



HealthCents

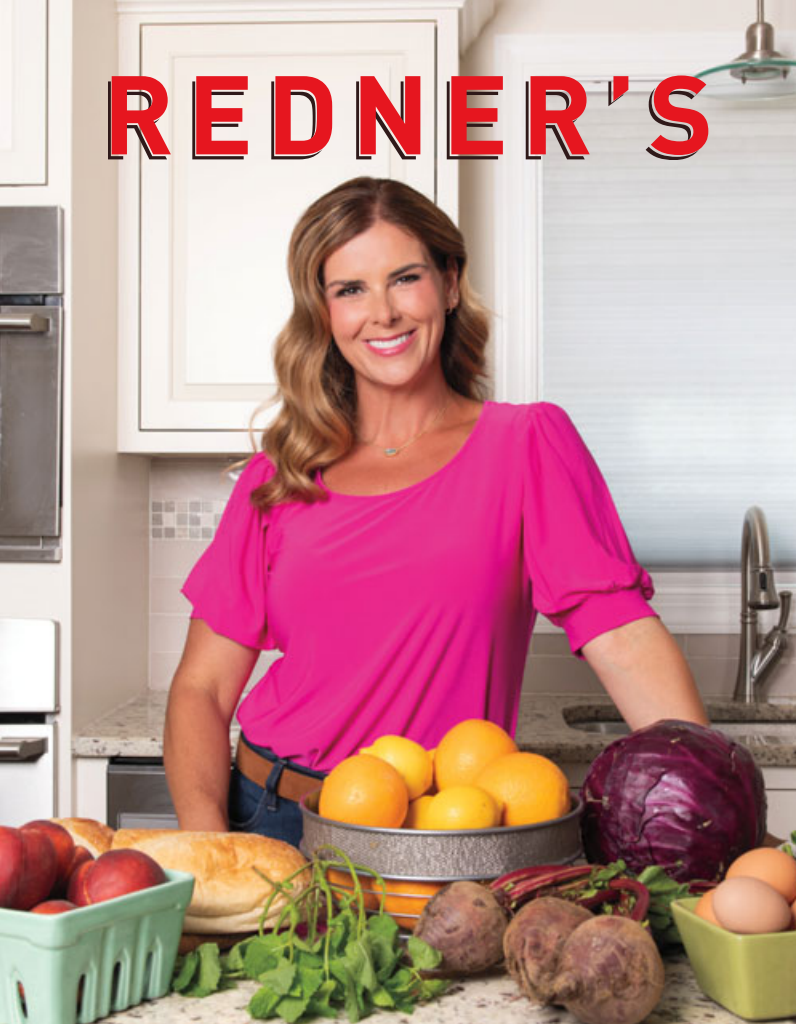


Tasty tailgating

Chipotle Hummus
Nachos with
Guacamole p.6

Plus | Rotisserie Chicken 3 Ways,
Halloween Treats, *and more!*

REDNER'S



A Message from Meredith

Why Redner's?

Do you know those moments when you sit back and think WOW, how did I get here? Looking back over my 20 years as a Registered Dietitian, I never would have imagined that I would be working in a grocery store. I started my career in a hospital in upstate New York before moving to Reading, Pennsylvania. After trying a few different jobs, I was pretty settled on management when I got an email from a friend who said Redner's was hiring a RD. Well that sure was interesting to me!

After wondering what in the world I would be doing in a grocery store and thinking that it didn't make sense, 15 years later I wouldn't change a thing! During the first few years, I spent time learning the grocery industry which I find fascinating! I know some people think it's just Cheerios™ and orange juice, but it's so much more. It's about finding the RIGHT mix of items for each

individual location. It's finding the RIGHT people. It's being PART of each community.

It didn't take me long to realize that I not only LOVED the grocery industry and being part of the decision making for guests in terms of their health and wellness, but I LOVED my company. I am proud of who I work for. I am proud of the work that we do, not just in our stores but within the community. I am proud of our 5,000 team members and the remarkable things they do on a daily basis.

A few years ago, our founder Earl Redner passed away. I was in awe of people being bussed in from remote locations to pay their final respects. This sense of family continues on. In my 15 years, I have witnessed baby showers, wedding showers and retirement parties given in every one of our stores. I watched our team come together to support each other during hardships. And even with 15 years in, I'm a newbie! So many on my team have put in 30+ years – why? Because of opportunity, flexibility, compensation and benefits, and a family atmosphere.

So if you are looking for a rewarding place (not only to shop) but to work, we can't wait to meet you!

Meredith McGrath

RD, LDN Corporate Dietitian



Looking for a
rewarding job?
Scan here!

Rise and Thrive

Start your day off right with these delicious **belVita Biscuits** topped with nut butter, jam and fruit along with a cup of yogurt for a balanced breakfast.




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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.



DO THE DIP

Each Bobo's Dipp'd Bar starts with wholesome whole grain oats mixed with delicious flavors and coated in decadent dark chocolate. Each one is gluten-free, Certified Non-GMO, vegan and dairy free! All without boring the daylight out of your taste buds. Every bar is packed full of whole grain oats and tons of flavor to keep your body going and your taste buds begging for more!



keep calm *and* carrot on

Packed with a kaleidoscope of vitamins and nutrients, carrots are like a daily dose of sunshine for your body. But who said nutritious eating has to be boring? From classic carrot sticks on a fun charcuterie board to crispy roasted carrots that soothe your soul, there's a carrot creation for every craving.

Kids' Charcuterie Board

Prep: 25 minutes • Serves: 12

- 1 container (14 ounces) red apple slices
- 1 package (10 ounces) Colby Jack cheese cracker cuts
- 1 package (9 ounces) Swiss cheese cracker cuts
- ½ (16-ounce) package baby carrots
- ½ (16-ounce) package mini sweet peppers
- 1 pound deli turkey
- 1 bunch red grapes (about 1 pound)
- 1 cup baked woven wheat crackers
- 1 cup organic stone-ground wheat crackers
- ½ cup classic trail mix
- ½ cup ranch dressing

Arrange apples, cheeses, carrots, peppers, turkey, grapes, crackers and trail mix on serving platter; serve with dressing.

Approximate nutritional values per serving (1/12 board): 394 Calories, 22g Fat (9g Saturated), 62mg Cholesterol, 820mg Sodium, 29g Carbohydrates, 3g Fiber, 19g Protein



Crispy Roasted Carrots with Spicy Lime-Honey & Cashews

Prep: 15 minutes

Roast: 40 minutes • Serves: 8

- Nonstick cooking spray
- 4 pounds carrots, halved crosswise, then quartered lengthwise
- ⅓ cup olive oil
- 1 teaspoon fine sea salt
- 1 teaspoon ground black pepper
- ¼ cup honey
- 2 tablespoons fresh lime juice
- ½ teaspoon crushed red pepper flakes
- ½ cup chopped roasted salted cashews
- Chopped fresh parsley for garnish (optional)

1. Preheat oven to 425° F. Line 2 rimmed baking pans with nonstick aluminum foil; spray with cooking spray. In large bowl, toss carrots, oil, salt and pepper; spread on prepared pans and roast 40 minutes or until tender-crisp, rotating pans and stirring once halfway through roasting. Makes about 4 cups.

2. In small bowl, whisk honey, lime juice and crushed red pepper.

3. Serve carrots drizzled with honey mixture sprinkled with cashews and parsley, if desired.

Approximate nutritional values per serving (½ cup): 237 Calories, 13g Fat (2g Saturated), 0mg Cholesterol, 476mg Sodium, 29g Carbohydrates, 5g Fiber, 3g Protein



Tasty tailgating

Prepare a spread that scores a touchdown with every mouthwatering bite this tailgating season.

We're venturing into a world of plant-powered game-day eats as vibrant and flavorful as traditional tailgate fare. Think zesty nachos layered with light, unexpected ingredients and sweet-and-sticky cauliflower "wings" – a tempting alternative as addictive as the beloved classic.

Chipotle Hummus Nachos with Guacamole

Prep: 15 minutes

Bake: 6 minutes • Serves: 6

- 1 bag (9 ounces) cantina-style white corn tortilla chips
- 1½ cups shredded sharp Cheddar cheese
- 1 cup chipotle hummus
- 1 Roma tomato, chopped
- ¼ cup chopped red onion
- 1 cup shredded romaine lettuce
- ½ cup prepared guacamole
- 2 green onions, chopped

1. Preheat oven to 450°F; line rimmed baking pan with aluminum foil. Spread chips on prepared pan; top with cheese, hummus, tomato and red onion. Bake nachos 6 minutes or until heated through and cheese melts. Makes about 12 cups.

2. Serve nachos topped with lettuce, guacamole and green onions.

Approximate nutritional values per serving (2 cups): 443 Calories, 24g Fat (2g Saturated), 25mg Cholesterol, 514mg Sodium, 39g Carbohydrates, 6g Fiber, 12g Protein

Chef Tip

To make your own chipotle hummus, stir 1 cup classic hummus and 2 to 3 teaspoons chopped chipotle peppers in adobo sauce, depending on desired amount of spice.



Air Fryer Honey-Sesame Cauliflower “Wings”

Prep: 25 minutes

Air Fry: 15 minutes • Serves: 8

- 1 cup all-purpose flour
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 5 large eggs
- 2¾ cups plain panko breadcrumbs
- 1 large head cauliflower, cut into florets (about 8 cups)
- Nonstick cooking spray
- 2 garlic cloves, minced
- ½ cup honey
- ¼ cup less-sodium soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- ½ teaspoon grated fresh ginger
- 2 green onions, thinly sliced
- 1 teaspoon sesame seeds, toasted

1. Line rimmed baking pan with parchment paper. In wide, shallow dish, whisk flour, salt

and pepper. In separate shallow dish, whisk eggs; place breadcrumbs in third shallow dish. Dredge cauliflower in flour mixture, shaking off excess, then dip in eggs and breadcrumbs to coat; place on prepared pan and refrigerate.

2. Preheat oven to 300°F. Preheat 3-quart air fryer to 400°F for 5 minutes; spray cauliflower with cooking spray. In 3 batches, air fry cauliflower 5 minutes or until golden brown and crisp, turning once; transfer to second rimmed baking pan and keep warm in oven. Makes about 40 “wings.”

3. In small saucepan, cook garlic, honey, soy sauce, vinegar, oil and ginger over medium-high heat 3 minutes or until slightly thickened, whisking occasionally; transfer ½ cup to large bowl. Add cauliflower to garlic mixture; toss.

4. Serve cauliflower sprinkled with onions and sesame seeds along with remaining garlic mixture.

Approximate nutritional values per serving (5 “wings”, 2 tablespoons sauce): 282 Calories, 8g Fat (1g Saturated), 93mg Cholesterol, 429mg Sodium, 46g Carbohydrates, 3g Fiber, 9g Protein



Mango Baked Brie

Prep: 10 minutes

- 1 fresh mango, divided and cut into small cubes
- 1 tablespoon flour
- 1 piece frozen puff pastry, thawed to room temp
- 1 brie, wheel
- 1 egg white, whisked
- 3 tablespoons honey
- 2 tablespoons candied nuts
- 1 pinch flaky salt

1. Preheat oven to 400°F.

2. Prepare mango by cutting it into small chunks and set aside.

3. Add some flour to a clean work space and add your puff pastry. Using a floured rolling pin, roll it out to flatten and stretch the dough.

4. Place the brie in the middle and top with half of the mango.

5. Pull the ends of the puff pastry to the middle, and then repeat again until the brie is completely covered.

6. Place the brie on a piece of parchment paper in a cast iron skillet or baking sheet.

7. Brush the entire exterior of the puff pastry wrapped brie with the whisked egg white and sprinkle with salt.

8. Bake for 20-25 minutes or until golden brown.

9. Remove from the oven and place on your serving tray. Add the remaining mango, honey and candied nuts and serve immediately.





REHYDRATE AND REPLENISH



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EASY FAMILY DINNER:

rotisserie chicken 3 ways

Elevate your meal prep with a secret weapon always at your fingertips – rotisserie chicken. This culinary champion brings a world of convenience and versatility to your kitchen, making every dish a masterpiece with minimal effort. Whether the family's craving classic sandwiches, a hearty pot pie or cozy bowls of chili, rotisserie chicken steps up to the plate to transform into whatever meal you desire.

Avocado- Chicken Salad Sandwiches

p. 12

Fall Chicken Pot Pie p. 12

Warm up your kitchen
and soul with this
homemade pot pie that'll
satisfy your cravings for
comfort and flavor.



Level up your lunches with these creamy, dreamy, delicious sandwiches that take minutes to assemble.

5-Ingredient White Chicken Chili p. 12



Making chili has never been this easy. Five simple ingredients are all you need to create a cozy dish you can indulge in all week long.



Avocado-Chicken Salad Sandwiches

Prep: 20 minutes • Serves: 4

- 1 large avocado, peeled and pitted
- 1 tablespoon fresh lemon juice
- 2 teaspoons chopped fresh parsley
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups chopped skinless rotisserie chicken breast meat
- ½ cup halved red grapes
- ¼ cup chopped celery
- 8 slices thin-sliced 21 whole grains & seeds bread

1. In large bowl, smash avocado, lemon juice, parsley, salt and pepper with fork; fold in chicken, grapes and celery. Makes about 3½ cups.

2. Top 4 slices bread with chicken mixture and remaining 4 slices bread.

Approximate nutritional values per serving (1 sandwich): 304 Calories, 12g Fat (2g Saturated), 57mg Cholesterol, 559mg Sodium, 34g Carbohydrates, 11g Fiber, 27g Protein

Fall Chicken Pot Pie

**Prep: 25 minutes
Bake: 30 minutes • Serves: 6**

- 4 tablespoons unsalted butter
- 1 medium onion, halved finely chopped
- 1 rib celery, finely chopped
- 2 cans (10.5 ounces each) healthier condensed cream of chicken and/or 25% less-sodium mushroom soup
- 1¾ cups frozen vegetables such as broccoli florets, carrots, corn, green beans and/or peas
- 1 rotisserie chicken, skin removed and meat chopped (4 cups)
- ½ teaspoon dried thyme or 2 teaspoons finely chopped fresh thyme
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 package (8 ounces) refrigerated crescent rolls

1. Preheat oven to 350° F. Melt butter in large skillet over medium heat. Add onion and celery; cook 5 minutes or until tender, stirring occasionally. Remove from heat; stir in soup, vegetables, chicken, thyme, salt and pepper. Transfer chicken mixture into a deep-dish pie plate.

2. Unroll crescent roll dough; lay crescent rolls over chicken mixture slightly overlapping in a circular pattern to cover.

3. Bake 30 minutes or until top is golden brown and crust is cooked through.

Approximate nutritional values per serving (1 piece): 365 Calories, 18g Fat (5g Saturated), 81mg Cholesterol, 794mg Sodium, 23g Carbohydrates, 2g Fiber, 25g Protein

5-Ingredient White Chicken Chili

**Prep: 10 minutes
Cook: 20 minutes • Serves: 8**

- 1 package (8 ounces) green chile enchilada sauce
- 3 cups chicken stock
- ½ cup sour cream plus additional for garnish (optional)
- 2 cans (15 ounces each) great Northern beans, drained and rinsed
- 3 cups shredded rotisserie chicken meat
- Chopped fresh cilantro for garnish (optional)

1. In large saucepot, heat sauce and stock to a simmer over medium heat, stirring occasionally.

2. In small bowl, add sour cream; whisking constantly, ladle ½ cup sauce mixture into sour cream. Whisk sour cream mixture into saucepot. Add beans and chicken; cook over medium heat 10 minutes or until slightly thickened, stirring occasionally. Makes about 8 cups.

3. Serve chili garnished with sour cream and cilantro, if desired.

Approximate nutritional values per serving (1 cup): 226 Calories, 9g Fat (4g Saturated), 57mg Cholesterol, 874mg Sodium, 17g Carbohydrates, 5g Fiber, 19g Protein

A Day with Del Monte

"What's for dinner?" is one of the top questions asked in most households, but the rest of the day isn't any easier. Del Monte can change that! As The Original Plant-Based Food CompanySM, they have been cultivators and innovators of nutritious products and recipes for families across America!

Check them out at [Delmonte.com](https://www.Delmonte.com)



Peaches and pears are ready to blend into a range of wholesome, colorful and delicious smoothies— perfect for breakfast, snack or a cool, post-workout replenishment.



Nothing says holiday more than a slow-cooked meal bursting with fresh flavors. Braise pork shoulder with chunks of Del Monte[®] Deluxe Gold[®] Pineapple with aromatics until fall-apart tender. The pineapple braised pork is smothered with pineapple enchilada sauce and Mexican-style cheese before it is baked to gooey perfection. Top it off with a bright pineapple salsa just before serving for a pop of sweet, herbaceous flavor.



This five-ingredient hot cheese party dip combines the goodness of corn with tomatoes and chilies. Perfect with tortilla chips or vegetables.



Quick, easy instructions make this chili mac skillet recipe a breeze. Impress at your next function with this amazing dish. Macaroni cooks right in the sauce for this quick and easy all-American chili mac recipe!



Just one dish and four on-hand ingredients are needed to make a surprisingly simple, comforting dessert with home-baked quality. Just microwave to enjoy in 15 minutes.



Halloween *Treats*

Get into the spooky spirit with Halloween-inspired creations that are must-haves for any ghoulish gathering. Indulge in velvety parfaits that pay homage to the timeless Halloween icon – candy corn. For an adult-friendly treat, quench your thirst with a spine-tingling Poison Apple Sour cocktail that'll bewitch every palate in the room.



Candy Corn Fruit & Yogurt Parfaits

Prep: 15 minutes • Serves: 4

- 1 medium banana, peeled and chopped
- 1 cup chopped fresh pineapple
- 1 cup drained and rinsed mandarin orange segments in light syrup
- 1 cup low-fat vanilla yogurt
- Candy corn for garnish (optional)

1. In medium bowl, toss banana and pineapple.

2. In 4 (8-ounce) parfait glasses or jars, layer banana mixture, orange segments and yogurt; garnish with candy corn, if desired

*Approximate nutritional values per serving (1 parfait):
144 Calories, 1g Fat (1g Saturated), 3mg Cholesterol,
46mg Sodium, 31g Carbohydrates, 2g Fiber, 4g Protein*

Poison Apple Sour

Prep: 5 minutes • Serves: 2

- ½ cup apple cider
- ¼ cup plus 2 tablespoons tequila blanco
- ¼ cup pasteurized liquid egg whites
- 2 tablespoons 100% cranberry pomegranate juice
- 1 teaspoon honey
- ¼ cup ice
- 4 maraschino cherries
- 2 thin slices red apple
- Ground nutmeg for garnish

1. In cocktail shaker, vigorously shake cider, tequila, egg whites, juice and honey 15 seconds or until egg whites are foamy; add ice and shake vigorously 15 seconds or until chilled.

2. In each of 2 (8-ounce) glasses, add 1 cherry; strain cider mixture into glasses. Spoon foam over cider mixture; garnish with apple slices, nutmeg and remaining 2 cherries.

*Approximate nutritional values per serving (1 drink):
180 Calories, 0g Fat (0g Saturated), 0mg Cholesterol,
55mg Sodium, 17g Carbohydrates, 1g Fiber, 3g Protein*





Shredded Beef Lettuce Wraps

No-fuss ✓ Delicious ✓ Meal prep-friendly ✓

Scan for recipe

ACE BACK TO SCHOOL

FROM STAR RANCH ANGUS® BRAND

Check out these top meal prep tips and one of our must-try recipes from *Star Ranch Angus* beef. Each recipe is packed with protein to help keep little ones focused and energized.

TIP 1:

PLAN AHEAD, BUT KEEP IT FLEXIBLE

Write down a main dish for each day of the week. Then mix and match with easy, no prep sides like fruits, yogurt, string cheese or favorite snacks.

TIP 2:

ASK THE KIDS

Get kids excited about mealtime by involving them in prep. Give age-appropriate tasks and have fun preparing a dish together. Memories in the making!

TIP 3:

REIMAGINE LEFTOVERS

Jazz up leftovers by turning them into something new — like using leftover shredded beef to recreate our delicious (and kid-approved) Shredded Beef Lettuce Wraps.