



September/October 2020 | FREE

HealthCents

Stuff Your pepper

Quinoa
Fried
Rice with
Roasted
Chicken-
Stuffed
Peppers
pg. 19

SENSIBLE
CHOICES:
HEALTHY
COMFORT
FOODS

TIME FOR
ENTERTAINING

+ MORE!



REDNER'S

A Message from Meredith



Well, we made it to fall! For many, the smells, sights and of course flavors, make this the most favorite time of year. From pumpkin spice to cranberries, comfort foods may be just what we need right now. So whether it's tailgating, trick-or-treating or just some good old family meals, we've got you covered in this issue of *HealthCents*!

Tailgating

We may not know how the fall sports season will turn out, but what we do know is that we love tailgating! We can't let that get away from us! Get creative. Work with your neighbors to create your very own local tailgate. Grab a white bed sheet, a projector and show your favorite (live or recorded) sports showdown. Families can still enjoy feasts of nachos, burgers and wings while they cheer on their favorite team. You can even include your own sporting events to conjure up some friendly competition.

Trick-or-Treating

This is another favorite American pastime that might need to change this year! Grab your closest friends and families and set up a Halloween parade outside. Everyone can provide a fun Halloween grab bag for each of the trick-or-treaters. For older kids, set up a challenging scavenger hunt, rewarding them with an ultimate treat at the end.

Family Meals

Although family meals are important year-round, fall is a great time to schedule regular meals around the dinner table. And with the limited activities in this upcoming season, take the opportunity to enjoy every minute of it. Get all members of the family involved in planning and preparation and don't forget to disconnect from devices and enjoy each other's company!

Meredith McGrath RD, LDN Corporate Dietitian

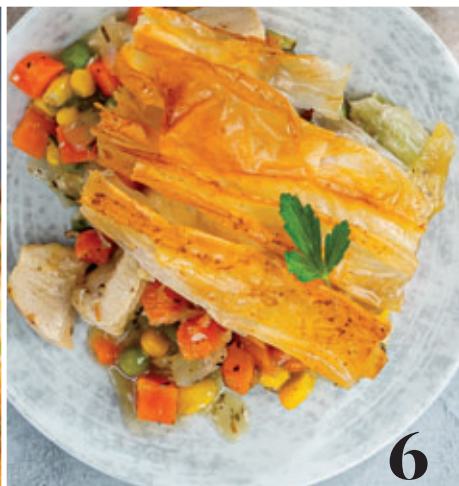


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cauliflower *Creations*

Cauliflower is a nutrient-dense vegetable that's prized for its versatility. It makes a healthy alternative to white rice, gluten-filled grains and much more! Try our recipes that use cauliflower in creative ways; as pasta in "mac" and cheese and as a nutritious pizza crust ingredient. Then, discover more inventive, delicious ways to cook with cauliflower on page 5.



Chef Tip

Divide cauliflower into 6 individual oven-safe ramekins for perfect portions.

Cauliflower "Mac" & Cheese

Prep: 40 minutes

Bake: 35 minutes • Serves: 6

- Nonstick cooking spray
- 3 tablespoons unsalted butter
- ¼ cup all-purpose flour
- 3 garlic cloves, minced
- 2 teaspoons smoked paprika
- ¼ teaspoon ground red pepper
- 2 cups low sodium vegetable broth
- 3 cups diced butternut squash
- ¼ teaspoon salt
- 1 large head cauliflower, cut into small florets (about 8 cups)
- 1 cup shredded sharp white Cheddar cheese
- 1 cup shredded smoked Gouda cheese
- 1 cup panko breadcrumbs
- Chopped fresh chives for garnish (optional)

1. Preheat oven to 400°F; spray 3-quart baking dish with cooking spray. In medium saucepot, heat 2 tablespoons butter over medium heat; add flour and cook 1 minute, whisking constantly. Add garlic, paprika and red pepper; cook 30 seconds, whisking constantly. Add broth; cook 2 minutes, whisking constantly. Stir in squash; cover and cook 25 minutes or until squash is soft, stirring occasionally.

2. Fill large saucepot with ½ inch water; heat to boiling over medium heat. Add salt and cauliflower; cover and cook 5 minutes. Drain; return to saucepot.

3. Transfer squash mixture to blender and purée; return to same saucepot over low heat. With wooden spoon, gradually stir in cheeses until smooth; pour over cauliflower and toss to combine. Transfer cauliflower mixture to prepared dish.

4. In small microwave-safe bowl, heat remaining 1 tablespoon butter in microwave oven 25 seconds or until melted; stir in breadcrumbs. Evenly sprinkle breadcrumb mixture over cauliflower mixture. Bake 35 minutes or until edges bubble and top is browned; garnish with chives, if desired. Makes about 7½ cups.

Approximate nutritional values per serving (1-1/4 cups): 332 Calories, 18g Fat (11g Saturated), 52mg Cholesterol, 405mg Sodium, 29g Carbohydrates, 5g Fiber, 15g Protein



Chef Tip

A mandolin can be used to cut the potatoes into approximately 1/8-inch-thick slices.

Tuscan Potato Pizza with Cauliflower Crust

Prep: 30 minutes

Bake: 15 minutes • Serves: 4

- 1 box (9.75 ounces) frozen Italian or favorite cauliflower pizza crusts (2 crusts)
- 1½ teaspoons sea salt
- ½ pound red potatoes, very thinly sliced
- 1 tablespoon olive oil
- 1 leek, thinly sliced crosswise
- 1½ tablespoons garlic-flavored oil
- ½ cup grated Parmesan cheese and/or Pecorino Romano cheese
- ½ teaspoon ground black pepper
- ¼ cup coarsely chopped pitted Kalamata olives
- 1½ teaspoons chopped fresh rosemary
- 2 teaspoons crushed red pepper flakes
- 2 refrigerated peeled hard-cooked egg yolks, pressed through fine-mesh sieve

1. Preheat oven to 400°F. Place pizza crusts on nonstick cookie sheets; bake 10 minutes and cool.

2. In medium saucepot, heat 4 cups water to a boil over high heat. Add 1 teaspoon salt and potatoes; boil 5 minutes. Drain potatoes; pat dry with paper towel.

3. In large skillet, heat olive oil over medium heat; add leek and cook 5 minutes or until tender, stirring occasionally.

4. Brush garlic-flavored oil over crusts; sprinkle each with ¼ cup cheese. Layer potatoes and leeks over cheese; sprinkle with pepper and remaining ½ teaspoon salt, olives, rosemary and red pepper flakes. Bake pizzas 2 minutes or until cheese melts and crust is golden brown; sprinkle with egg yolks. Cut each pizza into 4 slices.

*Approximate nutritional values per serving (2 slices):
362 Calories, 26g Fat (8g Saturated), 152mg Cholesterol,
940mg Sodium, 17g Carbohydrates, 3g Fiber, 18g Protein*

Cooking with Cauliflower



Packed with vitamins B6, C and K, as well as folate, potassium and fiber, cauliflower is a nutrient-rich ingredient that makes a healthy addition to countless recipes. Use it to make the crust in our Tuscan Potato Pizza recipe, as “mac” and cheese in the recipe on the previous page, or use the following ideas to turn cauliflower into something flavorful on your plate.



Riced.

Transform cauliflower florets into rice-sized pieces with a box grater or

food processor. Or, save time with already riced cauliflower from the produce department or freezer section. Use riced cauliflower as the base for crusts, veggie burgers, risottos and more. You can also cook it with garlic, herbs and lemon juice and use it as a filling for casseroles, lettuce wraps and stuffed peppers.



Steaked.

If you're looking for plant-based “steak,” cauliflower is the way to go.

Slice one head of cauliflower into ¾-inch-thick pieces, creating several large “steaks.” Brush them with oil and sprinkle with your favorite steak seasonings. Grill for 8 minutes or until charred, turning once. Serve these satisfying vegetarian steaks immediately with Parmesan cheese, fresh parsley and a flavorful dipping sauce.



Mashed.

Cauliflower makes an excellent low-carb stand-in for mashed

potatoes. Blend one head of steamed cauliflower with garlic, chicken or vegetable broth, salt and pepper. No one will even realize the mash isn't potatoes! Spice things up by stirring in prepared pesto, chopped fresh dill and lemon zest, or Greek yogurt, smoked paprika and sliced green onion.





Sensible Choices: healthy comfort foods

Eat the comfort foods you crave without compromising your health! There are numerous nourishing tweaks and substitutions that make your favorite comfort recipes healthful and flavorful. Start by using phyllo dough as a light, crisp and flaky pot pie crust and learn more alternatives to create family-friendly comforts in the article below.

Chicken Pot Pie with Phyllo Crust

Prep: 30 minutes

Bake: 20 minutes • Serves: 6

- Nonstick olive oil cooking spray
- 2 garlic cloves, minced
- 1 medium onion, chopped
- 2 teaspoons olive oil
- 1 teaspoon dried rosemary leaves
- 1 teaspoon dried thyme leaves
- 1 bag (16 ounces) frozen mixed vegetables, thawed
- 3 cups chopped rotisserie chicken breast meat (about 1 pound)
- ¼ teaspoon salt
- ¼ teaspoon black pepper

- 2 cups less-sodium chicken broth
- 2 tablespoons plus 2 teaspoons cornstarch
- 10 sheets phyllo dough, thawed as label directs
- 1 tablespoon unsalted butter, melted
- ¼ cup chopped fresh parsley for garnish (optional)

1. Preheat oven to 425°F; spray 13 x 9-inch baking dish with cooking spray.

2. In large skillet, cook garlic, onion, oil, rosemary and thyme over medium-high heat 5 minutes or until onion is tender, stirring occasionally. Add vegetables, chicken, salt and pepper; cook 5 minutes or until heated through, stirring occasionally.

3. In medium bowl, whisk broth and cornstarch until cornstarch dissolves; add to skillet and heat to a boil, stirring frequently. Reduce heat to low; cook 5 minutes or until sauce has thickened, stirring occasionally. Pour chicken mixture into prepared dish.

4. Place 1 sheet phyllo dough on work surface; lightly brush with some butter and loosely place over chicken mixture. Repeat with remaining phyllo; bake 20 minutes or until phyllo is crisp and golden brown.

5. Serve pie garnished with parsley, if desired.

Approximate nutritional values per serving (1¼ cups):
301 Calories, 7g Fat (2g Saturated), 69mg Cholesterol,
432mg Sodium, 29g Carbohydrates, 4g Fiber, 29g Protein

How to Make Comfort Foods *Healthier*

Fall is the perfect time to enjoy nostalgic recipes that soothe the soul and delight the taste buds. Though typical comfort dishes feature heavier ingredients, many alternatives lighten your favorite feel-good foods without sacrificing flavor. Increase the health factor of fall comforts with these simple and satisfying substitutes.

Pasta Replacements

Spaghetti and meatballs, noodle bakes and pasta dishes of all shapes and sizes are comforts that can easily be lightened with more nutritious pasta substitutes. Try these gluten-free, nutritious noodle alternatives and mix and match with your favorite sauces and garnishes.

- ♦ Brown rice, chickpea or lentil pasta
- ♦ Spaghetti squash
- ♦ Spiralized vegetable noodles (zucchini, sweet potatoes, butternut squash)
- ♦ Buckwheat or soba noodles (packed with fiber and protein)

Cauliflower Comforts

Loaded with an array of vitamins, minerals and nutrients, cauliflower is an excellent choice for lighter and healthier recipes. Use this low-carb, low-calorie veggie as a swap for countless comforting dishes.

- ♦ Use cauliflower in place of noodles in mac and cheese (see page 4!).
- ♦ Blend cauliflower into rice-like pieces or use packaged cauliflower rice in a healthier fried rice version.
- ♦ Incorporate mashed cauliflower into mashed potatoes for added creaminess and a burst of nutrients in disguise.
- ♦ Create homemade cauliflower pizza crusts using a head of cauliflower for a veggie-rich pizza night.



Nonfat Plain Yogurt

Classic creamy dishes are rich and comforting, but they often contain a large amount of saturated fat. Whether you're replacing sour cream, heavy cream or mayonnaise, yogurt is a healthy option that gives the creaminess you're craving and delivers a boost of protein!

- ♦ Use yogurt in place of mayonnaise for tuna salad, chicken salad and coleslaw.
- ♦ Spread yogurt onto your favorite hearty sandwiches like grilled cheeses and BLTs.
- ♦ Swap milk and butter for yogurt in mac and cheese.

Time for
entertaining

Though entertaining looks a bit different this fall, you can still be creative in the kitchen and prepare sensational appetizers. These Pineapple-BBQ Glazed Meatballs are satisfyingly saucy with tangy, tropical tastes and make the perfect quick bite for outdoor entertainment or an intimate gathering.

Pineapple-BBQ Glazed Meatballs

Prep: 20 minutes

Bake/Cook: 30 minutes • Serves: 4

Nonstick olive oil cooking spray

- 1 large egg, beaten
- 1 pound 93% fat-free ground turkey
- 2 garlic cloves, minced
- 1 small onion, finely chopped
- ½ cup panko breadcrumbs
- ¼ teaspoon ground black pepper
- 1 can (20 ounces) crushed pineapple, drained
- ¾ cup lower sodium barbeque sauce
- Fresh pineapple chunks and chopped fresh parsley for garnish (optional)

1. Preheat oven to 400°F. Line rimmed baking pan with aluminum foil; spray with cooking spray.

2. In large bowl, whisk egg; gently mix in turkey, garlic, onion, breadcrumbs and pepper. Form turkey mixture into 16 (1½-inch) meatballs; place on prepared pan. Bake meatballs 15 minutes or until internal temperature reaches 165°F.

3. In medium saucepan, heat crushed pineapple, barbeque sauce and meatballs to a boil over medium-high heat; reduce heat to low and cook 15 minutes or until heated through.

4. Serve meatballs on toothpicks drizzled with sauce and garnished with pineapple chunks and parsley, if desired.

Approximate nutritional values per serving (4 meatballs): 335 Calories, 10g Fat (3g Saturated), 122mg Cholesterol, 470mg Sodium, 37g Carbohydrates, 2g Fiber, 25g Protein

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PROTEIN & CALCIUM IN A SWEET DISGUISE

Share a nutritious treat you both love

PUMPKIN CHOCOLATE MILK OVERNIGHT OAT RECIPE

MAKES 2 SERVINGS

INGREDIENTS

2 cups real chocolate milk
1 cup old-fashioned rolled oats
1/4 cup chia seeds
1/2 teaspoon kosher salt
1/2 cup roasted, salted pumpkin seeds
or other nuts (optional)
1 tablespoon maple syrup (optional)
1/4 cup chocolate chips (optional)

Pair each serving with:
8-ounce glass of real milk

DIRECTIONS

1. In a large, sealable container (such as a glass jar or plastic container), mix together chocolate milk, oats, chia seeds, salt and pumpkin seeds (if desired).
2. Cover and refrigerate for at least 8 hours and up to 4 days.
3. Taste overnight oats and stir in maple syrup, if desired.
4. Portion into 2 bowls and serve.
5. Top with chocolate chips, if desired.
6. Serve with a glass of milk—chocolate or classic—and enjoy!



got milk?





Spicy Thai Chicken Lettuce Wraps

Thai flavors and a kick of spice make this build-your-own dish a family-friendly hit!

Quick family meals

Taking the time to prepare home-cooked meals allows families to feel healthier and happier. During September, National Family Meals Month™, try one or all three of these quick family meals that bring fresh ingredients and mouthwatering flavors to the table.



FMI Foundation



For a quick weeknight meal, this simple pasta boasts zesty flavors that are sure to please all palates.

Tuscan Pasta with Lemon Sauce

Crispy Coconut Whitefish with Fresh Pineapple Salsa

Mild white fish gets a crispy coconut coating in this easy, vibrant and delicious dish.



Spicy Thai Chicken Lettuce Wraps

Prep: 25 minutes
Cook: 8 minutes • Serves: 4

- 1¼ pounds chicken tenderloins
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- Nonstick olive oil cooking spray
- 2 garlic cloves, crushed
- ⅓ cup no sugar added natural creamy peanut butter
- 2 tablespoons less-sodium soy sauce
- 1 tablespoon fresh lime juice
- 1 tablespoon light brown sugar
- ½ teaspoon crushed red pepper flakes, or to taste
- ½ teaspoon minced fresh ginger
- 8 large romaine lettuce leaves
- 1 cup cooked jasmine rice
- 2 medium carrots, chopped
- ¾ cup chopped cucumber
- ½ medium red bell pepper, chopped
- ¼ cup coarsely chopped lightly salted peanuts

1. Sprinkle chicken with garlic powder, salt and black pepper. Spray large skillet with cooking spray; add chicken and cook over medium-high heat 8 minutes or until internal temperature reaches 165°F, turning once. Cool chicken slightly; cut into bite-sized pieces.

2. In small bowl, whisk garlic, peanut butter, soy sauce, lime juice, brown sugar, red pepper flakes, ginger and 1 tablespoon water until smooth.

3. In same skillet, toss chicken and peanut sauce; serve in lettuce leaves topped with rice, carrots, cucumber and bell pepper sprinkled with peanuts.

Approximate nutritional values per serving (2 lettuce wraps): 449 Calories, 18g Fat (3g Saturated), 78mg Cholesterol, 611mg Sodium, 31g Carbohydrates, 5g Fiber, 38g Protein



Tuscan Pasta with Lemon Sauce

Prep: 15 minutes
Cook: 13 minutes • Serves: 4

- ½ (16-ounce) box whole grain penne pasta
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- ⅓ cup drained and coarsely chopped sun-dried tomatoes in olive oil
- ¼ cup fresh lemon juice
- 1 teaspoon lemon zest
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 package (5 ounces) baby spinach
- 1 can (15.5 ounces) lower sodium cannellini beans, drained and rinsed
- ⅓ cup thinly sliced fresh basil
- ¼ cup shaved or shredded Parmesan cheese

1. Prepare pasta as label directs. Drain pasta, reserving ½ cup pasta cooking water; return to saucepot and cover.

2. In large skillet, heat oil over medium heat. Add garlic; cook 2 minutes or until fragrant, stirring occasionally. Add tomatoes, lemon juice, lemon zest, salt and pepper; cook 5 minutes, stirring occasionally. Add spinach; cook 1 minute or until spinach is wilted, stirring frequently. Add beans, pasta and reserved cooking water; cook 5 minutes or until heated through, stirring occasionally.

3. Serve pasta sprinkled with basil and cheese.

Approximate nutritional values per serving (1¼ cups): 392 Calories, 13g Fat (3g Saturated), 6mg Cholesterol, 391mg Sodium, 59g Carbohydrates, 12g Fiber, 15g Protein



Crispy Coconut Whitefish with Fresh Pineapple Salsa

Prep: 20 minutes
Bake: 10 minutes • Serves: 4

- Nonstick olive oil cooking spray
- ½ cup sweetened shredded coconut flakes
- ¼ cup plain panko breadcrumbs
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon plus ⅛ teaspoon salt
- ⅛ teaspoon ground cayenne pepper
- 1 large egg
- 1¼ pounds fresh whitefish fillets such as cod or tilapia (about 1 to 1½-inches thick), patted dry
- 1 cup chopped fresh pineapple
- ½ cup chopped red bell pepper
- 2 tablespoons finely chopped jalapeño pepper
- 2 tablespoons finely chopped red onion
- 1 tablespoon fresh lime juice

1. Preheat oven to 375°F; spray rimmed baking pan with cooking spray.

2. In large shallow dish, stir coconut flakes, breadcrumbs, chili powder, cumin, ¼ teaspoon salt and cayenne pepper. In second large shallow dish, whisk egg.

3. Dredge fish in egg, then in coconut mixture to coat both sides; place on prepared pan. Bake 10 minutes or until internal temperature reaches 145°F and fish flakes easily with fork.

4. In medium bowl, toss pineapple, bell pepper, jalapeño pepper, onion, lime juice and remaining ⅛ teaspoon salt. Makes about 1½ cups.

5. Serve fish with pineapple salsa.

Approximate nutritional values per serving (4 ounces whitefish, ½ cup salsa): 207 Calories, 4g Fat (3g Saturated), 54mg Cholesterol, 348mg Sodium, 18g Carbohydrates, 3g Fiber, 23g Protein

Chef Tip

Try serving fish and salsa over cooked, whole grain brown rice or in warmed yellow corn tortillas to make tacos.

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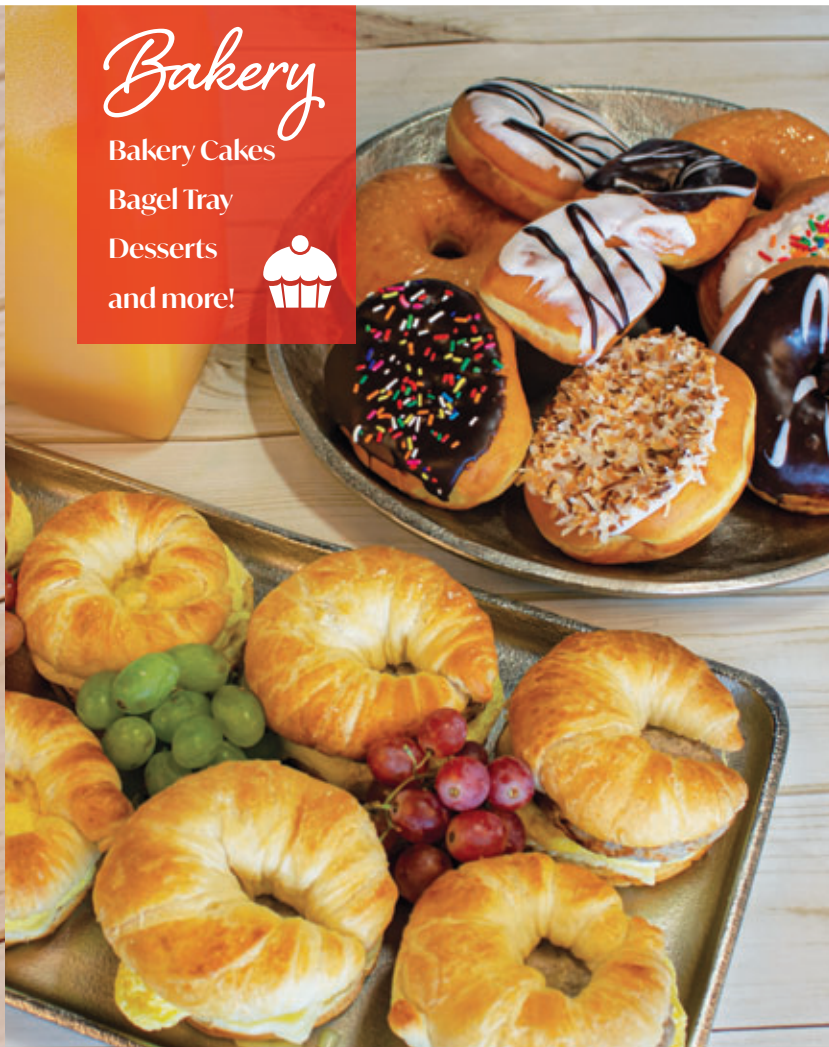
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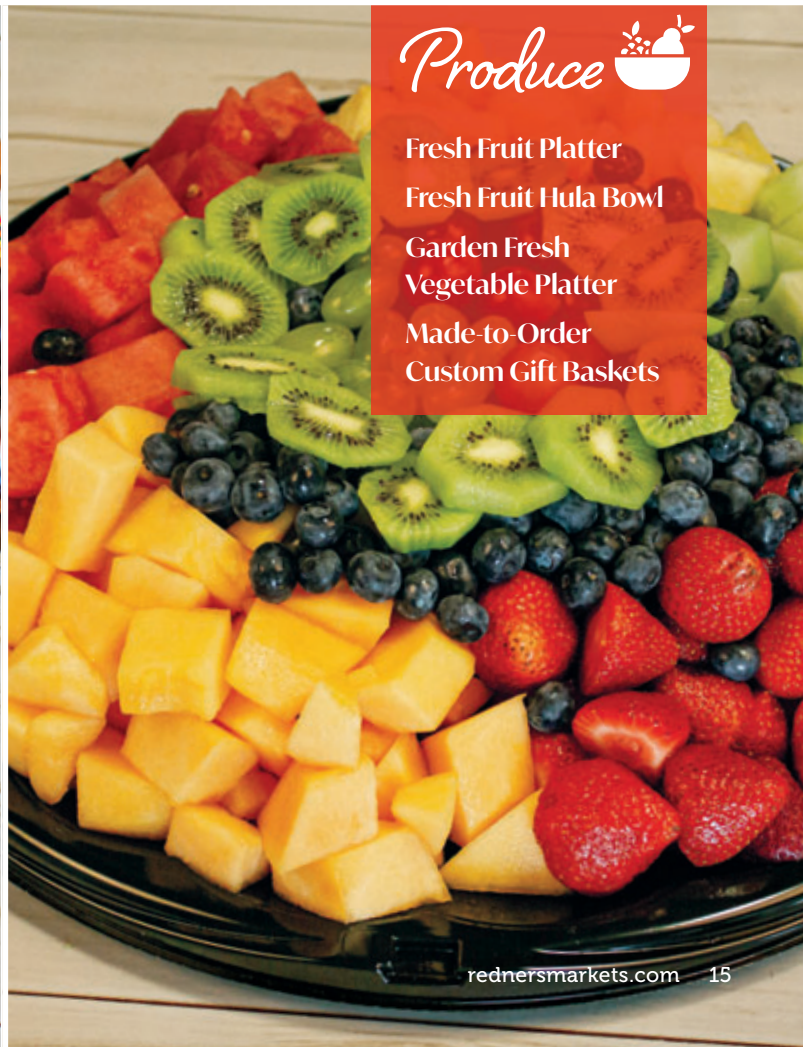
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SPIN A WEB OF SPOOKY COOKIES

CHOCOLATE SPIDER COOKIES

Prep Time: 40 minutes

Time to Table: 1 hour 20 minutes

Serves: 36

- 1 cup unsalted butter, softened
- 1 cup packed brown sugar
- ½ cup Daisy Sour Cream
- 1 large egg
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour
- ½ cup unsweetened baking cocoa
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons granulated sugar
- 72 pretzel sticks
- 72 candy eyeballs
- ¾ cup candy-coated peanut butter candies

1. Heat the oven to 375°. In a large bowl, beat butter, brown sugar, sour cream, egg and vanilla on medium speed with an electric mixer until smooth.

2. Beat in the flour, cocoa, baking soda and salt on low speed until all of the ingredients are mixed. Shape the dough into 1¼-inch balls.

3. Place 3 inches apart on ungreased baking sheet. Flatten into 2-inch circles with the bottom of a glass dipped in the granulated sugar.

4. For each cookie, break 2 pretzels in half. Place the pretzel into the dough to resemble legs. Decorate with the candy eyeballs and peanut butter candies.

5. Bake for 7 to 9 minutes or until the edges are set.

6. Cool on the cookie sheet for 2 minutes. Remove the cookies to a cooling rack and cool completely (about 20 minutes).

For more creative recipes, visit www.daisybrand.com/recipes



Watch the how-to video:
rednersmarkets.com

Greek

Chicken

Shrimp + Grits



Stuff Your pepper

Flavorful stuffed peppers make a filling, low-carb meal with endless customization possibilities! Stuff peppers with Greek-inspired ingredients, fill them with heart-healthy quinoa, or try a Southern version with shrimp and grits!

Greek Stuffed Peppers

Prep: 20 minutes

Bake: 30 minutes • Serves: 4

- ½ cup pearly farro, rinsed and drained
- 2 large green bell peppers, halved lengthwise and seeded
- ½ pound 93% lean ground turkey
- 2 tablespoons olive oil
- ¼ cup chopped red onion
- ½ cup chopped eggplant
- 1 can (14.5 ounces) Italian-style diced tomatoes with olive oil, garlic and spices
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅓ cup grated Parmesan cheese

1. Preheat oven to 350°F. Prepare farro as label directs.

2. Place bell peppers, cut side up, on rimmed baking pan. In large skillet, cook turkey over medium-high heat 8 minutes or until browned, breaking up turkey with side of spoon; with slotted spoon, transfer to paper towel-lined plate.

3. In same skillet, heat oil over medium-high heat; add onion and cook 3 minutes, stirring occasionally. Add eggplant; cook 2 minutes, stirring occasionally. Add tomatoes with juice; cook 3 minutes, stirring occasionally. Stir in salt, pepper, farro and turkey.

4. Fill bell peppers with farro mixture; sprinkle with cheese. Bake 30 minutes or until peppers are tender.

Approximate nutritional values per serving:
316 Calories, 15g Fat (3g Saturated), 53mg Cholesterol, 616mg Sodium, 28g Carbohydrates, 5g Fiber, 20g Protein

Quinoa Fried Rice with Roasted Chicken-Stuffed Peppers

Prep: 15 minutes

Bake: 35 minutes • Serves: 4

- ¼ cup quinoa, rinsed and drained
- 2 large orange bell peppers, halved lengthwise and seeded
- 1 tablespoon sesame oil
- 3 tablespoons chopped white onion
- 1 garlic clove, minced
- 1¾ cups frozen mixed vegetables (carrots, green beans, corn and peas)
- ½ cup chopped roasted chicken
- 1½ tablespoons less-sodium soy sauce
- ½ teaspoon grated fresh ginger
- 4 large eggs
- 1 tablespoon sriracha chili sauce
- 1 green onion, thinly sliced

1. Preheat oven to 350°F. Prepare quinoa as label directs.

2. Place peppers, cut side up, on rimmed baking pan. In large skillet, heat oil over medium-high heat. Add onion; cook 2 minutes, stirring occasionally. Add garlic; cook 30 seconds, stirring occasionally. Add frozen vegetables; cook 5 minutes, stirring occasionally. Remove from heat; stir in chicken, soy sauce, ginger and quinoa.

3. Fill peppers with quinoa mixture; bake 20 minutes or until peppers are tender. Crack 1 egg onto each pepper; bake 15 minutes or until egg whites are cooked through and yolks are slightly soft. Drizzle peppers with sriracha; sprinkle with green onion.

Approximate nutritional values per serving:
290 Calories, 14g Fat (3g Saturated), 217mg Cholesterol, 431mg Sodium, 19g Carbohydrates, 4g Fiber, 19g Protein

Shrimp & Grits-Stuffed Peppers

Prep: 15 minutes

Bake: 10 minutes • Serves: 4

- 2 large red bell peppers, halved lengthwise and seeded
- 1¾ cups low sodium chicken broth
- ½ cup skim milk
- ½ cup yellow corn grits
- ¼ teaspoon ground black pepper
- 1 tablespoon olive oil
- 12 ounces raw 31-40 count peeled and deveined shrimp, thawed if necessary
- ¼ cup shredded sharp Cheddar cheese
- 2 tablespoons unsalted butter
- ½ teaspoon Cajun seasoning
- 1 green onion, thinly sliced
- Cayenne pepper hot sauce (optional)

1. Preheat oven to 350°F. Place bell peppers, cut side up, on large microwave-safe plate; heat in microwave oven on high 3 minutes or until slightly tender; transfer to rimmed baking pan, cut side up.

2. In medium saucepan, heat 1½ cups broth and milk to a boil over medium-high heat; reduce heat to low and whisk in grits. Cook 5 minutes or until slightly creamy, whisking occasionally; whisk in black pepper. Fill bell peppers with grits.

3. In large skillet, heat oil over medium-high heat; add shrimp and cook 2 minutes, turning once. Top grits with shrimp and cheese. Bake 10 minutes or until shrimp turn opaque throughout.

4. In same skillet, cook butter, Cajun seasoning and remaining ¼ cup broth 3 minutes or until reduced by half, whisking constantly. Drizzle peppers with broth mixture and sprinkle with green onion; serve with hot sauce, if desired.

Approximate nutritional values per serving:
311 Calories, 13g Fat (5g Saturated), 159mg Cholesterol, 726mg Sodium, 25g Carbohydrates, 2g Fiber, 21g Protein



SHOW 'EM YOUR GAME PLATE



Bacon Sriracha Football Cheeseball

Servings: 8-10

Ingredients

- 1 pound thick-cut bacon
- 1/4 cup packed brown sugar
- 1 teaspoon crushed red pepper flakes
- 2 cups (8 ounces) shredded Wisconsin Gouda cheese
- 4 ounces Wisconsin cream cheese, softened
- 2 tablespoons softened butter
- 1 green onion, thinly sliced
- 1 teaspoon soy sauce
- 1 teaspoon sriracha
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 slice (1 ounce) Wisconsin mozzarella cheese, cut into thin strips
- Assorted vegetables and pretzels

Directions

Heat oven to 400°F. Place baking rack on an aluminum foil-lined rimmed baking sheet. Place bacon strips in a single layer on rack; rub each strip with brown sugar. Sprinkle with red pepper flakes. Bake 15-20 minutes or until crisp. Cool completely. Crumble bacon; cover and refrigerate.

Beat Gouda, cream cheese, butter, green onion, soy sauce, sriracha, garlic powder and pepper in bowl; mix well. Shape into a ball; wrap in plastic wrap. Refrigerate 1 hour. Remove from refrigerator. Shape cheeseball into a football. Rewrap; refrigerate for at least 1 hour.

Press bacon onto football just before serving. Arrange mozzarella on football for laces. Serve with vegetables and pretzels.



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