



HealthCents

Eat Better brussels

Skinny Sprouts with
Dried Cranberries
& Hazelnuts p.5

JUST FOR TWO

HEART-HEALTHY
HELPINGS

+ MORE!



REDNER'S

*"Wellness isn't only
about the food you eat
or the weight on
the scale. It's about
joy & happiness."*



A Message from Meredith

With another new year behind us, there is no better time than the present to regain focus on our health and wellness. March is National Nutrition Month®, providing the perfect opportunity to reassess how you feel about your health and any new goals you would like to accomplish in the year ahead. Many of you might say, "Wait, what about my New Year's resolutions?" True. However, most people fall off the wagon by March! Why is that? Mostly, it's due to unrealistic expectations resulting from "holiday guilt" of overeating. So, let's set the record straight. There is no type of food and no amount of food that should ever push you into a shameful or guilty space. It happens and it's okay. But it's also important to recognize that such behavior is not going to help you achieve and maintain a healthful lifestyle for the long term. So, now what?

The theme of this year's National Nutrition Month® is Eat Right, Bite by Bite. This is perfectly said! The theme's rhyme and simple food treatment appeals to kids and kids-at-heart. Bite by Bite also supports the philosophy that every little bit (or bite!) of nutrition is a step in the right direction. Small goals and tiny changes can have a cumulative healthful effect. Nutrition doesn't have to be overwhelming. Remember, foods do not have moral values, nor does eating them (e.g., I was bad today). Our health is everything, and nutrition directly impacts how we feel physically and emotionally. Be mindful of the foods that you nourish your body with. At the end of the day, enjoy your food, but eat less!

Happy Nutrition Month!

Meredith McGrath RD, LDN Corporate Dietitian



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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Eat Better brussels

Brussels sprouts were once a scorned vegetable but are now prized for their nutritious profile and ability to showcase a variety of creative flavor combinations. Embrace this versatile vegetable and eat better Brussels with simple additions like seasonings, sauces and garnishes. Start with our recipes – one featuring sweet cranberries and the other offering a kick of heat!

Pan-Roasted Buffalo Brussels Sprouts

Prep: 10 minutes

Cook: 20 minutes • Serves: 4

- 1½ tablespoons olive oil
- 2 garlic cloves, minced
- 1 pound fresh Brussels sprouts, trimmed and halved, larger sprouts cut into thirds or quarters
- 1½ tablespoons Buffalo wing sauce
- 2 tablespoons crumbled blue cheese

1. In large skillet, heat oil and garlic over medium-low heat 2 minutes or until fragrant, stirring occasionally; add Brussels sprouts, cut side down, and cook undisturbed 3 minutes or until browned. Stir Brussels sprouts; cook 15 minutes or until tender-crisp, stirring occasionally. Makes about 2½ cups.

2. Serve Brussels sprouts drizzled with sauce and sprinkled with cheese.

Approximate nutritional values per serving (¾ cup): 120 Calories, 8g Fat (2g Saturated), 10mg Cholesterol, 270mg Sodium, 11g Carbohydrates, 4g Fiber, 5g Protein

Skinny Sprouts with Dried Cranberries & Hazelnuts

Prep: 20 minutes

Roast: 20 minutes • Serves: 8

- 2 pounds Brussels sprouts, trimmed and cut in half
- 2 tablespoons extra virgin olive oil
- 1 teaspoon salt
- 1 package (2.25 ounces) chopped hazelnuts (about ½ cup)
- ½ cup sweetened dried cranberries

1. Position 2 oven racks to upper and lower positions; preheat oven to 450°F. Heat large covered saucepot of water to boiling over high heat. Add sprouts and return to boiling; cook 3 minutes. Drain well.

2. In large bowl, whisk together oil and salt; add sprouts and toss until well coated. Transfer sprouts to 2 rimmed baking pans in single layer. Roast 15 to 17 minutes or until sprouts are golden brown on bottom, rotating pans between upper and lower racks halfway through baking; remove from oven.

3. Evenly sprinkle sprouts with hazelnuts and cranberries; stir to combine. Roast 5 to 7 minutes longer or until sprouts are evenly browned and crisp, and nuts are golden brown. Serve immediately.

*Approximate nutritional values per serving:
151 Calories, 8g Fat (1g Saturated), 0mg Cholesterol,
319mg Sodium, 18g Carbohydrates, 6g Fiber,
5g Protein*

Chef Tip

Sprouts can be prepared as directed in step 1, covered and refrigerated up to 2 days in advance. Let sprouts stand at room temperature 30 minutes before preheating oven and continuing with step 2.



Brussels Sprouts: *From Flop to Favorite*

Remember the old days when Brussels sprouts were boiled whole, left unseasoned and scooped onto your plate like tiny, mushy cabbages? Our childhoods were plagued by these bitter bombs accompanied with the repeated phrase, “Eat your veggies!” This once hated vegetable is now considered trendy, thanks to new ways of cooking and presenting it. Oven roasted seems to be the method of choice, simply tossing Brussels sprouts with olive oil, salt and pepper, or incorporating additional flavors and ingredients such as lemon or bacon. Once roasted, the layers of flavor continue with drizzles of balsamic vinegar or sprinkles of Parmesan cheese.

Their versatility is the most exceptional part of the Brussels sprouts craze. No longer relegated to “side dish,” Brussels can be found shredded and crisped as a garnish or as the starring ingredient in a burrito. Their familiar, hearty crunch is a welcome addition to any meal.

With multiple ways to prepare Brussels that make them crave-worthy, it's easy to obtain all of the health benefits they provide. High in vitamin K, calcium and fiber, and rich in antioxidants, Brussels sprouts are known to help maintain healthy blood sugar levels and may even help protect against cancer. They also contain omega-3s and reduce inflammation.

Whether air fried to crispy chips, sautéed with shallots, or shaved raw for a salad, Brussels sprouts are having a moment, and we can't get enough.

Sensible choices

Choosing how you prepare your food is just as important as selecting the foods you're eating! Salmon is a nutritious protein option that's rich in omega-3 fatty acids and antioxidants, and poaching is an excellent method that preserves those beneficial nutrients. Try our poached salmon recipe, and experiment with other healthful cooking techniques using our tips on page 7.

Chef Tips
Creamy Herb Sauce can be prepared up to 3 days in advance and refrigerated.
Salmon can be poached up to 1 day in advance, refrigerated and served chilled.



Healthy Cooking Methods

Healthy eating begins by selecting healthy ingredients. But you also need to be mindful of how the items are cooked. For instance, mushrooms on their own have a variety of health benefits, but eating deep-fried mushrooms is far different than eating those that have been sautéed. Here are some cooking techniques that will allow the natural taste of fresh ingredients to come through while using only a minimum amount of fat or salt.

Stir-Frying

Popular in Asian cuisine, stir-frying is an excellent, healthy cooking method when a meal needs to be prepared quickly. While stir-frying is usually done in a wok, a wide, shallow pan will also work just fine. When stir-frying, only a small amount of oil or seasoned sauce is necessary. Stir-fries are a go-to meal for health-minded folks because of their versatility. Uniformly cut vegetables, skinless chicken breast, tofu, fish and lean meat can be used to make an endless variety of stir-fries.

Grilling

Grilling is a great option for cooking foods using a minimal amount of fat. The heat of the grill browns the outside of the food, sealing in rich flavors, while fat drips off the food, similar to broiling. With the ability to grill either over direct or indirect heat, almost any food can be grilled including lean cuts of meat, poultry, fish, tofu, vegetables and fruits. Get creative with your grilling skills utilizing skewers, grill-top baskets and foil packets.

Steaming

Anything but boring, steaming is a nutritious and delicious way of preparing foods. Steaming is typically done in a perforated basket that is held over a pot of boiling water for a set amount of time. Flavor can be added by placing fresh herbs and spices in the water or directly on top of the food. Vegetables, fish and shellfish lend themselves beautifully to steaming.



Poaching

This simple but delicious healthy cooking method can be done by gently simmering ingredients in a pan of water until the food is tender and cooked through. Bouillon, broth or juice often used in place of water to infuse additional flavor into foods. Poaching works well for skinless chicken breast, salmon, white fish, eggs and some fruits and vegetables.

Roasting

Relying on direct oven heat, roasting gives food a sweet and caramelized taste with little fat. Practically any vegetable can be roasted, as can whole chickens and lean cuts of meat. The ingredients are generally placed in a roasting pan or on a baking sheet with an assortment of herbs and a small amount of good-quality oil.

Broiling

Broiling uses high heat, allowing foods to cook in a short period of time. It is an ideal low fat way of cooking meat, as the fat simply "drips away." The overhead heat source cooks the outside surface of foods quickly, so thicker pieces of meat, vegetables or seafood may need to be sliced thinner or placed further from the heat source for even cooking.

Poached Salmon with Creamy Herb Sauce

Prep: 15 minutes

Cook: 5 minutes • Serves: 4

- 6 sprigs fresh dill
- 1 small lemon, thinly sliced plus additional slices for garnish
- 2 cups plus 1 tablespoon water
- 1 cup dry white wine
- 2¼ teaspoons salt
- 1¼ pounds fresh salmon fillet
- ½ cup light mayonnaise

- ⅓ cup chopped assorted fresh herbs such as chives, dill, tarragon or thyme leaves plus additional for garnish
- ¼ cup light sour cream
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- ¼ teaspoon ground black pepper

1. In large skillet, add dill sprigs, lemon slices, 2 cups water, wine and 2 teaspoons salt; cover and heat to boiling over high heat. Add salmon, skin side down, to skillet. Cover and cook 7 to 9 minutes or until salmon turns almost opaque throughout and

reaches an internal temperature of 145°F. Remove salmon from skillet and pat dry with paper towels; remove skin, if desired.

2. Meanwhile, in small bowl, stir mayonnaise, herbs, sour cream, lemon juice and zest, pepper and remaining 1 tablespoon water and ¼ teaspoon salt. Serve salmon with sauce garnished with lemon slices and herbs, if desired.

Approximate nutritional values per serving:
406 Calories, 15g Fat (6g Saturated),
77mg Cholesterol, 708mg Sodium,
6g Carbohydrates, 0g Fiber, 25g Protein

Just for two

This Valentine's Day, show your love through food! Impress your sweetheart on Valentine's Day or any time of year with these heart-healthy and heart-shaped whole grain pancakes. Serve them with fruit skewers and maple syrup or chocolate dipping sauce to highlight the sweetness they bring into your life.



Heart-Shaped Whole Wheat Blueberry-Nut Pancakes

Prep: 12 minutes plus standing

Cook: 15 minutes • **Serves:** 8

- 2 large eggs
- 1 $\frac{1}{3}$ cups sweetened condensed milk
- $\frac{1}{2}$ cup whole milk
- 2 tablespoons fresh lemon juice
- 1 $\frac{1}{2}$ cups whole wheat flour
- $\frac{3}{4}$ cup all-purpose flour
- 3 tablespoons granulated sugar
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- Nonstick cooking spray
- 1 cup fresh blueberries or 1 package (10 ounces) frozen blueberries, rinsed and dried
- $\frac{3}{4}$ cup chopped pecans or walnuts
- Butter and maple syrup (optional)

1. In large bowl, whisk eggs; stir in sweetened condensed milk, whole milk and lemon juice. In separate large bowl, sift together flours, sugar, baking soda and salt. With rubber spatula, gently fold wet ingredients into dry ingredients, being careful not to overmix batter. Let batter stand 30 minutes at room temperature; batter will become thick upon standing.

2. Preheat large nonstick skillet or flat top griddle over medium-high heat (325°F to 350°F); spray skillet and 3 $\frac{1}{2}$ - to 4-inch heart-shaped heat-proof cookie cutter(s) with cooking spray. Place cutter(s) in skillet; ladle batter into cutter(s) and sprinkle with blueberries and nuts. Cook until air bubbles have developed and underside is an even, golden color; flip and cook until bottoms are golden brown. Repeat with remaining batter, spraying skillet and cutter(s) with cooking spray as needed between batches. Serve pancakes topped with butter and maple syrup, if desired.

Approximate nutritional values per serving:
414 Calories, 14g Fat (4g Saturated), 72mg Cholesterol,
383mg Sodium, 63g Carbohydrates, 4g Fiber, 11g Protein

Chef Tips

Serve with skewers of fruit cut into heart shapes. Overmixing batter will result in a tough texture. Pancakes should only be flipped once to maintain a fluffy texture.

Prepared pancakes can be cooled, then stacked between waxed paper and frozen in a freezer-safe zip-top plastic bag for up to 1 month. To reheat frozen pancakes, cook pancakes in stacks of 3 on a microwave-safe plate, uncovered, 1 to 1 $\frac{1}{2}$ minutes or until hot.

MAKE EATING BETTER FUN & FLAVORFUL WITH CALIFORNIA CLING PEACHES!

Your kids will flip for this
tasty new take on the
classic quesadilla!

FIND THIS RECIPE AND MORE AT
CaliforniaClingPeaches.com/recipes



California Cling Peach Quesadilla

Ingredients

- 2 flour tortillas (8-9 inch)
- 1 can (15oz) sliced California Cling peaches, drained
- ¼ cup canned green chilies, chopped
- ¼ cup grated Mexican cheese blend
- 1 tablespoon oil



Preparation

1. On a large flat plate or upside down cookie sheet lay out the bottom tortilla.
 2. Arrange sliced peaches, cheese and chilies on top evenly.
 3. Top with remaining tortilla.
 4. Heat a 9-inch or larger sauté pan, adding the oil.
 5. When the oil is hot, slide the quesadilla into the pan. Let cook until the cheese begins to melt and the edges of the tortilla turn brown. Flip with a large spatula being careful not to toss out the filling. Toast the topside until the cheese is fully melted and the peaches are heated through, about 3 minutes.
 6. Slide onto a cutting surface and cut into wedges.
- Serve warm with sour cream or your favorite salsa.

Tasty Morning Stacks



Fruit & Pancake Stackers

Makes 6 servings

- 1 cup Aunt Jemima® Buttermilk Pancake & Waffle mix
- ¾ cup milk
- 1 tablespoon oil
- 1 egg
- 2 bananas, sliced into ½-inch coins
- 12 strawberries, destemmed and sliced
- 1 cup Nutella® hazelnut spread

1. In a bowl, combine the first four ingredients and stir until large lumps disappear (do not beat or over mix). Let stand 1-2 minutes to thicken.
2. Pour batter into lightly greased skillet. One batch should yield about 18 1-inch pancakes. Cook until bubbles appear on top, about 2 minutes. Flip and cook until golden brown. Set aside to keep warm. For a total of 6 stacks, use 3 pancakes per stack.
3. Create your stacks like a triple decker sandwich with a bottom, middle and top layer of pancake. In between each pancake layer add Nutella® and fruit. Thread your finished sandwich onto an ice pop stick. Serve.

heart-healthy *Helpings*

The foods on your plate can significantly affect your heart health, impacting your cholesterol levels and risk of heart disease. With a substitute here and a wholesome addition there, it can be easy to boost the heart-healthy aspects of any meal. Try one or all three of the following recipes to experience how simple (and delicious) it can be to make the shift to heart-healthy eating.

Walnut & Oat Crusted Veggie Egg Cups

Start the day off right with these customizable, portable egg cups filled with a variety of flavorful heart-healthy ingredients.

Taste chicken tenders like never before, with a satisfyingly crunchy, protein-rich coating over a refreshing salad.

Pistachio Encrusted Chicken Tenders Salad

Portobellos make a nutritious substitute for pizza crust in this quick and easy heart-healthy version.

Cherry Tomato & White Bean Portobello "Pizzas"



Walnut & Oat Crusted Veggie Egg Cups

Prep: 30 minutes plus cooling
Bake: 45 minutes • Serves: 12

- Nonstick cooking spray
- 1½ cups old-fashioned oats
- ¾ cup chopped walnuts
- ¼ cup olive oil
- ¼ teaspoon salt
- 1 small red bell pepper, diced
- 1 cup coarsely chopped baby spinach
- ¾ cup reduced fat shredded Cheddar cheese
- 9 large eggs
- 1 tablespoon stone ground Dijon mustard
- 1 teaspoon dried oregano leaves
- ½ teaspoon garlic powder

1. Preheat oven to 350°F; spray standard 12-cup muffin pan with cooking spray. In food processor, pulse oats to fine, flour-like consistency; add walnuts and pulse until combined. Add oil, salt and 2 tablespoons cold water; pulse until mixture sticks together.

2. Press about 1¼ tablespoons oat mixture into bottom and partially up sides of cups in prepared pan; bake 25 minutes or until crust begins to brown. Cool 10 minutes on wire.

3. Fill cups with bell pepper, spinach and cheese. In large bowl, whisk eggs, mustard, oregano and garlic powder; pour into cups and bake 20 minutes or until internal temperature reaches 160°F.

Approximate nutritional values per serving (1 cup): 200 Calories, 15g Fat (3g Saturated), 145mg Cholesterol, 180mg Sodium, 9g Carbohydrates, 2g Fiber, 9g Protein

Pistachio Encrusted Chicken Tenders Salad

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

Chicken Tenders

- Nonstick cooking spray
- ½ cup plus 2 tablespoons roasted, salted, shelled pistachios (3.5 ounces)
- ⅓ cup panko breadcrumbs
- 1 teaspoon ground turmeric
- ½ teaspoon garlic powder
- ¼ teaspoon fresh ground black pepper
- ¼ teaspoon ground red cayenne pepper
- 1 large egg
- 12 chicken tenders (about 1½ pounds)

Salad

- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 2 tablespoons white wine vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon fresh ground black pepper
- 3 tablespoons extra virgin olive oil
- 1 package (5 ounces) spring mix
- 1 navel orange, peeled, halved and cut into ¼-inch-thick slices
- 4 thin red onion slices, quartered

1. Chicken Tenders: Position oven rack to top position; preheat oven to 400°F. Spray rimmed baking pan with cooking spray. In food processor, pulse pistachios until coarsely chopped; transfer to shallow dish. Stir in breadcrumbs, turmeric, garlic powder, black pepper and cayenne pepper. In separate shallow dish, whisk egg and 1 tablespoon water.

2. Dip chicken tenders into egg, then in pistachio mixture, pressing lightly so crumbs adhere; place on prepared pan. Spray chicken tenders with cooking spray; bake on top oven rack 18 minutes or until internal temperature reaches 165°F.

3. Salad: In small bowl, whisk mustard, honey, vinegar, salt and black pepper; whisking constantly, slowly drizzle in oil until emulsified. Makes about ½ cup.

4. Serve spring mix topped with chicken tenders, orange slices and onion drizzled with vinaigrette.

Approximate nutritional values per serving (3 tenders, 2½ cups salad, 2 tablespoons vinaigrette): 490 Calories, 24g Fat (3g Saturated), 150mg Cholesterol, 550mg Sodium, 27g Carbohydrates, 5g Fiber, 45g Protein

Cherry Tomato & White Bean Portobello "Pizzas"

Prep: 15 minutes
Broil/Cook: 15 minutes • Serves: 4

- Nonstick cooking spray
- 4 large portobello mushroom caps, gills and stems removed
- 1 tablespoon olive oil
- 2 garlic cloves, finely chopped
- 2 cups multi-colored cherry tomatoes
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried rosemary leaves
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon salt
- ½ cup drained and rinsed less-sodium cannellini beans
- ¼ cup prepared basil pesto
- 4 thin slices fresh mozzarella cheese (2 ounces)
- ¼ cup thinly sliced fresh basil

1. Preheat broiler on high; spray rimmed baking pan with cooking spray. Place mushrooms, stem side up, on prepared pan; broil 5 minutes or until tender.

2. In large skillet, heat oil and garlic over medium-low heat 2 minutes or until fragrant, stirring occasionally. Add tomatoes, oregano, rosemary, red pepper flakes and salt; cook 5 minutes or until tomatoes begin to burst, stirring occasionally. Remove from heat; stir in cannellini beans.

3. Spread pesto inside mushrooms; top with tomato-bean mixture and cheese; broil 5 minutes or until cheese melts. Serve "pizzas" garnished with basil.

Approximate nutritional values per serving (1 "pizza"): 200 Calories, 14g Fat (4g Saturated), 10mg Cholesterol, 310mg Sodium, 14g Carbohydrates, 4g Fiber, 8g Protein

product *Spotlight*

A Delicious Tomorrow Starts Tonight



Discover overnight oats – a fun and delicious way to enjoy Quaker® Oats! Add fruit, yogurt, nuts or other tasty ingredients with your favorite milk and oats in a mason jar. Let steep overnight in the fridge. When you wake up you'll have a scrumptious breakfast waiting for you.

Blueberry and Honey Overnight Oats

- ½ cup Quaker Oats
- ½ cup low fat milk
- ¼ cup Greek yogurt
- ¼ cup blueberries
- 1 tablespoon honey

1. Add Quaker Oats to your container of choice; add milk, Greek yogurt and blueberries.
2. Sweeten by topping with honey before refrigerating.
3. Let steep for at least 8 hours in refrigerator at 40°F or colder. Best to eat within 24 hours.
4. Rise, shine and enjoy!

Nature Made® Vitamins

With more than 150 million Americans taking dietary supplements each year, consumers need assurance that the supplement industry is adequately regulated. For more than 40 years, Nature Made has made quality and safety top priority. From ingredient sourcing, to industry-

leading manufacturing practices, to investment in new innovations, we believe it is our responsibility to lead in delivering quality products and a quality consumer experience. Look for important information when selecting a supplement that is best for you.

Dietary Supplements must be manufactured under the current Good Manufacturing Practices (DSHEA Sec. 9).

Labeling must bear a Supplement Facts table, including the name and quantity of each dietary ingredient (DSHEA Sec. 7).

Labeling may bear statements of nutritional support. Such statements must be adequately substantiated and may not claim to diagnose, mitigate, treat, cure, or prevent any disease. The manufacturer should notify the FDA of any such statements within 30 days of first marketing (DSHEA Sec. 6).

List No. 2868
L302
Cat. A507
SA008

Nature Made
**Calcium Citrate
+ Magnesium**

with Vitamin D
400 IU
DIETARY SUPPLEMENT
90 TABLETS

Calcium Citrate
Form is Gentle on
the Stomach[†]



Supplement Facts

Amount Per Serving	% Daily Value
Vitamin D ₃ (as Cholecalciferol) 800 IU	200%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 10 mg	500%
Calcium (as Calcium Citrate) 500 mg	50%
Magnesium (as Magnesium Oxide) 80 mg	20%
Zinc (as Zinc Oxide) 10 mg	67%
Copper (as Copper Gluconate) 1 mg	50%
Manganese (as Manganese Gluconate) 1 mg	50%
Sodium 5 mg	Less than 1%
Boron (as Sodium Borate) 1 mg	

* Daily Value not established.

Other ingredients: Cellulose Gel, Talc, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Magnesium Stearate, Polyethylene Glycol, Gelatin, Corn Starch.

False or misleading claims are prohibited (FFDCA Sec. 403).

Health claims must be pre-approved by FDA (NLEA).

Disclosure of key allergens is required (Food Allergen Labeling Act).

Dietary Supplements may only be intended for oral ingestion. They may not be represented for use as a conventional food and may not contain any drug substances (DSHEA Sec. 3).

Safety data regarding "new dietary ingredients" not previously present in the food supply must be submitted to FDA at least 75 days prior to marketing (DSHEA Sec. 8).

All ingredients must be safe for consumption (DSHEA Sec. 4 and Food Additive Regulations).

Accurate disclosure of contents is required (Fair Packaging & Labeling Act).

The label must state that the product is a "Dietary Supplement" (DSHEA Sec. 7 (a)).

Supplement manufacturers must register each facility with FDA (Bioterrorism Act).

Labeling must bear a phone number or address through which consumers can report serious adverse events (Dietary Supplement and Nonprescription Drug Consumer Protection Act).

Lot number control is required to enable product traceability (Dietary Supplements Good Manufacturing Practices).

LAWS THAT DIRECTLY IMPACT DIETARY SUPPLEMENTS

- DSHEA: Dietary Supplement Health and Education Act
- NLEA: Nutrition Labeling and Education Act
- FFDCA: Federal Food, Drug, and Cosmetic Act
- Fair Packaging and Labeling Act
- Bioterrorism Act
- Food Allergen Labeling Act
- Dietary Supplement and Nonprescription Drug Consumer Protection Act

The United States Pharmacopeia (USP) sets official standards for dietary supplements. For products carrying the USP mark, USP has tested and verified ingredients, potency, and manufacturing processes. A supplement must conform to the specifications of an official compendium, if so represented. Otherwise, a supplement must meet the identity, strength, purity and composition as represented (DSHEA Sec. 7(a)).

Labels bearing statements of nutritional support must prominently display a prescribed advisory statement (DSHEA Sec. 6).



Go Green for St. Pat's Day

St. Patrick's Day comes once a year, so make the most of it with fun recipes and treats that enhance your celebrations. For a nutritious, flavor-packed lunch or dinner, prepare our Shaved Asparagus Salad that's adorned with pistachios for a green emphasis and perfect crunch. Or, get the kids involved and create fun, green, shamrock-shaped rice crispies! Find more ideas for St. Patty's Day recipes on page 15.

Shaved Asparagus Salad

Prep: 10 minutes • Serves: 4

- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons olive oil
- 1 bunch asparagus (about 1 pound), ends trimmed
- 2 tablespoons shredded Parmesan cheese
- 1 tablespoon chopped roasted, unsalted shelled pistachios
- 1 teaspoon chopped fresh chives

1. In large bowl, whisk lemon juice, mustard, honey, salt and pepper; whisking constantly, slowly drizzle in oil until emulsified.

2. With vegetable peeler, shave asparagus into bowl with dressing; with tongs, toss until asparagus is well coated. Serve sprinkled with cheese, pistachios and chives.

Approximate nutritional values per serving:

111 Calories, 8g Fat (1.5g Saturated), 2mg Cholesterol, 148mg Sodium, 7g Carbohydrates, 3g Fiber, 4g Protein

Shamrock Rice Crispies

Prep: 10 minutes plus cooling

Cook: 5 minutes • Serves: 6

- Nonstick cooking spray
- 3 cups organic brown rice cereal
- 1/2 cup brown rice syrup
- 1/4 cup almond butter



- 1 tablespoon coconut oil
- 6 drops natural green food coloring (see Chef Tip)

1. Spray 13 x 9-inch baking dish with cooking spray; line with parchment paper with overhanging sides. In large bowl, add cereal.

2. In small saucepot, stir syrup, almond butter and coconut oil; cook over medium-high heat 5 minutes or until melted. Remove from heat; stir in food coloring. Pour syrup mixture over cereal; with wooden spoon, stir until well combined. Press mixture into prepared pan; let cool.

3. Lift parchment paper with rice crispie from pan and place on cutting board; with 3-inch

shamrock-shaped cutter, cut out crispies. Makes 12 crispies.

Approximate nutritional values per serving

(2 rice crispies): 120 Calories, 4g Fat (1g Saturated), 0mg Cholesterol, 67mg Sodium, 19g Carbohydrates, 1g Fiber, 2g Protein

Chef Tip

To make natural green food coloring: Place 1 cup fresh spinach in small saucepot; add water to cover. Heat to boil over high heat; reduce heat to low, cover and simmer 5 minutes. Drain spinach and process with 3 tablespoons water in food processor until smooth (add 1 tablespoon water at a time if mixture clumps together); strain through fine-mesh strainer. Discard solids; refrigerate food coloring in airtight container up to 3 days.

The Power of Green

St. Patrick's Day provides the perfect occasion to promote the color green in your child's diet. Frozen treats like shakes and smoothies are an easy (and sneaky) way to add fruits and vegetables to the menu, especially if they're picky eaters. Incorporating fresh produce like green apple and celery or kiwi and lime is a great way to infuse color and flavor... and of course, vitamins and minerals into healthy shakes.

Try different vegetable combinations as well for supercharged smoothie options. Cucumber, jalapeño, kale and spinach are all great choices to combine with the sweetness of banana and low or nonfat yogurt. The green hues are fun and inviting, while the hidden fruit and vegetables provide a powerful nutritional punch. And what's more, they are quick and easy to prepare,

coming together in minutes. Just remember, there aren't any rules, so keep experimenting and "shake" things up!

Take it a step further by creating an entire green meal, using avocado as the base for guacamole or in a cheese sauce for macaroni & cheese. Cut whole wheat bread into shamrock shapes and top with a tasty avocado spread, or use avocados to add bright green hues to a creamy cheesecake. Turn spinach into pesto for pasta sauce or a sandwich spread. Or, incorporate its green goodness into spinach pancakes or on top of a pizza covered in additional green toppings. And what's more fun than a completely green fruit salad made of grapes, kiwi and apples with a lime yogurt-mint dressing? Green is good!





TASTE BUD TOUCHDOWN!



Bacon Cheeseburger Football Dip

Ingredients

- 3 tubes (11 ounces each) refrigerated French bread dough
- 1 large egg
- 1 tablespoon milk
- 1 package (8 ounces) thick-cut bacon, chopped
- 1/2 pound lean ground beef
- 1 package (8 ounces) Wisconsin cream cheese, cut into small cubes
- 1/4 cup mayonnaise
- 2 tablespoons Worcestershire sauce
- 1 tablespoon prepared mustard
- 1/2 teaspoon garlic powder
- 8 ounces Wisconsin aged Cheddar cheese, shredded (2 cups)
- Optional Toppings: shredded lettuce, chopped tomatoes and pickles
- Thinly sliced Wisconsin mozzarella cheese

Instructions

- Heat oven to 350°F. Line a 15 x 10-inch baking pan with parchment paper.
- Unroll 1 tube bread dough into a rectangle on prepared pan. Place remaining tubes of dough on top of the rectangle in a football shape. Secure ends with toothpicks. Trim excess dough from bottom rectangle with a knife. Pinch dough at seams for bread bowl.
- Whisk egg and milk; brush over dough. Bake 18-22 minutes or until bread is light golden brown.
- Meanwhile, fry bacon in a large skillet over medium heat until crisp. Remove bacon to paper towel to drain, reserving 1 tablespoon drippings.
- Brown ground beef in bacon drippings in the same pan over medium heat; drain. Reduce heat to low. Add cream cheese, mayonnaise, Worcestershire sauce, mustard and garlic powder; stir until cheese is smooth.
- Remove from the heat. Stir in Cheddar and half of the bacon. Spoon dip into bread bowl. Bake 15-20 minutes or until dip is bubbly. Cool slightly.
- Layer with toppings and remaining bacon. Cut mozzarella for laces; place on football.