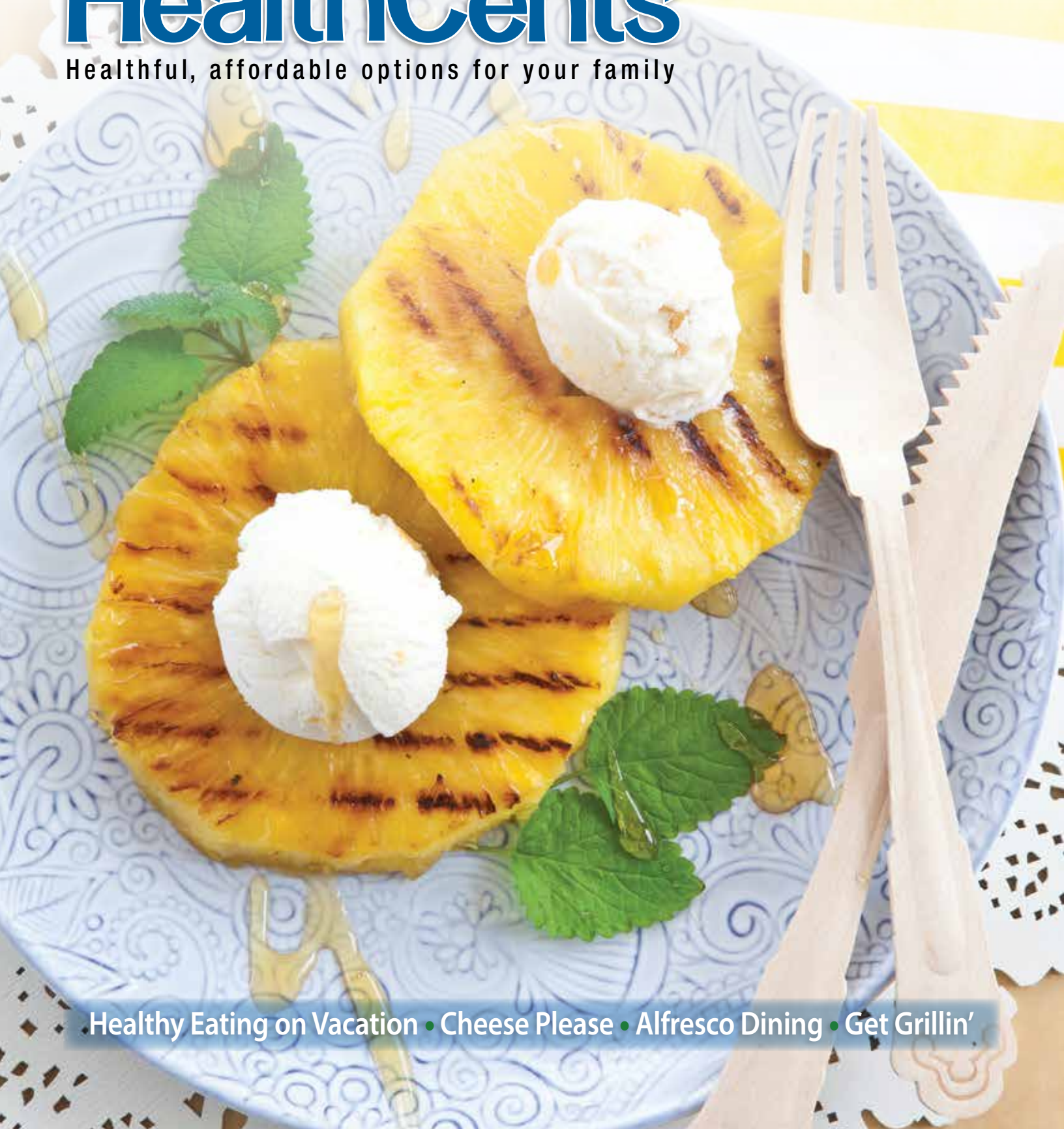


# HealthCents

Healthful, affordable options for your family



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## Bite into a Healthy Lifestyle



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*Disclaimer: The food and nutrition advice in this newsletter is not meant to take the place of your primary care physician. We recommend that you ask your health care provider or registered dietitian for further information specific to your needs.*

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## Ask Meredith

*"I'm confused by all of the different terms that are used when referring to omega-3s from fish oil, flaxseed, or other sources, i.e., ALA, EPA and DHA. What are the differences?"*



There are two main types of omega-3 fatty acids – “short chain” and “long chain” – named for their somewhat different chemical structures. ALA is one of the most common short-chain omega-3s, while EPA and DHA are the most common long-chain omega-3s.

Plant foods such as flaxseed, soybean and canola oils, as well as chia seeds and black walnuts, contain ALA. Fish and other seafood – especially cold-water fatty fish such as salmon, mackerel and tuna – contain EPA and DHA.

Most omega-3 supplements, including fish oil, krill oil, cod liver oil, and vegetarian products made from algae oil, contain EPA and DHA. Flaxseed oil supplements contain ALA. Some foods, including certain brands of eggs, yogurt, milk, and soy beverages, contain added omega-3s. You can check product labels to determine which ones have added omega-3s.

Most research on the potential health benefits of omega-3s involves EPA and DHA. Our bodies can convert ALA into EPA and DHA, but not very well. So if you want to increase the amount of EPA and DHA you consume, you need to get them from either foods or dietary supplements. The most recent Dietary Guidelines for

Americans recommends consuming at least 8 oz. of seafood weekly to achieve these benefits.



*Meredith*

Resist the Urge to Splurge:

# Tips for Healthy Eating on Vacation

Summer is in sight! Along with all that sunshine comes a fresh set of temptations challenging our ability to maintain healthy habits.

**Keep these tips in your back pocket when you're prepping for summer travel:**

### Achieve Healthy Hydration.

Stay hydrated during summer trips and celebrations by keeping water within reach. Drinking fluid is essential for regulating your body temperature when the heat rises. Whether you grab a reusable water bottle for long summer road trips or pack a cooler with bottled water for your next outdoor gathering, be sure hydration stays top of mind.



**Nourish Your Adventure.** Pack a cooler with healthy snacks so it's easy to make nutritious choices wherever the road may take you. Stock up on watermelon, strawberries, oranges and peaches, and cut them into cubes for summer snacking on the go. Bonus: these fruits contain a high proportion of water, and help you stay hydrated.

[www.delmonte.com](http://www.delmonte.com) • [www.musselmans.com](http://www.musselmans.com)



### Anticipate Mid-Day Munchies.

Avoid a trip to the drive-through by keeping small containers or baggies filled with unsalted nuts and seeds or dried fruit and veggies nearby.

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



**Snack Smart on Vacation.** Find a local market where you can stock up on healthy snacks for your hotel room, the swimming pool, and daily vacation adventures. We have some great store locations in Maryland and Delaware. Check out [www.rednersmarkets.com](http://www.rednersmarkets.com) for all of our Market and Quick Shoppe locations!

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



**Picnic in the Park.** Summer nights are a great time to enjoy a meal outdoors. Pack a basket with sandwiches, finger-friendly pre-cut vegetables with Greek yogurt dip, and a fruit salad.



Arrange your cheeses on a platter or board from the mildest to the strongest in flavor. Let your guests sample and easily find their favorite!

Summer fruit pairs perfectly with a variety of cheeses – and looks pretty, too!

Visit Redner's floral department for a fresh and colorful way to decorate your cheese platter.

Offer fresh jams made with summertime fruits to complement the assorted cheeses. Adds a colorful touch too!



# Cheese Please

It doesn't matter what time of year it is, cheese is always in season. This coveted food is not just an accessory to main and side dishes, but can also stand alone and hold its own. No summer picnic, party, happy hour or barbecue would be complete without it.



It's important to understand the basics of cheese selection and storage to keep your cheese at its freshest – and most delicious – longer.

## SELECTION

You want to start by selecting the best quality cheese, no matter what variety you're buying. Here are some tips:

- Cheese should have a fresh, clean appearance with no cracks or surface mold. Be sure the packaging is sealed properly, without any openings or tears that expose the cheese.
- Buy cheese at a store or market where frequent shipments of fresh cheese are delivered. Check the “use by” or “sell by” dates on packaged cheese.

*Cheese pairs so beautifully with summer's bounty of fresh herbs and tomatoes!*



## HANDLING

After arriving home with your new cheese finds, remember the three Cs of cheese handling.

- **Clean:** Because cheese easily absorbs other flavors, keep it away from other aromatic foods in the refrigerator.
- **Cold:** Refrigerate cheese between 34°F and 38°F.
- **Covered:** Cheese loses flavor and moisture when it's exposed to air, so make sure to wrap hard cheeses, such as Parmesan, in tightly-drawn plastic wrap. Soft or fresh cheeses, such as mascarpone, are best stored in clean, airtight containers.

## STORAGE

If you are lucky enough to have leftover cheese, store your opened cheese using these suggested guidelines. Proper storage will preserve a cheese's original flavor, appearance and quality.

- Once a cheese is opened, it's imperative to minimize moisture loss by keeping it covered in the refrigerator.
- Natural and pasteurized process cheese should last about four to eight weeks in the refrigerator, while fresh and grated hard cheese with higher moisture content should be used within two weeks.
- If cheese develops surface mold, simply cut off about 1/4 to 1/2 inch from each affected side, and use the remaining cheese within one week.

## The Cheese

Ricotta cheese has a mild flavor with just a touch of sweetness. Its texture is creamy, yet slightly grainy, giving it a cohesive property that makes it an excellent cooking cheese. Used as a staple ingredient in many savory Italian dishes, as well as rich desserts, ricotta melds ingredients and flavors to create the finished dish.

Wisconsin ricotta blends wonderfully with herbs, vegetables, pasta and, of course, another Italian staple, tomatoes.



## Creamy Roasted Cauliflower Salad

**Total Time: 35 minutes**

**Serves: 10**

- 5 cups (scant 1 lb.) cauliflowerettes
- 2 Tbsp. olive oil
- Salt
- 1/3 cup red onion, thinly sliced
- 3/4 cup canned artichoke hearts, drained well and chopped
- 1/3 cup spicy salami, diced
- 1/2 cup canned chickpeas, rinsed and drained
- 1 cup Wisconsin ricotta salata, diced into 1/2-inch cubes
- 1/2 to 3/4 cup creamy Italian dressing
- 1/2 to 3/4 cup seasoned croutons
- 1/4 tsp. crushed red pepper flakes (optional)
- Salt and coarsely ground pepper

*Heat oven to 375°F. Place cauliflowerettes in bowl. Sprinkle with olive oil. Sprinkle with salt and pepper to taste and toss. Place flowerettes on rimmed baking sheet. Roast 25 minutes. Cool flowerettes and cut in thin vertical slices, top to stem. Transfer to salad bowl.*

*Add onion, artichoke hearts, salami, chickpeas, ricotta salata and dressing. Toss carefully. Add croutons and toss again. Refrigerate two hours or longer before serving.*

**Nutrition Facts:** 145 Calories, 9 g. Total Fat, 2.5 g. Saturated Fat, 13 mg. Cholesterol, 250 mg. Sodium, 10 g. Carbohydrates, 3 g. Fiber, 6.5 g. Protein.

## The Cheese

Pepper jack cheese is flecked with chopped chilies, typically green and red jalapeño peppers. It possesses a zesty kick with the fresh flavor of the chilies, and carries overtones of the mellow and buttery flavor of Monterey Jack.

Wisconsin pepper jack is the cheese of choice for spice lovers. Often a staple in Mexican cuisine, and it can often be found walking hand in hand with Chianti, merlot, pinot gris, or a robust lager.



## Pepper Jack, Corn and Sausage Dip

**Total Time: 30 minutes**

**Serves: 10**

- 1/2 lb. sweet Italian turkey sausage, casing removed
- 1 cup frozen corn kernels
- 1 cup red bell pepper, chopped
- 2 cups (8 oz.) Wisconsin pepper jack cheese, shredded
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1 tsp. garlic powder
- 1/2 cup green onions, green parts only, chopped
- Freshly ground black pepper, to taste



enjoying a family evening at home, these sides are sure to please.

## The Cheese

Mild, tasty, and always a crowd-pleaser, fresh mozzarella should be eaten when only a few days old. So what are you waiting for? Submerged in water to maintain its freshness, fresh mozzarella is a creamy white color and usually kneaded, then stretched and formed into balls or logs before being sold.

Wisconsin fresh mozzarella pairs well with fresh fruits and vegetables and lives happily ever after with wines such as Beaujolais, pinot gris, and chardonnay.



## Caprese Pasta Salad

**Total Time:** 20 minutes

**Serves:** 8

- 12 oz. pkg. fusilli pasta, cooked, drained and cooled
- 1 cup grape tomatoes, halved
- 8 oz. container Wisconsin fresh mozzarella cheese pearls, drained
- 1 bunch green onions, washed, thinly sliced
- 1 Tbsp. minced garlic
- 1/2 cup (1 bunch) fresh basil leaves, washed, thinly sliced
- 1/4 cup olive oil
- Salt and pepper to taste

*Combine all ingredients and toss. Serve chilled.*

**Nutrition Facts:** 210 Calories, 10 g. Total Fat, 4 g. Saturated Fat, 15 mg. Cholesterol, 15 mg. Sodium, 15 g. Carbohydrates, 1 g. Fiber, 10 g. Protein.



*In large skillet over medium-high heat, brown sausage until no longer pink, breaking it up with spatula into small pieces. Remove sausage to plate lined with paper towel to drain.*

*Return skillet to burner, add corn and red pepper. Stir occasionally until pepper is softened, about 5 to 8 minutes. Remove corn and pepper to plate with sausage; cool completely.*

*In medium bowl, stir together pepper jack, sour cream, mayonnaise, garlic powder and green onions. Fold in sausage, corn and red pepper. Add freshly ground black pepper. Serve immediately with crackers or baguette slices.*

**Nutrition Facts:** 175 Calories, 10 g. Total Fat, 4 g. Saturated Fat, 30 mg. Cholesterol, 410 mg. Sodium, 8 g. Carbohydrates, 0 g. Fiber, 11 g. Protein.



# Alfresco Dining

Living in the north, outdoor dining is something that we do not take for granted. The first sign of warm weather makes us want to pull up a table in the sunshine and chow down.

## Beginning

### Smoked Gouda Stuffed Peppers

**Total Time:** 25 minutes

**Serves:** 4 (2 pepper halves per serving)

- 4 jalapeño peppers
- 4 oz. Red Apple Smoked Wisconsin Gouda
- 8 bacon strips, cooked
- Apricot jam, for dipping



*Cook bacon just until fully cooked, and immediately remove from heat. Let sit until cool enough to touch. Place small strips of smoked Gouda in skins of halved jalapeño peppers. Wrap bacon around cheese-stuffed jalapeño halves and place on baking sheet. Place under preheated broiler until cheese is melted and beginning to brown, about 10 minutes. Let cool slightly. Serve with apricot jam.*



**Nutrition Facts:** 210 Calories, 16 g. Total Fat, 4 g. Saturated Fat, 32 mg. Cholesterol, 375 mg. Sodium, 5 g. Carbohydrates, 1 g. Fiber, 12 g. Protein.



## Middle

# Pineapple Chicken Skewers

**Prep Time:** 20 minutes

**Marinate Time:** 2 hours

**Cook Time:** 10 minutes

**Serves:** 4

- 1 lb. boneless, skinless chicken breast halves, cut into 1-inch cubes
- 1/4 cup less-sodium soy sauce, divided
- 20 oz. can Del Monte® Pineapple Chunks in 100% Juice
- 1 red bell pepper, cut into 1-inch pieces
- 1/2 medium red onion, cut into 1-inch wedges
- 1/4 cup fresh lime juice
- 1 Tbsp. sugar
- 1 Tbsp. grated fresh ginger
- 1/4 cup chopped fresh cilantro
- Hot cooked rice, optional



Combine chicken and 2 Tbsp. soy sauce in a 1-qt. resealable plastic bag; seal and gently shake until well coated. Refrigerate at least 2 hours or overnight.

Heat grill or grill pan to medium-high heat. Drain pineapple, reserving juice; set juice aside. Thread chicken, pineapple and vegetables alternately onto 8 (10-inch) skewers. Discard marinade. Place kebabs on oiled grill rack; grill 4 minutes, turn and grill 4 minutes longer, or until chicken is no longer pink inside.

Meanwhile, combine reserved pineapple juice and remaining 2 Tbsp. soy sauce in large saucepan; bring to boil over high heat and boil 3 minutes or until liquid is reduced to 1/2 cup. Remove from heat; stir in lime juice, sugar and ginger. Sprinkle cooked kebabs with cilantro and serve with dipping sauce and rice, if desired.

**Nutrition Facts:** 274 Calories, 4 g. Total Fat, 1 g. Saturated Fat, 100 mg. Cholesterol, 750 mg. Sodium, 26 g. Carbohydrates, 2 g. Fiber, 35 g. Protein.

## End

# Watermelon Margarita

**Total Time:** 15 minutes

**Serves:** 2

### For the watermelon simple syrup:

- 2 cups seedless watermelon, cubed
- 1 cup sugar

### For the watermelon juice:

- 2 cups seedless watermelon, cubed
- 1/2 cup water

### For the margarita:

- 4 oz. silver tequila
- 4 oz. watermelon juice
- 2 oz. lime juice
- 1 oz. watermelon simple syrup
- Coarse salt (for the rim)
- Lime wedges



Make simple syrup by combining watermelon and sugar in small saucepan over medium heat. Use potato masher or another utensil to mash watermelon and sugar together, pushing out the liquid and dissolving the sugar. Simmer for 5 minutes, stirring frequently. Pour mixture through a fine mesh sieve set over a bowl or jar, pressing watermelon to extract all liquid. Set aside to cool completely.

Make watermelon juice by combining watermelon and water in blender. Blend until smooth, pour through a fine mesh sieve set over a bowl. To assemble margaritas, use lime wedge to line rims of two glasses with juice. Dip glasses in coarse salt and carefully fill with ice.

Combine tequila, watermelon juice, lime juice, and simple syrup in cocktail shaker with ice. Shake until thoroughly chilled, about 30 seconds, and pour into prepared glasses. Garnish with lime wedges and serve!

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

# Get Grillin'

## THE RULES OF SEPARATION AT THE GRILL

Grilling season is upon us, and ovens across America are turning off, and grills are firing up! Food safety is crucial not only in the kitchen to prevent food poisoning but at the grill, too. The same rules apply, especially when it comes to preventing cross-contamination.

During grilling season, cross-contamination tops the list of food safety concerns. When juices from raw meats or bacteria from unclean items touch cooked or ready-to-eat foods, cross-contamination can occur, spreading harmful bacteria that can make you sick.

### Prevent food poisoning with these 5 rules of separation:

#### **Rule #1: Always start with a clean grill.**

Scrub your grill with hot soapy water before you fire up the coals. Removing charred food debris from the grill reduces exposure to bacteria.

#### **Rule #2: Use separate plates for uncooked and cooked foods.**

Do not put cooked foods back on plates that originally held raw foods. Always wash plates or serving trays in hot soapy water between uses, or better yet, use separate plates: one for bringing raw meat, poultry and seafood to the grill, and another for taking cooked foods off the grill.

#### **Rule #3: Clean utensils or use separate utensils as you grill.**

After using tongs or spatulas to put raw meats, seafood or poultry on the grill, clean them thoroughly with hot soapy water before using them to remove cooked foods. If

it is too much to clean utensils while manning the grill, use two sets of utensils: one for raw meats and the other for cooked foods.

#### **Rule #4: Marinate mindfully – before, during and after grilling!**

Never reuse a marinade that was on raw meats, seafood or poultry on cooked foods. While you are at the grill, never use the same brush to baste both raw and cooked meats with the marinade. Always use a different brush or one that has been washed in hot soapy water when going from marinating raw meat to marinating cooked meats.

#### **Rule #5: Leave the dish towels in the kitchen.**

Using the same dish towel multiple times to wipe your hands and clean up spills at the grill can spread bacteria. Instead, prevent cross-contamination by using paper towels or disposable wipes to clean up spills when grilling, and save the dish towels for drying your clean hands and dishes.



## Get “Saucy”

No grill is complete without barbecue sauce. Historically viewed as “just a condiment,” barbecue sauce can take any entree, side dish and even dessert to the next level of culinary perfection!

- Slather on any and all of your favorite proteins: meat, poultry or seafood.
- Use as pizza sauce for a grilled pizza.
- Pulled pork – enough said!
- Toss mushrooms or other veggies in barbecue sauce and grill.
- Make your own baked beans with two simple ingredients: beans and barbecue sauce.
- Spruce up salads with the sauce alone or make a dressing concoction of your own.

**You get the point!** The list can go on and on, from meatballs and deviled eggs to grilled cheese and so much more!



### Meredith's Go-To Burger

#### THE TOPPINGS & FIXINGS

Toasted roll

Beef patty grilled the way you like it

Wisconsin fresh mozzarella cheese

Wisconsin Parmesan cheese

Peppered bacon

Sliced cucumbers

Sliced red onions

Tomatoes

Ranch dressing

Check out more burger recipes at  
[www.cheeseandburger.com](http://www.cheeseandburger.com).



## Dessert is Served!

Your grill isn't just for entrees anymore! Pick up fresh, seasonal fruit, and fire up the grill for a perfect summertime dessert!

Grill slices of pineapple or peach halves and top with a scoop of vanilla ice cream or frozen yogurt. Drizzle with honey and garnish with fresh mint leaves for a delicate touch!



# Take a Bite Out of a Rainbow

Power yourself up with plenty of color. It will give you the charge you need for tons of great activities and sports like skateboarding, surfing, mountain biking, soccer, or even when you're just on the go with your friends!

## Follow these tips to keep feeling great.

### Eat Dinner Together

Don't eat alone – that's no fun! Hang out and enjoy meals with your family. For even more fun, invite a friend or two over. Eating alone can lead to overeating.

### You Can Do It!

Feel good about yourself when you reach for something colorful and healthy instead of junk!

### Fruit & Veggies the Fun Way

Talk your mom or dad into serving food in a fun way. Example: Watermelon slices are great, but watermelon sticks and balls are way cooler.

### Spy a Label

Become a private investigator – learn to read food labels so you can figure out how much fat as well as vitamins and minerals are in the stuff you munch.

### Get Moving!

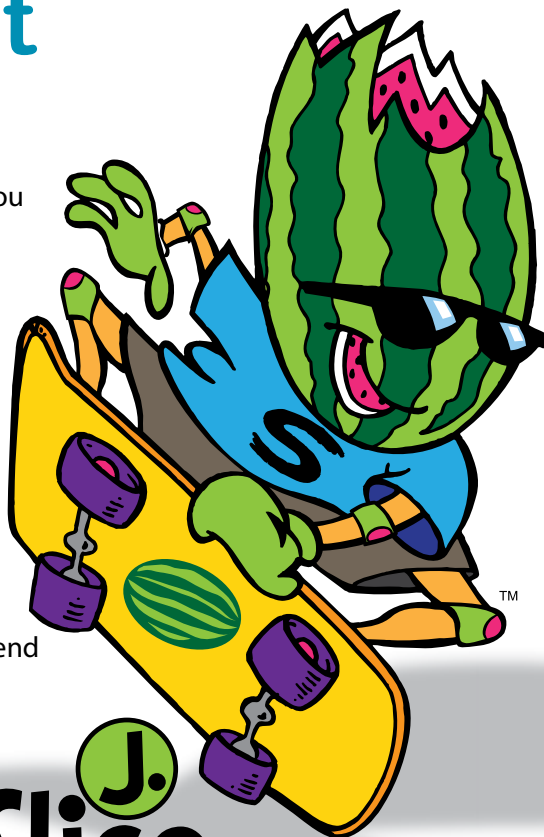
Playing sports or even going for a nature walk helps keep your energy up!

### Take a Junk Break

Hold off on eating too much salty or junk food.

### Color Your Cart

Next time you're at the supermarket, see if you can fill your cart with produce in different colors: red, yellow, orange, green and blue. Ask your parents to explain why each color is so good for you in its own way.



**J.**  
**Slice**

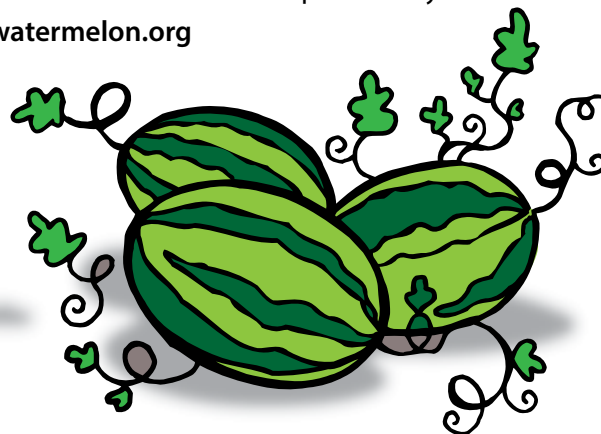


### Fruit & Veggies Rock

Fruit and veggies can be eaten anytime. You can always eat a cool slice of watermelon with your meal – you don't have to wait until dessert!

Don't forget to chill out with a cool slice of watermelon. It's sweet and healthy, and because it's 92 percent water, it helps your body get the fluids you need to feel great. Watermelon is awesome and super healthy!

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



[watermelon.org](http://watermelon.org)

National Watermelon Promotion Board

