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# 2

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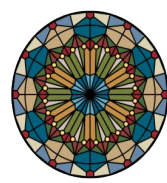


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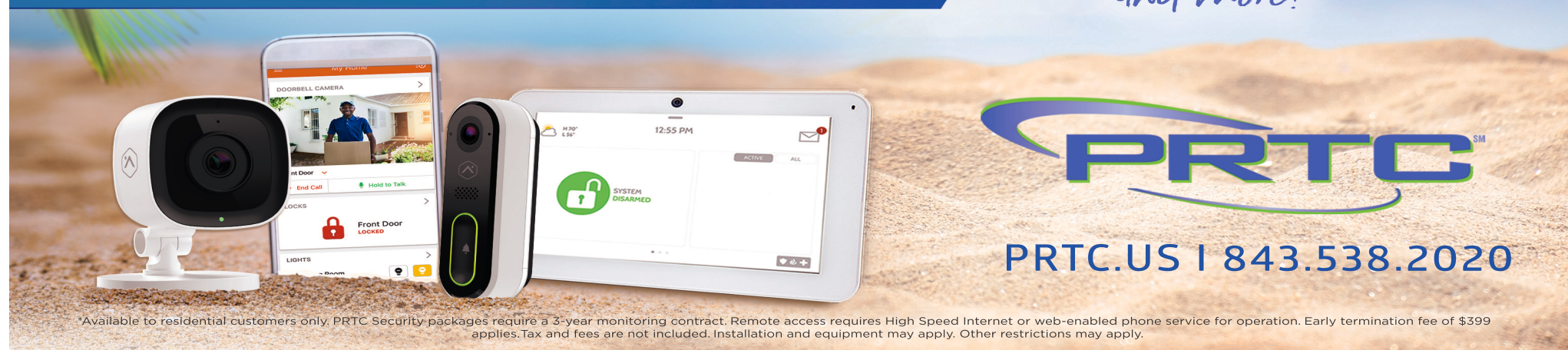
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# Cook with Heart Health in Mind

**FAMILY FEATURES**

**H**ealthy eating doesn't have to be difficult or require you to take favorite meals off your family's menu. In fact, making smart choices when cooking at home can give you more control over the types of tasty, heart-healthy dishes you put on the table. High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. These cooking tips can help you prepare heart-healthy meals that could help improve cholesterol levels by reducing excess saturated fat and trans fat.

**Cook Fresh Vegetables the Heart-Healthy Way**

Roasting, steaming, grilling or baking can help bring out the natural flavors of vegetables. Adding herbs and spices can also help make veggies tastier, including combinations like basil with tomatoes, oregano with zucchini, dill with green beans or rosemary with peas and cauliflower.

**Reduce Saturated Fat in Meat and Poultry**

The amount of saturated fat in meats can vary widely, depending on the cut and how it's prepared. Opt for poultry and fish over red meat and look for lean cuts of meat with minimal visible fat, which

should be trimmed away before cooking. Also limit processed meats such as sausage, bologna, salami and hot dogs, which are often high in calories, saturated fat and sodium.

**Use Liquid Vegetable Oils in Place of Solid Fats**

Some fats are better for you than others. Liquid vegetable oils such as canola, safflower, sunflower, soybean and olive oil can often be used instead of solid fats, such as butter, lard or shortening. If you must use margarine, try the soft or liquid kind.

Find more heart-healthy recipes and tips for lowering cholesterol at heart.org/cholesterol.



Grilled Tequila-Lime Chicken with Grilled Asparagus

**Frozen Yogurt Bark**

Recipe courtesy of the American Heart Association  
Servings: 8

- 1 1/2 cups 2% low-fat plain Greek yogurt
- 2 tablespoons honey
- 2 tablespoons chopped, unsalted almonds
- 1/2 cup chopped mango
- 1/4 cup blackberries or raspberries
- 1/2 cup blueberries

In medium bowl, mix yogurt and honey.

Line 9-by-13-inch baking dish with parchment paper. Use spatula or knife to spread yogurt over entire bottom of dish.

Pour chopped nuts over yogurt. Use fingers to slightly press into yogurt. Top yogurt with mango, blackberries and blueberries and slightly press into yogurt.

Cover with plastic wrap or foil and place in freezer overnight.

To serve: Lift parchment paper from baking dish onto cutting board. Use hands to break bark into pieces.



Frozen Yogurt Bark

**Grilled Tequila-Lime Chicken with Grilled Asparagus**

Recipe courtesy of the American Heart Association  
Servings: 4

- 1/4 cup tequila or white vinegar
- 2 teaspoons lime zest
- 1/2 cup fresh lime juice
- 2 medium garlic cloves, minced
- 1 tablespoon chipotle pepper canned in adobo sauce, minced, plus 2 tablespoons adobo sauce
- 1 1/2 pounds boneless, skinless chicken breasts, fat discarded
- nonstick cooking spray
- 3 bunches asparagus spears, trimmed
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper, divided
- 2 tablespoons canola oil or corn oil

In small bowl, stir tequila, lime zest, lime juice, garlic, chipotle pepper and adobo sauce. Pour into large resealable plastic bag. Add chicken and seal bag tightly; turn bag to coat. Refrigerate 2-12 hours.

Preheat grill to medium-high heat. Lightly spray grates with nonstick cooking spray. In large dish, sprinkle asparagus with salt and 1/4 teaspoon pepper. Drizzle with oil. Turn asparagus over to coat.

Remove chicken from marinade. Discard marinade and wipe most of it off chicken. Sprinkle chicken with remaining pepper.

Grill 8-12 minutes, or until chicken is no longer pink in center. Transfer to plate and cover with aluminum foil.

Place asparagus on grill, facing opposite direction of grates. Grill 7 minutes, or until tender crisp.

Serve asparagus with chicken.

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**THIS WEEK'S GROCERY SPECIALS**

<b>BRIGHT &amp; EARLY DRINKS</b> <b>5/\$5.00</b> 59 OZ	<b>PEPSI</b> 16.9 OZ/6 PK <b>3/\$10.00</b>	<b>PET ICE CREAM</b> <b>2/\$6.00</b> 48 OZ
<b>NIAGARA WATER</b> <b>\$3.99</b> 32 CT	<b>MARGARET HOLMES VEGETABLES</b> <b>4/\$5.00</b>	<b>IGA RICE</b> <b>.99¢</b> 3 LB
<b>FOOD CLUB KETCHUP</b> <b>4/\$5.00</b> 24 OZ	<b>NOVEL BLEACH</b> <b>\$1.79</b> GAL	<b>PAR EXCELLENCE YELLOW RICE</b> <b>\$5.99</b> 3.5 LB

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# POWER YOUR DAY WITH

# Peanut Protein

## FAMILY FEATURES

**G**ive your family meals a powerful boost from breakfast to dinner with better-for-you recipes that pack a protein punch. Revamping the at-home menu with nutrition in mind can still include delicious dishes morning, noon and night.

Adding a nutrient-rich powerhouse like peanuts as a key ingredient in meals throughout the day makes it easier to zero in on health goals. In fact, peanuts rise to superfood status by delivering 19 vitamins and minerals plus 7 grams of protein per serving.

Start the morning with Peanut Butter Cookie Oatmeal for a ready-to-go breakfast then recharge with Fresh Veggie Spring Roll Bites with Peanut Sauce as an afternoon snack. When it's time for fueling up the family at the dinner table, pair Thai Chicken and Pork Skewers with Brussels Sprouts with Peanut Chipotle Vinaigrette for a protein-packed meal.

Find more nutritious family-friendly recipes at [gapeanuts.com](http://gapeanuts.com).

### Thai Chicken and Pork Skewers

Recipe courtesy of the Georgia Peanut Commission

- 1 tablespoon minced ginger
- 6 cloves garlic, crushed
- 2 cups creamy peanut butter
- 1 cup chicken broth
- 2 tablespoons light soy sauce
- 1 tablespoon chili oil
- 1/2 tablespoon lime juice
- 2 tablespoons honey
- 2 tablespoons chopped cilantro
- salt, to taste
- pepper, to taste
- 1 1/2 pounds boneless, skinless chicken breast
- 1 1/2 pounds pork tenderloin

In mixing bowl, combine ginger, garlic, peanut butter, broth, soy sauce, chili oil, lime juice, honey and cilantro. Mix well and season with salt and pepper, to taste.

Cut chicken and pork into strips and thread onto skewers. In non-metal container, marinate meat in half of peanut butter sauce 1-2 hours in refrigerator. Reserve remaining sauce for dipping.

Heat oven to broil.

Broil skewered meats until done, turning once. In pot, bring remaining sauce to boil and serve warm as dipping sauce.



Thai Chicken and Pork Skewers



Brussels Sprouts with Peanut Chipotle Vinaigrette

### Brussels Sprouts with Peanut Chipotle Vinaigrette

Recipe courtesy of Parker Wallace ([parkersplate.com](http://parkersplate.com)) on behalf of the Georgia Peanut Commission

- 2 pounds Brussels sprouts, halved
- peanut oil
- 2 tablespoons creamy peanut butter
- 2 tablespoons water
- 3 teaspoons champagne vinegar
- 2 teaspoons honey
- 1/8 teaspoon chipotle chili powder
- 1 pinch kosher salt, plus additional, to taste, divided
- orange or mandarin segments, for garnish
- fresh orange or mandarin juice, for garnish
- crispy fried shallots, for garnish
- crumbled French feta, for garnish
- chopped fresh mint, for garnish

Preheat air fryer to 400 F.

Lightly brush Brussels sprouts with peanut oil and place in fryer basket. Cook 10-15 minutes, shaking halfway through.

In small bowl, whisk peanut butter, water, champagne vinegar, honey, chipotle chili powder and 1 pinch salt until well combined.

Once cooked, remove Brussels sprouts from air fryer and place in bowl. Toss in chipotle peanut vinaigrette until well combined. Season with salt, to taste.

Garnish with orange segments, orange juice, crispy fried shallots, feta and mint.

### Fresh Veggie Spring Roll Bites with Peanut Sauce

Recipe courtesy of Rachael White ([setthetableblog.com](http://setthetableblog.com)) on behalf of the Georgia Peanut Commission

- Hot water
- 6 rice papers
- 3 mini cucumbers, peeled into ribbons
- 1/4 head red cabbage, finely shredded
- 1 large carrot, shredded
- 1/2 cup fresh basil leaves, loosely packed, plus additional for garnish, divided
- 1/3 cup cilantro leaves, loosely packed, plus additional for garnish, divided
- 1/3 cup mint leaves, loosely packed, plus additional for garnish, divided
- 1 large ripe avocado, peeled and sliced

#### Peanut Sauce:

- 1/2 cup creamy peanut butter
- 1 tablespoon soy sauce
- 1 tablespoon mirin
- 2 teaspoons fish sauce
- 1 teaspoon red pepper flakes, plus additional for garnish, divided
- 2 tablespoons fresh lime juice

- 1/3 cup Georgia Peanuts, plus additional for garnish, divided
- lime wedges, for garnish

Fill large bowl about halfway with hot water. Soak each rice paper in water 15 seconds until malleable. Place rice paper on clean work surface. Place four cucumber ribbons in single layer in center of rice paper. Perpendicular to cucumber, add strip of red cabbage, carrots, 1/2 cup basil leaves, 1/3 cup cilantro leaves, 1/3 cup mint leaves and avocado.

To roll, fold edges of rice paper over each end of filling. Working with side of rice paper closest to you, tuck rice paper around filling and roll tightly.

To cut rolls into bites, use sharp knife and gently move it back and forth. Arrange bites on platter. Repeat with remaining rice papers and filling ingredients.

To make sauce: In small bowl, whisk peanut butter, soy sauce, mirin, fish sauce, 1 teaspoon red pepper flakes and lime juice.

Toast 1/3 cup peanuts by placing in dry pan over medium heat. Move peanuts around until fragrant and toasted, 3-5 minutes. Roughly chop and add to sauce.

Serve spring roll bites on large platter with sauce. Garnish with additional herbs, lime wedges, red pepper flakes and peanuts.



Fresh Veggie Spring Roll Bites with Peanut Sauce



Peanut Butter Cookie Oatmeal

### Peanut Butter Cookie Oatmeal

Recipe courtesy of the Georgia Peanut Commission

- 1 cup old-fashioned oats
- 2 1/2 cups water
- 1/4 teaspoon salt
- 2 tablespoons chunky peanut butter
- 1 tablespoon brown sugar
- 2 tablespoons raisins
- 1 banana, sliced
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/2 cup milk
- 2 teaspoons maple syrup

In medium saucepan, combine oats, water and salt.

Bring to boil then reduce heat to medium. Cook 10-12 minutes, stirring occasionally.

Remove from heat and add peanut butter. Stir until peanut butter melts.

Add brown sugar, raisins, banana, cinnamon and vanilla extract; stir.

Divide oatmeal into two bowls. Top each bowl with 1/4 cup milk and 1 teaspoon maple syrup.