meijer healthy living

Monthly Strategy for September, 2006

September 25th is Family Day – A Day to Eat Dinner with Your Children

The National Center on Addiction and Substance Abuse at Columbia University (CASA) started "Family Day" in 2001 to encourage families to have dinner together. Research shows that having regular family meals increases the intake of fruits, vegetables, dairy foods, and grains, while decreasing fried food, soda and saturated fat in the diet. Plus, the number of meals a family has together is inversely related to drug and alcohol use in adolescents. This year, Family Day is on the 25th of September. Take this opportunity to start a new family routine! Incorporate some of our easy ideas below for quick and healthy meals and ways to increase table conversation.

Easy Mealtime Tips

- **Double the amount.** When boiling pasta, such as Barilla® Plus Penne Pasta, double the amount. Use half for dinner that night and then store the rest in a sealable bag in the refrigerator to pull out for a quick meal later in the week.

- **Take advantage of the weekends.** When you know your upcoming week is extra busy, over the weekend, make a large casserole or dish that you can reheat to enjoy on those hectic days.

- **Let others help.** Parents can often feel overwhelmed in the kitchen cooking the meal, getting the table set and gathering the family together. Encourage the kids to help with the preparation of the meal and setting the table. They like the responsibility and being involved.

- **Make extras.** When you make one casserole or dish of lasagna, make another one at the same time to store in the freezer. The days when you need a quick dinner, pull out the casserole or lasagna and reheat it for a quick meal.

- **Let a crock pot do the work for you.** A crock pot is a great item to have on hand for an easy meal. Toss the ingredients into the pot in the morning and by dinnertime, you will have a warm and satisfying dinner for your family.

- **Keep it simple.** Rice A Roni® Original Long Grain and Wild Rice is a perfect side dish to a breast of chicken marinated in Mrs. Dash® Zesty Garlic Herb Marinade. Sliced mushrooms, tomatoes, broccoli and cubed deli ham

tossed with Pasta Roni® Angel Hair Pasta with Herb Sauce is a delicious one-dish meal.

- **Have Meijer help with dinner!** Look for prepared, nutritious items at your local store. On the way home from work or school, stop by your local Meijer store for a great meal idea. Pick up a hot rotisserie chicken and serve the chicken with a side salad from a bagged salad mix. Add pear slices and a glass of milk to balance out the meal and you are all set!

To help with quick and healthy family meals, keep easy meal ingredients on hand.

Pantry

Meats:

- Canned chicken, tuna and salmon packed in water are versatile choices to have in your pantry. Add them to casseroles, tacos, sandwiches and salads.

Grains:

- Look for whole grain pastas and grains. The fiber in these products helps to fill you up and offer disease fighting benefits. There are many instant grain products that cook up in minutes including Meijer Instant Brown Rice and Rice A Roni® Long Grain and Wild Rice.

- Keep different pastas on hand for easy meal starters. Pasta Roni® has a variety of pasta flavors - make different meals by adding a variety of items to the pasta dish. Try including fresh spinach, chicken, onions, broccoli, peas or mushrooms.

Condiments:

- Mrs. Dash® marinade is a great item to keep on hand adding zest to meats and vegetables. These 10-minutes marinades are a busy family's best friend!

- Keep your pantry stocked with Mrs. Dash® seasonings. The different combinations are wonderful for grilling or just sprinkling on side dishes.

Drinks:

- Meijer bottled water and diet beverages such as Diet A&W Root Beer or Diet Rite Cola.

Refrigerator:

Fruits and Veggies:

- Bagged salads are an easy way to add vegetables to your diet or prepare a quick meal. Add sliced bell peppers, cucumbers, tomatoes and mushrooms for a colorful and delicious salad. Top with Hormel® chunk chicken, black beans and shredded cheese for a well-rounded meal.

- Keep pre-cut veggies and fruits in the refrigerator. Meijer has a large selection to choose from in the produce department. Toss these in stir-frys and salads and on fajitas and tacos.

Dairy:

- Low-fat shredded cheese is great to have on hand for quick additions to salads, soups, potatoes, pasta, rice and other meals.

- Low-fat yogurt is an excellent topping for fresh fruit. Try Dannon® Light 'N Fit Carb & Sugar Control to cut back on added sugars.

Freezer

Fruits and Veggies:

- Stock your freezer with a variety of your favorite frozen vegetables and fruits. Frozen vegetables can be quickly prepared in the microwave (top with Molly McButter® for a flavor enhancer!) or tossed in stir-fry. Frozen fruits can be used in blender smoothies and as a topping for ice cream, puddings or angel food cake.

- Mrs. T's® Pierogies are easy main meals or side dishes and cook up in minutes for a fast dinner option.

Meat:

- Pre-cooked, frozen chicken strips can be added to tacos, fajitas, salads, and soups.

- Frozen shrimp can be thawed quickly for a quick stir-fry meal or salad.

Easy Ways to Spice Up Family Meals

Invite others to join your family meal. Let your children take turns inviting friends over for dinner. On other days, invite other families, teachers or adult friends over for a meal. This will help your children build social skills.

Enjoy theme meals. Once a month, plan to have a theme meal to make dinner more fun! Themes can be based on different countries (your children can even do a little research to find out more about the country and foods they eat), colors or a family member's favorite foods. Include all of the family members in planning the theme.

Make fun family conversation. Go around the table asking each other different questions and listen to each other's answers. Some fun questions can include:

- If you could travel anywhere in the world, where would you travel and why?
- What is your favorite movie and why?

- Which would you choose: to be invisible for a day or to fly for a day?
- If you could be an animal, which animal would you be and why?

Plan a weekly potluck with other families. This will help to split the work and increase social interaction. Try the recipes below to bring to the potluck:

Chicken Noodle & Vegetable Soup
1/2 cup fresh or frozen diced onion
1 T. Meijer butter (or try Carapelli® olive oil)
6 cups water
2 T. chicken flavored instant bouillon
1 1/2 cups frozen mixed vegetables, thawed
1 can Hormel® Premium Chunk Breast of Chicken (10-ounce)
1 1/2 cups uncooked wide egg noodles
salt and pepper, to taste

In large saucepan, sauté onion in butter until softened, about 2 minutes. Add water and bouillon. Bring mixture to a boil. Add vegetables, chicken and egg noodles. Return mixture to a boil; reduce heat and simmer for 10-12 minutes or until noodles and vegetables are tender. Season to taste with salt and pepper. Variation: If desired, stir in ½ cup diced, canned tomatoes (try Dei Fratelli® diced tomatoes).

Tomato-Macaroni-Beef
3 t. Carapelli® olive oil
1 lb. extra lean ground beef
1 large onion, chopped
1 green pepper, chopped
1 28 oz. Dei Fratelli® No Salt Added Whole Tomatoes
1 c. water
1 t. Meijer salt
1 t. oregano
8 oz. elbow macaroni, try Barilla® Plus pasta

Brown beef in oil, add onion, green pepper and cook until vegetables are soft. Add tomatoes and seasonings and bring to a boil. Add macaroni and simmer about 30 minutes, or until macaroni is tender, stirring occasionally. Serves 6. Nutrition information per serving: Calories: 335, Total Fat: 10.5g, Carbohydrates: 36g, Sodium: 450mg, Cholesterol: 49mg. Adapted from: www.hirzel.com.

Pierogy Skillet Meal
1 pkg. Mrs. T's® Pierogies
Cooked beef or chicken
Red pepper strips
Frozen peas
Sliced mushrooms

Sliced onions
Meijer low-fat shredded cheese, optional

Sauté pierogies with onions and sliced mushrooms. For color, add peas and red pepper strips. To make a complete skillet meal, add cooked beef or chicken strips. Top with shredded cheese, if desired. Source: www.pierogies.com.

Get Into the Habit of Healthy Eating – The Whole Family Will Benefit

You don't have to make separate meals for each of your family members because of different health conditions or concerns. Everyone in the family can benefit from eating well. Following heart healthy diet guidelines are perfect for family members with and without diabetes. Keep these guidelines in mind:

- **Consume less fat.** Bake, broil, grill, steam or sauté foods for lower fat options. Look for reduced-fat and low-fat varieties of foods, such as cheeses, salad dressings, sour creams and cream cheeses.

- **Limit sodium intake.** It is recommended to consume less than 2,300 milligrams of sodium each day. High sodium and salt intake can increase one's blood pressure which can affect the circulatory system. This system can already be at risk for people with diabetes. Limit adding salt to foods while cooking and at the dinner table. Add a sprinkle of Mrs. Dash® Southwest Chipotle seasoning to a fish fillet for a twist on an old favorite. Or top steamed cauliflower with Molly McButter®.

- **Choose low calorie beverages and snacks.** Diet beverages such as Diet Dr. Pepper® and Diet 7-Up® are better alternatives to regular sodas as they do not contain the high amount of calories and sugars. Nabisco® Snackwell cookies and Dannon® Light n Fit Carb and Sugar Control yogurt are also good options for snacks in addition to fruits, vegetables, and whole grain crackers.

- **Limit refined sugar.** Instead of using regular sugar, look for sugar substitutes, such as Equal®. Substitutes provide the sweetening power without all of the calories. Equal® is also safe for individuals with diabetes.

Family Members with Diabetes Can Still Benefit from Eating Healthy

Healthy eating can help people with diabetes prevent complications. Diabetics are recommended to monitor their blood glucose levels to prevent hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar).

Hypoglycemia

Possible causes:

- You may be giving yourself too much insulin.
- You did not eat enough carbohydrates.
- You exercised more than originally planned.

Solutions:

- Keep snacks on hand (such as candies and Nabisco® Snackwells) in case your blood glucose level drops.
- Spread out your carbohydrate intake throughout the day including approximately the same amount of carbohydrate at each meal.

Hyperglycemia

Possible causes:

- You may not be giving yourself enough insulin.
- You ate too many carbohydrates.
- You exercised less than originally planned.
- You may have added stress.

Solutions:

- Talk with your doctor about the recommended amount of insulin that is best for your needs.
- Spread out your carbohydrate intake throughout the day. Try to keep Equal® on hand for a sweetener instead of added sugar).
- Try stress relieving exercises. Meijer has a great selection on yoga mats and relaxing CDs.

Visit your local Meijer pharmacy for all of your diabetes needs – syringes, glucose meters and glucose tablets!

Products To Try:

Keep these items on hand for easy weeknight dinners.

Mrs. T Pierogies Broccoli & Cheese #275000

Mrs.T's Pierogies are creamy whipped potatoes lovingly folded into a pasta shell. Easy to make; Pierogies can be boiled, sautéed, baked, grilled, and microwaved. Just heat pierogies using your preferred method for a great main meal, side dish or snack. Try any of our delicious varieties!

Dei Fratelli Tomatoes Diced #141652

Dei Fratelli tomatoes are flavorful and delicious and great to have on hand for quick and healthy meals. The knowledge gained from research and organic farming experience, combined with our in-house control of every step of processing from seed to consumer, allows us to produce high quality canned products.

Barilla Plus Spaghetti (#121728)

Barilla PLUS® offers a good source of fiber through its naturally fiber-rich ingredients. The unique multi-grain blend found in Barilla PLUS® - semolina (coarse durum wheat),

oats, spelt and barley - delivers most of its fiber and complex carbohydrates. The fiber composition is further enhanced by the addition of ground flaxseed and wheat fiber, excellent sources of soluble and insoluble fiber. One cup of uncooked Barilla PLUS® contains seven grams of dietary fiber, which is 28-percent of the minimum recommended daily amount for adults 50 years and younger.

Mrs. Dash Zesty Garlic Herb Marinade (#136506)
Looking for Marinade Sauces? Try Mrs. Dash® 10-Minute Marinades!
New Mrs. Dash® 10-Minute Marinades are the first fast-acting marinade sauces that are salt-free, with no MSG! And like all seasonings from Mrs. Dash, our 10-Minute Marinades are made with an all natural blend of 14 herbs and spices and a touch of real fruit essence. From bold, beefy steak marinades to our zesty chicken marinades, each of our four varieties add just the right flavor to any dish at a moment's notice. Just pour it on, and in ten minutes bake, broil or grill to create a healthy, tender and delicious meal. Mrs. Dash® 10-Minute Marinades are great for dips, sauces and side dishes, too!

Mrs. Dash Original (#169042)
Try every one of the 12 Mrs. Dash® Salt Free Seasoning Blends. Each unique flavor of Mrs. Dash is created from a blend of 14 natural herbs and spices, so you can add bold, robust flavor to any dish. And since Mrs. Dash Seasoning Blends have always been salt-free with no MSG, you can create great tasting meals full of only one thing – mouth watering flavor. Mrs. Dash is Salt-Free, Flavor-Full.

Molly McButter Natural #168090
Sprinkle generously on any steamed or grilled vegetables, baked or mashed potatoes, rice, pasta, fish, hot cereal and popcorn. Molly McButter® makes it easy to add a flavorful and healthy twist to your favorite foods!

Rice A Roni Original Long Grain/Wild Rice #123054
Rice-a-Roni® combines rice, vermicelli pasta and the perfect mix of seasonings to create classic side dishes and main dish recipes. With the variety of flavors available, there's bound to be a flavor to please your entire family.

Pasta Roni Angel Hair Pasta with Herbs #125148
Pasta Roni® offers a wide variety of pasta shapes perfectly matches with flavorful sauces for side dish or main dish usage. Try our many different family-pleasing flavors.

Equal Sweetener Packets #168166

Equal Packets are perfect for coffee, iced tea and other drinks. Each zero-calorie packet quickly dissolves in hot or cold drinks and sweetens like two teaspoons of sugar.

We've been working closely with people with diabetes and the diabetes community since Equal's introduction in 1982. We work hand-in-hand with the American Diabetes Association and the Juvenile Diabetes Research Foundation, sponsoring special programs and fund-raising events throughout the year. And we'll continue our relationship with

these organizations as they strive to find a cure, while helping to improve the lives of those living with diabetes.

Nabisco SnackWells Devils Food (034632)
Bring back the joy of snacking! Who says you can't snack and be healthy at the same time? SnackWells not only taste good, but you can feel good about eating them too. That's what Sensible Snacking is all about. So go forth and remember – be healthy, snack happy!

Dannon Light n Fit Carb & Sugar Control Strawberry Cream #280305
Dannon® Light 'n Fit® Carb & Sugar Control™ is a great option when watching your carb and sugar intake. The rich and creamy 3-carb 4 oz. cup is a tasty addition to your low carb lifestyle. Each cup has 60 calories and 90% less sugar than regular lowfat yogurt. It's made with active yogurt cultures, and is a good source of calcium and protein.

Diet Dr. Pepper #041151
The cool, refreshing flavor of Diet Dr. Pepper will eliminate your thirst! You won't be able to tell the difference between regular and diet Dr. Pepper. Diet Dr. Pepper has all of the flavor without the calories and sugar of regular Dr. Pepper. As a person with diabetes, this is a good choice for a drink!

Hormel Breast of Chicken (#124446) (124466?)
Hormel® Chunk Meats fit today's lifestyle of eating healthier, nutritious meals which take less than 30 minutes to prepare. Hormel® Chunk Meats are fully cooked meats which are the meal provider's secret weapon, enabling them to prepare quick, convenient, and good tasting meals that the whole family will appreciate.

Carapelli Extra Virgin Olive Oil (#163298 or 163304)
Carapelli Extra Virgin olive oil is a full-bodied oil selected from high quality extra-virgin olive oils originating in the Mediterranean region. Extra virgin olive oil is made from the first pressing of the olives. The use of extra virgin olive oil turns basic culinary ingredients into a real treat.. The sensory and chemical-physical characteristics of extra virgin olive oil are particularly prominent as the oil is directly obtained from the olive fruit.

Recipes

Pierogies Santa Fe
Preparation time: 10 minutes
Cooking time: 13 minutes

1-1/2 cup chopped onion
1 red or green bell pepper, diced
24 cooked Mrs.T 's® Pierogies
2 T. Carapelli® olive oil
3 cloves garlic minced

1 (14 oz.) can salsa or chili style stewed tomatoes (try Dei Fratelli® tomatoes)
1/2 cup Meijer Gold salsa
1 t. cumin
1 (15 oz.) can black beans rinsed
1 cup frozen corn
1/4 cup cilantro
Shredded cheddar cheese

Sauté onion, bell pepper, and pierogies in oil until tender (6-8 minutes). Add garlic, stir in tomatoes, salsa and cumin. Simmer 5 minutes longer. Stir in beans and corn. Sprinkle with cilantro and cheese, serve hot.
Source: www.pierogies.com

Spicy Pierogies and Broccoli
Preparation time: 10 minutes
Cooking time: 20 minutes

2 t. Carapelli® olive oil
1/2 t. minced garlic
1 t. grated lemon peel
3/4 t. Meijer salt
1/4 t. red pepper flakes
1 pkg. Mrs. T's® Pierogies (any flavor)
3 cups fresh or frozen broccoli florets

In a large serving bowl mash oil, garlic, lemon peel, salt and red pepper flakes with a fork until well combined. Cook pierogies in boiling water for 3 minutes. Add broccoli to pot. Cook until tender, about 2 minutes longer. Drain, reserving 2 tablespoons of the cooking water, and add to garlic mixture in bowl. Toss pierogies and broccoli with garlic mixture.
Source: www.pierogies.com

Beef Porcupine Balls
Preparation Time: 10 Minutes
Cook Time: 35 Minutes
Time to Table: 45 Minutes
Servings: 4

1 (6.8-ounce) package Rice-A-Roni® Beef Flavor
1 pound ground beef or ground turkey
1 egg, beaten
1 T. Meijer vegetable oil
2-1/2 cups water

Combine rice-vermicelli mix, ground beef and egg. Shape into twenty 1-1/4-inch meatballs. In large skillet, over medium-high heat, brown meatballs in oil; drain. Slowly stir in water and Special Seasonings. Bring to a boil. Cover; reduce heat to low. Simmer 30 minutes or until meatballs are cooked.
Source: www.ricearoni.com

Garlicky Yogurt and Spinach Mashed Potatoes
Yield: 8 servings (1/2 cup each)

3/4 cup Dannon® Plain Nonfat Yogurt
2 pounds Yukon gold or large red-skinned potatoes
2 T. unsalted butter
1/2 cup finely chopped onion
3 medium cloves garlic finely minced
1 10-ounce package Meijer frozen chopped spinach thawed
1 t. dried basil leaves
salt and pepper (optional)

1. Wash and scrub potatoes well (do not peel). Place potatoes in large pot with water to cover by 1 inch. Bring to boil, lower heat and cook potatoes 40 minutes or until tender.
2. Meanwhile, melt 1 tablespoon of butter in large, non-stick skillet. Add onions and garlic. Cook over medium heat until soft, but not brown. Squeeze any excess water from spinach and add with basil to pan. Continue to cook 5 minutes or until spinach is soft.
3. Drain potatoes in colander, saving 1/2 cup cooking water. Peel, when cool enough to handle, and place potatoes in large bowl. Mash potatoes with potato masher. Add spinach mixture, yogurt and remaining tablespoon of butter. Add salt and pepper to taste. Continue to mash, adding cooking water to loosen, if necessary.
4. Heat before serving.
Nutrition information per serving: Calories 140, Total Fat 3.0g, Saturated Fat 2.0g, Cholesterol 10mg, Sodium 55mg, Carbohydrates 25g, Dietary Fiber 3g, Protein 5g.
Source: www.dannon.com

Easy Fiesta Chili
Preparation Time: 5 Minutes
Cook Time: 25 Minutes
Time to Table: 30 Minutes
Servings: 6-8

1 (6.8 ounce package) Rice-A-Roni® Spanish Rice
1-1/2 pounds Meijer lean ground beef
1 small onion finely chopped
2 (14 ounce) cans low-sodium beef broth plus 1 can water
1 (15 ounce) can Meijer light red kidney beans
1 (14.5 ounce) can crushed tomatoes (try Dei Fratelli® tomatoes)

1 (11 ounce) can of corn
2 t. chili powder

Brown ground beef over medium high heat in a large dutch oven, adding special seasonings packet. Add chopped onion and sauté until tender. Add remaining ingredients to beef mixture, excluding rice, and bring to a boil. Add rice to the pot, cover and lower heat. Simmer 15 to 20 minutes until rice is tender.
Source: www.ricearoni.com

Cheesy Chicken & Vegetables
Preparation Time: 5 Minutes
Cook Time: 15 Minutes
Time to Table: 20 Minutes
Servings: 4

1 (5.2-ounce) package Pasta Roni® Fettuccine Alfredo, Angel Hair Pasta with Parmesan Cheese, or Parmesano
2 cups chopped cooked chicken or steak (try Hormel® Canned Chunk Chicken)
2 cups frozen mixed vegetables, thawed, or chopped fresh or frozen broccoli
1/8 t. crushed red pepper flakes or 1 t. Dijon mustard
Grated Parmesan cheese, optional

Prepare Pasta Roni® as package directs adding chicken, vegetables and red pepper flakes with pasta. Serve with cheese if desired.
Source: www.ricearoni.com

Crazy Chicken Skewers with Peanutty Good Noodles
Preparation Time: 15 Minutes
Cook Time: 30 Minutes
Time to Table: 45 Minutes
Servings: 4

1/4 cup chicken broth
1/4 cup Meijer creamy peanut butter
1 T. low sodium soy sauce
1/4 t. ground ginger
1 pound boneless, skinless chicken breasts
Non-stick cooking spray
1 T. Meijer margarine or butter
1 (4.9-ounce) package Pasta Roni® Homestyle Chicken Flavor
2 cups frozen Oriental-style mixed vegetables

In small bowl, combine broth, peanut butter, soy sauce and ginger with wire whisk. Reserve 3 tablespoons sauce for noodles.

Cut chicken lengthwise into 1-inch wide strips. Thread onto 8 (6 to 8-inch) bamboo skewers. Spray large skillet with cooking spray. Add chicken; cook over medium-high heat 3 to 4 minutes on each side or until chicken is no longer pink inside. Brush chicken with remaining peanut sauce. Cook chicken 1 minute to heat sauce. Remove from skillet, keep warm.

Meanwhile, in large saucepan, bring 2 cups water and margarine to a boil. Slowly stir in pasta, Special Seasonings and vegetables. Return to a boil. Reduce heat to medium-low. Gently boil 6 to 7 minutes or until pasta is tender.

Stir in reserved 3 tablespoons peanut sauce. Let stand 3 minutes before serving. Serve chicken skewers with pasta.
Source: www.ricearoni.com

Southwest Green Bean Salad
Prep Time: 10 min
Cook Time: 10 min
Serves: 6
Serving Size: 3/4 cup

1/2 lb. green wax beans, cleaned, cut into thirds, blanched and drained
1 cup celery, thinly sliced
1/2 cup red pepper, chopped
1/2 cup yellow bell pepper, chopped
1/2 cup Mrs. Dash® Southwestern Chipotle 10-Minute Marinade
1/4 cup Meijer apple cider vinegar

1. Combine blanched green beans, celery, red pepper and yellow pepper in large bowl.
2. Combine Mrs. Dash® Southwestern Chipotle 10-Minute Marinade and vinegar in small bowl, mix well.
3. Pour dressing over bean mixture, stir gently. Let marinate in the refrigerator for 3 hours before serving.

Nutrition information per serving: Calories: 61, Total Fat: 2g, Cholesterol: 0mg, Sodium: 21mg, Potassium: 273mg, Carbohydrates: 11g, Fiber: 3g, Protein: 2g.
Source: www.mrsdash.com

Lemon Rice Pilaf
Prep Time: 5 min
Cook Time: 5 min
Serves: 4
Serving Size: 5.7 Oz.

1 cup water

1/2 medium onion, chopped (or about 1/2 cup)
2 cups Meijer quick-cooking (5 minute) rice (try Meijer brown rice for more fiber)
1/2 cup frozen green peas
1/2 cup frozen cut corn
3 T. Mrs. Dash® Lemon Herb Peppercorn 10-Minute Marinade
1 t. canola or Carapelli® olive oil

1. Heat the oil over medium high heat in a 1 quart or larger saucepan with a lid. Peel and coarsely chop the onion and add it to the pan. Stir and cook for 3 minutes or until onion starts to brown on the edges. Add water and raise the heat to high. Cover the saucepan and bring the water to a boil.
2. When the water boils, add the rice, frozen vegetables and the marinade to the pan. Stir well, cover and reduce heat to low.
3. Simmer for 5 minutes or until liquid is absorbed and rice is tender. Serve immediately or cover, remove from the heat and let rest for up to 15 minutes.
Nutrition information per serving: Calories: 246, Total Fat: 3g, Cholesterol: 1mg, Sodium: 53mg, Potassium: 111mg, Carbohydrates: 47g, Fiber: 2g, Protein: 7g.
Source: www.mrsdash.com

Sauteéd Zucchini & Mushrooms
Prep Time: 6 min
Cook Time: 8 min to 9 min
Serves: 3

3 large zucchini sliced at an angle about 3/8 inch thick
1 large portabella mushroom, sliced
1 large onion, sliced about 1/8 inch thick
1 T. + 1 t. Mrs. Dash® Original Blend, divided
2 t. Molly McButter® Natural Butter Sprinkles, divided
Weight Watchers Butter Spray

1. Spray a large skillet with butter spray.
2. Over high heat, sauté zucchini and onions until browned both sides (about 5 minutes).
3. Sprinkle 1 T. of Mrs. Dash® Original Blend and 1 1/2 t. of Molly McButter® divided over both sides.
4. Continue sautéing for about 1 minute each side.
5. Remove from the pan; set aside.
6. Sauté the mushrooms until browned both sides (pouring out excess water, if any).
7. Sprinkle 1 t. Mrs. Dash® Original Blend and 1/2 t. of Molly McButter® divided over both sides.
8. Continue sautéing for about 1 minute each side.
9. Remove from the pan and combine with the zucchini and onions.
10. Sprinkle with additional Mrs. Dash® Original Blend and/or Molly McButter®, if desired.
11. Serve immediately.

Option: Add Horme®l Canned Chunk Chicken and make this a main dish.
Nutrition information per serving: Calories: 70, Total Fat: 1g, Cholesterol: 0mg, Sodium: 132mg, Potassium: 908mg, Carbohydrates: 15g, Fiber: 5g, Protein: 5g.
Source: www.mrsdash.com

Spicy Glazed Carrots
Prep Time: 10 min
Cook Time: 14 min to 15 min
Serves: 6
Serving Size: 3.27 Oz.

1 lb. fresh baby carrots
1 cup water
1/2 t. Mrs. Dash® Extra Spicy Seasoning Blend
1/4 cup Meijer honey
1 T. orange juice concentrate
2 t. Mrs. Dash® Table Blend

1. Place carrots, water, Mrs. Dash® Extra Spicy Seasoning Blend in a microwave-safe bowl. Microwave on High for 10 minutes or until carrots are crisp tender. Drain.
2. Heat honey, orange juice concentrate and Mrs. Dash® Table Blend in a small saucepan on medium heat until hot. Pour over drained carrots.
3. Serve immediately.

Nutrition information per serving: Calories: 74, Total Fat: 0g, Cholesterol: 0mg, Sodium: 60mg, Potassium: 206mg, Carbohydrates: 19g, Fiber: 1g, Protein: 1g.
Source: www.mrsdash.com

Zesty Italian Capelini
Prep Time: 15 min
Cook Time: 0 min
Makes 4 Servings
Serving Size: 4.5 oz.

1 1/2 cups sliced fresh mushrooms
2 t. Meijer all purpose flour
1 cup Meijer 2% milk
4 cloves garlic, minced
1 t. fresh basil, chopped fine
2 cups tomatoes, peeled, seeded, diced
1 T. Molly McButter® Natural Butter Flavor Sprinkles
12 Oz. Barilla® Plus angel hair pasta
olive oil spray
freshly ground pepper

1. Cook pasta according to package directions; do not add salt or oil to water.
2. Spray non-stick skillet with olive oil spray, sauté mushrooms until lightly browned.
3. Stir in flour, gradually add milk, stirring until smooth.
4. Add garlic and basil.
5. Bring to a low boil, simmer, stirring frequently until sauce thickens.
6. Remove from heat, add tomatoes and Molly McButter®, mix well.
7. Drain pasta, toss with sauce, season with pepper. Serve immediately.

Nutrition information per serving: Calories: 388, Protein: 16g, Carbohydrates: 75g, Total Fat: 4g, Saturated Fat: 2g, Cholesterol: 8mg, Sodium: 180mg, Potassium: 563mg, Fiber: 4g.

Source: www.mollymcbutter.com

Fresh Vegetable Pasta

Prep Time: 10 min
Cook Time: 10 min
Makes 4 Servings
Serving Size: 6.9 ounces

8 Oz. small pasta shells (try Barilla® Plus rotini or penne pasta)
1/2 cup vegetable stock
2 T. Molly McButter® Natural Butter Flavor Sprinkles
1 T. Carapelli® olive oil
1 cup zucchini, diced into 1/2" (1.25cm) pieces
1 cup cherry tomatoes, halved
1 clove garlic, minced
2 cups raw spinach, cleaned, stalks removed, roughly chopped
1/4 cup grated Parmesan cheese

1. Heat vegetable stock and combine with Molly McButter®, set aside.
2. Cook pasta according to package directions. Drain and keep warm.
3. Heat olive oil in large skillet, add zucchini and cook for a few minutes.
4. Add tomatoes and garlic, cook for a few minutes more.
5. Add hot pasta and spinach, stir briefly just until spinach starts to turn bright green.
6. Add stock and mix well.
7. Remove from heat, stir in Parmesan cheese and serve immediately.

Nutrition information per serving: Calories: 314, Protein: 12g, Carbohydrates: 51g, Total Fat: 7g, Saturated Fat: 2g, Cholesterol: 5mg, Sodium: 440mg, Potassium: 311mg, Fiber: 3g.

Source: www.mollymcbutter.com

Cranberry Orange Muffins

Makes 12 muffins

1-3/4 cups Meijer all-purpose flour

1 cup chopped fresh, frozen or dried cranberries
2/3 cup Equal® Spoonful*
2 t. baking powder
2 t. grated orange peel
3/4 t. ground cinnamon
1/4 t. salt
1 cup Meijer 2% milk
3 T. vegetable oil
1 egg
* May substitute 16 packets Equal sweetener

Lightly coat 12 muffin cups with nonstick spray or line with paper-liners; set aside. Combine flour, cranberries, Equal®, baking powder, orange peel, cinnamon and salt. Stir in milk, oil and egg until all ingredients are just moistened. Spoon batter into muffin cups, filling 3/4 full. Bake in preheated 375° F oven 16 to 18 minutes or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes. Remove muffins from pan and cool on wire rack. Serve warm or at room temperature.
Nutrition information per serving: Calories 120, Protein 3g, Carbohydrates 17g, Fat 5g, Cholesterol 19mg, Sodium 148mg. Food Exchange: 1 starch, 1 fat.
Source: www.equal.com

Grilled Fish with Pineapple - Cilantro Sauce
Makes 6 servings

1 can (20 oz.) sliced pineapple in juice, drained, reserving juice
3/4 cup reserved pineapple juice
2 T. lime juice
2 cloves garlic, minced
2 T. water
1 T. cornstarch
2 T. minced cilantro
1/2 to 1 t. minced jalapeno pepper
2 T. Equal® Spoonful*
Salt and pepper to taste
6 halibut, haddock or salmon steaks or fillets (about 4 ounces each), grilled
* May substitute 3 packets Equal sweetener

Cut pineapple slices into 1/2-inch pieces. Combine pineapple, pineapple juice, lime juice and garlic in medium saucepan. Heat to boiling. Reduce heat. Simmer, uncovered, 2 to 3 minutes.
Combine cold water and cornstarch; stir into boiling mixture. Boil, stirring constantly, until thickened. Remove from heat. Stir in cilantro and jalapeno pepper.
Stir in Equal®; season to taste with salt and pepper. To serve, spoon warm sauce over fish.

Nutrition information per serving: Calories 185, Protein 24g, Carbohydrates 16g, Fat 3g, Cholesterol 36mg, Sodium 159mg, Food Exchange: 3 meat, 1 fruit.
Source: www.equal.com

Easy Mint Creme Frozen Yogurt
Prep Time: 10 min
Total Time: 1 hrs 10 min
Makes: 8 servings

8 Snackwell's® Mint Creme Cookies, finely chopped
1 qt. (4 cups) vanilla nonfat frozen yogurt or reduced fat ice cream, softened

Stir cookie pieces into frozen yogurt until well blended. Freeze1 hour or until firm. Scoop into serving bowls. Garnish with additional cookies, if desired.
Nutrition information per serving: Calories 90, Total fat 2g, Saturated fat 0g, Cholesterol 0mg, Sodium 90mg, Carbohydrate 15g, Dietary fiber 0g, Sugars 8g, Protein 3g.
Source: www.nabisco.com

Deviled Angel Cake with Fruit Topping
Prep Time: 40 min
Total Time: 1 hrs 25 min
Makes: 14 servings

1 pkg. (14-1/2 oz.) angel food cake mix
1 pkg. (7-3/4 oz.) Snackwell's® Reduced Fat Chocolate Sandwich Cookies, coarsely chopped
3-1/2 cups sliced mixed fruit (strawberries, kiwi fruit, mango and blackberries)

Prepare cake batter as directed on package; gently stir in chopped cookies. Pour into 12-cup tube pan or fluted tube pan. Bake as directed on package. Cool completely.
Cut cake into 14 slices. Serve each slice topped with 1/4 cup fruit.
Nutrition information per serving: Calories 230, Total fat 3.5g, Saturated fat 1g, Cholesterol 0mg, Sodium 300mg, Carbohydrate 51g, Dietary fiber 2g, Sugars 36g, Protein 4g.
Source: www.nabisco.com

Oatmeal Cherry Pancakes
Yields: 12 Servings (2 Pancakes per serving)

2 cups complete pancake mix
(just add water)
1 cup Dannon, Light 'n Fit® Cherry Vanilla, Strawberry or Vanilla Nonfat Yogurt
1/3 cup water*

1/2 cup Meijer oatmeal
1 T. Meijer canola oil
Maple syrup, heated

1. In a bowl combine pancake mix, Dannon® Light 'n Fit® Cherry Vanilla, Strawberry or Vanilla Nonfat Yogurt, water and oatmeal and gently mix to blend. Heat a griddle and brush with oil. Ladle pancake batter onto griddle and cook 2 minutes. Turn pancakes and cook 1 minute. Repeat process with all batter. (Keep pancakes warm while making remaining).
2. Serve pancakes with heated maple syrup and more yogurt, if desired.
*Add more water if needed
Source: www.dannon.com

Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. Information found at Meijer.com should never replace your doctor's advice or care.

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