



HealthCents



Savory soups

Slow Cooker Chicken Sausage & Tortellini Soup p.7

Plus:

WINTER SQUASH

FUELING FOR FITNESS

AND MORE!

REDNER'S

A Message from Meredith



Happy New Year and Welcome to 2022!

By now, you have heard the phrase “New Year, New You” hundreds of times and have seen nonstop ads for “diet” foods, exercise equipment and the newest self-help books. Well, it’s hard not to get caught up in the excitement of a fresh start, new chapter and clean slate, but the hype isn’t all it’s cracked up to be. While it works for some people, for others a new day on the calendar isn’t enough reason to make changes. So what is?

Are you ready?

Don’t let peer pressure or a flip of the page be the guide. Do a little reflection and decide if NOW is the time. Are you really ready to commit and make changes? Are you mentally, physically and emotionally prepared to start this journey?

Where are you now?

You can’t make changes if you don’t know where you are! Take a good look at where you are now, I mean, a real look! Now is the time to be honest. If you need to, grab a notebook and jot down your habits, your feelings and your starting point.

Where are you trying to get to?

What is your ultimate, big picture goal? For many of us, this goal might sound impossible and overwhelming. It’s important to outline small steps to get there. Create a visual roadmap that sets realistic expectations along the way.

What can help?

There are so many free resources available. First, you may want to team up with someone who has been in your shoes and has accomplished what you would like to. Ask them about their journey and what helped. Use the internet, social media and old-fashioned word of mouth to find out what you can use to help you along the way.

Who is on your team?

Make sure your support system is just that, supportive. They may not be who you think they are. You may have to look outside of your primary circle. You want people to encourage you, motivate you, lift you when you fall and clap for you along the way.

No matter what opportunities you are looking to take on this year, whether improving your health, balancing your budget, changing careers or simply embracing self-acceptance, just know that time is the most important nonrenewable resource. Use it wisely and make yourself and your happiness a priority.

Remember it is never too early or too late to eat healthy!

Meredith McGrath RD, LDN Corporate Dietitian

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Winter squash

From butternut and acorn to spaghetti, winter squash varieties are versatile and rich in beta-carotene, vitamins A and C, fiber and potassium. While some squash are mild and others are sweet, all offer endless possibilities for comforting, nutritious everyday meals. Try butternut squash in our stew recipe, then check out our guide to discover more easy ways to enjoy winter squash.



Chef Tip

Since cooking times may vary, if the meat is not tender after the specified cooking time, continue to cook the stew, checking the consistency of the meat every 15 minutes.

Beef & Butternut Squash Stew

Prep: 25 minutes

Cook: 2 hours 10 minutes • Serves: 10

- ¼ cup plus 1 tablespoon all-purpose flour
- 1 teaspoon kosher salt
- ¾ teaspoon ground black pepper
- 2½ pounds boneless beef chuck roast, fat trimmed, cut into 1½-inch pieces
- 3 tablespoons olive oil
- 2 large carrots, diced
- 1 large yellow onion, diced
- 4 cups diced butternut squash
- 1 package (10 ounces) cremini mushrooms, quartered
- 3 garlic cloves, minced
- 1 container (32 ounces) beef stock
- 1 can (16 ounces) garbanzo beans, drained and rinsed
- 1 can (14.5 ounces) diced tomatoes with basil, garlic & oregano
- 2 sprigs fresh rosemary
- 1 bay leaf

1. In large bowl, combine 3 tablespoons flour, ¾ teaspoon salt and ½ teaspoon pepper; add beef and toss to coat. In large saucepot, heat 2 tablespoons oil over medium-high heat. In 2 batches, shaking off excess flour, add beef to saucepot, and cook 4 minutes or until beef is browned, stirring occasionally. With slotted spoon, transfer beef to large bowl.

2. Add remaining 1 tablespoon oil, carrots, onion and squash to saucepot; reduce heat to medium and cook 5 minutes or until onion begins to soften, stirring occasionally. Add mushrooms; cook 5 minutes or until mushrooms have released their moisture, stirring occasionally. Add garlic; cook 1 minute, stirring occasionally.

3. Add 1 cup stock; cook 1 minute, scraping browned bits from bottom of saucepot with wooden spoon. Stir in remaining 2 tablespoons flour and 3 cups stock. Add beans, tomatoes with their juice, rosemary sprigs, bay leaf, remaining ¼ teaspoon each salt and pepper, and beef with any drippings in bowl; heat to a boil.

4. Reduce heat to medium-low; cover and cook 1 hour. Uncover; cook 45 minutes or until beef and vegetables are tender, stirring occasionally. Remove and discard rosemary sprigs and bay leaf before serving. Makes about 14 cups.

Approximate nutritional values per serving (about 1½ cups): 384 Calories, 17g Fat (6g Saturated), 104mg Cholesterol, 684mg Sodium, 25g Carbohydrates, 6g Fiber, 33g Protein

Quick Guide to Winter Squash

With over a dozen delicious and nutrient-dense varieties to choose from, winter squash is a cold-weather favorite. Heartier than summer squash with larger seeds, winter squash provides vitamins A and C, antioxidants, fiber and potassium. When selecting squash, choose a variety that's heavy for its size with smooth skin. Due to its hard outer shell that protects its flesh, winter squash can be stored up to a month in a cool, dry place. From soups and salads to pastas and vegetarian entrées, discover delicious ways to enjoy these beneficial, bountiful fruits.

Butternut



A skinny neck and bulbous bottom give this squash its signature bell shape. It has a light tan rind and deep orange flesh with a sweet, butterscotch-like flavor. Once cut in half and seeded, cube the flesh to add to recipes like our Beef & Butternut Squash Stew.

Spaghetti



When roasted, the flesh inside this pale, oval-shaped winter squash separates into creamy, tender strands that resemble spaghetti. Its mild taste allows you to go bold and elevate it with different seasonings or sauces. A lower-carb substitute any way you sauce it, use spaghetti squash in place of rice noodles in Asian-style bowls or in your favorite pasta recipe.

Acorn



Shaped like an acorn, this squash has orange-colored flesh with a delicious, mildly nutty taste. For acorn squash with the tenderest flesh, look for varieties with dull, green rinds. Acorn squash is excellent baked with the center scooped out and stuffed with a savory filling like wild rice, or you can use it as the base for your favorite soup!

Golden Nugget



This softball-size variety of squash resembles a pumpkin. Its colorful, orange rind should have a dull finish for a sweet-tasting, bright orange flesh. Roast or steam this squash whole or halved, then fill it with a savory quinoa and sausage stuffing before final roasting.

Delicata



Pale yellow and earthy-tasting, delicata squash's appearance resembles summer squash. It's also known as sweet potato squash since it has a similar, creamy consistency when cooked. Its thin, edible skin allows it to cook more quickly than other winter varieties. Sliced into scalloped rings or half-moons, delicata squash is great steamed, roasted with olive oil and herbs, or added to simmering soups and stews.



Savory Soups



Soup is a universal comfort food. Its cozy, comforting essence adapts beautifully to diverse ingredients and flavors. Find tips for making the most of your soups on page 8. Then, whether you're craving tortellini and chicken sausage or creamy clam chowder, nourish your body and delight your taste buds by slurping up our simple and satisfying soup recipes.

Slow Cooker Chicken Sausage & Tortellini Soup

Prep: 25 minutes

Cook/Slow Cook: 4 hours 7 minutes

Serves: 8

- 1 package (12- to 14-ounces) sweet Italian chicken sausage links, casings removed
- 2 cans (15.5 ounces each) no salt added cannellini beans, drained and rinsed
- 1 can (14.5 ounces) petite diced tomatoes
- 2 medium carrots, chopped
- 1 garlic clove, minced
- 1 small white onion, chopped
- 4 cups low-sodium chicken broth
- 2 tablespoons fresh lemon juice
- 1 tablespoon dried Italian seasoning
- 1 package (13 ounces) frozen cheese tortellini
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 cups coarsely chopped baby kale
- 1 cup heavy cream
- ½ cup grated Parmesan cheese

1. Heat large skillet over medium-high heat. Add sausage; cook and stir 8 minutes or until browned, breaking up sausage with side of spoon.

2. In 5- to 6-quart slow cooker, add beans, tomatoes with their juice, carrots, garlic, onion, broth, lemon juice, seasoning and sausage with drippings; cover and cook on high 4 hours or low 8 hours.

3. Stir tortellini, salt and pepper into slow cooker; cover and cook 5 minutes or until tortellini is heated through. Stir in kale and cream; cook 2 minutes or until kale is wilted. Makes about 11 cups.

4. Serve soup sprinkled with cheese.

*Approximate nutritional values per serving (1½ cups):
404 Calories, 18g Fat (9g Saturated), 44mg Cholesterol,
849mg Sodium, 41g Carbohydrates, 7g Fiber, 20g Protein*

Clam Chowder

Prep: 20 minutes

Cook: 40 minutes • Serves: 8

- 6 slices smoked bacon
- 3 medium celery ribs, chopped
- ½ medium onion, chopped
- ¼ cup all-purpose flour
- 4 cans (6.5 ounces each) minced clams, drained and liquid reserved
- 1 cup less-sodium chicken broth
- 4 medium red potatoes (about 1¾ pounds), unpeeled, cut into ½-inch pieces (about 5 cups)
- ¾ cup half and half, at room temperature
- 1 teaspoon Worcestershire sauce
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- Fresh chopped curly parsley for garnish (optional)
- Oyster crackers and hot sauce for serving (optional)



1. In large saucepot, cook bacon over medium-high heat 8 minutes or until crisp, stirring occasionally. Transfer bacon to paper towel-lined plate to drain. Once cooled, crumble.

2. Remove and discard all but 2 tablespoons bacon drippings in saucepot. To drippings, add celery and onion; cook over medium heat 8 minutes or until onion begins to soften,

stirring occasionally. Stir in flour; cook 2 minutes, stirring frequently. Stir in reserved clam juice and broth. Add potatoes and heat to a simmer. Reduce heat to medium-low; cook 8 minutes or until potatoes are almost tender, stirring occasionally.

3. Stir in half and half and clams; cook 10 minutes or until heated through, stirring

occasionally. Stir in Worcestershire sauce, salt, pepper and bacon. Makes about 8 cups.

4. Garnish with parsley; serve with crackers and hot sauce, if desired.

*Approximate nutritional values per serving (1 cup):
180 Calories, 4g Fat (2g Saturated), 36mg Cholesterol,
784mg Sodium, 23g Carbohydrates, 2g Fiber, 12g Protein*

Simple Secrets to Making the Most of Delicious Homemade Soups

When it's cold outside, nothing is quite as comforting as a big bowl of warm, delicious soup. Homemade soups are easy one-pot meals, with endless ingredient and flavor combinations to try. Make the most of your flavorful, fulfilling soups with these simple tips.

STRETCH YOUR SOUPS

Stretch soup batches with hearty, healthy ingredients that add nutrients and help soups go further throughout the week.

- Legumes add fiber and plant-based protein. Try black beans, chickpeas, cannellini beans, lentils and split peas. You can also purée a bean soup for a velvety, smooth texture.
- It's super easy to toss in a handful of fresh baby spinach or arugula towards the end of cooking for a burst of color and nutrients. Try spiralized veggie noodles too!
- Add fiber and texture with grains like rice, quinoa, farro, barley and couscous.
- Top soups with a bit of crunch using roasted nuts like almonds, walnuts or pistachios. For a creamier garnish, add avocado slices, a soft-boiled egg or Greek yogurt.

FREEZE FOR LATER

Soups are easy to freeze and make a great meal solution on those busy weeknights! Try these tips and tricks when freezing soups to preserve their freshly cooked flavor for months.

- **Cool it down:** Storing hot soup in the freezer causes uneven freezing and ice crystals. Let the soup cool to room temperature before storing.
- **Use freezer-friendly containers:** Store your soup in containers designed for freezer storage. If using zip-top freezer bags, freeze them flat.
- **Portion it out:** Freezing soup in one or two-person portions helps the soup freeze more evenly and provides convenience for reheating. The smaller the amount, the better the soup will cool, freeze and reheat. No matter how you portion it, always leave room for expansion.
- **Hold the dairy and starches:** Cream, cheese, pasta and grains don't freeze well. Avoid freezing soups with dairy and starches, or add these ingredients after reheating.
- **Label it:** You can store most soups in the freezer for two to three months. Label the soup with the date, recipe name and reheating instructions to remember where you left off.

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Berry Breakfast Bowls

INGREDIENTS

2 cups Daisy Cottage Cheese
½ cup granola
2 cups mixed berries
4 teaspoons chopped almonds

DIRECTIONS

In four bowls, layer the cottage cheese, granola, and mixed berries. Top with the almonds. Serves 4.



*Elevate
your eating
experience.*



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Heart-Healthy BIG GAME APPS

Looking to amp up your apps while cheering on your favorite team during the big game? Create a stunning spread featuring three fan favorites – spinach dip, pizza and egg rolls – made with better-for-you ingredients. There are countless ways to lighten craveable game-day fare with simple substitutes that add nutritional value without sacrificing flavor. Give these drool-worthy apps a try, and use these swaps to create more balanced dishes year-round.

Baked Everything Bagel Spinach Dip p. 12

Spinach, Greek yogurt and everything bagel seasoning bring nutrients and bursts of savory flavors to this dunk-worthy dip.

Pepperoni Pizza Pepper Bites p.12



Bell peppers substitute for the crust in these pizza bites, cutting carbs and adding crunchy textures with sweet, fresh flavors.

Cheesesteak Egg Rolls p.12



These crispy, oven-baked egg rolls feature all the classic flavors of a Philly Cheesesteak, making them a guaranteed crowd-pleaser.





Baked Everything Bagel Spinach Dip

Prep: 20 minutes

Bake: 25 minutes • Serves: 24

- Nonstick cooking spray
- 1 package (8 ounces) frozen chopped spinach, thawed and squeezed dry
- 2 cups whipped cream cheese spread
- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- $\frac{1}{3}$ cup shredded white Cheddar cheese
- $1\frac{1}{2}$ tablespoons everything bagel seasoning

1. Preheat oven to 350°F; spray $1\frac{1}{2}$ - to 2-quart baking dish with cooking spray.

2. In medium bowl, stir spinach, cream cheese spread, yogurt, Cheddar cheese and seasoning until combined; spread in prepared dish. Bake dip 25 minutes or until heated through and bubbly. Makes about 3 cups.

Approximate nutritional values per serving (2 tablespoons): 60 Calories, 5g Fat (3g Saturated), 15mg Cholesterol, 125mg Sodium, 2g Carbohydrates, 0g Fiber, 2g Protein

Chef Tip

Serve dip immediately with fresh vegetables and/or baked pita chips.



Pepperoni Pizza Pepper Bites

Prep: 20 minutes

Bake: 25 minutes • Serves: 6

- Nonstick cooking spray
- 3 large red, orange or yellow bell peppers, quartered and seeded
- 1 cup reduced sodium pizza sauce
- $\frac{3}{4}$ cup chopped fresh baby spinach
- $\frac{3}{4}$ cup shredded Italian-style cheese
- $\frac{1}{3}$ cup mini pepperoni

Optional seasonings: Italian seasoning, garlic powder and/or crushed red pepper flakes

1. Preheat oven to 375°F; spray rimmed baking pan with cooking spray. Arrange peppers, cut sides up, on prepared pan; fill peppers with sauce, spinach, cheese and pepperoni, and sprinkle with optional seasonings, if desired.

2. Bake bites 25 minutes or until peppers are tender and cheese is melted. Makes 12 bites.

Approximate nutritional values per serving (2 bites): 130 Calories, 8g Fat (4g Saturated), 20mg Cholesterol, 250mg Sodium, 9g Carbohydrates, 2g Fiber, 6g Protein



Cheesesteak Egg Rolls

Prep: 40 minutes plus cooling

Bake: 25 minutes • Serves: 20

- Nonstick cooking spray
- 1 teaspoon olive oil
- 1 pound 93% lean ground beef
- 3 garlic cloves, crushed with press
- 2 medium red bell peppers, chopped
- 1 small red onion, chopped
- 2 teaspoons dried oregano
- $\frac{1}{2}$ teaspoon salt
- 20 wonton wrappers
- $1\frac{1}{4}$ cups shredded sharp Cheddar cheese
- Marinara sauce for dipping (optional)

1. Preheat oven to 400°F; spray large cookie sheet with cooking spray.

2. In large skillet, heat oil over medium heat. Add beef; cook 8 minutes or until browned and internal temperature reaches 160°F, breaking up beef with side of spoon. Stir in garlic, bell peppers, onion, oregano and salt; cook 5 minutes or until vegetables are tender-crisp, stirring occasionally. Remove from heat; cool slightly. Makes about $3\frac{3}{4}$ cups.

3. Place wrappers on work surface with 1 corner of each facing you; place about 3 tablespoons beef mixture and 1 tablespoon cheese in center of each wrapper. Brush edges of wrappers with water; fold bottom corner over filling, roll up tightly twice, fold in sides and roll up tightly. Place on prepared cookie sheet; spray generously with cooking spray. Bake egg rolls 15 minutes; turn and bake 10 minutes or until golden brown and crisp. Makes 20 egg rolls.

4. Serve egg rolls with marinara sauce, if desired.

Approximate nutritional values per serving (1 egg roll): 130 Calories, 5g Fat (2g Saturated), 25mg Cholesterol, 260mg Sodium, 13g Carbohydrates, 0g Fiber, 9g Protein

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fueling *for* fitness

Healthy eating is an integral part of your fitness journey. To energize your body pre- or post-workout, treat yourself to our Mango-Orange Cream Smoothie that tastes like a treat but contains nourishing fruit and protein! Need more inspiration for fueling your body for fitness? Check out our tips on page 15.

Mango-Orange Cream Smoothie

Prep: 10 minutes • Serves: 2

- 1¼ cups frozen mango
- ⅔ cup fresh orange juice
- ½ cup low-fat vanilla yogurt
- ⅓ cup low-fat milk
- ½ teaspoon orange zest
- ½ teaspoon vanilla extract

In blender, purée all ingredients until smooth. Makes about 2 cups.

Approximate nutritional values per serving (1 cup): 160 Calories, 1g Fat (0g Saturated), 5mg Cholesterol, 35mg Sodium, 35g Carbohydrates, 2g Fiber, 4g Protein



How to Fuel Your Body Before, During and After Workouts

The food you eat before and after you exercise can make a big difference in your energy levels, overall performance and how you feel after a workout. It can also help replenish and repair muscles afterward. Optimize your exercise efforts and results with these fueling-for-fitness suggestions:

Time Your Fuel

When it comes to pre-exercise meals, timing matters. It's important to give yourself enough time to properly digest a meal before working out to avoid feeling sluggish and slow. If you have four hours before working out, eat a combination of complex carbs, monounsaturated fats and protein such as chicken and avocado over quinoa. Two to three hours prior, try a small meal that's lighter on protein and fat. If you're snacking 30 to 60 minutes before exercising, stick to snacks that give you quick boosts of energy.

Pre-Workout Snacks (30 to 60 minutes prior)

- Fruit smoothie or fresh fruit such as bananas, apples or grapes
- Whole-grain crackers and a handful of grape tomatoes
- Half of a whole-grain bagel with a spoonful of peanut butter

Meal Ideas (4 hours prior to workouts)

- 1 cup of prepared lentils with grilled chicken breast
- 8 ounces of low-fat yogurt with granola, fresh fruit and a drizzle of honey
- 1 cup of whole wheat pasta with steamed vegetables and salmon or shrimp
- 1 cup of oatmeal with fresh fruit and a handful of nuts
- Roasted turkey breast sandwich on whole-grain bread with alfalfa sprouts

Post-Workout Snacks

Post-exercise snacks aid in replenishing the energy you've exerted and help rebuild and repair your muscles. Supply your body with essential nutrients along with carbs, potassium and protein to help your body recover.

- Protein shake with protein powder, peanut butter and banana
- Carrot-turmeric smoothie
- Dates with nut butter
- Greek yogurt with fruit
- Hard-cooked eggs
- Whole wheat toast with tuna

Don't Forget to Stay Hydrated

- Drink about 20 ounces of water about two to three hours before exercising.
- During your workout, drink about 10 ounces of water every 10 to 20 minutes, and drink about 8 ounces no more than 30 minutes after working out.
- For post-workout recovery, consider a combination of simple carbs, water and protein to replenish your body. Try drinking a protein shake containing calcium and protein for muscle-building or cherry juice to help speed muscle recovery.

Always consult a physician or registered dietitian to ensure you're meeting your own health and dietary needs.



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