



HealthCents

St. Patty's Day *Eats*



Easy Slow Cooker Irish Stew pg. 4



Plus:

EASTER
DINNER

ON-THE-
GO GREATS

AND MORE!

REDNER'S

A Message from Meredith



Join the Celebration! National Nutrition Month®

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes how we eat — not only around a dinner table but also on the go, in schools and restaurants, at games and events.

Here are a few tips to help you celebrate!

- 1. Eat Breakfast:** Start your day with a healthy breakfast containing lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole-grain cereal.
- 2. Make Half Your Plate Fruits & Vegetables:** Fruits and veggies add color, flavor and texture, plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2½ cups of vegetables your daily goal; experiment with different types, including fresh, frozen and canned.
- 3. Be Active:** Regular physical activity has many health benefits. Start by doing what exercise you can. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

4. Drink More Water: Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you're active, an older adult, or live or work in hot conditions.

5. Get Cooking: Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

6. Eat Seafood Twice a Week: Fish and shellfish contain a range of nutrients, including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

7. Explore New Foods & Flavors: Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, choose a fruit, vegetable or whole grain that's new to you or your family.

8. Slow Down at Mealtime: Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can positively affect your food intake.

Meredith McGrath
RD, LDN Corporate Dietitian



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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.

St. Patty's Day *Eats*



Why limit the celebration to just one day? Dive into the spirit of St. Patrick's Day with our irresistible Irish-inspired recipes! Picture this: a slow cooker filled with savory Irish Stew, bubbling with tender beef and hearty veggies. And for those midday cravings, dunk vibrant veggies into creamy, protein-packed hummus. These mouthwatering dishes are perfect for St. Patty's Day and beyond.

Easy Slow Cooker Irish Stew

Prep: 40 minutes

Slow Cook: 4 hours 5 minutes • Serves: 8

- 2½ pounds boneless sirloin tip roast, fat trimmed, cut into 1½-inch pieces
- ¾ cup all-purpose flour
- ¼ cup vegetable oil
- 8 cups less-sodium beef broth
- 1½ pounds baby red potatoes, quartered
- 2 medium leeks, halved lengthwise and sliced ½-inch thick
- 1 medium yellow onion, cut into wedges
- 2 cups baby carrots
- 1 cup barley

- ¼ cup coarsely chopped fresh parsley plus additional for garnish (optional)
- 1½ cups frozen peas
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

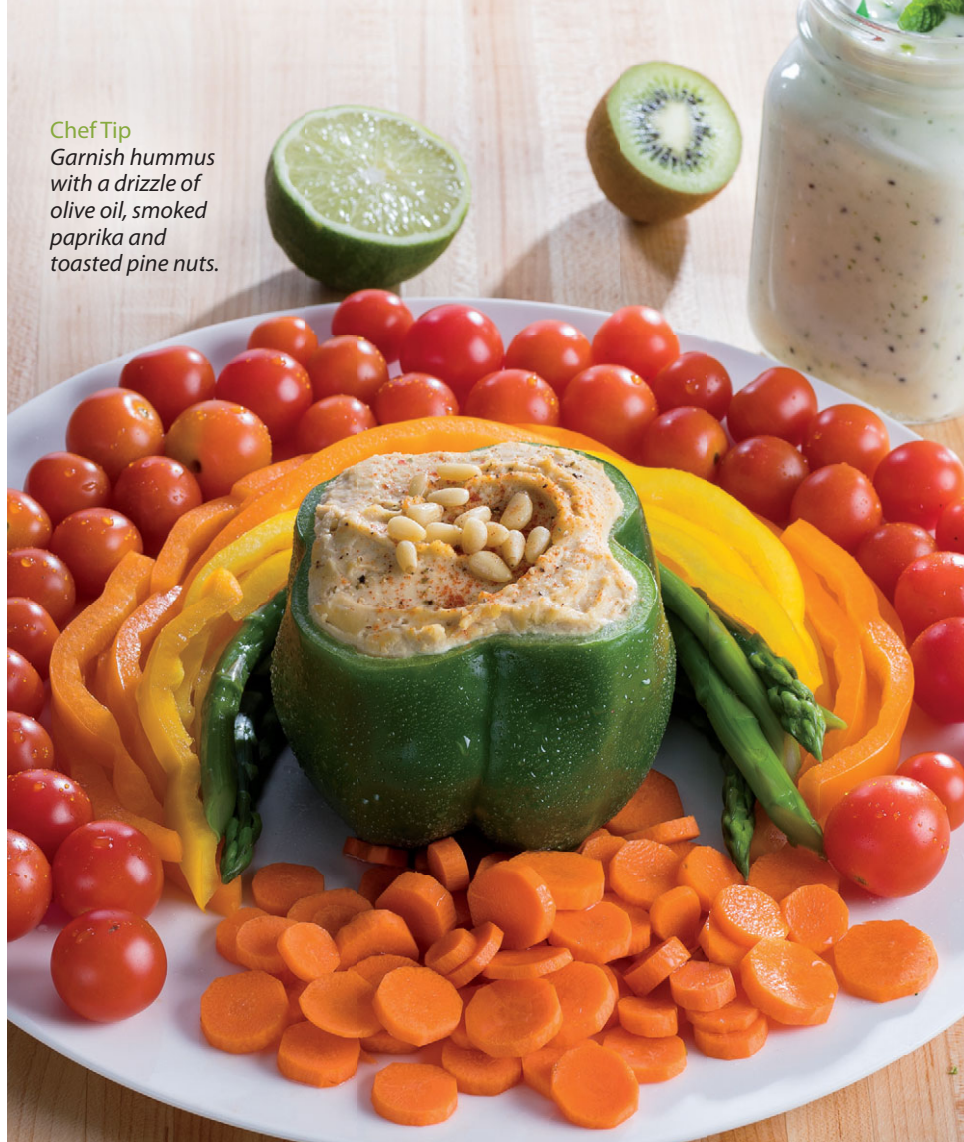
1. In large bowl, toss beef and flour. In large skillet, heat oil over medium-high heat. In 2 batches, add beef mixture and cook 5 minutes or until browned, stirring occasionally; with slotted spoon, transfer beef mixture to 5- to 6-quart slow cooker. Add 2 cups broth to skillet; cook 2 minutes, scraping browned bits from bottom of skillet with wooden spoon. Transfer broth mixture to slow cooker.

2. Add potatoes, leeks, onion, carrots, barley, parsley and remaining 6 cups broth to slow cooker; cover and cook on high 4 hours or low 8 hours or until beef and vegetables are very tender.

3. Stir in peas, salt and pepper; cover and cook on high 5 minutes or low 10 minutes or until heated through. Serve stew garnished with parsley, if desired. Makes about 12 cups.

Approximate nutritional values per serving (1½ cups): 583 Calories, 22g Fat (6g Saturated), 100mg Cholesterol, 876mg Sodium, 54g Carbohydrates, 8g Fiber, 41g Protein

Chef Tip
Garnish hummus with a drizzle of olive oil, smoked paprika and toasted pine nuts.



Pot o' Gold Hummus with Veggie Rainbow

Prep: 10 minutes

Cook: 2 minutes • Serves: 6

- ½ bunch thin asparagus, ends trimmed
- 1 large green bell pepper
- 1½ cups refrigerated prepared hummus
- 1 package cherry tomatoes
- 1 large orange bell pepper, cut crosswise into strips
- 1 large yellow bell pepper, cut crosswise into strips
- 3 medium carrots, cut crosswise into ⅛-inch-thick "coins"

1. Heat medium covered saucepot of salted water to a boil over high heat. Add asparagus; cook 2 minutes or until just tender-crisp. Transfer asparagus to bowl filled with ice water; once chilled, drain and pat dry with paper towel.

2. Slice ½-inch off top of green bell pepper and remove seeds; fill with hummus and place in center of serving plate.

3. Arrange tomatoes, orange and yellow bell peppers, and asparagus on plate in rows above green pepper resembling a rainbow; arrange carrot "coins" on plate below rainbow.

Approximate nutritional values per serving (¼ cup hummus, ⅓ vegetables): 144 Calories, 8g Fat (2g Saturated), 0mg Cholesterol, 217mg Sodium, 15g Carbohydrates, 4g Fiber, 5g Protein

EMBRACE GREEN GOODNESS TO CELEBRATE **St. Patrick's Day**

St. Patrick's Day is a celebration of all things green. What better way to honor the Irish spirit than indulging in vibrant green foods that taste great and boost your health? Explore the green goodness that can make your St. Patrick's Day festive and nutritious.

Spinach: The Powerhouse Leafy Green

Rich in vitamins A and C, iron, and antioxidants, spinach provides essential nutrients supporting your immune system and overall well-being. Add fresh spinach to salads, smoothies, or sauté as a side dish.

Avocado: Creamy and Nutrient-Rich

With a creamy texture and subtle flavor, avocado is a versatile green fruit packed with heart-healthy monounsaturated fats, potassium, vitamin K and folate. Enjoy avocado slices on whole-grain toast and salads, or whip up guacamole for a healthy snack.

Broccoli: A Cruciferous Delight

Rich in fiber, vitamins C and K, and antioxidants, broccoli supports digestion, bone health and immune function. Steam or roast broccoli for a delicious side dish, or add it to stir-fries and casseroles for a nutritious boost.

Kiwi: Tropical Tanginess in Green

Refreshing and tangy, kiwi is an excellent source of vitamin C, vitamin K and dietary fiber. Enjoy as a standalone snack, add to fruit salads or blend into smoothies for a burst of freshness.

Green Tea: Sip Your Way to Health

While not a food per se, green tea deserves a spot on your St. Patrick's Day menu. Packed with catechins, antioxidants in green tea potentially improve heart health and metabolism. Swap any drink for green tea to stay hydrated and reap the health rewards.





tourney Time

Game on! Don't stress over your game-day menu – we've got you covered. Score big with our lineup of crowd-pleasing favorites. From better-for-you nachos to irresistible dips, your hungry fans will be cheering for more.

Mini Bell Pepper Nachos

Prep: 20 minutes

Bake: 20 minutes • Serves: 8

- Nonstick cooking spray
- 1 pound 93% lean ground beef
- 1 package (1 ounce) taco seasoning
- 1 pound mini sweet peppers, tops trimmed and halved lengthwise
- 1 cup drained and rinsed black beans
- ½ cup fresh or frozen corn kernels, thawed if necessary
- 1 cup shredded Cheddar cheese
- 1 avocado, peeled, pitted and chopped
- 1 Roma tomato, chopped
- 1½ cups shredded romaine lettuce
- ½ cup plain nonfat Greek yogurt

1. Preheat oven to 400°F; spray rimmed baking pan with cooking spray. In large skillet, cook beef over medium-high heat

8 minutes or until browned, breaking up beef with side of spoon. Stir in taco seasoning and ⅔ cup water; heat to a boil. Reduce heat to medium-low; cook 3 minutes or until thickened, stirring occasionally. Makes about 3 cups.

2. Place peppers, cut side up, on prepared pan; top with beef mixture, beans, corn and cheese. Bake nachos 20 minutes or until golden brown and cheese is melted. Makes about 24 filled pepper halves.

3. Serve nachos topped with avocado, tomato, lettuce and yogurt.

Approximate nutritional values per serving (6 filled pepper halves): 261 Calories, 11g Fat (2g Saturated), 51mg Cholesterol, 508mg Sodium, 17g Carbohydrates, 5g Fiber, 20g Protein

Chef Tip

For customizing nachos, serve with an assortment of toppings, such as black olives, cilantro, green onions, hot sauce, jalapeño, limes, radish, red onion and/or salsa.

Bruschetta Dip

Prep: 15 minutes

Bake: 8 minutes • Serves: 8

- ½ (14-ounce) loaf French baguette, cut crosswise into ½-inch-thick slices
- ¼ cup extra virgin olive oil
- 1 garlic clove, minced
- 2 tablespoons balsamic glaze
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 4 large Roma tomatoes, chopped
- 2 tablespoons finely chopped fresh basil

1. Preheat oven to 400°F. Place baguette slices on rimmed baking pan; brush both sides with 2 tablespoons olive oil and bake 8 minutes or until crisp, turning once. Makes about 24 crostini.

2. In large bowl, whisk garlic, balsamic glaze, salt, pepper and remaining 2 tablespoons oil; fold in tomatoes and basil. Makes about 2⅔ cups.

3. Place bruschetta mixture in medium bowl in center of serving platter; arrange crostini around bowl.

Approximate nutritional values per serving (⅓ cup bruschetta dip, 3 crostini): 144 Calories, 8g Fat (1g Saturated), 0mg Cholesterol, 296mg Sodium, 17g Carbohydrates, 1g Fiber, 3g Protein



Eat Healthfully on Any Budget



Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.



Cook more, eat out less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it.

Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added."



Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

Make an effort to reduce food waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.





Focus on nutritious, low-cost foods

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.



Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.



Quench your thirst with water

Water from the tap is a low-cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.

Water never tasted this good.™

HYDRATING LEMON WATER

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- No artificial flavors or sweeteners
- High in vitamin C

lemon perfect.



EASTER *Dinner*

Hop into Easter with a dreamy brunch spread. Impress your guests with a succulent glazed ham surrounded by charred carrots and irresistibly creamy potatoes. These dishes are easy to make and bursting with flavor, making them ideal for any springtime celebration.

Chef Tip
Serve with coarse
ground mustard,
if desired.



Apricot-Mustard & Herbed Panko Ham

Prep: 25 minutes plus standing

Bake: 1 hour 30 minutes • Serves: 12

- 1 (7- to 8-pound) spiral-sliced ham half
- 1½ cups apricot preserves
- 1 cup packed brown sugar
- ¼ cup Asian-style hot mustard
- 1 tablespoon Worcestershire sauce
- ¾ cup panko breadcrumbs
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh Italian parsley leaves
- 2 tablespoons unsalted butter, melted
- 2 teaspoons grated lemon zest

1. Preheat oven to 325°F; place roasting rack in large roasting pan. Place ham, cut side down, on rack in pan; let stand at room temperature 30 minutes. Add ½ inch water to pan. Cover ham loosely with aluminum foil; bake 1 hour.

2. In small saucepan, heat preserves, brown sugar, mustard and Worcestershire sauce to a simmer over medium heat; simmer 2 minutes.

3. In small bowl, stir breadcrumbs, chives, parsley, butter and zest.

4. Brush ham with some glaze; bake, uncovered, 20 minutes, brushing with glaze halfway through baking. Remove ham from oven; increase temperature to 400°F. Brush ham with glaze; sprinkle with breadcrumb mixture. Bake 10 minutes or until internal temperature reaches 135°F and breadcrumbs are browned.

5. Transfer ham to serving platter; cover loosely with aluminum foil. Let stand 15 minutes before serving (internal temperature will rise to 140°F upon standing.) Stir ½ cup hot water into remaining glaze; serve with ham.

Approximate nutritional values per serving:
564 Calories, 13g Fat (3g Saturated),
172mg Cholesterol, 2807mg Sodium,
51g Carbohydrates, 0g Fiber, 60g Protein

Mini Creamy Au Gratin Potatoes

Prep: 20 minutes

Bake: 40 minutes • Serves: 12

- Nonstick cooking spray
- 3 tablespoons unsalted butter
- 1 small white onion, halved and chopped
- 3 garlic cloves, minced
- 3 tablespoons all-purpose flour
- 2 cups whole milk
- 2 teaspoons chopped fresh thyme
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 cup plus 2 tablespoons grated Parmesan cheese
- 4 medium Yukon Gold potatoes, peeled and thinly sliced crosswise (about 1¾ pounds)
- Sliced fresh chives for garnish (optional)

1. Preheat oven to 350°F; spray 12-cup standard muffin pan with cooking spray.

2. In medium saucepot, melt butter over medium-low heat. Add onion; cook 5 minutes or until tender, stirring occasionally. Add garlic; cook 1 minute or until fragrant, stirring frequently. Add flour; cook 3 minutes or until lightly browned, stirring occasionally. Whisk in milk, thyme, salt and pepper; cook 5 minutes or until slightly thickened, whisking occasionally. Whisk in 1 cup cheese; cook 1 minute or until smooth, whisking constantly. Makes about 3 cups.

3. Fill prepared muffin cups halfway with ½ the potatoes; divide 1½ cups butter mixture over potatoes. Repeat layers with remaining ½ the potatoes and 1½ cups butter mixture; sprinkle with remaining 2 tablespoons cheese. Bake gratins 40 minutes or until golden brown. Makes 12 gratins.

4. Serve gratins sprinkled with chives, if desired.

Approximate nutritional values per serving (1 gratin): 130 Calories, 4g Fat (2g Saturated), 11mg Cholesterol, 320mg Sodium, 19g Carbohydrates, 2g Fiber, 5g Protein



Charred Carrots with Balsamic Glaze & Feta Cheese

Prep: 15 minutes

Broil: 12 minutes • Serves: 8

- Nonstick cooking spray
- ⅓ cup balsamic vinegar
- 2 tablespoons honey
- 2 pounds carrots, ends trimmed and quartered lengthwise
- 3 tablespoons olive oil
- ½ teaspoon kosher salt
- ½ cup crumbled feta cheese
- ½ cup chopped roasted salted pistachios

1. Place oven rack 6 inches from broiler; preheat broiler to high. Line rimmed baking pan with aluminum foil; spray with cooking spray.

2. In small saucepan, whisk vinegar and honey; heat to a simmer over medium-high heat. Reduce heat to medium-low; cook 5 minutes or until reduced by half, whisking occasionally. Makes about ¼ cup.

3. In large bowl, toss carrots, oil and salt; spread on prepared pan. Broil carrots 12 minutes or until blackened, stirring once. Makes about 48 carrots.

4. Serve carrots drizzled with vinegar mixture sprinkled with cheese and pistachios.

Approximate nutritional values per serving (6 carrots, ½ tablespoon vinegar mixture, 1 tablespoon each cheese and pistachios): 176 Calories, 11g Fat (3g Saturated), 8mg Cholesterol, 304mg Sodium, 17g Carbohydrates, 3g Fiber, 4g Protein



4 Fun & Festive Easter Activities

Add fun and excitement to your Easter celebrations with these festive activities!

1. Host an Easter Cooking Competition

Connect over food through a cooking competition. Choose to make the best appetizer or the most decadent dessert, and assign the little chefs age-appropriate tasks like rolling dough, whisking, mashing or decorating. Have fun with it!

2. Egg Games

Have some fun with interactive egg games! For an egg and spoon race, balance an egg on a spoon with one hand and race to see who can get it to the finish line without dropping the egg. Keep the family laughing with an egg roll, placing the egg on the floor and rolling it to the finish line using only your nose, or play the classic hot potato game with an egg. If you're using uncooked eggs, be sure everyone is changed from their Easter best!

3. Do the Bunny Hop

All those Easter goodies can lead to quite the sugar rush, so a dance party is a perfect excuse to release all that energy. Whether it's the bunny hop or freestyle, break out in a dance party with your Easter crew to show off your best moves!

4. Decorate an Easter Egg Tree

Easter egg trees symbolize life and rebirth and bring an eggs-tra special touch to your holiday ambiance. Fill a Mason jar with foraged branches, decorate an indoor plant or use a tree outside. Use dyed or plastic Easter eggs, Easter-themed ornaments, and other spring décor, such as pastel ribbons, tissue paper, flowers or twinkling string lights. No matter your style, make a bright, beautiful masterpiece that welcomes spring and commemorates Easter in your own way!

A DAY WITH



For over 135 years, Del Monte has been cultivating and innovating nutritious produce and recipes for families across America as "The Original Plant-Based Food Company™"

For Breakfast:



Two-Way Pineapple Overnight Egg Bake

It's easy to satisfy varied eating preferences when using a divided baking dish. Bake half with leftover Easter ham and the other half without ham.



For Lunch:



Pear Green Goddess Salad

Pears add a hint of sweetness to the creamy avocado-based dressing and to the salad itself. Colorful chopped veggies bring crunch to this delicious salad that's great as a meatless dinner and meal prep lunch.



For Dinner:



Easy Parmesan Pasta With Chicken Sausage And Green Beans

This quick, comforting recipe makes a delightful meal for 8 and is packed with your favorite Del Monte® vegetables.

Prep: 20 minutes

Cook: 5 minutes • Serves: 8

- 12 oz. package chicken sausage, sliced into coins
Kosher salt
- 1 lb. gemelli pasta
- 1 14.5 oz. can Del Monte® Green Beans
- 1 15.25 oz. can Del Monte® Sweet Whole Kernel Corn
- 2 cups shredded Parmesan cheese
- 10 fresh basil leaves, sliced into strips
Fresh cracked pepper
- 1 cup reserved pasta water

1. Add 1 Tbsp. of Kosher salt to a large pot of water. Cover the pot and bring the water to a boil over high heat.

2. Uncover, add the pasta, and stir. Set the timer for 3 minutes less than what the package calls for to make "al dente" pasta.

3. When the timer goes off, stir in the Del Monte® canned vegetables. Boil the remaining 3 minutes then drain the pasta and vegetables, making sure to reserve at least 1 cup of the water.

4. Meanwhile, sauté the chicken sausage over medium heat, flipping occasionally, until browned.

5. In a large bowl, combine the pasta, vegetables, chicken sausage, and Parmesan cheese.

6. Stir together, adding small pours of the hot pasta water as you go. (You likely will not need the entire cup).

7. Continue to stir until the cheese is melted and the sauce is coating the pasta, adding additional water if needed.

8. Taste, then season as desired with additional salt and pepper. Top with fresh basil. Serve.



on-the-go *Greats*

Life's a whirlwind, but your meals don't have to be. Say goodbye to kitchen chaos and hello to convenience with our make-ahead meal solutions. Whether you need a quick breakfast boost or a satisfying lunch on the go, we've got you covered. With a little prep upfront, these make-ahead meals can relieve some stress and allow you to enjoy delicious flavors without the fuss.

Make-Ahead Breakfast Sandwiches

Prep: 20 minutes plus cooling and freezing • Bake/Air Fry: 23 minutes
Serves: 16

- Nonstick cooking spray
- 18 large eggs
- ⅓ cup whole milk
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup chopped white mushrooms
- 1 cup sliced green onions
- ¾ cup chopped red bell pepper
- 16 slices deli ham (about 6½ ounces)
- 16 slices Cheddar cheese
- 16 English muffins, split horizontally

1. Preheat oven to 350°F; line rimmed baking pan with parchment paper and spray with cooking spray. In large bowl, whisk eggs, milk, salt and black pepper; stir in mushrooms, onions and bell pepper. Pour egg mixture onto prepared pan; bake 15 minutes or until set and internal temperature reaches 145°F. Cool egg completely; cut into 16 pieces.

2. Divide egg pieces, ham and cheese on bottom halves of muffins; top with top halves of muffins. Wrap each sandwich tightly with plastic wrap; place in large freezer-safe zip-top plastic bags. Seal bags, pressing out excess air; freeze up to 2 months. Makes 16 sandwiches.

3. Preheat 3-quart air fryer to 325°F for 5 minutes; unwrap 1 sandwich. Carefully separate top and bottom halves of muffins and filling; place top and bottom halves of muffins, cut side up, and filling, cheese side up, in single layer in air fryer. Air fry sandwich 6 minutes; reassemble sandwich and air fry 2 minutes or until heated through and cheese is melted.

Approximate nutritional values per serving (1 sandwich): 320 Calories, 14g Fat (6g Saturated), 234mg Cholesterol, 676mg Sodium, 28g Carbohydrates, 2g Fiber, 19g Protein

Chef Tip

To cook sandwiches from thawed: Remove 1 sandwich from freezer and thaw in the refrigerator overnight. Preheat 3-quart air fryer to 250°F for 5 minutes. Unwrap the sandwich, and air fry for 10 minutes or until heated through and cheese is melted.

Chicken Gyro Bento Box with Feta Yogurt Sauce

Prep: 20 minutes plus marinating and standing • Bake: 25 minutes • Serves: 4

- 4 boneless, skinless chicken breasts (about 5 ounces each)
- 2 garlic cloves, minced
- ¼ cup olive oil
- 2 tablespoons fresh lemon juice
- ⅔ cup plain nonfat Greek yogurt
- ¼ cup crumbled reduced fat feta cheese
- 4 (4-compartment) food storage containers
- 1 Roma tomato, chopped
- ½ cup thinly sliced English cucumber
- ¼ cup thinly sliced white onion
- 4 whole wheat pita bread rounds, each cut into 8 triangles and stacked
- Fresh chopped dill and ground black pepper for garnish (optional)

1. In large zip-top plastic bag, add chicken, garlic, oil and lemon juice; seal bag, pressing out excess air. Massage chicken in bag to coat with marinade; refrigerate at least 30 minutes or up to 4 hours.

2. Preheat oven to 400°F. Remove chicken from marinade and place on rimmed baking pan; discard marinade. Bake chicken 25 minutes or until internal temperature reaches 165°F; transfer to cutting board. Let chicken stand 5 minutes; cut crosswise into ¼-inch-thick slices.

3. In small bowl, whisk yogurt and cheese. Fill containers by dividing tomato, cucumber and onion into 1 compartment, and pita triangles, chicken and yogurt mixture into remaining 3 compartments; sprinkle chicken with dill and pepper, if desired. Seal containers with lids; refrigerate up to 3 days.

Approximate nutritional values per serving (1 container): 449 Calories, 15g Fat (3g Saturated), 85mg Cholesterol, 478mg Sodium, 34g Carbohydrates, 3g Fiber, 41g Protein





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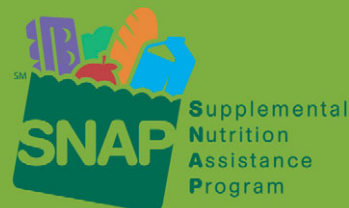


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