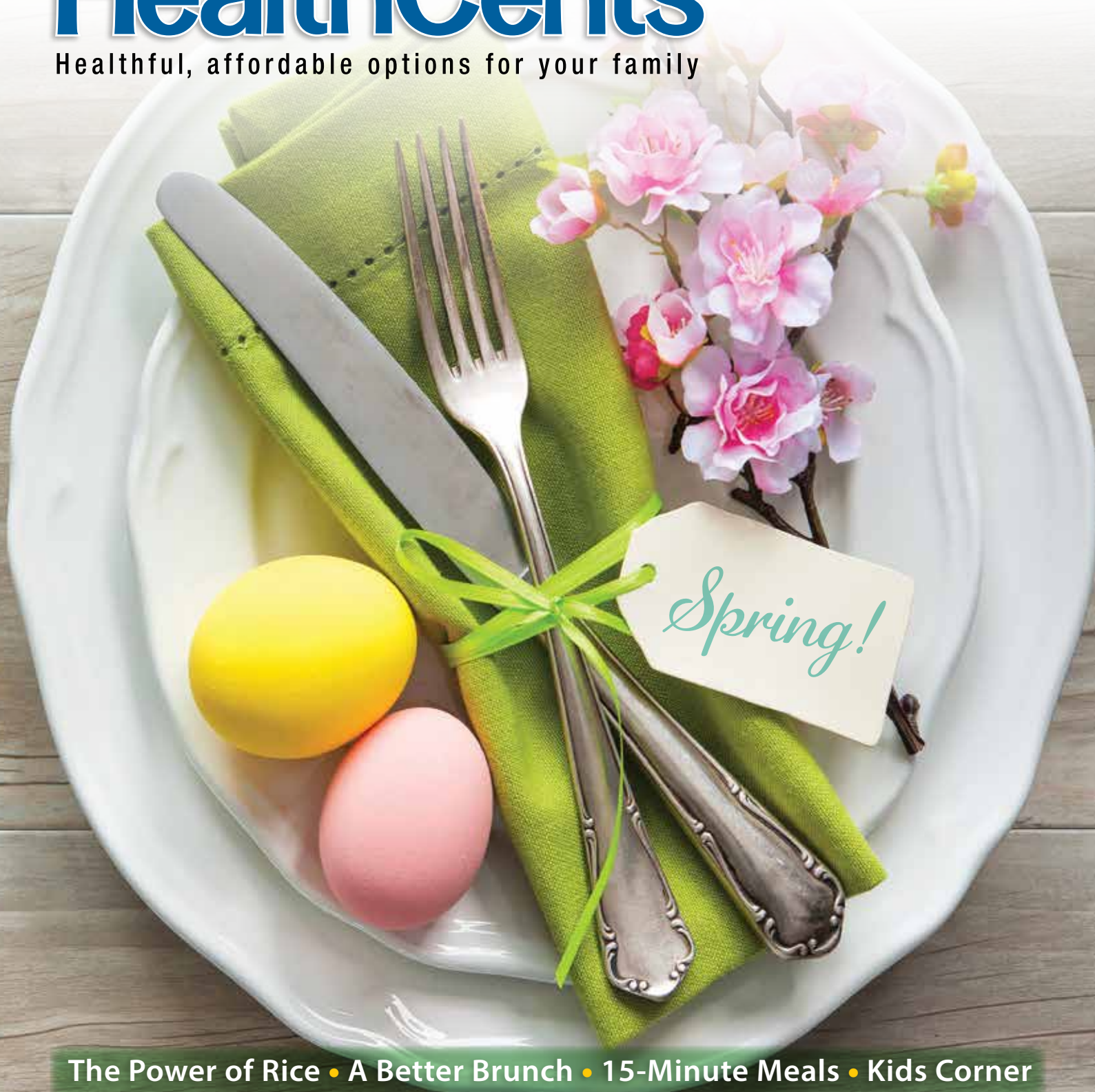


HealthCents

Healthful, affordable options for your family



The Power of Rice • A Better Brunch • 15-Minute Meals • Kids Corner

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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

Tune in to learn about reliable nutrition information, how to achieve healthy lifestyle goals, and the types of foods to eat and how to prepare them.

Employee Owned
Redner's
FOOD
for Thought

Call 610-374-8800
with your questions.

Live on WEEU 830 AM
and the Tuneln
mobile app from
6 to 7 p.m. Wednesdays,
March 27 and April 24.

Starring
Meredith McGrath
and Chef Tim



NEW ITEM ALERT!

More Veggies Please

Skip the junk and reach for a more satisfying snack. Del Monte® Veggieful Bites are just that – snack bites that are full of veggies and deliciousness. No need to say no!

www.delmonte.com





NATIONAL GRILLED CHEESE DAY

5 Tips to Host the Ultimate Grilled Cheese Party



*By Liz Jalkiewicz, RDN, LDN, Nutrition Specialist, American Dairy Association North East
Photos provided by Cabot Cheese.*

ATTENTION ALL GRILLED CHEESE LOVERS! Did you know that National Grilled Cheese Sandwich Day is April 12? This unofficial holiday gives you yet another reason to enjoy all that is delicious about this longtime favorite. These golden, crispy and cheesy sandwiches are quick to assemble, easy to make, and so satisfying to nosh on. What better way to celebrate than to host the ultimate party where you can create a variety of grilled cheese sandwiches to enjoy with friends and family!

Plan your party with these five simple tips:

1. It's All About the Cheese

Select cheeses with a wide range of flavor profiles, but be sure they are “melt worthy.” Traditional American cheese is the top choice for most because of its very low melting point. Mozzarella, Gruyère, fontina, provolone and manchego are all great choices. Cheddar cheese is also a favorite because it packs in more of a bold flavor, but note that it won't brown or melt as quickly as American cheese.

2. The Chew Factor

Bread is what gives the sandwich the right “chew.” Offer four or five kinds of bread for your guests to choose from. In addition to the traditional sliced white or whole wheat bread, try adding more varieties to the mix. Crispy, fresh French bread sliced thinly, a seedy, multigrain loaf, sourdough bread, or even rye bread, ciabatta or brioche buns are all great options.

3. Butter (or Mayo) Up

Whether you prefer butter, mayonnaise or both on your grilled cheese sandwich, the verdict is still out on what yields the best golden, crispy results. The traditional way to make a

grilled cheese sandwich is to butter the outsides of the bread before placing it in the pan – and for even more flavor, you can butter both sides! However, some feel that mayonnaise works even better than butter for giving the bread that golden brown visual appeal and adding just a hint of tanginess to this classic sandwich. Be sure to offer both of these crowd-pleasers at your party.

4. All the Fixin's

Here's where the fun really begins ... In addition to spreading on butter (or mayo), allow guests to further customize their sandwich. Line your kitchen island with spreads like pesto sauce, marinara sauce, hummus, guacamole, Dijon or spicy whole grain brown mustard, or even some hot sauce. Toppings to add to the mix could include caramelized onions, fresh

tomatoes, arugula, spinach, roasted red peppers, crispy bacon, avocados, pickles, and fresh herbs like parsley, basil, cilantro or chives. The options are endless!

5. Set the Stage

This kind of casual party is perfect for small-space entertaining because it does not involve a sit-down meal. Let people move around to mingle as they graze on all the grilled cheese sandwiches being made. Place plates and napkins out, and cut the sandwiches in half or even quarters so that guests have the option to try multiple sandwiches. You can display the sandwiches on various cutting boards or tray baskets lined with napkins. Labeling is always a good idea too so guests know what's in each sandwich.



**ALLOW GUESTS TO
CUSTOMIZE THEIR
SANDWICH.
THE OPTIONS
ARE ENDLESS!**



For more grilled cheese recipes or to learn more about hosting your own grilled cheese party, visit www.AmericanDairy.com and www.cabotcheese.coop.

The Power of Rice

Rice is the most popular grain globally and the primary dietary staple for more than half the world's population. This tiny but mighty grain is nutrient-rich, supplying energy, complex carbohydrates, protein, fiber, beneficial antioxidants, and more than 15 vitamins and minerals.



Here's the Scoop on U.S.-Grown Rice:

It's a "100-calorie pack:" One half-cup serving of rice contains only 100 calories.

It's a "free" food: Naturally sodium-, cholesterol-, gluten- and GMO-free.

Rice packs a nutritional punch: It provides more than 15 essential vitamins and minerals, including folic acid, B vitamins, potassium, magnesium, selenium, fiber, iron and zinc.

Whole grain goodness: One cup of brown, wild, red or black rice provides two of the three recommended daily servings of whole grains.

White rice's "wow" factor: One cup of enriched white rice has 23% of the recommended daily value of folic acid, a B vitamin the body needs to make new cells. It helps protect against birth defects when consumed by expectant moms.

Whole Grain Goodness

Step up your whole grain intake with U.S.-grown rice – a wholesome, nutritious and sustainable food you can feel good about eating.

Whole Grains Explained

Every grain starts life as a whole grain. The whole grain is the entire seed of a plant, including the bran, germ and endosperm. Together as the whole grain, these components provide protein, fiber and many important vitamins, minerals and nutrients. Research shows that eating whole grains can help reduce heart disease, may reduce the risk of certain cancers, and may aid in weight maintenance.

Tips for Increasing Whole Grain Intake ...

- Make your rice colorful. Brown, wild, black, red and purple rice are 100% whole grain varieties.
- Try mixing brown and white rice together in your favorite dish for more complex flavor and texture. It's also a great way to encourage kids to eat more whole grains.
- Cook a double batch of brown rice and keep it on hand for a quick start to your next meal. Cooked rice can be stored in the refrigerator in a tightly covered container for three to five days, or frozen for up to six months.



THINK RICE
U.S.-GROWN

Gluten-Free and Flavor-Full

A growing number of consumers are going gluten-free due to celiac disease, gluten intolerance, or other food sensitivities. Rice is gluten-free, highly digestible, and the least allergenic of all grains, making it an important grain option for a gluten-free diet.

Keep Your Engine Revved All Day with Rice!

Rice is a nutrient-dense, complex carbohydrate that the body slowly digests to help you stay energized throughout the day. Plus, research shows that eating rice increases levels of the feel-good chemical serotonin, which helps boost mood and keeps appetite in check. So, come on, get happy with rice!



Here are some quick tips to help you maximize your energy with rice:

Power up your plate: Rice pairs perfectly with other healthy energy-boosting foods such as vegetables, fruit, lean protein, seafood, beans, nuts and soy.

Rice + beans = nutritional power couple: When eaten together, rice and beans provide all essential amino acids, and deliver complete high-quality plant-based protein.

Refuel with rice: Rice is the ideal addition to any meal – low in calories, gluten-free, and packed with nutrients. Incorporate rice into your pre- and post-workout meals to optimize your body's ability to recover and rebuild.

The Role of Rice in Weight Management

When people are looking to lose weight, the first foods often excluded from the diet are carbohydrates. But not all carbohydrates are created equal, and rice in particular is one that offers many health benefits and may assist in maintaining a calorie-controlled eating plan.

Stop avoiding and start including rice:

Rice helps you take it down a notch: A recent study showed that people who eat rice are significantly less likely to be overweight or obese.

Farewell to fat: Rice is virtually fat-free, containing no cholesterol-raising trans fat or saturated fat.

Arugula and Rice Salad

Total time: 30 minutes

Servings: 4

- 1/2 cup U.S.-grown black rice, cooked
- 1 cup U.S.-grown basmati rice, cooked
- 4 cups baby arugula, washed
- 1/4 cup basil, chopped
- 1/2 cup almond slices, toasted
- 3 Tbsp. sour cherries, dried and chopped
- 1/3 cup feta, crumbled
- 1/2 cup lemon dressing
- 1 tsp. lemon zest curls (garnish)

Lemon Dressing

- 2 Tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1 tsp. maple syrup
- 1 garlic clove
- 1/2 tsp. kosher salt
- Pinch black pepper, ground
- 1/4 cup olive oil

For more tasty
rice recipes,
check out
www.ThinkRice.com.



Salad – Cook black rice and basmati rice according to package directions, cool, and reserve for later use. Prepare lemon dressing and set aside. Combine all ingredients in large mixing bowl, adding lemon dressing to preference. Garnish with fresh lemon zest curls.

Dressing – Combine all ingredients except oil in blender. With blender running, drizzle in oil to emulsify.

Nutrition facts: 300 calories, 23 g. fat, 4 g. saturated fat, 10 mg. cholesterol, 126 mg. sodium, 19 g. carbohydrates, 3 g. fiber, 8 g. protein.



A Better Brunch

Whether your favorite meal is breakfast or lunch, I think we can all agree that there is something magical about brunch. It brings breakfast foods up to a sophisticated level, while moving the clock hands up on lunch time to satisfy our hunger. Oh, and don't forget that it's just plain fun to have brunch plans!

Get Creative with the Menu

This is one of my most favorite things to do! I love planning the menu and watching

the event come together. The biggest piece of advice that I can offer is to not overdo it! The more options you offer, the more stressed you will be, and the more food waste you will have. Try to focus on categories: fruit, bread (muffins, toast, waffles or pancakes), main entrée (one or two is acceptable) and a signature beverage.

Take it Easy

Casseroles and slow cookers can be your best friend and allow you to enjoy the brunch along with your guests. You can concoct the perfect dish ahead of time in a large portion to satisfy your guests.

Menu

Fruit

Bread (muffins, toast, waffles or pancakes)

Main entrée (one or two is acceptable)

Signature beverage

Mini Egg, Tomato & Spinach Breakfast Flatbreads



Total time: 15 minutes
Servings: 4

6 eggs
2 Tbsp. finely shredded Parmesan cheese
4 individual round flatbreads (6" diameter)
2 tsp. olive oil, optional
1 cup grape or cherry tomato halves
1/2 cup thinly sliced spinach or basil leaves
Salt and pepper, as desired
3/4 cup shredded Italian cheese blend
Crushed red pepper, optional

Heat oven to 450° F. Coat large nonstick skillet with cooking spray; heat over medium heat until hot. Beat eggs and Parmesan cheese in medium bowl until blended. Pour eggs into skillet. As eggs begin to set, gently pull eggs across pan with inverted turner, forming large, soft curds. Continue cooking – pulling, lifting and folding eggs – until thickened and some visible liquid egg remains. Do not stir constantly. Do not overcook.

Place flatbreads on baking sheets; lightly brush tops with oil, if desired. Top with scrambled eggs, tomatoes and spinach, dividing evenly. Season with salt and pepper, if desired. Sprinkle evenly with Italian cheese blend. Bake until cheese is melted, about 5 minutes. Sprinkle with red pepper, if desired.

Nutrition facts: 343 calories, 15 g. total fat, 6 g. saturated fat, 296 mg. cholesterol, 601 mg. sodium, 30 g. carbohydrates, 1 g. fiber, 20 g. protein.

Simply Delicious



Try a new take on your breakfast favorites with versatile Land O Lakes® Cage Free Eggs. These premium eggs are produced by hens housed in a protected area where they are free to roam, perch, scratch and nest and are fed a premium all-vegetarian diet rich in corn and soy protein.

www.landolakes.com

Two Good™ to be True?



Nope, it's true! Two Good™ is new at Redner's and delivers a deliciously thick and creamy taste that we know you will love. Oh, and best part, only 2 grams of sugar. That's 85% less sugar than most others!

www.lightandfit.com

Rethink Your Drink

New to Redner's Markets is a delicious way to add the benefit of fiber from oat bran to your heart-healthy diet. Quaker® Oat Beverage can be poured on top of your cereal, in your coffee or your favorite smoothie to add a boost of nutrition.



www.quakeroats.com

Chia Berry Smoothie

1/2 cup frozen strawberries
1/2 cup frozen blueberries
1/2 cup nonfat Greek yogurt
1/2 medium banana, peeled
1 cup Original Quaker Oat Beverage
1 Tbsp. chia seeds





Two Good™ Nut Butter Yogurt Dip

Total time: 5 minutes
Servings: 1

5.3 oz. container Two Good™ Low-Fat Vanilla Greek Yogurt
1 Tbsp. creamy almond butter (or other nut butter)
1/4 tsp. cinnamon
1 tsp. coconut, shredded and toasted
1 tsp. mini chocolate chips
Pineapple chunks or spears and strawberries (for dipping)

Mix yogurt, nut butter and cinnamon together in a bowl. Sprinkle coconut and chocolate chips on top. Serve with fruit for dipping.



Gluten-Free French Toast Sticks

Total time: 15 minutes
Servings: 2

4 slices Artisan Baker Multigrain Bread
2 eggs
1/4 cup milk
1/4 tsp. cinnamon
1/2 tsp. vanilla extract
2 Tbsp. butter
Handful raspberries
Handful blueberries
2 Tbsp. maple syrup



Everyone can Enjoy Brunch

Thanks to Schär, we can all enjoy the goodness of a brunch staple: bread! New to the line of gluten-free breads is the Artisan Baker 10 Grains & Seeds. Soft and irresistible, with just a touch of sweetness, this is a great choice for your favorite healthy sandwich fillings or toast toppings!

www.schaer.com

Beat eggs, milk, cinnamon and vanilla together in shallow dish. Heat butter in large frying pan over moderate heat. Cut bread slices in half and pass through egg mixture ensuring both sides are well coated and bread is saturated. Place into frying pan and cook until golden brown, approximately 3 minutes. Flip and cook other side; repeat until all egg mixture has been used.

Cut French toast into finger sticks and divide between two plates. Add raspberries and blueberries. Drizzle with maple syrup and serve.

Nutrition facts: 375 calories, 16 g. fat, 6 g. saturated fat, 200 mg. cholesterol, 340 mg. sodium, 43 g. carbohydrates, 3 g. fiber, 13 g. protein.

Start the Day off Right

Centrum® multivitamins are tailored to meet your specific needs. They are personalized to help support energy, immunity and metabolism, while being backed by over 35 years of nutritional science to bring you the most complete multivitamin.

www.centrum.com



Feel Great Every Day



Packed with vitamin C plus other key antioxidants to support your immune system along with B vitamins to enhance energy naturally, Emergen-C® dietary supplements are the delicious way to start your day. Try Original Formula, Gummies and Chewables in great-tasting, natural fruit flavors.

www.emergenc.com

Crunch on Brunch

Bring a crunchy and tasty twist to simple, recognizable real food ingredients, like your favorite fruits and nuts, with Triscuit Wheatberry Clusters. A delicious combination of wheatberries, cherries and almonds in every bite. Great on their own, you can carry them on the go in their convenient, resealable bag for a crunchy snack wherever you are.

www.triscuit.com



A Festive Fiesta



Salsa Verde Chicken Tacos with Lime Crema

Total time: 30 minutes
Servings: 6

- 16 oz. jar salsa verde (green salsa)
- 1 lg. garlic clove, minced
- 1 tsp. ground cumin
- 4 boneless skinless chicken breast halves, quartered
- 3/4 cup Daisy® Sour Cream, divided
- 1 1/2 Tbsp. lime juice
- 1/8 tsp. salt
- 12 corn tortillas, warmed as directed on pkg.
- 1 cup shredded lettuce
- 1 avocado, chopped
- 1/4 cup chopped fresh cilantro

Combine salsa, garlic and cumin in large saucepan. Add chicken. Cover and bring to a boil over medium heat. Reduce heat to low and simmer for 12 to 15 minutes or until chicken is no longer pink in the center, stirring occasionally. Remove chicken to a plate and shred with a fork.

Return chicken to saucepan, stir in 1/4 cup sour cream. Heat on low until warm. Combine remaining sour cream, lime juice, and salt in small bowl. Spoon chicken mixture into tortillas. Top with lettuce, avocado and cilantro, and drizzle with lime crema.

Nutrition facts: 438 calories, 16 g. total fat, 120 mg. cholesterol, 810 mg. sodium, 30 g. carbohydrates, 5 g. fiber, 38 g. protein.



If you look for any excuse to enjoy Mexican food, Cinco de Mayo is the perfect time to plan a tasty Mexican meal with your family.

Cinnamon Pecan Pralines

Total time: 45 minutes
Servings: 20

- 1/2 cup Daisy® Sour Cream
- 4 Tbsp. unsalted butter
- 1 1/2 cups granulated sugar
- 3/4 cup brown sugar
- 1 pinch salt
- 1 1/2 cups toasted pecans
- 1/2 tsp. cinnamon
- 1 tsp. vanilla extract



Bring sour cream to room temperature. Prepare two large cookie sheets by lining with parchment paper. Melt butter in medium saucepan over medium heat. Add sour cream and stir until smooth. Add sugar, brown sugar, and salt, and stir until sugar dissolves. Attach candy thermometer to pan, increase heat to medium high, and boil, stirring constantly, until mixture reaches 234° F (soft-ball stage). Remove pan from heat and let mixture cool to 200° F.

Stir in pecans, cinnamon and vanilla. Continue stirring until mixture thickens and loses its gloss but is still fairly liquid, about 2 to 3 minutes. Spoon mixture onto prepared baking sheets into individual candies about 2 inches in size. If mixture is too runny, stir until thicker. If it is too thick, stir in 1/2 tsp. warm water.

Nutrition facts: 168 calories, 9 g. total fat, 11 mg. cholesterol, 19 mg. sodium, 23 g. carbohydrates, 1 g. fiber, 1 g. protein.

Santa Fe Dip

Total time: 10 minutes

- 3/4 cup Daisy® Cottage Cheese
- 1 avocado
- 1/3 cup frozen corn, thawed
- 1/3 cup canned black beans, drained and rinsed
- 1 plum tomato, finely chopped
- 1/4 cup chopped cilantro
- 1/4 tsp. Mexican seasoning
- 1/4 tsp. salt



Pulse cottage cheese and avocado in food processor until blended but still slightly chunky. Stir in all remaining ingredients. Garnish with additional corn, tomato, beans and cilantro. Serve with your favorite dippers.



The days are busy, the weeks are busy ... heck, life is busy! But we need to eat, so why not make it good and good for you. Not all dishes can be made in 15 minutes or less, however, it's always a good idea to have a few up your sleeve that can be prepared at a moment's notice. Pair these main dishes with fresh or frozen steamed veggies, and dinner is served!

15-Minute Meals



Garlic Pepper Skillet Chicken

Total time: 15 minutes
Servings: 4

- 1 lb. boneless skinless chicken breasts, lightly pounded
- 1/2 tsp. McCormick® Garlic Pepper Seasoning
- 1 Tbsp. olive oil

Generously season both sides of chicken with seasoning. Heat oil in large nonstick skillet on medium heat. Add chicken; cook 3 to 4 minutes per side or until cooked through. Add additional seasoning, if desired.

Nutrition facts: 167 calories, 7 g. total fat, 72 mg. cholesterol, 100 mg. sodium, 0 g. carbohydrates, 0 g. fiber, 26 g. protein.



Steakhouse Pork Chops

Total time: 15 minutes
Servings: 4

- 4 bone-in pork chops, 1/2" to 3/4" thick
- McCormick® Peppercorn Medley
- 2 tsp. olive oil
- 1/4 cup balsamic vinegar
- McCormick® Sea Salt

Season each side of pork chops with 8 to 10 twists peppercorn medley grinder. Heat oil in large skillet on medium heat. Add pork chops; cook 5 to 6 minutes per side or until desired doneness. Remove pork chops from skillet.

Stir vinegar into pan, scraping bottom to loosen browned bits. Serve sauce over pork chops. Season to taste with sea salt grinder, if desired.

Nutrition facts: 211 calories, 11 g. fat, 68 mg. cholesterol, 98 mg. sodium, 2 g. carbohydrates, 0 g. fiber, 26 g. protein.



Make Easter EGG-stra Special!



Dye Easter eggs like a pro! Achieving the perfect hue is easy when you follow our simple step-by-step instructions.

Step 1. Learn how to boil eggs:

- Gently place large eggs in single layer in saucepan. Place enough water just to cover the eggs by 1 inch. Cover.
- Bring just to boil on high heat. Remove from heat.
- Let stand 12 minutes.

Step 2. Pick your favorite Easter egg colors.

Step 3. Make Easter egg dye with water, vinegar and food color:

- Mix 1/2 cup boiling water, 1 tsp. white vinegar, and food color in a bowl to achieve the desired colors for your egg dye.

Step 4. Start to dye your Easter eggs:

- Dip eggs in dye using a slotted spoon, wire egg holder, or tongs. Let them sit for about 5 minutes.

Step 5. Let the dyed Easter eggs dry:

- Remove eggs from dye and allow to dry. Place on a cooling rack with paper towels underneath.

For more fun, try these two designs!

TWO-TONED

Holding egg lengthwise, dip into the dye for 5 minutes. You need to hold the egg up so that only the bottom half remains in the dye. Remove egg from dye and dry on paper towels. Dip undyed half of egg in second color, repeating the process so that only the undyed half is in the dye. As a variation, you can also leave a band of undyed white around the middle of the egg.



MARBLEIZED

Add 1/8 tsp. oil to egg dye colors. Make sure to agitate mixture with fork or small whisk so oil droplets are small. Gently roll egg in one color for 30 seconds or until desired shade is achieved. Transfer the egg to second color and repeat the process. Use a slotted spoon, wire egg holder, or tongs to add and remove eggs from dye. Allow eggs to dry. Wipe away excess oil with a paper towel.

