



HealthCents

breakfast *Brain Boosters*

see page 6



Plus:
SAVORY SWEET
POTATOES
.....
ROTISSERIE
CHICKEN 3 WAYS
.....
AND MORE!

SERVE UP
**FAST & TASTY
SIDE DISHES**



“Oh chip, that’s good!”





A Message from Meredith

September is National Family Meals Month™

Growing up dinner was at 4:30 pm daily. My mom cooked every single meal. We rarely ate out and take out was even more rare! My brothers and I set the table and helped with the dishes. The television was not on and cell phones didn't exist yet! We talked about our day and waited to be dismissed. We didn't appreciate it then, but boy am I thankful for those times now!



Unfortunately, family meals are hard to come by today. Busy school schedules and long workdays do not lend themselves to a regularly scheduled family meal. Although they may not look exactly the same or happen every day, they are possible, and any effort that can be put forth to gather around the table is worth it!

Why are family meals SO important?

- Family meals are associated with better nutrition and family dynamics.
- Kids earn better tests scores and success in school when they eat meals with their families.
- Frequent family meals increase self-esteem, a sense of well-being, positive social behaviors and stronger family relationships.
- The more families share meals, the less likely their kids are to drink alcohol, use marijuana or smoke.

How to make it fun?

- Ask a "Question of the day." Make it a fun trivia question, or an unusual or humorous conversation starter. Family members can take turns coming up with one for each meal throughout the week.
- Have your teens make a fun music playlist.
- Include everyone. Involve kids in meal planning, preparation and cooking.
- Spur culinary interest. Challenge family members to create meal plans and theme dinners.

Just remember, health and happiness takes work each day, but you are worth it!

Meredith McGrath RD, LDN Corporate Dietitian



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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REDNER'S HealthCents

2022 *Contents:* September-October

4 Savory Sweet Potatoes

- > Vegetarian Smoky-Maple Sweet Potato & Black Bean Burrito
- > Spicy Peanut & Sweet Potato Stew

6 Breakfast Brain Boosters

- > Strawberry-Peach Smoothie Bowl
- > Sweet Potato Hash

10 Rotisserie Chicken 3 Ways

- > Creamy Chicken Tortilla Soup
- > Italian Chicken Feta Pasta Bake
- > Baked Chicken Cakes with Spicy Aioli

14 Create a Caramel Apple Bar

- > Chocolate-Caramel Dip
- > Better-For-You Caramel Dip

Savory sweet potatoes

From hearty sides to flavorful fall dinners, sweet potatoes should be a star ingredient in every kitchen. They're rich in fiber, vitamins, minerals and antioxidants and offer numerous healing properties. Use them in our savory burrito and stew recipes, then read more ways to fall in love with sweet potatoes on page 5.



Chef Tip

Burritos can also be thawed in the refrigerator overnight, then microwaved on high for 3½ minutes or until the internal temperature reaches 165°F.

Vegetarian Smoky-Maple Sweet Potato & Black Bean Burrito

Prep: 20 minutes plus standing

Roast/Microwave: 32 minutes

Serves: 6

- Nonstick cooking spray
- 2 medium sweet potatoes, peeled and chopped
- 1 medium red bell pepper, halved and thinly sliced
- 1 small red onion, halved and thinly sliced
- 2 tablespoons 100% pure maple syrup
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- ½ teaspoon onion powder
- 6 (10-inch) flour tortillas
- 1 can (15 ounces) black beans, drained and rinsed
- ¾ cup shredded Mexican blend cheese
- ½ cup salsa
- ½ cup sour cream

1. Preheat oven to 425°F; spray rimmed baking pan with cooking spray. In large bowl, toss potatoes, pepper, onion, syrup, oil, paprika, chili powder, garlic powder, salt and onion powder; spread in single layer on prepared pan. Roast 25 minutes or until vegetables are golden brown and potatoes are tender, stirring once.

2. Place tortillas on work surface; top bottom halves with beans, cheese and potato mixture. Fold sides over filling and roll up; wrap each burrito tightly with plastic wrap. Freeze burritos in freezer-safe zip-top plastic bags up to 1 month.

3. Unwrap 1 burrito and loosely wrap with paper towel; heat in microwave oven on high 7 minutes or until internal temperature reaches 165°F. Serve burrito with salsa and sour cream.

Approximate nutritional values per serving (1 burrito, 1 tablespoon plus 1 teaspoon salsa, 1 tablespoon plus 1 teaspoon sour cream): 485 Calories, 17g Fat (8g Saturated), 23mg Cholesterol, 1124mg Sodium, 70g Carbohydrates, 8g Fiber, 15g Protein



Watch how to make this delicious burrito at [rednersmarkets.com](https://www.rednersmarkets.com)

Spicy Peanut & Sweet Potato Stew

Prep: 20 minutes plus standing
Slow Cook: 4 hours • Serves: 8

- 1 package (32 ounces) diced sweet potatoes
- 2 cans (14.5 ounces each) fire roasted diced tomatoes
- 1 can (13.66 ounces) lite coconut milk
- 4 garlic cloves, minced
- 2 medium jalapeños, diced
- 1 medium yellow onion, diced
- 4 cups unsalted chicken stock
- ½ cup crunchy peanut butter
- 2 teaspoons minced fresh ginger
- 4 cups baby kale
- ¼ teaspoon salt
- ½ cup chopped dry roasted peanuts for garnish (optional)

1. In 5- to 6-quart slow cooker, add all ingredients except kale and salt; cover and cook on high 4 hours or low 8 hours or until sweet potatoes are tender.

2. Stir in kale and salt; cover and let stand 5 minutes or until greens are wilted. Serve stew topped with peanuts, if desired. Makes about 14 cups.

*Approximate nutritional values per serving (1¾ cups):
273 Calories, 11g Fat (4g Saturated), 0mg Cholesterol,
485mg Sodium, 36g Carbohydrates, 7g Fiber, 10g Protein*



Simple Ways to Eat More Sweet Potatoes

Sweet potatoes are a fall harvest favorite, prized for their health benefits and sweet flavor. Containing high levels of beta-carotene, vitamins A and C, fiber and potassium, this vibrant root veggie boosts immunity, supports gut health and enhances cognition while offering exceptional versatility in the kitchen. Savory or sweet, baked, roasted, steamed or grilled, use these fresh ideas to savor sweet potatoes in new ways this fall.

Boost Your Breakfast: Start the day fueled with fiber and protein by adding sweet potatoes to morning meals like omelets, frittatas, hashes or breakfast burritos.

Eyes on the Sweet Potato Fries: Sweet potato fries make a healthy, crispy, crowd-pleasing snack or side. Cut sweet potatoes into thin strips or wedges; leave the skin on for twice as much fiber! Then, sprinkle with salt and roast at 400°F for about 20 minutes.

Pump Up the Nutrition of Your Pizza: Did you know sweet potatoes can function as practically any pizza component? Combine shredded sweet potatoes with eggs, flour and

seasonings to create a sweet potato pizza crust. Or, use sweet potato purée in place of pizza sauce or diced sweet potatoes as a tasty topping.

Put a Twist on Pasta Night: Add roasted or sautéed sweet potatoes to any pasta dish, or purée them with cream and garlic for a smooth, nutrient-dense sauce. For an even more veg-centric dish, replace the pasta with sweet potato spirals or ribbons, or use thin slices as a stand-in for lasagna noodles.

Take Nachos Up a Notch: Instead of chips, use crispy roasted sweet potatoes as a nacho base for added nutrients and flavor. Add cheese, beans, avocado and more of your favorite nacho toppers.

Don't Forget Dessert: For a simple treat, bake sweet potato halves until tender, then garnish with your favorite toppings like chocolate chips, nut butter, pecans, maple syrup or coconut whipped cream.



breakfast

Brain Boosters

With just one healthy habit – a consistent breakfast routine – you can set yourself up for a successful day, both mentally and physically. Eating breakfast daily provides many benefits, including enhanced brain development. Packed with ingredients essential for memory, concentration and cognitive function, these brain-boosting breakfasts make the perfect start to any day.



Strawberry-Peach Smoothie Bowl

Prep: 10 minutes • Serves: 4

- 2 cups frozen sliced peaches
- 2 cups frozen sliced strawberries
- 2 cups refrigerated unsweetened almond milk
- 3 tablespoons honey
- 2 medium oranges
- 1 cup cinnamon granola
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- ¼ cup roasted unsalted pistachios

1. In blender, purée peaches, strawberries, milk and honey. Makes about 4 cups.

2. Slice off ends of 1 orange and place, cut side down, on cutting board; slice down sides of orange to remove skin and white pith with a paring knife. Gently cut along sides of orange membranes to release each segment. Repeat with remaining orange.

3. Divide peach mixture into 4 serving bowls; arrange granola, blueberries, raspberries, pistachios and orange segments over top.

Approximate nutritional values per serving (1 bowl): 353 Calories, 9g Fat (1g Saturated), 0mg Cholesterol, 147mg Sodium, 67g Carbohydrates, 9g Fiber, 6g Protein

Sweet Potato Hash

**Prep: 15 minutes
Cook/Bake: 24 minutes • Serves: 4**

- 2 tablespoons olive oil
- 2 medium sweet potatoes, peeled and cut into ½-inch chunks
- 1 small yellow onion, chopped
- 1½ small green, red or yellow bell peppers, chopped (about 1½ cups)
- 1½ cups packed baby spinach
- 1 tablespoon everything seasoning plus additional for garnish
- 4 large eggs
- ½ large avocado, peeled, pitted and sliced
- 1 cup crumbled feta cheese

1. Preheat oven to 400°F. In large oven-safe skillet, heat oil over medium-high heat. Add potatoes; cook 6 minutes or until slightly tender, stirring occasionally. Add onion and peppers; cook 4 minutes or until onion and peppers are tender, stirring occasionally. Add spinach; cook 2 minutes or until wilted, stirring occasionally. Remove from heat; stir in seasoning.

2. With back of spoon, create 4 wells in potato mixture; crack 1 egg into each well. Transfer skillet to oven; bake 12 minutes or until egg whites are cooked through and yolks are slightly soft or to desired doneness.

3. Serve skillet topped with avocado and cheese; garnish with seasoning, if desired. Makes about 6 cups.

Approximate nutritional values per serving (1½ cups): 376 Calories, 24g Fat (9g Saturated), 220mg Cholesterol, 698mg Sodium, 26g Carbohydrates, 6g Fiber, 15g Protein

Breakfast Made Better

Recent studies show that those who skip or skimp on breakfast are likely to miss out on key nutrients such as vitamins C and D, fiber, calcium and potassium throughout the day.

During September's Better Breakfast Month, and beyond, we can give breakfast the respect it deserves and help ourselves in terms of energy, concentration, mood, memory and problem-solving skills. Breakfast eaters tend to have better heart health and lowered risks of type 2 diabetes. It also helps kids improve test scores and attendance.

Elements of a Better Breakfast

Breakfast should encompass all the food groups as much as possible. Think complex carbs, fruits/veggies, protein, whole grains, dairy and healthy fats. Breakfast should eliminate or limit sugar, processed foods and high calorie/empty nutrient foods.

Keep in mind many foods masquerade as nutritious options but hide loads of sugar, salt, preservatives or additives or saturated fats, so be a label reader.

Making Breakfast Easier

Most folks find mornings difficult to downright chaotic, and breakfast may be the first casualty of the rush. To avoid this, plan ahead.

Don't buy convenience foods with little nutritional value.

Instead, prepare some foods ahead of time so that they are easy to eat on the run or in a hurry. Make a menu of a week's worth of morning meals and have the components ready to go. For instance, chop almonds and pecans and have them in a sealed container and ready to sprinkle in oatmeal, smoothies or on toast. Have a list of breakfast options written out and displayed on the fridge.

Find timesaving techniques. Make oatmeal in a slow cooker or find a quick air fryer recipe for a breakfast muffin sandwich. Keep your crisper full of fruits and veggies, and preslice or chop some for convenience. Make sure you have plenty of whole-grain choices available, whether it's whole wheat muffins, oat flour pancake mix or protein balls.

Don't forget the beverages, either. Watch for hidden sugars in juices. Better yet, blend up a breakfast smoothie and fortify it with protein powder, nuts, chia seeds or peanut butter. If you are a coffee or tea drinker, learn to lessen the sugar in your mug. Hint: a sprinkle of cinnamon will make it taste sweeter!

Choose proteins wisely. Eggs are great sources of protein, and an occasional chicken or turkey sausage patty that's low fat is great, too. Nut butters, chia seeds and yogurt or cottage cheese are other great options.

Early Bites with Beef

Every bite your baby takes counts, especially in the first 24 months of life. Starting your baby with beef as a complementary first food can ensure they get the nutrients they need for healthy growth and development.

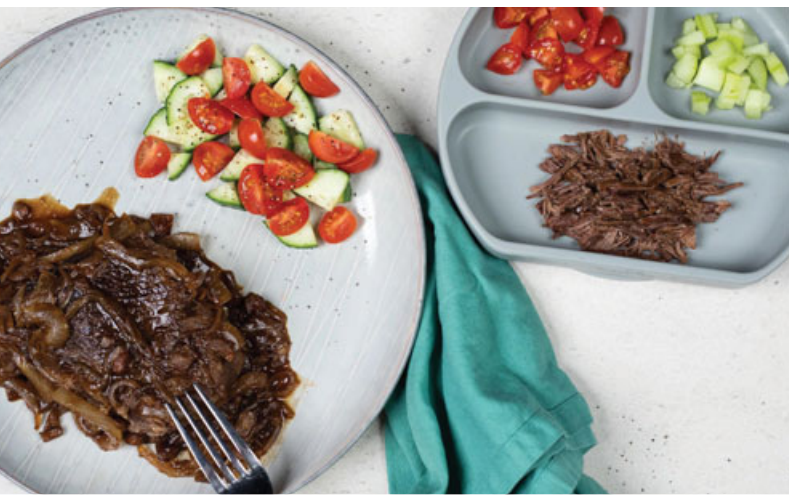
Every Beefy bite packed with

✓ **Protein**

✓ **Iron**

✓ **Zinc**

✓ **Choline**



SLOW-COOKED MEDITERRANEAN BRAISED BEEF



MOROCCAN BEEF AND SWEET POTATO STEW

Serving nutritious foods babies and toddler love to eat, like beef, is simple and easy—puree, mash, chop or shred meat at various stages to meet their changing feeding needs. With these Early Years-inspired recipes, there's no need to make multiple meals at dinner anymore. Serve a dish the whole family will love.



Scan for more Early Years recipes and nutritional information.

NEW



**GOODNESS
MEETS
DECADENT**



24G WHOLE GRAINS
Per Serving

7G SUGAR
Per Serving

NO ARTIFICIAL FLAVORS
Or Preservatives

new!



PUFFED GRANOLA



DELICIOUSLY CRISPY. DELIGHTFULLY SATISFYING.

rotisserie chicken *3 Ways*

We love rotisserie chicken for its endless adaptability and protein-packed nutritional profile. Use this fuss-free shortcut ingredient to make three diverse and delicious family meals that are destined for your dinner rotation.



Creamy Chicken
Tortilla Soup

Deliciously creamy and loaded with flavor, this hearty soup warms your belly and nourishes your body with protein, vitamins and minerals.



It's
**FAMILY
MEAL**
TIME



**Italian Chicken
Feta Pasta Bake**

The baked feta pasta trend just got better! Our version adds Italian seasoning, rotisserie chicken and baby arugula for a low-effort meal packed with flavor.



**Baked Chicken Cakes
with Spicy Aioli**

Put a tasty twist on chicken dinner with these handheld cakes that offer a kick of heat with spicy aioli dip.



Creamy Chicken Tortilla Soup

Prep: 15 minutes

Cook: 50 minutes • Serves: 16

- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 small jalapeño pepper, finely chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- ½ teaspoon salt
- 2 cans (15.5 ounces each) no salt added black beans, drained and rinsed
- 1 can (28 ounces) no salt added diced tomatoes, undrained
- 1 can (10 ounces) green chile enchilada sauce
- 6 cups no salt added chicken stock
- 4 cups chopped rotisserie chicken breast meat (about 1 pound)
- 2 cups fresh sweet or frozen corn kernels, thawed if necessary
- 1 cup half and half
- 6 cups corn tortilla chips, coarsely crushed

1. In large saucepot, heat oil over medium heat. Add onion; cook 5 minutes or until tender, stirring occasionally. Stir in garlic, jalapeño, chili powder, cumin and salt; cook 1 minute, stirring occasionally. Stir in beans, tomatoes with their juice, enchilada sauce, stock, chicken and corn; heat to a boil. Reduce heat to medium-low; cook 30 minutes, stirring occasionally. Gradually stir in half and half; cook 10 minutes or until heated through. Makes about 16 cups.

2. Serve soup garnished with crushed tortilla chips.

Approximate nutritional values per serving (1 cup):
220 Calories, 6g Fat (1g Saturated), 25mg Cholesterol, 380mg Sodium, 28g Carbohydrates, 4g Fiber, 15g Protein

Italian Chicken Feta Pasta Bake

Prep: 15 minutes

Bake: 45 minutes • Serves: 8

- 3 cups cavatappi pasta
- 1 block (8 ounces) feta cheese, drained
- 2 pints cherry tomatoes (4 cups)
- 2 garlic cloves, minced
- 2 tablespoons Italian seasoning
- ¼ teaspoon ground black pepper
- 2 tablespoons extra virgin olive oil
- 3 cups chopped rotisserie chicken breast meat (about 12 ounces)
- 2 cups baby arugula

1. Preheat oven to 400°F. Prepare pasta as label directs; reserve 1 cup cooking water. Drain pasta; return to saucepot and cover to keep warm.

2. In 4- to 5-quart baking dish, place cheese in center; spread tomatoes around cheese. Sprinkle with garlic, 1 tablespoon seasoning and pepper; drizzle with oil and gently toss tomatoes to coat. Bake 30 minutes or until tomatoes burst and cheese is softened.

3. In medium bowl, toss chicken and remaining 1 tablespoon seasoning.

4. Add arugula, pasta, reserved cooking water and chicken mixture to baking dish; stir until well combined and bake 15 minutes or until heated through. Makes about 8 cups.

Approximate nutritional values per serving (1 cup):
280 Calories, 12g Fat (5g Saturated), 60mg Cholesterol, 410mg Sodium, 25g Carbohydrates, 2g Fiber, 20g Protein

Baked Chicken Cakes with Spicy Aioli

Prep: 15 minutes

Bake: 15 minutes • Serves: 6

- Nonstick cooking spray
- 1 large egg
- 3 cups finely chopped rotisserie chicken breast meat (about 12 ounces)
- ½ cup olive oil mayonnaise
- ¼ cup panko breadcrumbs
- ½ cup fresh sweet or frozen corn kernels, thawed if necessary
- 3 tablespoons fresh lemon juice
- 2 tablespoons Dijon mustard
- 2 tablespoons chopped fresh dill
- 2 teaspoons sriracha hot sauce

1. Preheat oven to 375°F; spray rimmed baking pan with cooking spray. In large bowl, whisk egg; gently mix in chicken, ¼ cup mayonnaise, breadcrumbs, corn, 2 tablespoons lemon juice, mustard and dill. Makes about 1¾ cups.

2. Shape chicken mixture into 6 (¾-inch-thick) patties and place on prepared pan; bake 15 minutes or until lightly browned and internal temperature reaches 165°F.

3. In small bowl, stir sriracha, and remaining ¼ cup mayonnaise and 1 tablespoon lemon juice. Makes about 6 tablespoons.

4. Serve cakes with aioli.

Approximate nutritional values per serving (1 cake, 1 tablespoon aioli): 200 Calories, 11g Fat (2g Saturated), 85mg Cholesterol, 540mg Sodium, 6g Carbohydrates, 0g Fiber, 18g Protein

Spiced Mango Baked Oats with White Chocolate and Pistachios



- | | | | |
|-----|---|-----|--|
| 1 | Small, Ripe Mango (chopped into small chunks) | 1/2 | teaspoon Baking Soda |
| 1/2 | Ripe Banana | 3 | tablespoon Maple Syrup, optional for a sweeter variation |
| 1/2 | cup Oats | 1/2 | cup Milk, or your choice |
| 1 | teaspoon Ginger | 1/4 | cup White Chocolate Chips |
| 1 | teaspoon Cardamom | 1/4 | cup Toasted Pistachios |
| 2 | teaspoon Cinnamon | | |

1. Preheat the oven to 350° then set aside about 1/4 of the chopped mango.
 2. In a food processor or blender combine all ingredients except the white chocolate and pistachios and blend quickly until a chunky mixture is formed.
 3. Transfer the oat and mango mixture to 2 ramekins, filling each one about halfway.
 4. Spoon 1 tablespoon each of the mango, white chocolate and the pistachios into the center of the ramekins, then top off with the additional oat mixture.
 5. Top with more mango chunks if desired and bake for 20-25 minutes until slightly puffed, golden and firm around the outer edges.
 6. Garnish with more pistachios. Serve and enjoy immediately!
- *Leftover oats can be covered and stored in the fridge for up to 3 days.



**MAKE IT
A BELVITA
MORNING!**



- 4 belVita Cinnamon Brown Sugar Breakfast Biscuits (1 pack)
- 6 oz. plain nonfat Greek-style yogurt
- 1 teaspoon honey
- 1/2 cup chopped fresh pineapple
- 2 tablespoon toasted sweetened flaked coconut

Mix yogurt and honey until blended. Reserve 1 biscuit for later use. Coarsely crumble remaining biscuits. Place half the biscuit pieces in 16-oz. jar; top with half each of the yogurt mixture, pineapple and coconut. Repeat layers. Top with reserved biscuit before serving.



**HYDRATE
ALL DAY** BODYARMOR SportWater is a great-tasting, hydrating water for those who live an active lifestyle.



Sourced from upstate New York, it's purified and remineralized with electrolytes to reach a pH of 9+ and keep you hydrated all day long. Follow Team BODYARMOR on social for news and happenings of today's athletes and #SuperiorHydration.

Create a caramel apple bar

Reese's Baking Cups
and Reese's Pieces

Apple Jacks®

Celebrate fall with one of the season's most beloved treats – caramel apples! Set up your caramel apple bar with a diverse selection of toppings, and give guests the chance to choose their own combinations. Try fun ingredients like Hershey's® candies, Kellogg's® cereal, marshmallows, caramel and more of your favorite toppings and sauces.

Dip it!

Chocolate-Caramel Dip

Better-For-You Caramel Dip



Top it!

Rolos®

Frosted Flakes®

Mini Marshmallows

Cocoa Krispies®

Chocolate-Caramel Dip

Prep: 5 minutes

Cook: 5 minutes • Serves: 4

- 62 ROLO® Creamy Caramels in Chocolate Candy, wrappers removed
- 2 tablespoons whole milk

Heat candy and milk in top of double boiler over hot water 5 minutes or until melted, stirring occasionally. Slowly add additional milk if dip is too thick.

Approximate nutritional values per serving: 218 Calories, 10g Fat (7g Saturated), 6mg Cholesterol, 88mg Sodium, 31g Carbohydrates, 0g Fiber, 3g Protein

Better-For-You Caramel Dip

Prep: 10 minutes • Serves: 4

- 1 cup pitted medjool dates
- ½ cup refrigerated unsweetened coconut milk
- 1½ tablespoons maple syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon fine sea salt

In blender, purée all ingredients on high until smooth. Makes about 1¼ cups.

Approximate nutritional values per serving (5 tablespoons): 137 Calories, 1g Fat (1g Saturated), 0mg Cholesterol, 146mg Sodium, 35g Carbohydrates, 4g Fiber, 1g Protein

Chef Tip

Serve dip with apple and/or pear slices or whole-grain pretzels.



Go from Tailgate to TailGREAT!



TATER TOT NACHOS (TATCHOS) WITH QUESO CHEESE

Servings 8-10

Ingredients

- 1 package (28 ounces) frozen mini tater tots
- 2 tablespoons butter, cubed
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1/2 teaspoon each garlic powder and ground cumin
- 2 cups shredded Wisconsin Chihuahua® quesadilla cheese (8 ounces)
- 1 can (4 ounces) diced green chilies, undrained
- Toppings: fresh cilantro, diced fresh tomatoes and pickled jalapeno pepper slices
- 6 ounces Wisconsin queso fresco cheese, crumbled (1 cup)
- Guacamole

Instructions

Bake tater tots according to package directions.

Meanwhile, melt butter in a large saucepan over medium-low heat. Whisk in flour until smooth. Gradually whisk in the milk, garlic powder and cumin. Bring to a boil; cook and whisk for 2 minutes or until thickened.

Reduce heat to low; gradually whisk in Chihuahua® quesadilla until melted. Remove from the heat. Stir in green chilies.

Arrange tater tots in a serving dish. Spoon cheese sauce over tater tots. Sprinkle with toppings and queso fresco. Serve with guacamole.

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