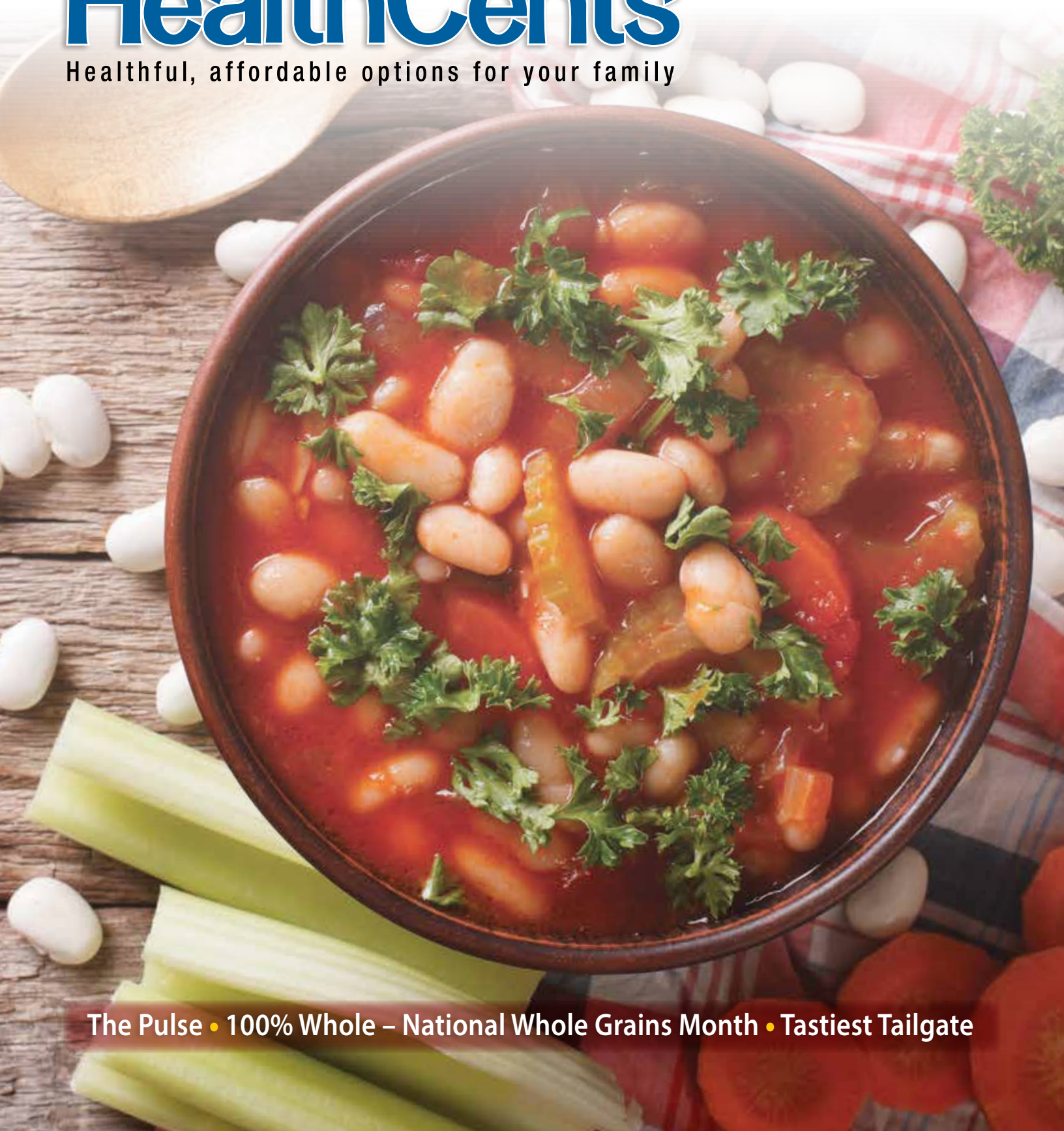


HealthCents

Healthful, affordable options for your family



The Pulse • 100% Whole – National Whole Grains Month • Tastiest Tailgate

- | | |
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Bite into a Healthy Lifestyle



Meredith McGrath, RD, LDN
Corporate Dietitian • HealthCents
Redner's Markets

Email your questions to
HealthCents@RednersMarkets.com

*Meredith holds a B.S. in clinical dietetics
from the University of Pittsburgh.*

*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.*

Redner's Markets, Inc. • 3 Quarry Road, Reading, PA 19605

NATIONAL DIABETES MONTH

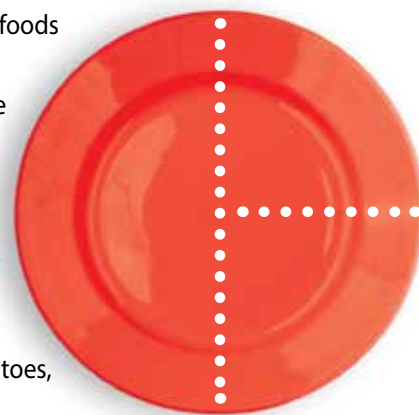
Blood glucose and cholesterol levels, blood pressure and weight are all impacted by what we eat. Fortunately, making good choices doesn't have to be difficult. Here is an easy way to make sure every meal and snack contributes to a healthy lifestyle.

Create Your Plate is a simple and effective way to manage your blood glucose levels and lose weight. Simply fill your plate with more non-starchy veggies and smaller portions of starchy foods and protein – no special tools or counting required!

SEVEN EASY STEPS TO CREATE YOUR PLATE

Creating your plate allows you to choose the foods you want, but keeps portions in check.

1. Using your dinner plate, put a line down the middle. Then on one side, cut it again so you now have three sections.
2. Fill the largest section with non-starchy vegetables (i.e., asparagus, broccoli, carrots, cucumbers).
3. In one of the small sections, add grains (i.e., brown rice, quinoa) and starchy foods (potatoes, pumpkin, corn, peas).
4. Put your protein in the remaining small section.
5. Add a serving of fruit or dairy or both as your meal plan allows.
6. Choose healthy fats in small amounts. For cooking, use oils. For salads, some healthy additions include nuts, seeds, avocado and vinaigrettes.
7. To complete your meal, add a low-calorie drink like water or unsweetened tea or coffee.



Keeping blood sugar levels within the desired range might sound daunting, but supplementing your diet with Glucerna® shakes and bars can help keep you on track. Glucerna® contains CARBSTEADY®, unique blends of slow-release carbohydrates that can help minimize your blood sugar spikes.

www.glucerna.com

Contributing writer for this issue of HealthCents ...

Allison Witmer, Nutrition Intern
B.S. in Nutritional Sciences from Penn State University





Sharpen Your Knife Skills

There are many different types of cuts used in cooking, and unnecessary confusion can arise when a recipe calls for a particular preparation you're unfamiliar with. No worries ... our simple guide will have you cutting – and cooking – like a pro in no time!

The Cut: Slice

Description: This is exactly what it says ... slices

How to: Cut vertically down to desired thickness

Often used for: Onions, carrots and zucchini

The Cut: Mince

Description: Tiny pieces (as small as you can get them)

How to: Use a rocking motion to chop until finely minced

Often used for: Garlic, ginger and fresh herbs

The Cut: Chop

Description: Large squares (precise shape and size is not necessary)

How to: Cut into bite-sized pieces

Often used for: Tomatoes, avocados and potatoes



The Cut: Julienne

Description: A long thin stick, approx. 1/8" thick

How to: Trim to make flat on all sides (known as "squaring off" in the culinary world), cut lengthwise into thin slices, stack and slice again into "matchsticks."

Often used for: Carrots, peppers and parsnips

The Cut: Dice

Description: A small chop (approx. 1/2" to 3/4" pieces)

How to: Slice lengthwise in 1/2" slices, stack slices and slice again into small squares

Often used for: Onions and shallots



The Cut: Chiffonade

Description: Shredded or thinly sliced leafy greens or herbs

How to: Stack leaves and roll into a cigar shape, thinly slice perpendicularly to the roll

Often used for: Spinach, basil and mint

Precision isn't always necessary, but if visual appeal and uniformity are what you're after, mastering these basic cuts will make all the difference. Bonus – precision cutting ensures everything cooks evenly!



Centsible TIP

When squaring off an item, a lot of waste is produced as you cut off rounded sides and imperfections. Keep these scraps for use in stocks and other dishes that don't require perfectly cut pieces.

The Pulse

The what? Chickpeas, lentils, dry peas and beans are known as “pulses.” Regarded as some of the most versatile foods on the planet, incorporating them into your diet is a plant-based approach that is linked to various nutritional benefits.

- Good source of protein
- Excellent source of fiber
- High in antioxidants
- Rich in iron
- Good source of potassium
- Excellent source of folate
- Gluten, sodium and cholesterol free
- Low-glycemic index

The Half-Cup Habit

In the healthy eating patterns defined by the USDA, it is recommended to eat 1.5 cups of pulses per week. In order to meet this goal, we recommend incorporating one half-cup serving of pulses into at least three meals per week. Because of their versatility, it's easy to incorporate these protein-, fiber- and nutrient-rich foods into any meal of the day! Try a 1/2 cup of beans, chickpeas, lentils or dry peas on top of a salad, in a burrito or even blended into a smoothie. We've included some recipes to get started!

How to Cook Pulses

| Pulse | To Soak or Not to Soak?* | Bring to a Boil, Then Simmer for: |
|--|--------------------------|-----------------------------------|
| Small-Medium Beans (black, kidney, pinto and great northern) | Yes | 1-2 Hours |
| Large Beans (lima and fava) | Yes | 2-4 Hours |
| Chickpeas | Yes | 1.5-2 Hours |
| Whole Lentils (skins on – green, pardina and French green lentils) | No | 20-30 Minutes |
| Dehulled Lentils (skins removed – red and split lentils) | No | 5-10 Minutes |
| Whole Peas | Yes | 40-45 Minutes |
| Split Peas | No | 20-30 Minutes |

Soaking dried pulses 4-8 hours before cooking is recommended (but not required) to reduce the cooking time and ensure beans, chickpeas and whole dry peas cook evenly. If you opt not to soak, add 1-2 hours of simmering time. Canned options do not need to be soaked.



Lunch Falafel

*Prep Time: Overnight; Cook Time: 30 minutes
Makes: 4 servings*

1 cup dried broad (fava) beans
1 cup dried chickpeas
1 tsp. baking soda
4 garlic cloves, crushed
1 tsp. ground coriander
1 Tbsp. ground cumin
1 onion, chopped
1/2 cup fresh coriander, chopped
1/2 cup fresh parsley, chopped
Salt and pepper to taste

Soak beans and chickpeas in water and baking soda overnight. Drain and rinse. Preheat oven to 400°. Put with the rest of the ingredients in a food processor, and blend until you get a soft dough-like mixture. Remove and refrigerate for 1 hour before use. Divide and shape into small balls the size of a walnut. Flatten with your hand, then place on a greased baking sheet. Bake for 30 minutes, turning halfway through. Serve warm, rolled in pita bread.

Nutrition Facts: 253 Calories, 3 g. Total Fat, 0 mg. Cholesterol, 159 mg. Sodium, 44 g. Carbohydrates, 12 g. Fiber, 14 g. Protein. www.pulses.org

PULSES



DRY PEAS, BEANS, LENTILS & CHICKPEAS
THE FUTURE OF FOOD



Dinner

Italian Split Pea Soup

Prep Time: Overnight; **Cook Time:** 1 hour
Makes: 5 servings

- 1 1/2 cups USA yellow or green split peas, rinsed
- 1/2 cup dry navy beans
- 3 cups tomato juice
- 1/2 cup onion, chopped
- 1/2 cup celery, sliced
- 1 cup zucchini, cubed
- 2 cups cabbage, coarsely chopped
- 1 cup turnips, diced
- 1 cup carrots, diced
- 2 garlic cloves, minced
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. Italian seasoning
- 4 oz. uncooked radiatore or other dry pasta
- 8 Tbsp. grated Parmesan cheese



In large stock pot, soak beans only in 3 1/2 cups water overnight. Add 8 1/4 cups more water. Add peas and bring to a boil. Reduce heat. Cover and simmer 45 minutes or until peas and beans are tender. Add remaining ingredients except pasta and cheese. Cook until vegetables are tender. Add pasta and cook an additional 8 to 10 minutes until pasta is tender. Sprinkle with cheese before serving.

Nutrition Facts: 436 Calories, 4 g. Total Fat, 7 mg. Cholesterol, 1,119 mg. Sodium, 77g. Carbohydrates, 20 g. Fiber, 26 g. Protein. www.pulses.org



Dessert

Peanut Butter Chocolate Chip Cookies

Total Time: 20 minutes
Makes: 12 servings

- 1 1/4 cups canned chickpeas, well rinsed and dried (paper towel works great)
- 2 tsp. vanilla extract
- 1/2 cup + 2 Tbsp. natural peanut butter, room temperature
- 1/4 cup honey
- 1 tsp. baking powder
- Pinch of salt
- 1/2 cup chocolate chips

Preheat oven to 350° F. Add chickpeas, vanilla, peanut butter, honey, baking powder and salt to bowl of food processor. Process until smooth, scraping down sides as needed. Mix or pulse chocolate chips into mixture. Dough will be sticky. Roll dough into 1 1/2" balls and flatten slightly with bottom of a glass or measuring cup. Cookies won't change shape much when baking.

Place balls on baking mat or parchment-lined baking sheet. Bake for 10 minutes. Allow cookies to cool a few minutes on baking sheet and then remove and let cool on a wire rack. Store cookies in airtight container and enjoy!

Nutrition Facts: 170 Calories, 10 g. Total Fat, 0 mg. Cholesterol, 144 mg. Sodium, 18 g. Carbohydrates, 3 g. Fiber, 5 g. Protein. www.pulses.org



The majority of Americans consume enough grains throughout their day, but most aren't whole grains.

There are two types of grains: whole and refined. In their natural state, all grains are whole grains, meaning they contain the entire grain kernel – the bran, germ and endosperm. To make many different consumer products such as white bread and pasta, grains are milled. During this process, the bran and germ are removed, and what is left is known as a refined grain.

The USDA recommends that half of our grain consumption be whole grains due to their various health benefits, including:

- Better weight management
- Reduced risk of stroke, type 2 diabetes, heart disease and asthma
- Healthier blood pressure levels

There are many different types of whole grains – some that you've probably never even heard of. Try something new today!

CHEESY GARLIC ZUCCHINI SORGHUM

Total Time: 60 minutes
Makes: 6-8 servings

- 3 Tbsp. unsalted butter
- 3 garlic cloves, finely minced
- 1 pkg. Hodgson Mill Gluten-Free Pearled Sorghum
- 2 cups low-sodium chicken broth
- 1 1/4 cups water
- 2 cups fresh zucchini, shredded and pressed to release excess moisture
- 1 1/2 cups sharp cheddar cheese, shredded
- 1/4 tsp. salt, to taste
- 1/4 tsp. pepper, to taste

Melt butter in medium saucepot over medium-high heat. Add garlic and sauté for 30 seconds. Add sorghum, broth and water to pot. Cover. Bring mixture to a boil, reduce heat to a simmer and cook for 45-50 minutes or until most liquid has been absorbed. Turn off heat but leave pot on burner. Remove lid and stir in zucchini and cheese. Cover and let stand for five minutes or until cheese has melted and mixture is warmed through. Serve immediately.

Nutrition Facts: 300 Calories, 14 g. Total Fat, 34 mg. Cholesterol, 225 mg. Sodium, 33 g. Carbohydrates, 3 g. Fiber, 12 g. Protein. www.hodgsonmill.com



Sorghum comes in many different colors ranging from brown to red to black, with white being the most commonly consumed variety.



Brown rice has the outer hull removed but still retains the nutrient-dense bran layers that give it a tan color, chewy texture and nutty flavor. Brown rice is a 100% whole grain, rich in minerals and vitamins, especially the B-complex group.



MIXED GRAIN BUTTERNUT SQUASH CAKES

Total Time: 40 minutes
Makes: 6 servings

- 3/4 cup farro, cooked
- 1 cup butternut squash, peeled and cut into 1" cubes
- 2 Tbsp. olive oil
- 1 lg. onion, chopped
- 1 1/2 cups U.S. brown rice, cooked
- 1/2 cup goat cheese, crumbled
- 3 eggs, beaten
- 3/4 cup Italian bread crumbs
- 1 lg. carrot, minced
- 2 scallions, thinly sliced
- 3 Tbsp. garlic, minced
- 1/2 Tbsp. salt
- 2 tsp. black pepper
- 1/2 cup vegetable oil

GRAINS MONTH



Farro adopts the flavors of the other foods it is combined with, making this a delicious accompaniment to almost any meal.



FARRO RISOTTO WITH ASPARAGUS

Total Time: 1 hour
Makes: 4 servings

1 cup Nature's Earthly Choice Farro
12 oz. asparagus
1 lb. whole fava beans
2 cups low-sodium vegetable broth
2 Tbsp. olive oil
2 medium shallots, minced
2/3 cup dry white wine
Finely grated zest of 1 lemon
2 Tbsp. minced fresh tarragon leaves
3 Tbsp. minced fresh Italian parsley leaves
2 Tbsp. unsalted butter
Salt and pepper to taste

Place squash in vegetable steamer and cook until tender, about 6-8 minutes. Drain and mash squash with a fork. In medium skillet, heat olive oil over medium-high heat. Add onions and cook until tender and fragrant.

In large bowl, combine all ingredients except vegetable oil. Mix until thoroughly combined. Place 1/2 cup rice mixture into 2 1/2" square mold, pressing down to form a cake. Heat vegetable oil in skillet over medium heat. Fry rice cakes for 7 to 10 minutes, flipping once or until cakes are golden in color. Transfer rice cakes to sheet tray lined with parchment paper. Bake at 350°F for 8-10 minutes. Cut in half diagonally to serve.

Nutrition Facts: 413 Calories, 20 g. Total Fat, 91 mg. Cholesterol, 876 mg. Sodium, 44 g. Carbohydrates, 6 g. Fiber, 13 g. Protein.
www.thinkrice.com



Whole Grains Month
September 2017 #WholeGrainsMonth

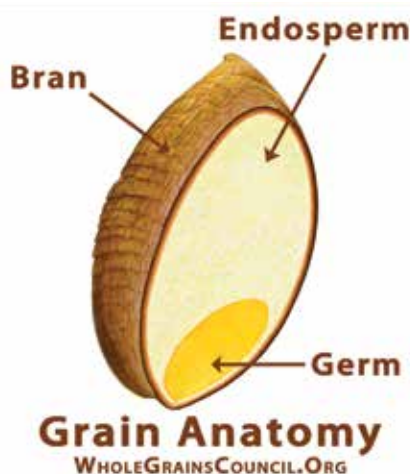


Cook farro as directed on package. Fill large saucepan with water, salt heavily, and bring to a boil. Add asparagus and cook until just tender, about 3 minutes. Remove asparagus and place in single layer on baking sheet to cool. Return water to a boil and add shelled fava beans; cook for 1 minute. Drain beans and rinse under cold water. Remove thin, pale green skin that covers each bean and discard. Place skinned beans on baking sheet with asparagus.

Heat vegetable broth in saucepan over medium-high heat until it comes to a simmer. Reduce heat to low. Heat olive oil in saucepan over medium-high heat. When it simmers, add shallots and season with salt and black pepper. Cook, stirring occasionally, until shallots are softened but not browned, approx. 2 minutes. Add cooked farro and wine, and stir until evaporated. Add ladleful of warm broth and cook, stirring frequently, until farro has almost completely absorbed it, about 2 minutes. When there is hardly any liquid left in the pan, add another ladleful of broth and repeat the process with the rest of the broth, stirring frequently until farro is tender but firm to bite. The indentation in the farro grain will open and puff when completely cooked, about 15 to 20 minutes.

Remove saucepan from heat and gently fold in asparagus, fava beans, lemon zest, tarragon, parsley and butter. Taste and, if necessary, season with more salt and pepper.

Nutrition Facts: 491 Calories, 15 g. Total Fat, 15 mg. Cholesterol, 731 mg. Sodium, 63 g. Carbohydrates, 11 g. Fiber, 16 g. Protein. www.earthlychoice.com



The Bran: The outer skin of the grain kernel. It contains antioxidants, B vitamins and fiber.

The Germ: The embryo, which has the potential to sprout into a new plant. It contains B vitamins, protein, minerals and healthy fats.

The Endosperm: Provides energy to the plant so that it can grow. It contains carbohydrates, proteins and small amounts of vitamins and minerals.



Win ... lose ... whatever! It's hard to get mad about the results of the game when there is so much delicious food to enjoy. We've reinvented tailgate classics so you're sure to have the tastiest tailgate around!

With fresh avocados from Mexico available all year round, of course guacamole tops our list! Serve this dip with Beanitos™ bean chips – their sturdy structure makes them great for holding lots of guac!



Fired-Up Tequila Guacamole

Total Time: 30 minutes

Makes: 8 servings

- 2 Tbsp. olive oil
- 1 lg. red onion, halved and thinly sliced
- 1 tsp. kosher or coarse sea salt, divided
- 2 fresh jalapeno peppers, finely chopped
- 1/4 cup silver tequila
- 3 ripe Avocados From Mexico, halved, pitted and diced
- 2 Tbsp. freshly squeezed lime juice
- 1/4 cup crumbled feta cheese, divided
- 6 slices thick bacon, cooked until brown and crisp then chopped

Heat oil in large sauté pan over low to medium-low heat. Add onion, peppers and 1/2 tsp. salt. Cook for 20 minutes, stirring occasionally, until slightly caramelized. Pour in tequila and immediately tilt pan toward burner's flames to ignite mixture, which will last for a few seconds. Cook for another minute or until tequila evaporates. Remove from heat.

In mixing bowl, mash avocados with lime juice and remaining 1/2 tsp. salt. Incorporate half of the crumbled feta cheese, mix well. Scrape avocado mix into serving bowl, top with pepper mixture, chopped bacon, remaining feta cheese, and serve with tortilla chips.

Nutrition Facts: 201 Calories, 15 g. Total Fat, 12 mg. Cholesterol, 320 mg. Sodium, 7 g. Carbohydrates, 4 g. Fiber, 5 g. Protein. www.avocadosfrommexico.com

Avocados From Mexico
the amazing avocado™

Hot – medium – mild – garlic - honey mustard – barbeque
What are all of these wing sauces missing? Mango of course!

Chicken Wings with Mango-Chili Sauce

Total Time: 30 minutes
Makes: 6 servings

For the sauce:

3 lg. mangos, peeled, pitted
and coarsely chopped
1/4 cup sugar
1/2 Tbsp. molasses
1/2 tsp. fish sauce
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. ginger powder
1 tsp. chili powder
1 Tbsp. olive oil
1/2 tsp. red pepper flakes

For the wings:

2 lbs. chicken wings
(about 24)
Kosher salt and freshly
ground black pepper
Chopped scallions and
sesame seeds, for garnish



Place all mango-chili sauce ingredients into high-speed blender. Puree until smooth. Place chicken wings in large bowl and season with salt and pepper. Coat with 1/2 cup mango-chili sauce, and set the rest of the sauce aside for later. Cover with plastic wrap. Refrigerate for at least 30 minutes or up to 1 hour.

Grease grill or grill pan. Grill wings for about 5 minutes on each side, or until opaque and fully cooked through. While wings cook, place reserved sauce in small saucepan and bring to a boil. Reduce heat to medium-low and simmer for about 5 minutes. If sauce is too thick, add a few teaspoons of water until desired consistency is reached. If sauce is too thin, continue to cook until thick. Toss chicken wings in 1/4 cup sauce and place on serving platter. Garnish with chopped scallions, sesame seeds and diced mangoes. Serve with remaining mango-chili sauce on the side for dipping!

Nutrition Facts: 544 Calories, 31 g. Total Fat, 122 mg. Cholesterol, 179 mg. Sodium, 26 g. Carbohydrates, 2 g. Fiber, 40 g. Protein. www.mango.org

Ditch the Chip

Looking for a better alternative to scoop up the delicious dips during the big game? Try Vea snacks. Vea products are baked with authentic ingredients and visible herbs and spices to deliver bold regional flavors, from Thai Coconut and Tuscan Herbs to Peruvian Sweet Potato and Greek Hummus.



In just 5 minutes, turn 5 ingredients into an impressive Mediterranean-inspired dip for bread sticks and more!

Mediterranean Tomato & White Bean Dip

Total Time: 5 minutes
Makes: 6 servings



15 oz. can cannellini beans, rinsed and well drained
14.5 oz. can Del Monte® Diced Tomatoes with
Basil, Garlic & Oregano, well drained
1/2 cup crumbled reduced-fat feta cheese
1 Tbsp. olive oil
1 tsp. smoked paprika

Combine all ingredients in food processor or blender; pulse to puree to desired texture. Garnish with drizzle of olive oil and sprinkle with paprika, if desired. Serve with red bell pepper strips, bread sticks or pita chips, as desired.

Nutrition Facts: 166 Calories, 5 g. Total Fat, 11 mg. Cholesterol, 198 mg. Sodium, 21 g. Carbohydrates, 6 g. Fiber, 9 g. Protein. www.delmonte.com





The

New

NEW!

Every time you look, it seems there is a new product on supermarket shelves or new “health” food plastered across the front of magazines. What are all of these different foods anyway? Do they live up to the hype? Should you try them? Let’s find out!

Goodbye Greek!

OK, not completely, but there is a new guy in town! Oui™ by Yoplait® French Style Yogurt is inspired by a traditional French recipe. It starts with simple ingredients, poured and set in each glass pot for eight hours. This creates a satisfying thick, subtly sweet, fresh-tasting yogurt. And that creates a moment of pure enjoyment in every spoonful.

You should try this if ... you’re looking for a new style of yogurt to try. Indulge in a creamy new breakfast or snack option!

www.ouibyyoplait.com



Kefir

Kefir is a sour-tasting cultured dairy product that has the consistency of a smoothie. Packed with live and active probiotics, kefir is thought to support immunity and a healthy digestive system. Every 8 oz. serving contains calcium, vitamin D and 11 grams of protein to help keep you feeling full!

You should try this if ... you like yogurt and want to get all of the health benefits from probiotics. Just like yogurt, this product comes in many different flavors that even your kids will enjoy!



Veggie Tots

Instead of eating fried or baked potato products, try these “tots” made from broccoli and cauliflower. A favorite of health and fitness bloggers, it’s easy to find a great recipe on the web that you can make at home. Or, opt for convenience – Green Giant® Veggie Tots can be found in the frozen aisle.

You should try this if ... you’re looking to sneak in an extra serving of vegetables at dinner. This sneaky product tastes so good your kids will be begging for seconds!

www.greengiant.com

The (Not Potato) Chip

We all love crunchy – sometimes sweet, sometimes salty – but don’t always love the consequence of eating potato chips. Sprinkle yummy Seneca® Pear and Apple Chips on a kale salad with feta, almonds and a light vinaigrette, and you’ll have something extraordinary!

You should try this if ... you’re looking for a snack option that you can feel good about!

www.senecasnacks.com



Alternative Pastas

The pasta aisle used to be pretty basic – but now it's anything but. Though the gluten-free phenomenon may have reached its peak, alternative grains are still growing in popularity. The next time you're shopping for a box of spaghetti, venture outside of your comfort zone. Pasta noodles are now made from many different foods including brown rice, quinoa, farro, soybeans and even chickpeas.

You should try this if ... you're craving a comforting bowl of pasta, but want more vitamins, minerals and nutritional value than what the original version delivers.



Pumpkin Seeds

Gourmet pumpkin seeds are making their way into the market – and for good reason. Pumpkin seeds contain heart-healthy magnesium, omega-3 fatty acids, and zinc for immune support. They may also help to improve insulin regulation and decrease oxidative stress.

You should try this if ... you like to snack on nuts and seeds and want to add something new to the mix. SuperSeedz® makes these seeds even more irresistible with all of their different flavors. From Tomato Italiano to Cinnamon and Sugar, you'll have to try them all!

www.superseedz.com



Cold-Brew Coffee

Coffee shops around the country have latched onto this trend, and now you can buy it at your local Redner's Market. Cold-brew coffee is brewed at room temperature over a span of 12-24 hours. The result is a full-bodied, smooth coffee that can be drank hot (just heat up) or cold (add ice).

You should try this if ... you have a sensitive stomach or would like to taste less acidic coffee.



Bean Chips

The pasta aisle isn't the only one getting a makeover! Chips and cheese curls are craveable snacks, but are certainly not the healthiest options. Try something new – bean-based snacks! Packed with protein, fiber and antioxidants, Beanitos™ snacks are made from white, black or pinto beans.

You should try this if ... you crave crunchy snacks but are sick of eating empty calories!

www.beanitos.com



Breakfast Bars

While breakfast bars themselves aren't new, belVita's creations are! These lightly sweetened, crunchy biscuits have been specially baked to release four hours of nutritious, steady energy to fuel you all morning long.

You should try this if ... you're looking for an easy breakfast option that won't leave you hungry an hour after eating.

www.belvitabreakfast.com



Kimchi

This Korean dish is primarily made from spicy, fermented cabbage. Other ingredients can include radishes, cucumber, chili peppers, onions and garlic. It can be served as a side or

incorporated into other dishes such as fried rice, pancakes or noodles.

You should try this if ... you're an adventurous eater! Americans don't typically eat a lot of fermented foods, which contain probiotics and have been shown to improve immunity, control inflammation and help maintain a healthy digestive system.



Sweet Tooth Alert!

Voted the #1 chocolate chip cookie in America, Tate's cookies are available to you (and gluten free) without having to drive to Southampton, N.Y.! Sometimes it's OK to splurge (but only when it's worth it).

You should try this if ... you are looking to treat yourself to something sweet!

www.tatesbakeshop.com



Taco-Stuffed Pepper Pumpkins



Makes: 4 servings

4 lg. orange bell peppers
1 Avocado From Mexico, medium, ripe, diced
1 packet reduced-sodium taco seasoning blend
1 lb. lean ground beef
1/2 cup water
1 cup lettuce, shredded
1/2 cup Monterey Jack cheese, grated
Salsa

Cut tops off peppers, like you would a pumpkin. Remove seeds and membrane from inside. Carefully carve a "face" with a small, sharp, serrated knife.

Prepare taco meat for stuffing peppers: Heat large skillet over medium-high heat. Crumble ground beef into hot skillet. Cook and stir until beef is completely browned, 7 to 10 minutes. Drain and discard any excess grease.

Return ground beef to heat. Add seasoning mixture and water; stir to combine. Bring to a simmer and cook until moisture absorbs into meat, about 5 minutes. Allow to cool 5-10 minutes prior to stuffing peppers. Top with lettuce, diced avocado, cheese and salsa.



Spooky Deviled Eggs

Makes: 16 servings

8 hard-boiled eggs
2 ripe Avocados From Mexico, halved, pitted, peeled and diced
2 Tbsp. lemon juice
1/2 tsp. salt
1/4 tsp. ground or cracked black pepper

For Devilish Eyes:

Ketchup
Black olives

Peel eggs; cut in half lengthwise. Place yolks in medium bowl; arrange whites on serving platter. Add avocados and lemon juice to bowl with yolks; mash until smooth. Stir in salt and pepper. Fill egg white halves with heaping tablespoon of mixture.

To make devilish eyes: Use ketchup to create veins on eyeballs. Top with sliced black olives.

www.avocadosfrommexico.com

NO TRICKS. Just TREATS!



To create this fun and delicious Witch's Brew, pour Welch's® 100% Grape Juice into a large glass bowl. Place the large glass bowl inside a larger cauldron or bowl. Place dry ice in small chunks around the cauldron (or larger bowl) to create a spooky effect!

