



# HealthCents

**SENSIBLE CHOICES:  
HEALTHY BAKING**

**HOLIDAY BRUNCH**

**+ MORE!**

*Hooray for*  
**hot chocolate**

Minty Hot Chocolate p. 14





Put the "Us" in  
**STAR RANCH**  
**ANGUS**  
★ **BEEF** ★

Nothing brings the family together during the holidays quite like an easy, well-seasoned meal. This Herb Rubbed Rib Roast featuring *Star Ranch Angus* beef will not only be the star of family dinner, it just may start a tradition for years to come.

**Every 3 oz serving of beef offers 25g of protein to help power your day!<sup>1</sup>**  
**Plus, it's a good source of 10 essential nutrients to keep your family thriving.**

<sup>1</sup>The Power of Beef's Protein, Beef it's What's for Dinner. <https://www.beefitswhatsfordinner.com/nutrition/beef-protein> (Accessed 9/28/2020)

## Herb Rubbed Rib Roast

- 1 *Star Ranch Angus* Rib Roast, 5 to 6 lb

### DRY RUB:

- 1/4 cup kosher salt
- 1/4 cup freshly ground black pepper
- 4 tablespoons garlic powder
- 2 tablespoons fresh thyme or 1 tablespoon dried thyme
- 1 tablespoon dried tarragon
- 2 teaspoons dried mustard

1. Preheat oven to 450°F.
2. Combine all the dried ingredients.
3. Rub dry ingredients all over the roast.
4. Place the meat on a rack in a roasting pan.
5. Cook for 25 minutes then reduce temperature to 300°F.  
**Rare:** 16 to 18 minutes per pound  
**Medium-Rare:** 18 to 20 minutes per pound  
**Medium:** 20 to 22 minutes per pound  
**Well done:** 26 to 30 minutes per pound
6. Let roast rest for 20 to 30 minutes before carving.



# HealthCents

## 2020 November-December *Contents*



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For more information, visit us at [RednersMarkets.com](https://www.RednersMarkets.com) or follow us on social media to keep up to date on the latest nutrition information and offerings.

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# pear-*fect*

Packed with vitamin C, potassium and dietary fiber, pears are a nutrient-dense fruit. While they're a treat to eat on their own, pears also lend color, texture and sweetness to recipes. Experiment with different types of pears in this "pear-fect" spinach salad and French-inspired dessert!





## Spinach, Pear and Gorgonzola Salad

**Prep: 15 minutes • Serves: 4**

- 1 tablespoon minced shallot
- 2 teaspoons balsamic vinegar
- ¼ teaspoon Dijon mustard
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- 2 tablespoons extra virgin olive oil
- 1 package (10 ounces) baby spinach
- 1 container (4 to 5 ounces) crumbled Gorgonzola cheese
- 1 medium Bosc pear, cored and thinly sliced
- ½ cup pomegranate arils
- ½ cup walnuts, toasted

**1.** In large bowl, whisk shallot, vinegar, mustard, salt and pepper until well blended; whisking constantly, slowly drizzle in oil until emulsified. Add spinach; with tongs, toss until well coated.

**2.** To serve, evenly divide spinach mixture over 4 salad plates; top with cheese, pear, pomegranate arils and walnuts.

*Approximate nutritional values per serving: 216 Calories, 16g Fat, (4g Saturated), 10mg Cholesterol, 301mg Sodium, 13g Carbohydrates, 3g Fiber, 6g Protein*



Watch the how-to video:  
[rednersmarkets.com](https://www.rednersmarkets.com)

## Almond-Pear Clafoutis

**Prep: 20 minutes plus cooling**

**Bake: 45 minutes • Serves: 8**

- 2 teaspoons unsalted butter, softened
- ½ cup plus 1½ tablespoons granulated sugar
- 1½ small ripe red Anjou or Bartlett pears
- 5 large eggs
- 2 large egg yolks
- 1 cup whipping cream
- ½ cup all-purpose flour, sifted if desired
- 2½ tablespoons almond-flavored liqueur such as amaretto
- Powdered sugar for dusting (optional)

**1.** Preheat oven to 350°F. Grease shallow 9- to 10-inch round ceramic baking dish with butter. Sprinkle inside bottom of dish with 1½ tablespoons sugar; over sink, turn dish to evenly coat bottom and sides.

**2.** Halve pears lengthwise; core and cut pears into ¼-inch slices. Arrange pears in circular pattern, slightly overlapping, around inside edge of prepared dish.

**3.** In medium bowl, whisk together eggs, egg yolks and remaining ½ cup sugar 2 minutes or until pale in color and creamy. Whisk in cream, flour and liqueur until combined (some lumps may remain); carefully pour egg mixture into dish over pears without disturbing pears.

**4.** Bake 45 minutes or until clafoutis begins to pull away from sides of pan, top is golden brown and toothpick inserted in center comes out clean. Cool completely on wire rack before serving. Dust with powdered sugar, if desired.

*Approximate nutritional values per serving: 289 Calories, 18g Fat (9g Saturated), 212mg Cholesterol, 42mg Sodium, 30g Carbohydrates, 1g Fiber, 6g Protein*

### Chef Tips

*Clafoutis can be covered and refrigerated up to 3 days.*

*Try substituting some or all of the amaretto with Grand Marnier. Serve sprinkled with blueberries or chopped hazelnuts.*





*Sensible Choices:*  
**healthy baking**



Embrace the comfort of baking this season. Gather the family to bake and devour zesty, sweet Cranberry-Orange Oatmeal Cookies that offer chewy goodness. Then, discover simple swaps for healthier baked goods.

## Cranberry-Orange Oatmeal Cookies

**Prep: 20 minutes**

**Bake: 24 minutes • Serves: 36**

- 3 cups old-fashioned oats
- 1 cup white whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon salt
- ½ cup unsalted butter (1 stick), softened
- ¾ cup packed light brown sugar
- 2 large eggs
- ¼ cup fresh orange juice
- 1 tablespoon orange zest
- 1 teaspoon vanilla extract
- ¾ cup dried cranberries

1. Preheat oven to 350°F. In medium bowl, stir oats, flour, baking soda, cinnamon, ginger and salt.

2. In large bowl, with mixer on medium speed, beat butter and brown sugar until creamy, scraping down sides of bowl; beat in eggs, orange juice and zest, and vanilla extract. Reduce speed to low; gradually beat in oat mixture. Fold in cranberries.

3. In 3 batches, using 2 small spoons, drop rounded tablespoons of cookie dough onto ungreased cookie sheet; bake 8 minutes or until golden brown. Cool cookies 1 minute on cookie sheet; transfer to wire rack to cool completely. Makes about 36 cookies.

*Approximate nutritional values per serving (1 cookie): 93 Calories, 3g Fat (2g Saturated), 17mg Cholesterol, 73mg Sodium, 15g Carbohydrates, 1g Fiber, 2g Protein*

## Better-For-You Baking



The holiday season is prime time for baking! This year, put a healthy spin on baked goods with simple substitutes. Bring more nutrients, flavor and fun to your favorite recipes by experimenting with different alternatives. Keep an open mind, a hungry stomach and use our tweaks below to create better-for-you baked goods.

### Nutrient-Filled Flour



Refined white flour is great for baking, but doesn't contain much nutritional value. Turn to fiber-filled varieties like white whole wheat flour that easily substitutes for all-purpose flour in the same amount. Making the switch to whole wheat flour can be tricky. Start by replacing one-quarter to half

the all-purpose flour called for with whole wheat flour, and adjust further based on your preferences and the desired result. If you're looking for nutrient-packed flours that are also gluten-free, experiment with almond flour, coconut flour, chickpea flour or oat flour.

### Butter in Baking

Butter imparts rich flavors and flaky textures into baked goods and helps them maintain their structure. Butter also creates light, tender treats by slowing down the process of gluten formation. Reducing the amount of butter in recipes and substituting alternatives takes trial and error. Replace the same amount of butter with better-for-you options like mashed banana, mashed avocado, applesauce or Greek yogurt.

### Substitutes as Sweet as Sugar

Sugar serves to promote browning, absorb moisture, tenderize, sweeten and leaven baked goods. Though many of our favorite goodies call for large amounts of sugar, swapping sugar should be done with caution, as it will impact structure and texture. Coconut sugar is an excellent alternative to refined white sugar. With a similar nutritional profile to refined sugar, coconut sugar has a lower glycemic index and contains small amounts of minerals. This less-processed option can be substituted 1:1 for sugar but can be adjusted further as desired.



Substitute sweeteners like honey and maple syrup for sugar in recipes that don't require creaming. These natural alternatives give recipes an earthy sweetness. They also have a low glycemic index, making them a preferred option for those with diabetes. Replace one cup of sugar with ¾ cup maple syrup or honey.

Also, a fridge stocked with Daisy Cottage Cheese gives you the ability to prepare wholesome recipes at a moment's notice. Its long shelf life and creamy, delicious taste make it the perfect protein boost for most of your favorite baking recipes!



For more information on Daisy products visit: [www.daisybrand.com](http://www.daisybrand.com)

# HIGH PROTEIN. LESS SUGAR.\*



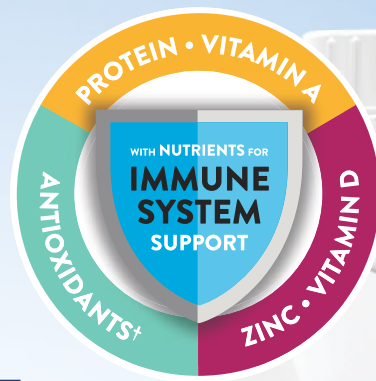
## AVAILABLE IN 4 DELICIOUS FLAVORS:

- Milk Chocolate
- French Vanilla
- Café Mocha (contains 100mg of caffeine)
- Mixed Berry



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TODAY**

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### Ensure.com

Use as part of a healthy diet.

\* 90% less sugar than Ensure Original. Ensure® Original 8 fl oz = 15g sugar vs Ensure® Max Protein 11 fl oz = 1g sugar.

† Vitamins C and E.

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**Ensure**  
STRENGTH & ENERGY

## MINTY CHOCOLATE ENSURE® SHAKE RECIPE



**This flavor combination never disappoints. And this recipe, made with your favorite chocolate Ensure shake, is no exception.**

**MAKES**  
1 serving

### INGREDIENTS

- 1 11-fl-oz Milk Chocolate Ensure Max Protein shake
- ¼ tsp vanilla extract
- ¼ tsp mint extract

### DIRECTIONS

Combine Ensure Max Protein and flavorings in a glass, mix well, and serve.

This recipe can be prepared with any variety of Ensure.





# TREAT YOURSELF

*to smarter snacking*



**1** PER day REPLACE 1 MEAL OR SNACK\*

**CARBSTEADY®**  
Helps manage blood sugar†

Glucerna® has **CARBSTEADY®**, unique blends of slow-release carbohydrates, designed to help minimize blood sugar spikes.

\* Replace one poor meal or snack choice.

† In people with diabetes compared to high-glycemic carbohydrates.

Use as part of a diabetes management plan.

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# Glucerna

**EVERYDAY  
PROGRESS™**

## BREAD PUDDING WITH GLUCERNA



Try this delicious recipe—a new way to enjoy Glucerna!

### INGREDIENTS

- 3 cups Homemade Vanilla Glucerna shake
- 5 pieces whole wheat bread, cubed
- 1 ½ cups unsweetened corn or bran flakes
- ½ cup egg substitute

### FOR TOPPING

- 1 ¾ cups fresh blueberries (can be frozen)
- ½ cup sugar substitute
- 1 tsp vanilla
- 1 tsp cinnamon
- ½ tsp salt
- ½ cup sugar-free maple syrup
- 2 tbsp fresh lemon juice

### DIRECTIONS

- Preheat the oven to 350° F.
- Prepare a 2-quart baking dish with nonstick cooking spray.
- Spread the bread evenly in the dish and top with bran flakes.
- In a small bowl, whisk together the remaining ingredients and pour over bread.

- Let stand for 30 minutes until liquid is absorbed, patting down occasionally to help absorb evenly.
- Bake for 75 minutes until puffed and firm in center.

To prepare the topping, combine all ingredients in a saucepan and simmer for 5 minutes. Serve warm.



*Vibrant sweet potatoes,  
wholesome Brussels sprouts and  
smoky bacon come together in  
one simple, satisfying bite.*

**Skillet Sweet Potato & Brussels Sprouts Hash with Bacon**

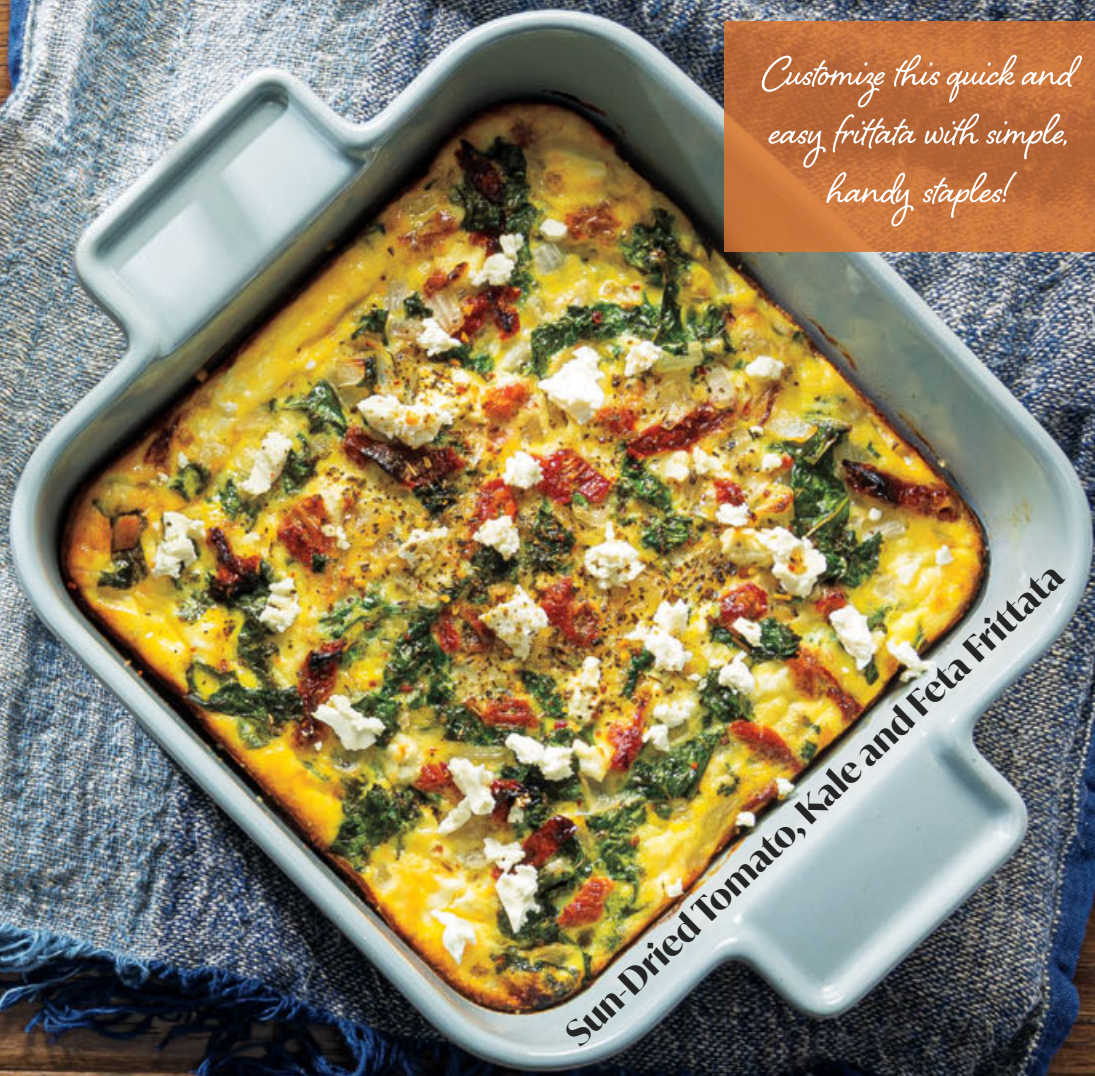
# holiday Brunch

Welcome the holidays with delicious brunches. Enjoy seasonally inspired creations like a hash containing bright, nutritious root vegetables or enjoy a festive frittata. Finish off your mid-morning meal with chocolaty pancakes featuring a satisfying crunch!

**Banana-Nut Chocolate Chip Sheet Pancakes**



*Customize this quick and easy frittata with simple, handy staples!*



**Sun-Dried Tomato, Kale and Feta Frittata**

*Whip up pancakes for your brunch crew with this better-for-you option.*







## Skillet Sweet Potato & Brussels Sprouts Hash with Bacon

**Prep: 15 minutes**

**Cook: 25 minutes • Serves: 4**

- Olive oil cooking spray
- 4 slices center-cut uncured bacon
- ½ pound Brussels sprouts, quartered (about 2 cups)
- 1 medium sweet potato, peeled and cut into ½-inch cubes (about 2 cups)
- 2 teaspoons olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground cayenne pepper
- ½ small onion, chopped
- Pure maple syrup (optional)

**1.** Spray large, deep skillet with cooking spray. Add bacon; cover and cook 5 minutes over medium-high heat. Uncover and drain drippings. Cook bacon, uncovered, 5 minutes or until crisp. Transfer to paper towel-lined plate; cool and chop.

**2.** In large bowl, toss Brussels sprouts, potato, oil, paprika, garlic powder, salt and cayenne pepper. Drain remaining drippings from skillet and wipe with paper towel; heat over medium-high heat. Add potato mixture, cover and cook 5 minutes; uncover and cook 5 minutes or until vegetables are tender-crisp and lightly browned, stirring frequently.

**3.** Reduce heat to medium; add onion and bacon. Cook 3 minutes or until onion is tender, stirring occasionally. Makes about 3 cups.

**4.** Serve hash drizzled with maple syrup, if desired.

*Approximate nutritional values per serving (¾ cup): 152 Calories, 6g Fat (2g Saturated), 12mg Cholesterol, 354mg Sodium, 19g Carbohydrates, 4g Fiber, 7g Protein*

## Banana-Nut Chocolate Chip Sheet Pancakes

**Prep: 10 minutes**

**Bake: 12 minutes • Serves: 15**

- 3 cups whole-grain buttermilk pancake mix
- 3 cups 1% milk
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- ½ cup plus 2 tablespoons mini chocolate chips
- 1 medium banana, sliced
- ¼ cup chopped walnuts
- Powdered sugar for garnish (optional)

**1.** Preheat oven to 425°F; line large rimmed baking pan with parchment paper. In large bowl, whisk pancake mix, milk, cinnamon and vanilla extract; fold in ½ cup chocolate chips. Spread pancake mixture on prepared pan; top with banana, walnuts and remaining 2 tablespoons chocolate chips.

**2.** Bake 12 minutes or until top is lightly browned and toothpick inserted in center comes out clean. Cut pancake into 15 pieces; serve dusted with powdered sugar, if desired.

*Approximate nutritional values per serving (1 piece): 176 Calories, 6g Fat (2g Saturated), 6mg Cholesterol, 174mg Sodium, 24g Carbohydrates, 3g Fiber, 8g Protein*

## Sun-Dried Tomato, Kale and Feta Frittata

**Prep: 25 minutes plus cooling**

**Bake: 35 minutes • Serves: 6**

- Olive oil cooking spray
- 2 teaspoons olive oil
- 1 small onion, finely chopped (1 cup)
- 2 garlic cloves, minced
- 2 cups packed stemmed and chopped curly kale
- ½ cup finely chopped sun-dried tomatoes (not in oil)
- 10 large eggs
- ½ cup 1% milk
- ⅓ cup crumbled feta cheese
- 1 teaspoon Italian seasoning
- ⅛ teaspoon salt
- ¼ teaspoon black pepper

**1.** Preheat oven to 400°F; spray 2-quart baking dish with cooking spray. In large skillet, heat oil over medium heat. Add onion; cook 3 minutes or until tender, stirring occasionally. Add garlic; cook 1 minute or until fragrant. Add kale; cook 3 minutes or until kale is wilted, stirring occasionally. Remove from heat; stir in sun-dried tomatoes.

**2.** In large bowl, whisk eggs, milk, all but 2 tablespoons cheese, seasoning, salt and pepper; stir in kale mixture. Pour egg mixture into prepared dish; sprinkle with reserved 2 tablespoons cheese and bake 35 minutes or until top is browned, center is set and internal temperature reaches 145°F. Cool frittata 5 minutes before cutting into 6 wedges.

*Approximate nutritional values per serving (1 wedge): 207 Calories, 12g Fat (4g Saturated), 319mg Cholesterol, 277mg Sodium, 12g Carbohydrates, 2g Fiber, 15g Protein*



## How to Become a Breakfast Newbie

- Set up your shopping list thinking about foods you need for every meal, starting with whole grains like oatmeal for breakfast.
- Set your alarm clock, then lay out bowls, spoons, juice cups and breakfast items from the pantry the night before.
- Keep breakfast items in the kitchen at eye-level for little ones so they can help themselves, which gets everyone out the door faster.
- As with any meal or snack, eat when you're hungry – if you have breakfast a few hours after waking up, that's just fine; there's nothing wrong with a granola bar at 10 a.m.
- Dedicate refrigerator space just for breakfast items, like hard-cooked eggs, fruit, orange juice, yogurt and other items to grab and go.

### Try these simple breakfast combinations:



A banana dipped in low-fat yogurt and rolled in granola



A mix of Quaker Oatmeal Squares and dried fruit with a bottled yogurt drink



Oatmeal topped with berries and walnuts



Whole-grain toast with nut butter and orange juice



### Honey Glazed Chicken with Mango and Cranberries

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| ¼ cup honey                     | Pinch of sea salt and pepper      |
| ¼ cup low sodium soy sauce      | 2 pounds chicken thighs (skin on) |
| 1 tablespoon avocado oil        | ½ cup cranberries                 |
| 2 tablespoons fresh lemon juice | ½ cup fresh mango, cubed          |
| 2 garlic cloves, minced         | Rosemary for garnish              |

In a medium-sized bowl whisk honey, soy sauce, avocado oil, lemon juice, garlic, salt and pepper. Place chicken thighs in a zip-top plastic bag and pour in honey marinade. Be sure that each chicken thigh is evenly coated and refrigerate for 3 to 6 hours. Preheat oven to 400°F. Place chicken skin-side down in a cast-iron skillet. Add a small amount of the marinade to the skillet (enough to coat the bottom) and discard the rest. Bake for about 25 minutes.

Turn chicken over skin-side up and add cranberries, mango and rosemary. Bake for additional 20 minutes and enjoy!



# Hooray for hot chocolate

## Minty Hot Chocolate

Prep: 5 minutes

Cook: 5 minutes • Serves: 1

- 1 cup whole milk
- 2 tablespoons chocolate hazelnut spread plus additional melted for garnish (optional)
- 2 tablespoons peppermint schnapps  
Whipped cream and ground cinnamon for garnish (optional)

**1.** In small saucepan, heat milk to a simmer over medium heat; reduce heat to low. Whisk in hazelnut spread until melted and smooth; remove from heat and stir in schnapps.

**2.** Pour into a mug; top with whipped cream and cinnamon, and drizzle with melted chocolate-hazelnut spread, if desired.

*Approximate nutritional values per serving:*  
433 Calories, 20g Fat (9g Saturated),  
24mg Cholesterol, 120mg Sodium,  
41g Carbohydrates, 0g Fiber, 10g Protein



Step up your beverage game by bringing exciting flavors to a seasonal classic. Explore hot chocolate's Mexican roots with a kick of cayenne and cinnamon, infuse it with the crisp tastes of mint, or try craveable chai spices for added depth of flavor!

### Chai Hot Chocolate

**Prep: 5 minutes**  
**Cook: 5 minutes • Serves: 1**

- 1 cup whole milk
- ¼ cup chopped bittersweet chocolate
- 1 tablespoon packed brown sugar
- ¼ teaspoon vanilla extract
- ⅛ teaspoon ground cardamom
- 1 pinch ground black pepper
- Ground cinnamon for garnish

1. In small saucepan, heat milk, chocolate, sugar, vanilla, cardamom and pepper over medium heat until chocolate melts, whisking frequently.
2. Pour hot chocolate into a mug; dust with cinnamon.

*Approximate nutritional values per serving:*  
525 Calories, 28g Fat (17g Saturated),  
24mg Cholesterol, 109mg Sodium,  
50g Carbohydrates, 0g Fiber, 12g Protein

### Mexican Hot Chocolate

**Prep: 5 minutes**  
**Cook: 5 minutes • Serves: 1**

- 1 cup whole milk
- 1 cinnamon stick
- 1 pinch ground cayenne pepper plus additional for garnish
- ⅓ cup semisweet chocolate morsels
- Whipped cream and ground cinnamon for garnish

1. In small saucepan, heat milk, cinnamon stick and cayenne to a simmer over medium heat; remove from heat. Whisk in chocolate until melted; remove cinnamon stick.
2. Pour hot chocolate into a mug; top with whipped cream and dust with cinnamon and cayenne.

*Approximate nutritional values per serving:*  
418 Calories, 25g Fat (14g Saturated),  
24mg Cholesterol, 111mg Sodium,  
48g Carbohydrates, 3g Fiber, 10g Protein





# Always the Life of the Party



## Cherry Cordial Snowman Cheese Ball Servings 12-16 (about 5 cups)

### Ingredients

- 3 packages (8 ounces each) Wisconsin cream cheese, softened
- 2 containers (8 ounces each) Wisconsin mascarpone cheese
- 1 1/2 cups confectioners' sugar
- 3 tablespoons bourbon
- 6 ounces bittersweet chocolate, finely chopped
- 1/2 cup chopped maraschino cherries
- 1 bag (14 ounces) sweetened flaked coconut
- Chocolate-covered cherries
- Gumdrop
- Brown milk chocolate M&M's
- Peppermint candies
- Red licorice
- Assorted cookies

### Instructions

Beat the cream cheese, mascarpone, confectioners' sugar and bourbon in a large bowl until blended. Fold in chocolate and cherries. Cover and refrigerate for at least 1 hour.

Spoon a third of the mascarpone mixture into a plastic wrap-lined, small bowl, about 5 1/2-inches diameter x 2-inches deep. Wrap with plastic wrap. Spoon the remaining mixture into a plastic wrap-lined, large bowl, about 7-inches diameter x 2-inches deep. Wrap with plastic wrap. Freeze for 20 minutes.

Unwrap each cheese ball. Transfer to a serving platter. Press coconut on balls to coat. Place chocolate-covered cherries for eyes, a gumdrop for nose and M&M's for mouth. Arrange peppermint candies for buttons and licorice for scarf. Cover and refrigerate for at least 1 hour or until serving.

Serve with cookies.



[WisconsinCheese.com](http://WisconsinCheese.com)

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