



HealthCents

Beet, Rutabaga & Sweet Potato Gratin pg. 4

*Rooting for
sweet
potatoes*

EDIBLE
HOLIDAY GIFTS

NEW YEAR,
NEW YOU!

+ MORE!

REDNER'S

A Message from Meredith

It's that time again! While some people call it the most wonderful time of the year, others can't wait for it to be over. Love them or hate them, the holidays are here – so let's try to enjoy them (or at least try to survive)!

So how *do* you survive the holidays? Christmas music and festive decorations seem to creep up earlier each year, making the holiday season feel long. The balance between enjoyment and exhaustion can be difficult to accomplish. **Let's break down the top stressors:**

Food

For you brave souls who host, there is stress in preparing a large meal in addition to the stress of overeating. I could tell you to relax, delegate dishes and try not to overdo it, but that would make me a hypocrite. I *love* to host. And I *love* to go overboard. My advice is to start by limiting menu choices and selecting foods that can be made the day before to cut down on the last minute hustle and bustle. Also, make a game plan including a cooking timeline for the big day and a grocery list so no ingredients are forgotten. As for overeating, be kind to yourself. This meal happens once a year, and most of the food won't be seen again for eleven months. Try to maintain some control so you don't feel ill, but there is really no need to deprive yourself of holiday favorites.

I wish you all a wonderful holiday season and a happy and healthy New Year!

Meredith McGrath RD, LDN Corporate Dietitian



Gifts

Did I miss anyone? Are they going to like their gifts? Did I spend enough money? Gift giving is one activity that stresses me out every year. I now realize just how silly that is! When I was 12, I used a calculator to make sure grandma spent an equal amount of money on myself and my two brothers, although I don't think anyone is doing that now! In today's hectic world, *time* is more valuable than any gift. Spend time with your loved ones, talking and connecting. Of course give gifts if you feel like it and be thankful for the ones you receive; however, remember the spirit of the season is love and togetherness.

Celebrate Healthy this Season with USA Pears and Cabot Cracker Cuts



Turkey Cheese Board

SERVES 10

- 2 packages of Cabot Cracker Cuts (use two varieties)
- 20 mini sweet peppers (in two different colors)
- 1 package of crackers
- 1 green pear



ARRANGE crackers on the outside of a semi circle shape. This will be the full size of your turkey. **LAYER** on the first variety of cracker cut slices. Then layer one color of peppers down, followed by the second color. Then layer the other cracker cut flavor on top. This will be the last layer before the turkey body. **SLICE** the pear in half and place it on top of the cheese in the center of the turkey tail that you've created. Then cut a beak and eyes out of a slice of cheese and carve two chicken feet out of one of the mini peppers. **SERVE** alongside your other favorite appetizers, like fresh vegetables.



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For more information, visit us at RednersMarkets.com or follow us on social media to keep up to date on the latest nutrition information and offerings.



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Rooting for sweet potatoes

A favorite fall harvest, sweet potatoes add a boost of flavor and nutrition to a variety of recipes. From a vibrant, veggie-packed gratin to hearty tacos, sweet potatoes make a delicious and nutritious addition to any seasonal dish.

Beet, Rutabaga & Sweet Potato Gratin

Prep: 25 minutes plus standing

Cook/Bake: 1 hour 50 minutes

Serves: 6

- Nonstick cooking spray
- 3 tablespoons olive oil
- 1 large red onion, halved and sliced ¼-inch thick
- 1 teaspoon kosher salt
- ½ teaspoon fresh ground black pepper
- ½ teaspoon granulated sugar
- ½ cup vegetable broth or stock
- 1 tablespoon plus 1 teaspoon chopped fresh sage leaves plus additional leaves for garnish
- 1 cup crumbled blue cheese
- 4 medium beets, peeled and cut into ¼-inch-thick slices
- ½ small rutabaga, peeled and quartered, cut into ⅛-inch-thick slices
- 1 small sweet potato, peeled and cut into ¼-inch-thick slices
- ¼ cup chopped walnuts

1. Preheat oven to 400°F. Spray 2-quart, oven-safe skillet or round baking dish with cooking spray.
2. In large skillet, heat 1½ tablespoons oil over medium heat. Add onion, ½ teaspoon salt, ¼ teaspoon pepper and sugar; cook 15 minutes or until onion is soft, stirring frequently. (Reduce heat to low if onion begins to brown.) Stir in broth and cook 5 minutes longer; stir in 1 tablespoon sage.
3. Evenly spread onion mixture in bottom of prepared skillet; sprinkle with ½ cup cheese. Over onion mixture, arrange beets in circular pattern, slightly overlapping, around inside edge of skillet; arrange rutabaga, slightly overlapping, inside circle of beets, then arrange sweet potato, slightly overlapping, down center of rutabaga. Evenly sprinkle with remaining ½ teaspoon salt and ¼ teaspoon pepper; evenly drizzle with remaining 1½ tablespoons oil.
4. Tightly cover skillet with aluminum foil. Bake gratin 1 hour 15 minutes. Remove foil; sprinkle with remaining ½ cup cheese, walnuts and remaining 1 teaspoon sage. Bake 15 minutes longer or until vegetables are tender and top is lightly browned. Let stand 10 minutes before serving; garnish with sage leaves, if desired.

Approximate nutritional values per serving:
230 Calories, 17g Fat (6g Saturated), 17mg Cholesterol,
694mg Sodium, 15g Carbohydrates, 3g Fiber, 7g Protein

Slow Cooker Chicken, Sweet Potato & Pineapple Tacos

Prep: 20 minutes

Slow Cook: 4 hours • Serves: 6

- 1 small sweet potato
- 1¼ pounds boneless, skinless chicken breasts
- 1 cup roasted salsa
- ¾ cup rinsed and drained reduced sodium black beans
- 1 cup chopped fresh pineapple
- 12 corn tortillas
- 1 avocado, peeled, pitted and chopped
- ¾ cup plain nonfat Greek yogurt
- ¼ cup chopped red onion
- Fresh cilantro and lime wedges for serving (optional)

1. Shred potato on largest holes of box grater (you should have about 1½ cups). In 3- to 4-quart slow cooker, add chicken, sweet potato, salsa and beans; cover and cook on low 4 hours or until chicken is tender. Transfer chicken to large bowl; shred with 2 forks. Stir pineapple and chicken into slow cooker. Makes about 5 cups.

2. Preheat oven to 475°F. Stack tortillas; wrap in aluminum foil. Bake 5 minutes or until warm.

3. Fill tortillas with chicken mixture; top with avocado, yogurt and onion. Garnish with cilantro and serve with lime wedges, if desired.

*Approximate nutritional values per serving:
453 Calories, 13g Fat, (2g Saturated),
85mg Cholesterol, 676mg Sodium,
49g Carbohydrates, 12g Fiber, 37g Protein*



Root Vegetable Spotlight: *Sweet Potatoes*

Starchy and sweet-tasting, sweet potatoes are a fall favorite root vegetable that's in season year-round. They contain high amounts of beta-carotene and are a rich source of vitamins A and C, fiber and potassium. Most commonly orange in color, sweet potatoes come in varying hues including white, purple and yellow. Incorporate more vibrant colors, nutritional benefits and delicious flavors into your meals this season with sweet potatoes!

Selection & Storage Tips

Choose firm varieties with smooth textures and unblemished skins that feel heavy for their size. If you plan to cook them whole, buy similar-sized potatoes to keep the cooking time uniform. Store sweet potatoes in a cool, dark, well-ventilated area for three to four weeks.

Preparation Tips

Before cooking, rinse and scrub sweet potatoes under cold water to remove dirt or impurities from the skin. If you leave the skin on, you'll receive twice as much fiber. Baked or broiled, savory or sweet, enjoy versatile sweet potatoes using our suggested ideas.

Sweet potatoes add a boost of nutrition and flavor to meals throughout the day. Add this fall favorite to morning meals like egg dishes that help you start the day with high amounts of fiber and protein. Try them in omelets, frittatas, hashes or scrambles. There are also several ways to prepare sweet potatoes and enjoy them as a healthy snack. Cut them into wedges, sprinkle with salt and bake at 400°F for about 20 minutes for addicting sweet potato wedges. Or, blend them into a healthy hummus with chickpeas, tahini and olive oil and use veggies, pretzels or pita crisps to dip. Sweet potatoes make a great addition to seasonal comfort foods such as chili, soups, salads or stews. For unexpected applications, try them in our root vegetable-rich gratin recipe or toss them into tacos on your next Mexican night. And don't forget dessert! Add the sweet, starchy goodness of sweet potatoes to pies, cookies, pudding, trifles or sweet potato bread.

No matter how you choose to enjoy this seasonal vegetable, it's sure to add a burst of nutrients and sweet flavors to your meals all season long.



Make the holidays more memorable for everyone on your gift list with a personal, homemade touch. Bake buttery shortbreads with a mix of seasonal ingredients, dip them in white chocolate, and package them in jars or decorative boxes. Enjoy extra time in the run-up to Christmas by making your own pomegranate liqueur at least 3 weeks in advance. It's an ideal gift for friends who love to tend bar – pair it with a recipe card for Pomegranate Cosmos. For the health-conscious friend, make granola with warm, gingerbread spices and heart-healthy oats. Give it in a jar or bag with a beautiful ribbon, and tie on a recipe card for Lemon, Cranberry & Yogurt Parfaits that include the granola for crunch. Have fun with these ideas or create your own!

Cranberry, Lemon & Pistachio Shortbread Dipped in White Chocolate

In large bowl, place 1 cup each softened **unsalted butter** and **powdered sugar** and beat with mixer on medium speed for 2 to 3 minutes. Add 1 **egg white**, ½ teaspoon **pure vanilla extract**; mix 1 to 2 minutes until incorporated. On low speed, add 2 cups **all-purpose flour** and ¼ teaspoon **salt**; mix 1 to 2 minutes. Add 1½ tablespoons **lemon zest**, ½ cup each coarsely chopped **pistachios** and coarsely chopped **dried cranberries**; mix well.

Dust work surface with flour; form dough into 12-inch long x 2-inch diameter log. Wrap dough with plastic wrap; place on cookie sheet; refrigerate at least 1 hour or up to 1 day. Slice dough into 24 (½-inch-thick) slices. On 2 cookie sheets lined with parchment paper, place cookies about 2 inches apart. Bake at 350°F for 18 to 20 minutes or until edges feel firm. Let cool 30 minutes.

In microwave safe bowl, melt 8 ounces **white chocolate**, cooking in 10 second increments and stirring until melted and smooth. Dip shortbread cookie halfway into melted white chocolate. Sprinkle white chocolate dipped half of cookie with 1 cup finely chopped **pistachios** or **holiday sprinkles**. Repeat until all cookies are dipped and sprinkled. Refrigerate 10 minutes. Store in airtight container, in cool area up to 5 days.

Edible holiday gifts



Pomegranate Cosmos

In cocktail shaker or jar, add **crushed ice**, ½ cup **Pomegranate Liqueur**, ½ cup **Cointreau** and 2 tablespoons **fresh lime juice**. Cover and shake to combine. Run lime around rim of martini glass and dip rim in **granulated sugar**; strain Pomegranate Cosmo into martini glass.

For Pomegranate Liqueur:

In small saucepan, combine 1 cup each **granulated sugar** and **water**; heat to simmering over medium-high heat. Simmer 3 minutes or until mixture is clear; do not stir. Remove from heat; cool.

In food processor with knife blade attached, pulse 1½ cups **pomegranate arils** to coarsely chop; transfer to medium bowl. Stir in 1½ cups **vodka** and sugar mixture. Makes about 4 cups.

Pour vodka mixture into 32-ounce jar; secure with lid. Let stand 3 weeks in cool, dark place, shaking every other day.

Strain liqueur through fine-mesh strainer into bowl; discard solids. Cover and refrigerate up to 6 months.

Gingerbread Granola

In large bowl, combine 4½ cups **old-fashioned rolled oats**, 1½ cups chopped **pecans**, ½ cup raw and unsalted **pepitas** (pumpkin seeds), 1 cup **brown sugar**, 1 teaspoon each **ground cinnamon** and **ground ginger**, ½ teaspoon each **ground nutmeg** and **salt**, ¼ teaspoon **ground allspice** and ⅛ teaspoon **ground cloves**.

In separate bowl, whisk together ½ cup each **canola oil** and **water**, 2 tablespoons each **pure maple syrup** and **molasses** and 1 teaspoon **pure vanilla extract**. Pour wet ingredient mixture over oat mixture; stir.

Spread granola on parchment lined, 12 x 17-inch rimmed baking sheet. Bake at 325°F for 55 minutes, stirring after 20 minutes. Stir; bake another 15 minutes or until golden brown. Let cool on baking sheet approximately 1 hour. Store in airtight container up to 1 month. Makes 9 cups.

Lemon, Cranberry & Yogurt Parfait with Gingerbread Granola

In 8-ounce glass container, layer ¼ cup each **Cranberry Compote**, plain **Greek yogurt**, **lemon curd** and another layer of yogurt, smoothing after each layer. Sprinkle top with ¼ cup **Gingerbread Granola**. Cover and refrigerate up to 2 hours before serving. Makes 1 serving.

For Cranberry Compote:

In medium saucepan, boil 2 cups fresh or frozen **cranberries**, ⅔ cup **granulated sugar** and 1 cup **water** over medium-high heat. Reduce heat; simmer 12 minutes or until cranberries burst and compote thickens. Remove from heat, cool, cover and refrigerate until ready to use. Makes 1½ cups.



one-pan Wonders

Teriyaki Pork Zucchini Noodle Bowl



The perfect quick and easy meal for meatless Mondays, try these fajitas packed with nutrition and bright, savory flavors!

Chili-Lime Portobello Mushroom Fajitas



Make hectic weeknights easier with timesaving, family-friendly one-pan dinners. Whether you use a pan, bowl or skillet, this low-maintenance method requires only one cooking vessel for an entire meal. From beef and fish to veggies, pasta and more, one-pan dinners produce extraordinary meals with little fuss and minimal cleanup. Try one or all three of our one-pan recipes to make home cooking a breeze.

Sheet-Pan Chicken Parmesan with Roasted Lemon-Garlic Broccoli

A satisfying pasta dish without the guilt, this recipe combines fresh veggies, hearty pork and mouthwatering Asian flavors all in one bowl!

With one sheet-pan and just 45 minutes on the clock, enjoy restaurant-quality chicken Parmesan right in your own kitchen.



Chili-Lime Portobello Mushroom Fajitas

Prep: 20 minutes

Cook: 15 minutes • Serves: 5

- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder
- ¼ teaspoon ground cayenne pepper (optional)
- 2 tablespoons olive oil
- 3 portobello mushroom caps (about 11 ounces), sliced ½-inch thick
- 2 bell peppers of desired color, halved lengthwise and thinly sliced
- 1 medium red onion, halved and thinly sliced
- ¼ cup water
- 2 tablespoons fresh lime juice
- 1 can (15 ounces) no salt added black beans, drained and rinsed
- 15 (6-inch) yellow corn tortillas
- 1 medium avocado, peeled, pitted and sliced
- ¾ cup shredded sharp Cheddar cheese
- ½ cup coarsely chopped fresh cilantro

1. In small bowl, stir chili powder, cumin, garlic powder and cayenne pepper, if desired.

2. In large skillet, heat 1 tablespoon oil over medium-high heat until hot. Add mushrooms; cook 5 minutes or until browned, stirring frequently. Transfer mushrooms to plate.

3. To same skillet, add remaining 1 tablespoon oil, bell peppers and onion; cook over medium-high heat 5 minutes or until tender-crisp, stirring frequently. Stir in water, lime juice, mushrooms and chili powder mixture; add beans and simmer 5 minutes or until heated through.

4. Heat tortillas as label directs. Serve mushroom mixture in tortillas topped with avocado, cheese and cilantro.

Approximate nutritional values per serving (3 tacos): 430 Calories, 19g Fat (5g Saturated), 15mg Cholesterol, 210mg Sodium, 57g Carbohydrates, 13g Fiber, 12g Protein

Teriyaki Pork-Zucchini Noodle Bowl

Prep: 15 minutes

Cook: 20 minutes • Serves: 4

- 2 tablespoons sesame oil
- 1 pound lean pork tenderloin, trimmed, cut into ¾-inch-thick strips
- 4 cloves garlic, minced
- 1 medium red bell pepper, chopped
- 1¼ cups shredded or matchstick-cut carrots
- ½ cup chopped walnuts
- ¼ cup lower sodium teriyaki sauce
- 1 tablespoon water
- 1 pound fresh zucchini noodles
- ¼ cup chopped green onions
- Black sesame seeds and less-sodium soy sauce (optional)

1. In large skillet, heat 1½ teaspoons oil over medium-high heat until hot; add ½ each of the pork and garlic. Cook pork and garlic 5 minutes or until browned and internal temperature of pork reaches 145°F, stirring frequently; transfer to bowl. Repeat with 1½ teaspoons oil, and remaining ½ each of the pork and garlic.

2. To same skillet, add remaining 1 tablespoon oil, pepper, carrots and walnuts; cook over medium-high heat 3 minutes or until vegetables are tender, stirring frequently. Reduce heat to low.

3. In small bowl, whisk teriyaki sauce and water. Add teriyaki sauce mixture, zucchini noodles and pork mixture to skillet; with tongs, toss and cook 5 minutes or until heated through. Makes about 6 cups.

4. Serve noodle mixture in bowls topped with onions; garnish with sesame seeds and serve with soy sauce, if desired.

Approximate nutritional values per serving (1½ cups): 340 Calories, 19g Fat (3g Saturated), 45mg Cholesterol, 430mg Sodium, 18g Carbohydrates, 4g Fiber, 30g Protein

Sheet-Pan Chicken Parmesan with Roasted Lemon-Garlic Broccoli

Prep: 25 minutes

Roast: 15 minutes • Serves: 4

- Nonstick olive oil cooking spray
- ⅓ cup panko breadcrumbs
- ¼ cup grated Parmesan cheese
- 1 tablespoon oregano
- 2 teaspoons garlic powder
- ¼ teaspoon black pepper
- 4 thin-sliced chicken breasts (about 4- to 5-ounces each)
- 2 tablespoons olive oil
- 4 cups broccoli florets
- ¼ teaspoon salt
- ½ cup lower sodium marinara sauce
- ½ cup shredded part-skim mozzarella cheese
- 1½ tablespoons fresh lemon juice

1. Preheat oven to 425°F; spray rimmed baking pan with cooking spray. In shallow dish, stir breadcrumbs, Parmesan cheese, oregano, 1 teaspoon garlic powder and pepper.

2. Brush chicken with 1 tablespoon oil, then dredge in breadcrumb mixture to coat both sides; place on prepared pan. Discard any remaining breadcrumb mixture.

3. In large bowl, toss broccoli, salt, and remaining 1 teaspoon garlic powder and 1 tablespoon oil; arrange in single layer around chicken.

4. Roast chicken and broccoli 10 minutes or until internal temperature of chicken reaches 165°F. Spoon marinara sauce over chicken and sprinkle with mozzarella cheese; roast 5 minutes or until cheese melts. Drizzle broccoli with lemon juice. Makes about 2½ cups broccoli.

Approximate nutritional values per serving (1 chicken breast, ⅔ cup broccoli): 330 Calories, 12g Fat (3g Saturated), 75mg Cholesterol, 530mg Sodium, 17g Carbohydrates, 3g Fiber, 38g Protein

Chef Tip

Serve chicken and broccoli with cooked whole grain pasta, brown rice or quinoa.

product *Spotlight*



Plant-Powered Hydration

V8 +Hydrate™ offers superior hydration with an isotonic blend of natural electrolytes from sweet potato and hints of fruit for a delicious beverage that replenishes you quickly.



Daisy™ Low Fat Cottage Cheese

Whether enjoyed sweet or savory, this refreshing snack provides a protein boost to power you throughout the day. With 13 grams of protein and only 90 calories, it's the perfect complement to your favorite fruits, nuts or vegetables.

New at Redner's!

Field + Farmer™ makes plant-based food for people who don't want to sacrifice taste or convenience. Each of these creamy dips, dressings and juices contains fresh produce ingredients sourced directly from independent farmers who are featured on the labels. 100% plant-based, clean label, Non-GMO Project verified and allergen free.



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new year, *New You!*



The new year calls for trying new recipes! Salmon is a heart-healthy protein that can take on numerous flavor combinations. Try this easy-to-prepare salmon recipe that's coated in a delicious sauce and complemented with colorful, nutrient-rich veggies. If you're striving to eat better-for-you foods throughout the year, check out our helpful tips on the next page.

Asian Salmon in Foil Packets with Green Beans and Radishes

Prep: 20 minutes
Roast: 25 minutes • Serves: 4

- 12 ounces fresh green beans, trimmed
- 1 cup quartered radishes
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- 1 garlic clove, minced
- 2 tablespoons honey
- 2 tablespoons less-sodium soy sauce

- 2 teaspoons fresh lime juice
- ¼ teaspoon crushed red pepper flakes
- 4 fresh or thawed, skinless salmon fillets (about 5 ounces each)
- 1½ tablespoons sesame seeds

1. Preheat oven to 425°F. Cut 4 (12-inch square) sheets aluminum foil. In large bowl, toss green beans, radishes, oil, garlic powder and salt.
2. In small bowl, whisk garlic, honey, soy sauce, lime juice and crushed red pepper. Place 1 fillet in center of each foil sheet; top with honey mixture. Bring 2 edges of foil up over fillets and fold to seal; fold sides of foil to seal. Place packets,



Kick Off The New Year The Healthy Way

The start of a new year is always a popular time to set common resolutions such as losing weight. However, making a resolution to lead an overall healthy lifestyle is much more beneficial, and there are so many creative ways to do it!



A great place to start getting healthy is in the kitchen. Below we share some of our suggestions for incorporating healthful ingredients into your diet. Ask your local Redner's associates to lead you to these fantastic foods as you begin your new health-inspired cooking adventure.



Diversify your flour. For example, try coconut. Coconut flour is a healthy way to add decadence to baked goods like cookies and cakes. It's also high in fiber, gluten-free and low-carb, making it perfect for special diets like diabetic-friendly or paleo.

Cook with healthy fats. Not just an oxymoron, healthy fats actually do exist! An average avocado contains 30 grams of fat, but it's mostly monounsaturated or "good fat." This type of fat has been found to lower cholesterol levels, so start swapping out your mayo with a few slices of avocado. Other healthy fats include those found in nuts and seeds as well as fatty fish like salmon, tuna, trout and mackerel.



Pack a punch with lean protein. Most people think of lean protein as boneless, skinless chicken breast, but there are so many more options! Fish is an excellent source of protein, as are eggs, low fat dairy products, beans and legumes, as well as nuts and seeds. All of these high-protein foods make you feel full longer, causing you to eat less.

seal side up, on 1 side of rimmed baking pan; place vegetable mixture on opposite side.

3. Roast packets 15 minutes or until salmon flakes easily with a fork and internal temperature reaches 145°F. Remove packets from pan; stir vegetable mixture. Roast vegetables 10 minutes or until tender-crisp. Makes about 2 cups vegetables.

4. Serve salmon and vegetables garnished with sesame seeds.

Approximate nutritional values per serving (1 salmon fillet, ½ cup vegetables): 410 Calories, 24g Fat (5g Saturated), 80mg Cholesterol, 540mg Sodium, 18g Carbohydrates, 3g Fiber, 32g Protein





big game, *Bigger Flavors*

Impress your football fans this year with an incredibly tempting game-day feast. Try a new and exciting take on veggie fries using zucchini slices, or heighten the textures of ravioli with a light, crispy breading. Finish out the spread with sweet football-themed treats that add playfulness and chocolaty tastes to the mix.



Baked Zucchini Fries

Prep: 15 minutes
Bake: 25 minutes • Serves: 4

- 2 large egg whites
- 1 cup whole wheat panko breadcrumbs
- ¼ cup grated Parmesan cheese
- 1 teaspoon no salt added Italian seasoning
- 2 medium zucchini, halved crosswise, cut lengthwise into ½-inch-thick slices, then sliced ½-inch thick
- Nonstick cooking spray
- ½ cup low sodium marinara

1. Preheat oven to 425°F. Line 2 rimmed baking pans with parchment paper. In small bowl, whisk egg whites. In separate small bowl, whisk breadcrumbs, cheese and Italian seasoning.

2. Dip zucchini in egg whites then in breadcrumb mixture to coat both sides; place in single layer on prepared pans. Spray zucchini with cooking spray. Bake 25 minutes or until golden brown and crisp; serve with marinara.

Approximate nutritional values per serving: 107 Calories, 2g Fat (1g Saturated), 4mg Cholesterol, 130mg Sodium, 16g Carbohydrates, 1g Fiber, 7g Protein

Fried Ravioli

Prep: 20 minutes
Cook: 6 minutes • Serves: 8

- 1 package (9 ounces) refrigerated four cheese ravioli
- 2 cups vegetable or canola oil
- 1 cup all-purpose flour
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 3 large eggs
- 2 tablespoons water
- 2 cups Italian breadcrumbs
- 1 cup pizza sauce
- Alfredo sauce and/or pesto (optional)

1. Line rimmed baking pan with parchment paper; line second rimmed baking pan with paper towel.

2. Prepare ravioli as label directs, cooking ravioli 2 minutes less than directed; drain. In large skillet, heat oil over medium heat 10 minutes (about 350°F).

3. In wide, shallow dish, whisk flour, salt and pepper. In separate shallow dish, whisk eggs and water; place breadcrumbs in third shallow dish. Dredge ravioli in flour, shaking off excess, then dip in egg mixture and breadcrumbs to coat; place on parchment paper-lined pan.

4. In 2 batches, cook ravioli in hot oil 3 minutes or until golden brown, turning once; with slotted spoon, transfer to paper towel-lined pan. Serve with pizza sauce and Alfredo sauce and/or pesto, if desired.

Approximate nutritional values per serving: 324 Calories, 12g Fat (3g Saturated), 71mg Cholesterol, 815mg Sodium, 43g Carbohydrates, 0g Fiber, 12g Protein



Cocoa Krispies® Footballs

In large saucepot, melt 3 tablespoons butter; add 4 cups mini marshmallows and stir until marshmallows are melted. Remove from heat and stir in 6 cups Cocoa Krispies® cereal; refrigerate two minutes. Shape into footballs and pipe on white laces with melted white chocolate candy coating.

Football & Player Peanut Butter-Chocolate Cookies

Melt chocolate bark as the label directs. Stick a toothpick into the bottoms of peanut butter cookies; dip them into chocolate bark to cover completely or just one end to create a helmet shape. Let the cookies dry, then pipe on laces, eyes and helmet masks with melted white chocolate candy coating.



Always the Life of the Party



Coffee & Donut Truffles

Ingredients

- 4 old-fashioned cake doughnuts, broken into pieces
- 1 container (8 ounces) Wisconsin Mascarpone cheese
- 6 ounces white baking chocolate, chopped
- 2 tablespoons espresso powder
- Coffee beans or chocolate-covered coffee beans, optional

Instructions

Place doughnuts and mascarpone in a food processor; cover and process until mixture is smooth. Transfer to a bowl; wrap tightly with plastic wrap. Refrigerate overnight.

Line a 15 x 10-inch baking pan with parchment paper. Shape doughnut mixture by tablespoonfuls into 20 balls, about 1 1/2-inches each. Place on prepared pan. Refrigerate for 1 hour.

Melt chocolate in a microwave-safe bowl on 50% power in 30-second intervals, stirring until smooth. Dip balls in chocolate; let any excess chocolate drip off. Return to pan. Dust with espresso powder. Garnish with coffee beans if desired. Refrigerate until set.