



HealthCents

an
Easter
treat

HOMEMADE PEANUT BUTTER EGGS p. 15

Plus:

CRAZY FOR KALE

ELEVATE YOUR
FROZEN VEGGIES

AND MORE!

REDNER'S

A Message from Meredith



Inflation Survival

Well, it doesn't seem like this wild ride that started in March 2020 is ready to end quite yet. We're faced with even more challenges to our daily lives and that includes the cost of goods and services. But don't lose hope! Remember, health should always be a priority and fueling your body is a big piece of that puzzle.

So, how can you manage to eat nutritious meals while staying on a budget?

PLAN, PLAN, PLAN

I cannot stress this enough, the time you spend planning is absolutely worth it! Start by looking ahead at your schedule. How many meals and snacks do you plan to prepare and eat at home this week? I like to use free recipe apps on my mobile phone. When I have a recipe that I like, I simply save it in the app and create a database containing my "go-tos." Once I see what items are on sale that week, I can add my favorite chicken recipe to my calendar and all of the ingredients will automatically go to my shopping list! Once I have my list prepared, I take a quick inventory of items that I already have on hand and then head to the store.

Get More with Less

Consider using items that have multiple uses. For example, fresh salsa can be used in your morning omelet, on top of your lunchtime salad and paired with baked tortilla chips for a snack. A rotisserie chicken is a convenient food that makes for an easy weekday dinner and leaves leftovers for a chicken salad wrap for tomorrow's lunch. Ensuring that items get used before expiring is a great way to decrease food waste and ultimately save money.

Take your Time

Plan your shopping trip when you have time to make good decisions and the store isn't crowded. This allows you to compare prices across brands and also take a peek at those nutrition labels!

Stick to the Basics

You'll never be able to get away with telling me that "eating healthy is too expensive!" I'll quickly encourage you to purchase canned or frozen fruits and vegetables, eggs, brown rice and other cost-effective pantry staples such as beans and whole wheat pasta. Remember: It CAN be done! Be creative, flexible and resourceful; your health is worth it!

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

Meredith McGrath RD, LDN Corporate Dietitian

2022 March-April *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.

crazy for Kale

Kale packs a powerful punch that benefits the body from the inside out! Beyond a basic salad, we're offering delicious ways to get your fix of this good-for-you green. Start your day with kale in breakfast sandwich cups that are great for prepping in advance, then toss kale and spinach into our hot creamy, cheesy dip – perfect for snacking or entertaining.

Kale, Tomato & Feta Breakfast Sandwich Cups

Prep: 15 minutes plus chilling

Bake: 20 minutes • Serves: 12

- Nonstick cooking spray
- 8 large egg whites
- 4 large eggs
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 6 100% whole wheat English muffins, split
- ¼ cup unsalted butter, melted
- ½ cup coarsely chopped baby kale
- ⅓ cup quartered cherry tomatoes
- ½ cup crumbled feta cheese
- Chopped fresh parsley and/or hot sauce (optional)

1. Spray 12 standard muffin cups with cooking spray. In medium bowl, whisk egg whites, eggs, mustard, salt and pepper.

2. On work surface, with rolling pin, roll muffin halves until thin and flexible; line muffin cups with muffin halves and brush with butter. Divide kale, tomatoes and egg mixture into cups; refrigerate overnight.

3. Preheat oven to 350°F. Sprinkle breakfast cups with cheese; bake 20 minutes or until internal temperature reaches 160°F. Serve garnished with parsley along with hot sauce, if desired. Makes 12 cups.

*Approximate nutritional values per serving (1 cup):
152 Calories, 8g Fat (4g Saturated), 78mg Cholesterol,
343mg Sodium, 12g Carbohydrates, 2g Fiber, 8g Protein*

Chef Tip

Prepared cups can be wrapped individually in plastic wrap and frozen in freezer-safe zip-top plastic bag up to 2 months. Reheat cups directly on oven or toaster oven rack at 400°F for 15 to 20 minutes (or wrap in damp paper towel and microwave on high 1 minute), or until heated through and internal temperature reaches 160°F.

Hot Spinach and Kale Dip with Homemade Tortilla Chips

Prep: 30 minutes

Bake: 1 hour 20 minutes • Serves: 20

- 2 teaspoons dried oregano
- 1 teaspoon garlic salt
- 20 (6-inch) corn tortillas
- Nonstick cooking spray
- 2 tablespoons olive oil
- 2 bags (5 ounces each) baby kale, coarsely chopped
- 2 bags (5 ounces each) baby spinach, coarsely chopped
- ½ teaspoon salt
- 1 large onion, chopped
- 5 garlic cloves, minced
- 1 package (8 ounces) Neufchâtel cheese, softened
- ½ (8-ounce) package fat-free cream cheese, softened
- ½ cup fat-free sour cream
- ½ teaspoon fresh ground black pepper
- 1 cup shredded part-skim mozzarella cheese
- ¼ cup grated Parmesan cheese
- Pita chips (optional)

1. Preheat oven to 350°F. In small bowl, combine oregano and garlic salt. Working in batches, place 5 tortillas in single layer on work surface; spray both sides of tortillas with cooking spray. Evenly sprinkle with oregano mixture. Stack tortillas; cut into 4 wedges. Repeat with remaining tortillas.



2. On 2 rimmed baking pans, spread half the tortilla wedges in a single layer. Bake 18 minutes or until golden brown and crisp, rotating pans and turning wedges after 12 minutes. Transfer chips to wire rack to cool. Repeat with remaining tortilla wedges. Makes 80 chips.

3. Meanwhile, in large saucepot, heat 1 tablespoon oil over medium-high heat. Add kale, spinach and salt. Cook 5 minutes or until wilted, stirring frequently; strain, pressing with back of spoon to remove excess moisture.

4. In same saucepot, heat remaining 1 tablespoon oil over medium-high heat. Add onion. Cook 6 minutes or until tender; remove from heat. Stir in garlic, Neufchâtel cheese, cream cheese, sour cream and black pepper until well combined. Stir in ¾ cup

mozzarella cheese, 2 tablespoons Parmesan cheese and kale mixture. Spoon kale mixture into 1½-quart glass or ceramic baking dish. Sprinkle with remaining ¼ cup mozzarella cheese and 2 tablespoons Parmesan cheese. Bake 45 minutes or until bubbly and top is browned. Makes about 5 cups.

5. Serve dip with tortilla chips and pita chips, if desired.

*Approximate nutritional values per serving:
151 Calories, 6g Fat (2g Saturated), 14mg Cholesterol,
280mg Sodium, 17g Carbohydrates, 1g Fiber,
6g Protein*

Chef Tip

Serve along with fresh veggies like carrots, cucumbers, celery, sugar snap peas and/or bell peppers.

Kudos to Kale



HOW TO SELECT IT & STORE IT

Choose deeply colored bunches of kale with plump leaves, and avoid varieties with limp or yellow leaves or those with a strong odor. When it comes to storing kale, it's all about avoiding excess moisture. Wrap kale in paper towels and store it in a plastic bag in the coldest section of the refrigerator for up to three days.

KALE IN THE KITCHEN

Delicious raw or cooked, kale adds impeccable flavor and nutrition any way you eat it. Use these simple ideas to enjoy the benefits and flavors of this incredibly healthy, delicious green.

- > Start off your day on a nutritious note with our Kale, Tomato & Feta Breakfast Sandwich Cups on page 4 that are easy to make and even easier to grab and go!
- > Looking for a creamy, delicious dip packed with a boost of nutrients? Prep our Hot Spinach & Kale Dip.
- > Slice raw kale into thin ribbons, then toss with olive oil, lemon juice, salt and your favorite cheese for a nourishing, satisfying salad.
- > Kale's sturdy structure makes it a great addition to soups and pastas. You can also layer it into lasagna.
- > Use kale to make better-for-you chips! Roast kale leaves in the oven with olive oil and salt, then munch and crunch away!

that's a *Wrap*

Tired of the same old sandwiches? Redefine lunchtime with our wrap recipes! Create homemade high-protein, low-carb egg wraps and pack them with a tasty turkey BLT filling. Or use fiber-rich whole-grain wraps to hold a hearty mixture of chicken and crispy apple-kale slaw. Find more healthy wrap inspiration on page 7, then visit your local Redner's to pick up all the wrap ingredients you need!



Chef Tip

Wraps can be served warm or cold. Recipe can be prepared through step 1 to make the egg whites in advance; wrap them in plastic wrap and refrigerate up to 3 days.

California Turkey BLT Egg Wraps

Prep: 10 minutes

Cook: 5 minutes • Serves: 4

- Nonstick cooking spray
- 4 large eggs
- ¼ cup shredded Cheddar cheese
- ½ medium ripe avocado, peeled and pitted
- 2 slices lower sodium turkey (about 2 ounces)
- 1 cup chopped romaine lettuce
- 2 slices cooked center-cut bacon
- 4 slices tomato

1. Heat large skillet over medium heat; spray with cooking spray and heat 30 seconds or until hot. In medium bowl, whisk eggs. Add half the eggs to skillet and tilt skillet to spread in even layer; cook 1 minute or until eggs begin to set. Carefully turn eggs and sprinkle with 2 tablespoons cheese; cook 1 minute or to desired doneness. Transfer egg wrap to cutting board.

2. With fork, mash half the avocado on 1 side of egg wrap; top with 1 slice turkey, ½ cup lettuce, 1 slice bacon and 2 slices tomato. Carefully roll egg wrap around filling; cut

crosswise in half and serve immediately. Repeat with remaining ingredients to make 1 more wrap.

Approximate nutritional values per serving (½ egg wrap): 160 Calories, 10g Fat (3.5g Saturated), 205mg Cholesterol, 280mg Sodium, 3g Carbohydrates, 1g Fiber, 12g Protein

Chicken & Apple-Kale Slaw Wrap

Prep: 15 minutes • Serves: 4

- 3 tablespoons plain nonfat Greek yogurt
- 1 tablespoon fresh lemon juice
- 2 teaspoons honey
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1¼ cups broccoli coleslaw
- ½ cup chopped McIntosh apple
- ½ cup packed baby kale
- ¼ cup thinly sliced red onion
- 4 whole-grain sandwich wraps
- 2 cups chopped whole roasted chicken meat
- ¼ cup crumbled blue cheese

In medium bowl, whisk yogurt, lemon juice, honey, salt and pepper; add coleslaw, apple, kale and onion and toss to combine. Fill wraps with chicken, cheese and coleslaw mixture.

Approximate nutritional values per serving:

308 Calories, 13g Fat (4g Saturated), 69mg Cholesterol, 753mg Sodium, 31g Carbohydrates, 14g Fiber, 28g Protein

Chef Tip

Add dried cherries and/or toasted pecans for extra flavor and texture.



Tips on Making Healthy Wraps for Any Meal!

An often-overlooked vehicle for nutritious ingredients, wraps are an easy-to-prepare, portable meal solution perfect for breakfast, lunch, dinner or any time between! They're also ideal for using up leftovers or ripe produce. Tap into your wrap creativity using the following tips for inspiration, then wrap up powerhouse ingredients to enjoy deliciously wholesome meals.

WRAP IT UP

Beyond basic tortillas, there are countless wrap options to choose from! While the flavor differences may be subtle, the health impact of alternative wraps can be huge. Start with whole-grain tortillas that offer complex carbohydrates and fiber. Or, try egg wraps or whole wheat wraps – available at Redner's! No wraps on hand? Add your favorite fillings to nutrient-dense lettuce leaves or collard greens.

EXPERIMENT WITH PROTEIN

Increasing the protein factor in your wraps can make them more filling. Beef up wraps with proteins like rotisserie chicken meat, turkey, ground beef, tuna salad and shrimp salad, or start your day with a breakfast eggs and bacon wrap. If you follow a plant-based diet, try plant proteins such as black beans, chickpeas, tofu, tempeh, quinoa, barley, bulgur and lentils. Spreads like mashed avocado, hummus, Greek yogurt and cottage cheese are also great protein boosters.

LOAD UP ON VEGGIES

Veggies are an easy way to elevate the nutrition of any wrap. From leafy greens like spinach, lettuce, cabbage and kale to other nourishing selections like carrots, cucumber, tomatoes, bell peppers, banana peppers, potatoes and edamame, pack your wraps with a colorful variety of produce for maximum nutrition.

WRAP INSPO!

Start by trying our California Turkey BLT Egg Wraps and our Chicken & Apple-Kale Slaw Wrap recipes. Then, use these combinations as inspiration to build your own better-for-you, bold-flavored wraps.

Egg Wrap + Sweet Potato + Black Beans + Cauliflower Rice + Pesto + Fresh Herbs

Whole Wheat Wrap + Turkey + Grape Tomatoes + Swiss Cheese + Low-Fat Mayo + Basil

Lettuce Leaves + Hummus + Chickpeas + Sun-dried Tomatoes + Avocado + Cucumber

March is National Nutrition Month®

Foods that we grow up eating are often influenced by our family's history and culture. Many cuisines offer dishes that include a variety of foods from all of the food groups. Eating healthy doesn't have to be complicated or boring. Fruits, vegetables, grains, proteins and dairy come in all sizes, shapes and colors.



Breakfast



- ▶ Oatmeal, amaranth or millet with fat-free or low-fat milk or soymilk, chopped unsalted nuts and fruit
- ▶ Low-fat yogurt with muesli and fresh fruit
- ▶ Beans and brown rice, salsa, cooked plantain and a poached egg
- ▶ Scrambled egg with diced potato, bell pepper and onion, served with a fresh orange

Lunch or Dinner



- ▶ Turkey and cheese sandwich on whole wheat bread with a cup of vegetable soup
- ▶ Ravioli with sautéed tomatoes and mushrooms and fresh salad with pear and cheese
- ▶ Tabbouleh and lentil soup, with pomegranate and low-fat yogurt
- ▶ Grilled chicken with steamed broccoli, baked potato and shredded cheese
- ▶ Fish tacos with avocado and salsa, sautéed chard and pineapple
- ▶ Shrimp gumbo with brown rice, okra and a side of fresh fruit
- ▶ Stir-fried bok choy, pork and brown rice with a kumquat and soymilk

Snacks



- ▶ Hummus with vegetables and whole wheat pita bread
- ▶ Low-fat plain yogurt and fresh fruit
- ▶ Cashews, almonds or other nuts with dried fruit



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QUAKER - ESTD 1877 -
- INSTANT OATMEAL -
DINOSAUR EGGS
BROWN SUGAR

GOOD SOURCE OF VITAMIN D, CALCIUM & IRON

GOOD SOURCE OF VITAMIN D, CALCIUM & IRON

GOOD SOURCE OF VITAMIN D, CALCIUM & IRON

Toppings added as serving suggestion

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elevate your *Frozen Veggies*

Did you know frozen foods can be just as delicious and nutritious as fresh varieties? Throughout March, Frozen Food Month, stock up on your frozen favorites for mouthwatering meals like one-pot skillet, stir-fries and simple sheet-pan dinners. Elevate your frozen items with our recipes that combat cooking fatigue and make home cooking healthy and satisfying.

**Cheesy Eggs, Bacon &
Hash Brown Skillet** p. 12

**Beef Szechwan
Stir-Fry Noodle
Bowl** p. 12

*Brighten breakfast
with this easy, cheesy
skillet filled with
morning favorites, plus
fresh and frozen veggies.*



Loaded with tender beef, nutritious veggies and a tangy sauce, this takeout-inspired recipe with a kick is perfect for any weeknight.



Sheet-Pan Salmon with Creamy Lemon-Dill Sauce p.12

Elevate heart-smart salmon and veggies with fresh lemons and a zesty, creamy sauce.





Cheesy Eggs, Bacon & Hash Brown Skillet

Prep: 10 minutes

Cook: 30 minutes • Serves: 4

- 3 slices center-cut bacon, chopped
 - 1 small yellow onion, finely chopped
 - 1 bell pepper, chopped
 - 2 teaspoons canola oil
 - 4 cups frozen shredded hash brown potatoes
 - ½ teaspoon garlic powder
 - ¼ teaspoon salt
 - ½ teaspoon ground black pepper
 - 4 large eggs
 - ⅓ cup shredded sharp Cheddar cheese
- Chopped green onions for garnish and/or hot sauce for serving (optional)

1. In large skillet, cook bacon over medium heat 8 minutes or until crisp, stirring occasionally; transfer to paper towel-lined plate. Drain drippings from skillet.

2. In same skillet, cook yellow onion and bell pepper over medium heat 5 minutes or until tender, stirring occasionally; transfer to small bowl. To same skillet, add oil; increase heat to medium-high. Spread hash browns in skillet; cover and cook 6 minutes or until starting to brown. Stir in garlic powder, salt, black pepper, bacon and onion mixture; cover and cook 3 minutes.

3. With back of spoon, create 4 wells in hash brown mixture; crack 1 egg into each well. Sprinkle hash browns with cheese; cover and cook 3 minutes or until cheese is melted and egg whites are set. Serve skillet garnished with green onions along with hot sauce, if desired. Makes about 4 cups hash brown mixture.

Approximate nutritional values per serving (1 cup hash brown mixture, 1 egg): 250 Calories, 12g Fat (4.5g Saturated), 200mg Cholesterol, 400mg Sodium, 22g Carbohydrates, 3g Fiber, 13g Protein

Beef Szechwan Stir-Fry Noodle Bowl

Prep: 15 minutes

Cook: 16 minutes • Serves: 4

- ½ (16-ounce) package whole-grain spaghetti
- 2 teaspoons canola oil
- 1 pound beef top sirloin steak, trimmed and cut lengthwise in half, then crosswise into ¼-inch-thick strips
- 2 garlic cloves, minced
- 1 package (16 ounces) frozen stir-fry vegetable blend
- ¼ cup bottled spicy Szechwan stir-fry sauce

1. Prepare spaghetti as label directs; reserve ¼ cup cooking water. Drain spaghetti; return to saucepot and cover to keep warm.

2. In large skillet, heat 1 teaspoon oil over medium-high heat until hot. Add half each of the steak and garlic; cook 2 minutes or until steak is no longer pink and internal temperature reaches 145°F. Transfer steak mixture to bowl; repeat with remaining oil, steak and garlic.

3. In same skillet, cook vegetable blend over medium-high heat 8 minutes or until heated through, stirring occasionally.

4. In small bowl, whisk sauce and reserved cooking water. Add sauce mixture and steak to skillet; cook 2 minutes or until heated through. Add steak mixture to spaghetti; toss. Makes about 7 cups.

Approximate nutritional values per serving (1¾ cups): 390 Calories, 9g Fat (2g Saturated), 70mg Cholesterol, 560mg Sodium, 44g Carbohydrates, 0g Fiber, 34g Protein

Sheet-Pan Salmon with Creamy Lemon-Dill Sauce

Prep: 10 minutes

Bake: 30 minutes • Serves: 4

- 1 package (15 ounces) frozen red potatoes with onions (such as Birds Eye Oven Roasters™ Red Potato Wedges & Onions)
- 3 cups frozen broccoli florets
- 2 teaspoons olive oil
- ¼ teaspoon garlic powder
- 4 boneless skinless salmon fillets, (about 4 ounces each)
- ⅛ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 lemon, halved and sliced into rounds
- ⅓ cup light sour cream
- 1 tablespoon chopped fresh dill
- 1 tablespoon fresh lemon juice
- 1 teaspoon finely chopped shallot

1. Preheat oven to 425°F. On rimmed baking pan, toss potatoes, broccoli, oil and garlic powder; spread on pan and bake 15 minutes, stirring once halfway through cooking. Stir potato mixture; push to 1 side of pan.

2. Place salmon on opposite side of pan; sprinkle with salt and ⅛ teaspoon pepper. Place lemon slices on top of salmon; bake 15 minutes or until internal temperature of salmon reaches 145°F, stirring potato mixture once halfway through cooking. Makes about 4 cups.

3. In small bowl, stir sour cream, dill, lemon juice, shallot and remaining ⅛ teaspoon pepper. Makes about ½ cup.

4. Serve salmon with sauce and potato mixture.

Approximate nutritional values per serving (1 salmon fillet, 1 cup potato mixture, 2 tablespoons sauce): 360 Calories, 21g Fat (5g Saturated), 70mg Cholesterol, 330mg Sodium, 13g Carbohydrates, 3g Fiber, 27g Protein

March is National Frozen Food Month: *Finding the Benefits of Frozen Foods*



Frozen foods carry a stigma of being packed with preservatives and less flavorful than their fresh counterparts; however, this simply isn't true. Items found in the freezer aisle are flash-frozen at the peak of ripeness or freshness to maintain their high level of nutrients and flavor. Frozen foods are a cost-effective, convenient way to keep produce and other nourishing items on hand to boost nutrition in any dish. Plus, they're prepped and ready to use with no waste!

During March, Frozen Food Month, spend some extra time in the frozen food aisle to find countless healthy, convenient, delicious options for every taste.

Perks of Visiting the Frozen Food Aisle

NUMEROUS NUTRITIOUS OPTIONS:

Fresh doesn't always mean more nutritious. Fresh produce can take weeks to travel from the farm to the store and is sometimes artificially ripened in transit. And seafood that's frozen within hours of being caught contains more of its natural flavor and nutrients than fresh fish at the market. Flash-frozen foods lock in nutritional value, preserve texture and taste, and ensure nutrient-rich, recipe-ready items are available year-round.

MAKE MEALS IN MINUTES:

Rather than turning to takeout, convenient frozen items can help you get healthy meals on the table in no time. Stock up on frozen favorites like fish fillets, veggie burgers, steam-in-bag veggies, unsweetened fruits and whole-grain waffles. For the nights you're craving something more gourmet but don't feel like cooking an elaborate dinner, choose from thousands of trendy, chef-developed, flash-frozen meals. These selections suit various tastes, offer adequate nutrients and contain high-quality ingredients that are preportioned, chopped and ready to cook.

GENTLE ON YOUR BUDGET &

LESS WASTE: If cost is a barrier to eating enough fruits and vegetables, visit the freezer aisle to eliminate this obstacle. Frozen fruits and vegetables are consistently priced, always in season and a cinch to use. Plus, unlike fresh items, you won't feel rushed to use frozen items before they spoil due to their long shelf life. From smoothies, soups and stir-fries to casseroles, grain bowls, stews and more, the frozen possibilities are truly endless.



an
Easter
treat



Watch the how-to video:
rednersmarkets.com

Sweeten your Easter celebration with Homemade Peanut Butter Eggs! Coated in chocolate and decorated with decadent drizzles and sprinkles, this treat is festive, flavorful and fun to make with the kids.

Homemade Peanut Butter Eggs

Prep: 25 minutes plus chilling and freezing • Cook: 2 minutes • Serves: 16

- 8 whole sheets graham crackers, broken into large pieces
- 1 cup powdered sugar
- ½ cup peanut butter
- ½ cup unsalted butter, melted
- 1½ cups milk chocolate chips
- 1 tablespoon vegetable oil

1. Line rimmed baking pan with parchment paper. In food processor, pulse graham crackers, sugar, peanut butter and butter until combined. Makes about 1½ cups.
2. Using 2 small spoons, drop 1½ tablespoons graham cracker mixture into mounds 2 inches apart on prepared pan; refrigerate 30 minutes.
3. With hands, form graham cracker mixture into egg shapes and place on same pan; freeze 30 minutes.
4. In small saucepot, heat chocolate chips over low heat 2 minutes or until most chips are melted, stirring frequently with rubber spatula; remove saucepot from heat and stir until all chips are melted. Stir in oil.
5. With fork, dip eggs into chocolate to completely cover, allowing excess chocolate to drip off; place on same pan. Reheat melted chocolate if it begins to harden. Refrigerate eggs 10 minutes or until chocolate hardens. Makes 16 eggs.

*Approximate nutritional values per serving (1 egg):
235 Calories, 15g Fat (7g Saturated), 18mg Cholesterol,
78mg Sodium, 23g Carbohydrates, 1g Fiber, 3g Protein*

Chef Tip

Let the kids have fun decorating the eggs once they have hardened. Drizzle with melted white chocolate, vanilla-flavored candy bark or pastel-colored candy melts; add pastel-colored jimmies/sprinkles.

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