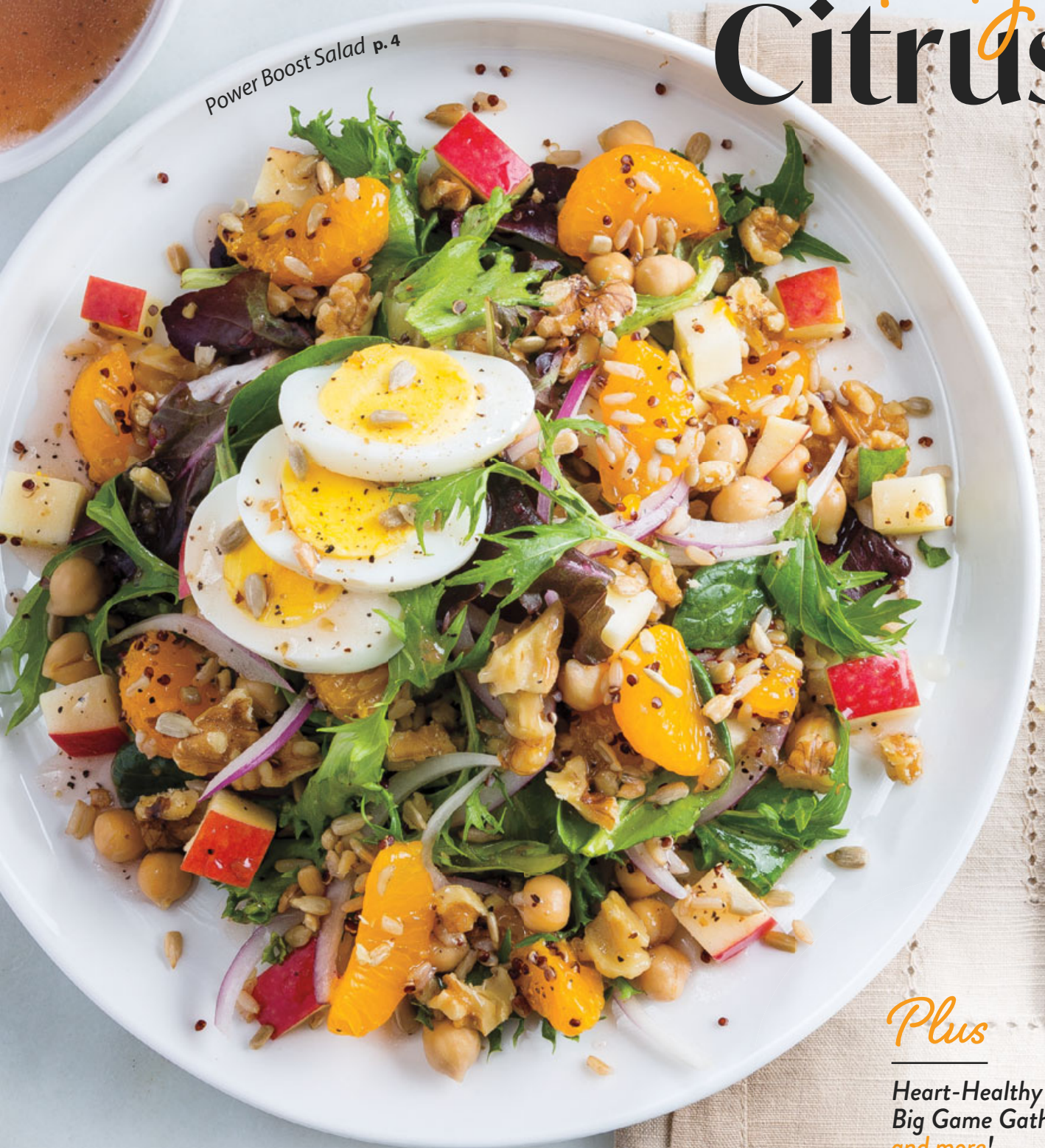




HealthCents

Tasty Citrus

Power Boost Salad p. 4



Plus

Heart-Healthy Helpings,
Big Game Gatherings
and more!

A Message from Meredith

Time is a thief and doesn't wait around for anyone! So here we are again, welcoming another glorious new year! Growing up, it seemed like the year 2000 was something wild, and no one knew what to expect. Well, we made it to 2025! And like clockwork, January acts as a fresh slate to encourage us to reflect and make positive changes to improve our well-being.

Get Started Right

Mornings can be tough, especially during the cold winter months. But creating a routine and starting on the right foot can increase your chances of a smooth, productive day!

- Find a "wake-up" method that works best for you. While the snooze button seems genius, it may do more harm to your day than good. Set a bedtime routine and stick to it to get the best set of zzz's so when that alarm goes off, it's a welcome sound to start the day.
- Hydration is important all day long, particularly first thing in the morning (of course, along with a nutritious breakfast).
- Block off five minutes to engage in mindful meditation, set the intention for the day and give yourself clarity to focus on the NOW and positive vibes.

Get Physical

- It doesn't matter how you move, just as long as you move! Movement is one of the best things you can do for your health! And the good news is, you don't need an expensive gym membership to do it. Look for simple moves you can do in your house, such as wall push-ups, lunges or simply going up and down the stairs. Enjoy a walk outside to get fresh air and vitamin D, or check into free community programs such as yoga, pickleball, running club and more!
- Keep consistent, even if it's only a few minutes a day, and you WILL see results! Physical activity can improve your mood, lower your risk of chronic diseases and help you live longer. It can also help you build stronger bones and muscles, improve circulation and reduce blood pressure and cholesterol.



Get Cooking

- Sometimes, improving eating habits is easier said than done. Remember, you don't need fancy foods or lots of money, but you do need to make a conscious effort! The best way to tackle this is to dedicate time to creating a plan. Consider using a meal planning or recipe app; there are many free options!
- Take advantage of convenient foods that help get dinner on the table quickly: bagged salad kits, frozen vegetables, rotisserie chicken, meal starters, etc. These options still offer plenty of nutrition and are more affordable than takeout.
- We all have our go-to recipes that we can prepare easily, but adding new options is important. Make a goal to try one NEW recipe a month. Maybe it's a nay, BUT maybe it's a YAY!

Your health is worth the effort. Cheers to a healthy and happy 2025 for you and your family!

Meredith McGrath

RD, LDN Corporate Dietitian



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Reach Your Potential

From seasonal changes and diet to stress and sleep, your body faces many challenges. Supporting your immune system with the right nutrients should be at the top of your health priorities. Visit www.naturemade.com to discover vitamins and supplements that can help you reach your full health potential.



For more information, visit us at RednersMarkets.com or follow us on social media to keep up to date on the latest nutrition information and offerings.

Tasty Citrus

Brighten your plate and your day with recipes that bring zesty citrus sunshine to every bite. From a nutrient-packed salad to a breakfast bowl that's as energizing as it is easy, these dishes are your ticket to simple, delicious ways to refresh your routine.

Chef Tips

To toast walnuts: In small skillet, toast walnuts over medium-high heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to a plate to cool completely. Add a lean protein, such as grilled chicken or shrimp, to the salad for a complete meal.



Power Boost Salad

Prep: 20 minutes plus cooling • Serves: 4

- 1 package (8.8 ounces) ready to serve red quinoa and brown rice
- 1 can (11 ounces) Mandarin oranges, drained
- 1 package (5 ounces) 50/50 baby spinach and spring mix
- 1 medium Fuji apple, halved and chopped

- $\frac{3}{4}$ cup reduced sodium chickpeas, drained and rinsed
- $\frac{1}{4}$ medium red onion, thinly sliced
- $\frac{1}{4}$ cup chopped walnuts, toasted
- 2 tablespoons roasted, unsalted shelled sunflower seeds
- $\frac{1}{4}$ cup lite apple cider vinaigrette or favorite dressing
- 2 refrigerated peeled hard-cooked eggs, sliced

1. Prepare quinoa and rice as label directs; cool slightly. Makes about 2 cups.

2. In large bowl, toss quinoa and rice, oranges, greens, apple, chickpeas, onion, walnuts, sunflower seeds and vinaigrette. Makes about 7 cups.

3. Serve salad topped with eggs.

Approximate nutritional values per serving (1 $\frac{3}{4}$ cups salad, $\frac{1}{2}$ egg): 327 Calories, 12g Fat (2g Saturated), 90mg Cholesterol, 343mg Sodium, 47g Carbohydrates, 8g Fiber, 11g Protein



Strawberry-Orange Yogurt Breakfast Bowl with Simple Homemade Granola

Prep: 10 minutes plus cooling

Bake: 8 minutes • Serves: 1

- ¼ cup old-fashioned rolled oats
- ½ cup coconut oil, melted
- ½ teaspoon maple syrup
- ⅛ teaspoon ground cinnamon
- 1 container (5.3 ounces) less sugar strawberry low-fat Greek yogurt
- 7 drained Mandarin orange segments in 100% juice
- 2 strawberries, hulled and thinly sliced lengthwise
- ½ teaspoon chia seeds
- Sliced almonds for garnish (optional)

1. Preheat oven to 375°F; line rimmed baking pan with parchment paper. In small bowl, toss oats, oil, syrup and cinnamon; spread in single layer on prepared pan. Bake granola 8 minutes or until golden brown, stirring once halfway through baking; transfer to plate and cool completely.

2. Place yogurt in bowl; top with orange segments, strawberries, chia seeds, granola and almonds, if desired.

Approximate nutritional values per serving (1 bowl): 257 Calories, 6g Fat (4g Saturated), 15mg Cholesterol, 51mg Sodium, 35g Carbohydrates, 3g Fiber, 15g Protein

Chef Tip

Make a larger batch of granola to have readily available by doubling or tripling the oats, coconut oil, maple syrup and cinnamon in this recipe, baking as directed and storing in an airtight container for up to 2 weeks.

5-Minute Citrus Hacks to Maximize Flavor & Minimize Waste

Do you love citrus but hate wasting a single drop? Whether you're squeezing lemons, zesting limes or finding ways to reuse those leftover rinds, these quick and practical hacks will help you unlock every bit of flavor while keeping waste to a minimum.

1. Zest for the Best

Ever toss a lemon without using the zest? You're missing out on its most flavorful part! Use a fine grater or microplane to scrape off the vibrant outer layer — just stop before you hit the bitter white pith. Sprinkle zest into pancake batter, stir it into pasta or top off your yogurt or oatmeal. It's an easy way to add a punch of citrus without extra ingredients.

2. Get Every Last Drop

Struggling to squeeze every last drop? Roll your citrus on the counter with firm pressure first, or give it a 10-second zap in the microwave to soften it up. Not using all that juice at once? Pour extras into an ice cube tray and freeze. These cubes are perfect for flavoring drinks, soups or marinades whenever you need them.

3. Flavor Boosters on Demand

Left with extra zest or juice? Don't let it sit forgotten! Mix it with softened butter for a citrusy spread, or whisk it into olive oil for a zesty dressing. Keep these in the fridge to instantly elevate fish, roasted veggies or toast.

4. Make Peels Work for You

Before tossing those rinds, think again! Add versatile citrus rinds to your water or tea for a fresh infusion, or freeze them for soups and stews that need a flavor boost. Feeling adventurous? Candied peels are a simple treat: simmer them in sugar water for a sweet snack or homemade garnish.

5. Nature's Cleaning Hack

Don't let used citrus halves go to waste! Turn them into natural cleaners. Rub a lemon or lime half on cutting boards to eliminate odors, scrub sinks for a fresh shine or polish stainless steel. You'll love the fresh scent, and it's an eco-friendly way to tidy up your kitchen.

Heart-Healthy *Helpings*



Cooking heart-smart doesn't mean sacrificing flavor. These better-for-you recipes are proof! Indulge in creamy, spicy pasta or a tender pork tenderloin stuffed with veggies — all with your health and satisfaction in mind.

Better-For-You Spicy & Creamy Tomato Pasta

Prep: 15 minutes

Cook: 10 minutes • Serves: 4

- 1 box (8 ounces) chickpea penne pasta
- 1 tablespoon olive oil
- 1 small yellow onion, halved and thinly sliced
- 2 garlic cloves, minced
- ¼ cup tomato paste
- 1 cup oat milk

- ½ teaspoon crushed red pepper flakes
- ¼ teaspoon smoked paprika
- ½ teaspoon kosher salt
- 2 tablespoons unsalted butter, softened
- ¼ cup grated Parmesan cheese

1. Cook pasta as label directs; reserve ½ cup cooking water. Drain pasta; return to saucepot and cover.

2. In large skillet, heat oil over medium-high heat. Add onion; cook 5 minutes or until tender, stirring occasionally. Add garlic; cook 1 minute or until fragrant, stirring

occasionally. Add tomato paste; cook 1 minute, stirring occasionally. Add milk, crushed red pepper, paprika and salt; cook 2 minutes or until slightly thickened, stirring occasionally. Add butter, pasta and reserved cooking water; cook 1 minute or until heated through and butter is melted, stirring occasionally. Makes about 5 cups.

3. Serve pasta sprinkled with cheese.

Approximate nutritional values per serving (1¼ cups): 365 Calories, 15g Fat (5g Saturated), 20mg Cholesterol, 442mg Sodium, 46g Carbohydrates, 11g Fiber, 17g Protein

Vegetable-Stuffed Pork Tenderloin

Prep: 30 minutes plus standing

Roast: 30 minutes • Serves: 4

- 2 tablespoons olive oil
- ¼ cup carrots
- ¼ cup chopped leeks
- 1 garlic clove, minced
- ¼ cup chopped asparagus
- ¼ cup chopped cremini mushrooms
- 1 cup loosely packed baby spinach
- 2 tablespoons seasoned breadcrumbs
- ½ teaspoon chopped fresh thyme
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 pork tenderloin (about 1¼ pounds)

1. Preheat oven to 375°F. In large skillet, heat 1 tablespoon oil over medium heat. Add carrots and leeks; cook 2 minutes, stirring occasionally. Add garlic; cook 30 seconds, stirring occasionally. Add asparagus and mushrooms; cook 3 minutes or until

mushrooms release their moisture, stirring occasionally. Stir in spinach; cook 2 minutes or until spinach is wilted. Remove from heat; stir in breadcrumbs, thyme and ⅛ teaspoon each salt and pepper. Makes about ½ cup filling.

2. To butterfly pork, cut pork lengthwise down center, leaving ½ inch uncut. Lay pork flat between plastic wrap on cutting board; pound to ½-inch thick with flat end of meat mallet. Remove plastic wrap; place filling lengthwise down center of pork in 2-inch row. From long side, tightly roll pork around filling; secure with 3 wooden skewers.

3. Sprinkle pork with remaining ⅛ teaspoon each salt and pepper. In large skillet, heat remaining 1 tablespoon oil over medium-high heat; add pork and cook 4 minutes or until browned, turning once. Transfer pork to rimmed baking pan; roast 30 minutes or until internal temperature reaches 145°F. Let pork stand 10 minutes before slicing.



Approximate nutritional values per serving (4 ounces pork, 2 tablespoons filling): 235 Calories, 11g Fat (2g Saturated), 76mg Cholesterol, 292mg Sodium, 5g Carbohydrates, 1g Fiber, 29g Protein



Heart-Friendly Foods to Keep Your Heart Happy

This American Heart Month, show your heart some extra love! The foods you choose can make a big difference in keeping your heart healthy. Stock up on these nutrient-packed picks during your next grocery trip and discover how mouthwatering foods can actually love your heart back.

NUTS

Snack your way to better heart health! Nuts like almonds, walnuts and pistachios are brimming with heart-healthy omega-3s, fiber and good-for-you fats. Sprinkle some on oatmeal, yogurt or salads, mix them into trail mix or pancake batter, or grab a handful on busy days for a quick, heart-smart snack.

AVOCADOS

Add some creamy goodness to your meals with avocados! They're loaded with healthy monounsaturated fats, fiber and potassium, which can help reduce inflammation and support your heart. Mash them for guac, spread them onto toast for breakfast or slice some over salads for an instant heart boost.

FATTY FISH

Reel in some heart benefits by incorporating more fish into your meals. Salmon, mackerel and tuna are bursting with omega-3s that can help lower blood pressure and keep your ticker in tip-top shape. Aim for two servings a week — try them baked, grilled or in tacos for a flavorful meal.



Taste the College Inn difference tonight.

Serving Suggestion

French Onion Soup

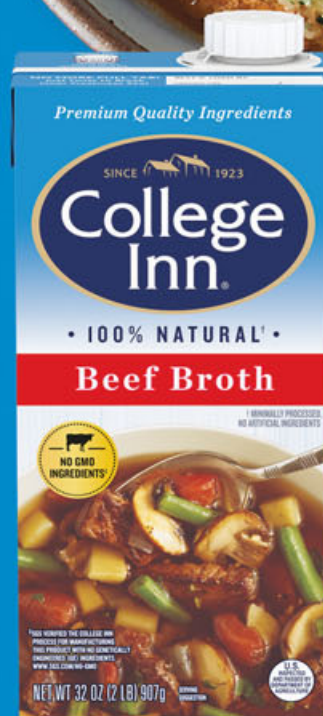
Prep Time: 10 minutes • Cook Time: 1 hour, 10 minutes • Serves: 6

Ingredients

- 4 Tbsp. unsalted butter
- 2 1/2 lb. yellow onions (about 4 medium), very thinly sliced
- 1/4 tsp. baking soda
- 2 Tbsp. all-purpose flour
- 1/2 cup dry white wine
- 1 Tbsp. dry sherry (optional)
- 2 cartons (32 oz. each) College Inn® Beef Broth
- 4 fresh thyme sprigs, or 1/2 tsp. dried thyme
- 2 bay leaves
- 2 cups shredded Gruyère cheese (about 6 oz.)
- 2 Tbsp. chopped fresh parsley
- 18 slices baguette, 1/2-inch thick each

Directions

1. Melt butter in a Dutch oven over medium-high heat. Add onions and baking soda; cook 15 minutes, stirring with a wooden spoon every few minutes. Continue cooking about 10 minutes, scraping the bottom of the pan often and lowering the heat, as needed, until the onions are very soft and a deep golden brown.
2. Stir in flour and cook 1 minute. Add wine and sherry, if desired, and cook until evaporated. Stir in broth, thyme and bay leaves; bring to a simmer. Reduce heat to medium and simmer 30 minutes.
3. Meanwhile, preheat broiler with rack in the upper third of the oven. Line a baking sheet with aluminum foil and coat with nonstick cooking spray. Place baguette slices on the baking sheet, arranging slices touching each other in groups of 2 or 3 to fit the bowls. Toss cheese with parsley; sprinkle evenly over bread slices.
4. When the soup is ready, remove thyme stems and bay leaves. Broil toasts 2 to 3 minutes until cheese is melted and browned in spots. Ladle soup into 6 bowls and transfer a grouping of cheese toast to top each bowl.



Dessert Cheesecake Ball

- 16 ounces cream cheese, softened
- ½ cup **Daisy Sour Cream**
- ½ cup peanut butter
- 3 cups powdered sugar
- 1 teaspoon vanilla extract
- 11 ounces chocolate chips

In a medium bowl, beat the cream cheese, powdered sugar, sour cream, peanut butter, and vanilla on medium speed until smooth. Spoon about 2 tablespoons cheese mixture into small resealable plastic bag and reserve.

Stir ½ cup chocolate chips into remaining cream cheese mixture.

Spoon the cream cheese mixture into the center of a serving dish. With the back of a spoon shape the cream cheese mixture into a ball.

Sprinkle with the remaining chocolate chips.

Snip the corner from bag with reserved cream cheese mixture and decorate the cheesecake ball.

Serve immediately with your favorite dippers or refrigerate up to 24 hours.



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Easy Cottage Cheese Air Fryer Pizza

- ¼ loaf French baguette
- 1 teaspoon olive oil
- 2 tablespoons pizza sauce
- ⅓ cup **Daisy Cottage Cheese**
- 3 fresh basil leaves, torn
- ½ teaspoon grated parmesan
- black pepper to taste

Set-up crisper basket inside of air fryer then preheat to 400°F. Cut the baguette loaf in half lengthwise and then brush cut surface with olive oil. Place the bread inside the air fryer, cut side up, and bake for 2 minutes until surface is lightly toasted. Remove toasted bread from the air fryer and spread the pizza sauce evenly over surface. Top the sauce with dollops of cottage cheese. Bake for 4 to 5 minutes more. Remove the pizzas from the air fryer and then cool for 1 minute.

Try adding toppers such as cherry tomatoes, balsamic glaze, Italian herbs, pesto, garlic butter, additional parmesan cheese, pepperoni, mushrooms, bell peppers, onions, or other pizza toppers.

Big Game Gatherings

Score big with crowd-pleasing eats that'll have everyone cheering — no matter the final score. Whether you're dipping into garlicky goodness in a festive football format or piling nachos high with bold flavors, these recipes are game-day winners.

Garlic-Spinach Football Dip

Prep: 25 minutes

Bake: 45 minutes • Serves: 8

- 3 packages (8 ounces each) refrigerated crescent rolls
- 6 garlic cloves, minced
- 1½ cups sour cream
- 1 cup thawed and squeezed dry frozen chopped spinach
- ½ cup grated Parmesan cheese
- ¼ cup fresh lemon juice
- ½ teaspoon ground black pepper

1. Adjust 2 oven racks to top and bottom positions; preheat oven to 350°F. Line 2 rimmed baking pans with parchment paper.

2. Unroll 1 package of crescent rolls on 1 prepared pan; pinch perforations to seal. Lay remaining 2 packages of crescent rolls, unrolled, on top of unrolled dough with ends of rolls touching in the shape of a "football"; pinch perforations and edges together to seal.

Trim excess dough on unrolled dough around bottom of "football." From excess dough, cut 2 (6 x ½-inch) strips of dough, 1 (4½ x ¼-inch) strip of dough and 5 (1½ x ¼-inch) strips of dough. Place the 2 (6 x ½-inch) strips of dough on right and left sides of football to create "stripes." On remaining prepared pan, lay the (4½ x ¼-inch) strip of dough; lay the 5 (1½ x ¼-inch) strips of dough crosswise over (4½ x ¼-inch) strip of dough to create "laces."

3. Bake "football" and "laces" 25 minutes or until lightly browned, removing "laces" after 10 minutes and turning once.

4. In large bowl, stir garlic, sour cream, spinach, cheese, lemon juice and pepper. Makes about 3 cups garlic mixture.

5. Transfer garlic mixture to "football"; bake 20 minutes or until dip is heated through and "football" is golden brown.

6. Carefully place "laces" lengthwise over center of dip.

Approximate nutritional values per serving (6 tablespoons dip, 2½ ounces bread): 358 Calories, 21g Fat (10g Saturated), 26mg Cholesterol, 655mg Sodium, 35g Carbohydrates, 1g Fiber, 8g Protein

Chef Tip

Serve dip with carrot sticks, celery sticks, grape tomatoes, halved mini peppers and/or blue corn chips.







Poblano-Black Bean Chicken Nachos

Prep: 10 minutes

Bake: 10 minutes • Serves: 6

- Nonstick cooking spray
- 1 pound 93% lean ground chicken
- 1 poblano pepper, chopped
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ (12-ounce) bag corn tortilla chips
- ¾ cup shredded Mexican blend cheese
- ½ cup black beans
- ⅓ cup thinly sliced red onion

1. Preheat oven to 400°F; spray rimmed baking pan with cooking spray. Heat large skillet over medium-high heat; spray with cooking spray. Add chicken and poblano pepper; cook 6 minutes or until browned, breaking up chicken with side of spoon. Stir in cumin, salt and black pepper. Makes about 2½ cups chicken mixture.

2. Spread chips on prepared pan; top with chicken mixture, cheese, beans and onion. Bake nachos 10 minutes or until golden brown and cheese melts. Makes about 10 cups nachos.

*Approximate nutritional values per serving (1⅔ cups):
307 Calories, 15g Fat (4g Saturated), 70mg Cholesterol,
516mg Sodium, 24g Carbohydrates, 3g Fiber, 18g Protein*

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Glow Cooker Favorites

Set it and forget it — dinner's done! These slow cooker recipes are made to save your sanity and your schedule. From classic chicken noodle soup to sweet-and-spicy meatballs that freeze like a dream, they're perfect for busy nights and comforting bites.

Slow Cooker Chicken Noodle Soup

Prep: 25 minutes

Slow Cook: 4 hours 10 minutes • Serves: 8

- 1½ pounds bone-in, skin-on chicken breasts
- 2 medium carrots, sliced ⅛-inch thick
- 2 medium celery ribs, cut lengthwise in half, then chopped
- 1 large leek, halved lengthwise and sliced ¼-inch thick
- 1 large yellow onion, halved and sliced
- 1 bay leaf
- 1 teaspoon salt
- ¾ teaspoon black pepper
- 2 containers (32 ounces each) low sodium chicken stock
- 1 package (12 ounces) egg fettuccine noodles
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh Italian parsley
- 1 tablespoon fresh lemon juice

1. In 5- to 6-quart slow cooker, add chicken, carrots, celery, leek, onion, bay leaf, salt and pepper. Add stock; cover and cook on high 4 hours or low 8 hours or until chicken is very tender.

2. Transfer chicken to cutting board; let stand 5 minutes. Remove and discard bay leaf; stir in fettuccine, cover and cook on high 10 minutes or low 20 minutes or until fettuccine is tender.

3. Remove and discard chicken skin and bones; chop chicken and stir into soup.

4. Stir dill, parsley and lemon juice into soup. Makes about 12 cups.

Approximate nutritional values per serving (1½ cups): 238 Calories, 2g Fat (0g Saturated), 48mg Cholesterol, 563mg Sodium, 34g Carbohydrates, 3g Fiber, 21g Protein



Freezer-Friendly Slow Cooker Sweet & Spicy Chicken Meatballs

Prep: 30 minutes plus cooling and freezing • Slow Cook: 2 hours • Serves: 4

- Nonstick cooking spray
- ¼ cup chili sauce
- 3 tablespoons apricot preserves
- 1 tablespoon chili garlic-flavored hot sauce
- 1 large egg
- 1 pound 93% lean ground chicken
- 2 green onions, thinly sliced plus additional for garnish (optional)
- ½ cup finely ground almond flour
- ½ teaspoon garlic powder

1. Preheat oven to 400°F; spray rimmed baking pan with cooking spray. In medium bowl, whisk chili sauce, preserves, hot sauce and ½ cup water.

2. In large bowl, lightly beat egg; gently mix in chicken, onions, flour and garlic powder until just combined. Makes about 3 cups chicken mixture.

3. Form chicken mixture into 1½-inch meatballs; place 1 inch apart on prepared pan. Bake 20 minutes or until internal temperature reaches 165°F; cool slightly. Place meatballs in large zip-top plastic bag; pour chili sauce mixture over meatballs. Seal bag, pressing out excess air; freeze up to 2 months.

4. Transfer meatballs to slow cooker; cover and cook on high 2 hours or low 4 hours. Makes about 20 meatballs and ¾ cup sauce.

5. Serve meatballs garnished with green onions, if desired.

Approximate nutritional values per serving (5 meatballs, 3 tablespoons sauce): 294 Calories, 16g Fat (3g Saturated), 132mg Cholesterol, 440mg Sodium, 17g Carbohydrates, 2g Fiber, 23g Protein



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