

weis Healthy Bites™

nourish your life

May/June 2023 FREE

Plant-Based Powerhouses:
Lemon-Herb Whole Wheat
Pasta & Veggies P. 10

Plus:

Super Smoothies,
Cooking with Peppers,
Mediterranean Made Easy
and more!

new Weis Pharmacy Website & Mobile App

weisweb.rxtouch.com

Patients will need to register on the website or app the first time they request a refill.

What can you do on the website and mobile app?

- Refill a prescription
- Transfer a prescription to our pharmacy
- Find a pharmacy
- View your medication profile

The website will allow you to generate a print out for tax purposes for the last 18 months of your prescription history



How do you sign up?

- Have a prescription label from a previous prescription and enter your demographic information, select the pharmacy the prescription was filled at, and enter the prescription number
- The prescription number is in the top right hand corner of the label in a yellow box.
- You will receive a call or text with a pin to complete the registration process.

Where can I download the app?

- It is available on the App Store and Google Play

Sign up for text messages!

- We will text or call you when your prescription is ready, remind you to pick up your prescription, and remind you to order a prescription if it wasn't ordered already.
- If you are already signed up for texting we will continue to text you.

If you do not receive your texts, we can easily sign you back up

What number will I receive text messages from?

- You will receive texts from 717-905-4321





A Word from the Weis Dietitians

Looking for ways to eat more fruits and veggies? We have you covered in this issue! While we know fruits and veggies are great to eat for our health and supply fiber, vitamins and minerals, sometimes it can be hard to know how to incorporate them. The recommended amount of fruits and vegetables for most adults is 2 to 4 cups of vegetables and 1½ to 2½ cups of fruit per day. Aim to try one of our new recipes every week to get closer to that goal!

Check out the 5 Ingredients or Less section for three delicious smoothies, all featuring fruit. For veggies, we are really excited about the Grilled Stuffed Mini Peppers and Pepperoni Pizza Pepper Bites. The Grilled Veggie & Quinoa Bowls and Lemon-Herb Whole Wheat Pasta & Veggies are awesome ways to add in a variety of vegetables, and use up whatever you have leftover in your fridge.

Looking for more tips? Reach out to our Weis Dietitian team by emailing weisdietitians@weismarkets.com.

Be well,

The Weis Dietitians

Kimberly



Christina



Emily



Lyndi



Melissa



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Cooking with Peppers

Not only do vibrant peppers add a pop of color and flavor to any dish, but they also pack a powerful nutritional punch. From boosting immunity to aiding digestion, peppers are versatile ingredients that are great to have on hand. It doesn't matter if you're a heat-seeker or prefer things on the milder side – we have a range of pepper recipes and ideas to satisfy your cravings.



Peppers are superheroes in the veggie world. Raw or cooked, sweet or spicy, these colorful veggies can do it all. Whether you prefer a milder bell pepper or a fiery chile pepper, there's a pepper out there to suit every taste bud and dish. Weis Registered Dietitian Emily Bumgarner likes to remind customers, "Not all peppers are spicy. I'm personally not a big fan of spicy flavors so I prefer to use bell peppers in dishes. If I do want to add a little kick, I will take the seeds out of a pepper like a jalapeño, as that is where most of the spicy flavor comes from."

In addition to the bright flavors peppers bring to a meal, they also pack some impressive health benefits. Red peppers alone provide over 300% of your daily vitamin C, making them an excellent candidate for an immune-boosting snack. They also contain beta-cryptoxanthin, a compound that your body turns into vitamin A. Green peppers are rich in fiber, which can help improve gut and heart health. Turn to their fiery cousins, like jalapeño and chiles, that pack a big punch of capsaicin, a compound that not only gives them their heat but also may have anti-inflammatory properties.

One of the best parts about peppers is their versatility. Try these creative ways to enjoy peppers.

- Serve them fresh, roasted, chopped, whole or stuffed – the possibilities are endless!
- Need a crunchy snack? Try bell pepper slices with your favorite dip.
- Elevate your breakfast by adding bell peppers to your daily egg scramble or omelet.
- Stuffed bell peppers are always crowd-pleasers, perfect for a hearty and flavorful dinner.
- Spice up your meals with jalapeños – add them to your favorite chili, quesadillas or soup.
- Try your hand at one of our featured pepper recipes: Grilled mini peppers, chickpea salad, or pepperoni pizza pepper bites.





Grilled Stuffed Mini Peppers

Prep: 20 minutes • Grill: 5 minutes
Makes: 10 (3 stuffed pepper) servings

- 1 box (5.6 ounces) toasted pine nut couscous mix
- ½ cup finely chopped red onion
- ¼ cup chopped sun-dried tomatoes
- ⅓ cup Weis Quality Crumbled Goat Cheese
- ¼ cup refrigerated basil pesto
- 1 (1 pound) bag tri-color mini peppers, halved lengthwise and seeded

- 1 teaspoon Weis Quality Crushed Red Pepper Flakes (optional)
- 1 teaspoon Weis by Nature Smoked Paprika

1. Prepare couscous as label directs, adding onion and tomatoes to saucepan; stir in cheese and pesto.

2. Prepare outdoor grill for direct grilling over medium-high heat. Evenly fill peppers with couscous mixture; sprinkle with crushed

red pepper, if desired, and paprika. Place peppers, skin side down, on hot grill rack; cover and cook 5 minutes or until peppers are heated through and grill marks appear. Makes 30 stuffed peppers.

Approximate nutritional values per serving:
119 Calories, 5g Fat (1g Saturated), 5mg Cholesterol,
219mg Sodium, 16g Carbohydrates, 2g Fiber,
3g Sugars, 0g Added Sugars, 4g Protein





Cooking with Peppers

continued

Pepperoni Pizza Pepper Bites

Prep: 20 minutes • Bake: 25 minutes

Makes: 6 (2 bites) servings

- Nonstick cooking spray
- 3 large red, orange or yellow bell peppers, quartered and seeded
- 1 cup Weis Quality Pizza Sauce
- $\frac{3}{4}$ cup Weis Fresh from the Field Baby Spinach, chopped
- $\frac{3}{4}$ cup Weis Quality Shredded Italian-Style Cheese
- $\frac{1}{3}$ cup mini pepperoni
- Optional seasonings: **Weis Quality Italian Seasoning**, **Weis Quality Garlic Powder** and/or **Weis Quality Crushed Red Pepper Flakes**

1. Preheat oven to 375°; spray rimmed baking pan with cooking spray. Arrange peppers, cut sides up, on prepared pan; fill peppers with sauce, spinach, cheese and pepperoni, and sprinkle with optional seasonings, if desired.

2. Bake bites 25 minutes or until peppers are tender and cheese is melted. Makes 12 bites.

Approximate nutritional values per serving: 129 Calories, 8g Fat (4g Saturated), 19mg Cholesterol, 404mg Sodium, 9g Carbohydrates, 2g Fiber, 5g Sugars, 1g Added Sugars, 6g Protein



Grilled Red Pepper & Garbanzo Bean Salad

Prep: 15 minutes • Grill: 8 minutes

Makes: 4 ($\frac{3}{4}$ cup) servings

- 2 medium red bell peppers, sliced into 1-inch strips
- 2 tablespoons Weis Quality Olive Oil, divided
- 1 can (15 ounces) Weis Quality No Salt Added Garbanzo Beans, drained and rinsed
- 1 cup coarsely chopped fresh mint
- $\frac{1}{2}$ cup Weis Quality Crumbled Feta Cheese
- 1 tablespoon fresh lemon juice
- $\frac{1}{2}$ teaspoon Weis Quality Ground Cumin
- $\frac{1}{2}$ teaspoon Weis Quality Salt
- $\frac{1}{2}$ teaspoon Weis Quality Fresh Cracked Black Pepper

1. Prepare outdoor grill for direct grilling over medium-high heat. In medium bowl, toss bell peppers and 1 tablespoon oil. Place peppers on hot grill rack; cover and cook 8 minutes or until lightly charred, turning once. Transfer peppers to cutting board; cool slightly and cut into 1-inch squares.

2. In medium bowl, toss garbanzo beans, mint, cheese, lemon juice, cumin, salt, black pepper, bell peppers and remaining 1 tablespoon oil. Makes about 3 cups.

Approximate nutritional values per serving: 228 Calories, 13g Fat (4g Saturated), 17mg Cholesterol, 577mg Sodium, 20g Carbohydrates, 7g Fiber, 6g Sugars, 9g Protein



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SUMMER SALADS DONE RIGHT WITH POMPEIAN



THE OLIVE OIL PEOPLE



CHOPPED MEDITERRANEAN FARRO SALAD

FOR THE DRESSING, WHISK TOGETHER:

- ¼ cup **Pompeian Robust EVOO**
- 2 Tablespoons **Pompeian White Wine Vinegar**
- 1 grated garlic clove
- 1 teaspoon crushed red chili
- ¾ teaspoon sea salt
- ½ teaspoon chopped fresh thyme

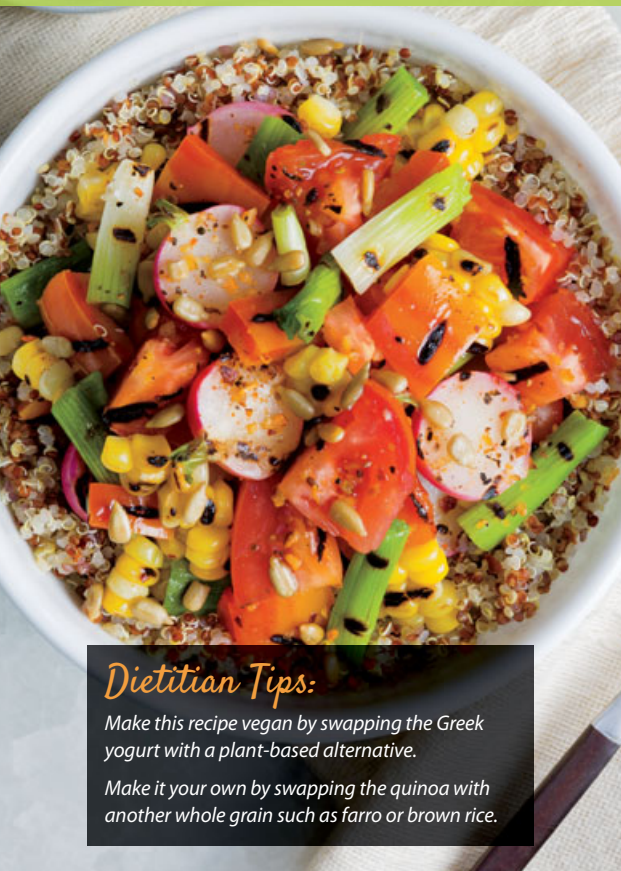
FOR THE SALAD:

- 1 cup farro, cooked according to package
- 1 cup each chopped cucumber, tomato, red bell pepper, fresh parsley (1 bunch)
- ½ red onion, finely chopped
- ½ cup crumbled feta cheese

Visit Pompeian.com/recipes for more mealtime inspiration

Plant-Based Powerhouses

Can plant-based recipes really be as flavorful as their counterparts? The answer is a resounding YES! Not only that, but plant-based dishes are easy to make, incredibly nutritious and kinder to the planet. Whether you're a committed vegan or just looking to add more plant-based meals to your routine, try a few of our tasty plant-powered recipes and learn more about plant-based staples.



Dietitian Tips:

Make this recipe vegan by swapping the Greek yogurt with a plant-based alternative.

Make it your own by swapping the quinoa with another whole grain such as farro or brown rice.

Grilled Veggie & Quinoa Bowls

Prep: 20 minutes plus marinating

Grill: 10 minutes • Makes: 4 (1 bowl) servings

- 3 green onions, ends trimmed
- 2 Roma tomatoes, halved lengthwise
- 1 ear sweet corn
- 1 medium red bell pepper, halved lengthwise and seeded
- 2 cups halved radishes
- 1½ cups Southwest-style marinade, divided
- 1 small avocado, peeled and pitted
- 2 tablespoons **Weis Quality Plain Nonfat Greek Yogurt**
- 2 packages (8.5 ounces each) ready to serve organic red & white quinoa
- ¼ cup **Weis Quality Roasted Salted Sunflower Seeds**

1. Place onions, tomatoes, corn, pepper and radishes in large zip-top plastic bag; pour 1 cup marinade over vegetables. Seal bag, pressing out excess air; gently massage and refrigerate at least 30 minutes or up to 1 hour.

2. In medium bowl, mash avocado with back of fork. Whisk in yogurt and remaining ¼ cup marinade; cover and refrigerate.

3. Prepare outdoor grill for direct grilling over medium-high heat. Remove vegetables from marinade; discard marinade. Place vegetables on hot grill rack; cover and cook onions and tomatoes 5 minutes or until grill marks appear, turning once. Cover and cook corn, pepper and radishes 10 minutes or until grill marks appear, turning once. Transfer vegetables to cutting board. Cut onions, tomatoes and pepper into 1-inch pieces; cut corn kernels from cob.

4. Prepare quinoa as label directs; divide into 4 bowls. Top quinoa with vegetables and avocado mixture; sprinkle with sunflower seeds. Makes 4 bowls.

Approximate nutritional values per serving:
436 Calories, 24g Fat (2g Saturated), 0mg Cholesterol,
785mg Sodium, 55g Carbohydrates, 14g Fiber,
7g Sugars, 2g Added Sugars, 11g Protein

Bulk Up Meat-Free Dishes with Satisfying Ingredients

Reducing your meat intake may reduce the risk of certain diseases and improve health, but that doesn't mean you need to cut it out completely. Whether you want to go full vegetarian or just add more plants to your meals, make flavorful and filling meals with these plant-based powerhouses.



Seasonal Produce: Aim for a colorful variety of produce for maximum nutrition. Experiment with summer fruits and veggies like berries, mangoes, tomatoes, peppers, asparagus, cucumbers and corn to enjoy peak-season flavors and nutrients.



Legumes: Perfect for prepping in advance, legumes like beans and lentils are great plant-based sources of protein and fiber that make any meal heartier and more nutrient-dense. From black beans and pinto beans to garbanzo beans and lentils – the options are endless!



Whole Grains: Bursting with fiber, protein, B vitamins and antioxidants, whole grains may aid in lowering blood pressure, and can boost energy levels and fill you up for longer. Brown rice, quinoa, barley, bulgur, farro and whole wheat pasta offer additional color, texture, flavor and health benefits.



Nuts & Seeds: Providing plant-based protein and heart-smart fats, nuts and seeds diversify dishes with their distinct, delicious crunch. Whether whole, sliced or slivered, bulk up meals with walnuts, almonds, pecans, sunflower seeds, shelled pumpkin seeds (pepitas), pistachios and pine nuts.



Garbanzo Bean & Spinach Curry

Prep: 10 minutes • Cook: 23 minutes
Makes: 4 (1 cup curry mixture, 1 cup rice) servings

- 1 tablespoon **Weis Quality Olive Oil**
- 1 large white onion, halved and chopped
- 4 garlic cloves, minced
- 1½ tablespoons **Weis Organics Curry Powder**
- ¼ teaspoon **Weis Quality Salt**
- ¼ teaspoon **Weis Quality Ground Black Pepper**
- 1 can (15.5 ounces) **Weis Quality No Salt Added Garbanzo Beans**, drained and rinsed
- 2 cups **Weis Organics Low Sodium Vegetable Broth**
- 2 cups **Weis Fresh from the Field Baby Spinach**, packed
- 2 packages (8.8 ounces each) ready to eat basmati rice

1. In large saucepot, heat oil over medium-high heat. Add onion; cook 5 minutes or until tender, stirring occasionally. Add garlic, curry powder, salt and pepper; cook 1 minute or until fragrant, stirring frequently. Add garbanzo beans; stir to coat. Add broth; heat to a simmer. Reduce heat to medium-low; cover and simmer 15 minutes. Stir in spinach; cook 2 minutes or until spinach is wilted, stirring occasionally. Makes about 4 cups.

2. Prepare rice as label directs. Makes about 4 cups.

3. Serve curry mixture over rice.

Approximate nutritional values per serving:
283 Calories, 5g Fat (1g Saturated), 0mg Cholesterol,
711mg Sodium, 51g Carbohydrates, 6g Fiber, 2g Sugars,
0g Added Sugars, 8g Protein

Dietitian Tip:

Not a fan of the texture of cooked spinach? Try chopping it into smaller pieces before adding to the pot.



Lemon-Herb Whole Wheat Pasta & Veggies

Prep: 15 minutes • Cook: 9 minutes
Makes: 4 (1½ cups) servings

- ½ (16-ounce) package Weis Quality 100% Whole Wheat Angel Hair Pasta
- 2 tablespoons Weis Quality Extra Virgin Olive Oil
- 1 cup chopped carrots
- ½ bunch fresh asparagus, ends trimmed, cut into ½-inch pieces
- 1 cup frozen shelled edamame, thawed
- 3 garlic cloves, minced
- 2 tablespoons chopped fresh Italian parsley plus additional for garnish (optional)

- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- ¼ teaspoon Weis Quality Salt
- ¼ teaspoon Weis Quality Ground Black Pepper
- Weis Quality Grated Parmesan Cheese for garnish (optional)

1. Prepare pasta as label directs. Drain; return to saucepot and cover to keep warm.

2. In large skillet, heat oil over medium heat. Add carrots; cook 3 minutes, stirring occasionally. Add asparagus and edamame; cook 5 minutes or until vegetables are tender, stirring occasionally. Add garlic; cook 1 minute

or until fragrant, stirring frequently. Remove from heat; stir in parsley, lemon juice, lemon zest, salt and pepper. Add to saucepot with pasta; toss to coat. Makes about 6 cups.

3. Serve pasta garnished with cheese and parsley, if desired.

Approximate nutritional values per serving:
265 Calories, 10g Fat (1g Saturated), 0mg Cholesterol,
168mg Sodium, 49g Carbohydrates, 9g Fiber, 5g Sugars,
0g Added Sugars, 11g Protein

Dietitian Tip:

Serve pasta sprinkled with red pepper flakes for a bit of heat.



NO MEAT, NO PROBLEM

GRILLED PORTOBELLO MUSHROOM PANINI

10min PREP TIME	8min COOK TIME	348 CALORIES	4 SERVINGS
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INGREDIENTS

- 1/3 cup olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons McCormick Grill Mates Montreal Steak Seasoning
- 4 large portobello mushroom caps
- 8 slices Italian bread, sliced diagonally

INSTRUCTIONS

- 1) Mix oil, vinegar and Montreal Steak Seasoning in small bowl. Brush both sides of each mushroom cap with oil mixture. Lightly brush one side of each bread slice with oil mixture.
- 2) Grill mushrooms over medium heat 6 to 8 minutes, turning once. Grill bread slices until lightly toasted.
- 3) Serve mushrooms between bread slices with assorted garnishes, as desired.



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5 Ingredients or Less: *Super Smoothies*

Supercharge your day with our super smoothies! They're packed with vitamins, minerals and antioxidants to help you feel your best, all while satisfying your sweet tooth. The best part? You only need five ingredients and five minutes on the clock to make them.



Peaches & Cream Oat Smoothie

Lemon, Berry & Mint Smoothie



Triple Berry Burst Smoothie

5 Ingredients or Less: *Super Smoothies*

continued



Lemon, Berry & Mint Smoothie

Prep: 5 minutes

Makes: 4 (1 cup) servings

- 2 cups chopped Weis Quality Frozen Strawberries
- 2 cups Weis Signature Frozen Raspberries
- 1½ cups Weis Quality Refrigerated Unsweetened Vanilla Almond Milk
- ½ cup loosely packed fresh mint leaves plus additional sprigs for garnish (optional)
- ¼ cup fresh lemon juice

In blender, purée all ingredients until smooth; garnish with mint sprigs, if desired. Makes about 4 cups.

Approximate nutritional values per serving:

73 Calories, 2g Fat (0g Saturated), 0mg Cholesterol, 68mg Sodium, 15g Carbohydrates, 6g Fiber, 7g Sugars, 0g Added Sugars, 2g Protein



Peaches & Cream Oat Smoothie

Prep: 5 minutes

Makes: 4 (1 cup) servings

- 3 cups Weis Signature Frozen Sliced Peaches
- 2 cups refrigerated original oat milk
- 1 cup Weis Quality Old-Fashioned Rolled Oats plus additional for garnish (optional)
- ¼ cup agave nectar
- Weis Quality Whipped Topping for garnish (optional)**

In blender, purée all ingredients, except whipped topping, until smooth; garnish with whipped topping and oats, if desired. Makes about 4 cups.

Approximate nutritional values per serving:

228 Calories, 2g Fat (0g Saturated), 0mg Cholesterol, 51mg Sodium, 50g Carbohydrates, 4g Fiber, 27g Sugars, 16g Added Sugars, 5g Protein



Triple Berry Burst Smoothie

Prep: 5 minutes

Makes: 4 (1 cup) servings

- 3 cups Weis Quality Frozen Mixed Berries plus additional thawed for garnish (optional)
- 1½ cups Weis Quality Reduced Fat Milk
- ½ cup Weis Quality Plain Nonfat Greek Yogurt
- ¼ cup agave nectar

In blender, purée all ingredients until smooth; garnish with berries, if desired. Makes about 4 cups.

Approximate nutritional values per serving:

202 Calories, 3g Fat (1g Saturated), 9mg Cholesterol, 48mg Sodium, 39g Carbohydrates, 4g Fiber, 32g Sugars, 14g Added Sugars, 7g Protein

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Mediterranean Made *Easy*

From reducing the risk of cardiovascular disease to enhancing cognitive function, the Mediterranean diet has been shown to have a powerful impact on the mind and body. If you want to start reaping its benefits, we're providing tasty recipes and tips to make embracing this eating style a breeze.



Inspired by the culinary traditions of countries bordering the Mediterranean Sea, the Mediterranean diet has become popular due to its benefits for overall well-being and heart health. But don't worry – you don't have to live in Italy, Greece or Spain to enjoy this eating style's delicious flavors and health benefits. The Mediterranean diet focuses on fresh and wholesome foods and can offer practical tips for anyone looking to improve their health and quality of life.

Why do we love it?

The Mediterranean diet has gained widespread popularity due to its health benefits. "It has a big emphasis on foods with heart-smart, unsaturated fats, which are great for improving heart health and increasing satisfaction from meals," says Weis Registered Dietitian Kimberly Asman. This eating style isn't restrictive, and doesn't take a one-size-fits-all approach. Instead, it can be customized to your taste buds and health needs, so you never have to sacrifice your sense of enjoyment.

What ingredients are the focus?

The star of the Mediterranean diet is plants, in all their forms, with a special focus on vegetables, fruits and nuts. Some animal protein can still be involved, but unlike a typical American meal, it usually is a side dish instead of the star. You'll also find a focus on olive oil and whole grains, which are both great foods to include to boost a meal's nutrition. And it's not just about the food; a huge part of the Mediterranean diet is its emphasis on communal meals shared with friends and family.

How do I introduce this way of eating into my lifestyle?

"A great part of the Mediterranean diet is it focuses on what to include more of, instead of what you can't have. To embrace this way of eating, choose something you'd like to add to your meals; maybe a fruit, vegetable or whole grain," says Kimberly. Aim to include seafood if it is something you enjoy, and try cooking with olive oil. And don't forget to enjoy the experience; dine on these delicious and nourishing foods with friends, neighbors and relatives.





Lemon-Garlic Grilled Salmon with Pine Nut Couscous

Prep: 15 minutes • Grill: 8 minutes
Makes: 4 (1 salmon fillet, $\frac{3}{4}$ cup couscous) servings

- 2 garlic cloves, minced
 - 1 tablespoon fresh lemon juice
 - 1 teaspoon lemon zest
 - 1 tablespoon Weis Quality Olive Oil
 - 4 **Weis by Nature Wild Caught Alaskan Sockeye Salmon Fillets**, thawed if necessary (about 5 ounces each)
 - $\frac{1}{2}$ teaspoon Weis Quality Salt
 - $\frac{1}{2}$ teaspoon Weis Quality Ground Black Pepper
 - 1 box (5.6 ounces) toasted pine nut or your favorite couscous mix
- Chopped fresh parsley and/or lemon wedges for garnish (optional)

1. Prepare outdoor grill for direct grilling over medium-high heat. In medium bowl, whisk garlic, lemon juice and lemon zest; whisking constantly, slowly drizzle in oil to emulsify.

2. Pat salmon dry with paper towel and brush with garlic mixture; sprinkle with salt and pepper. Place salmon on hot grill rack; cover and cook 8 minutes or until internal temperature reaches 145°, turning once.

3. Prepare couscous as label directs. Makes about 3 cups.

4. Serve salmon over couscous garnished with parsley and/or lemon wedges, if desired.

Approximate nutritional values per serving:
405 Calories, 15g Fat (2g Saturated), 90mg Cholesterol, 688mg Sodium, 29g Carbohydrates, 2g Fiber, 2g Sugars, 0g Added Sugars, 38g Protein

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Flavors, Preservatives, Colors or Ingredients
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ALASKAN
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all about *Sweet Potatoes*

Sweet potatoes are packed with potassium, fiber, vitamin C and complex carbohydrates, plus their versatility is endless. Discover different delicious ways to enjoy them, starting with our grilled pork chop recipe that's served with a side of mustard-glazed sweet potatoes. Or try a unique twist on a Southwest salad made with a simple combination of fresh produce and spices.



Grilled Bourbon Pork Chops with Mustard-Glazed Sweet Potatoes & Jalapeños

Prep: 15 minutes plus marinating

Grill: 20 minutes • Makes: 4 (1 pork chop, ¼ vegetables) servings

- 4 (1-inch-thick) bone-in center-cut pork loin chops (about 8 ounces each)
- 1 package (5 ounces) brown sugar bourbon marinade
- 1 garlic clove, crushed with press
- ⅔ cups fresh orange juice
- ½ cup **Weis Quality Packed Brown Sugar**
- ⅓ cup **Weis Quality Dijon Mustard**
- 4 large jalapeños, cut crosswise into ¾-inch pieces
- 2 medium sweet potatoes, peeled and cut into ¾-inch pieces

1. Place pork chops in large zip-top plastic bag; add marinade. Seal bag, pressing out excess air; refrigerate 30 minutes.

2. Prepare outdoor grill for direct grilling over medium heat. In medium bowl, whisk garlic, orange juice, brown sugar and mustard. Makes about 1¼ cups.

3. Cut 18 x 24-inch sheet aluminum foil. In medium bowl, toss jalapeños and potatoes with ½ cup orange juice mixture; transfer to 1 side of foil sheet. Fold foil in half over vegetables; tightly crimp edges of foil to seal.

4. Remove pork chops from marinade; discard marinade. Place pork chops and foil packet

on hot grill rack; cover and cook pork chops 12 minutes or until internal temperature reaches 145°, turning once; cook foil packet 20 minutes or until potatoes are tender, turning once. Transfer pork chops to rimmed baking pan; cover with aluminum foil and let stand 5 minutes. Serve pork chops with jalapeños, potatoes and remaining orange juice mixture.

Approximate nutritional values per serving:
441 Calories, 9g Fat (3g Saturated), 100mg Cholesterol,
1189mg Sodium, 55g Carbohydrates, 2g Fiber,
42g Sugars, 35g Added Sugars, 33g Protein



Southwest Sweet Potato Salad with Guacamole Dressing



Prep: 25 minutes plus cooling
Bake: 30 minutes • Makes: 4
(1 cup) servings

Nonstick cooking spray
 3 medium sweet potatoes
 (about 1½ pounds), peeled
 and cut into 1-inch cubes
 (about 5 cups)
 1½ tablespoons **Weis Quality**
Olive Oil
 1 teaspoon **Weis Quality Chili**
Powder
 1 teaspoon **Weis Quality**
Ground Cumin
 1 teaspoon **Weis by Nature**
Smoked Paprika

¼ teaspoon **Weis Quality Salt**
 ¼ cup prepared refrigerated
 guacamole
 1 tablespoon fresh lime juice
 ½ cup chopped red bell pepper
 ½ cup **Weis Quality No Salt**
Added Black Beans, drained
 and rinsed
 ½ cup **Weis Quality No Salt**
Added Sweet Corn Kernels
 ¼ cup finely chopped red onion
 1 tablespoon finely chopped
 jalapeño pepper
 Chopped fresh cilantro for
 garnish (optional)

1. Preheat oven to 425°; spray large rimmed baking pan with cooking spray. In large bowl, toss potatoes, oil, chili powder, cumin, paprika and salt; spread on prepared pan and bake 30 minutes or until potatoes are browned and tender, tossing once. Cool potatoes.

2. In large bowl, stir guacamole and lime juice; add sweet potato mixture and toss to coat. Fold in bell pepper, beans, corn, onion and jalapeño pepper; serve garnished with cilantro, if desired. Makes about 4 cups.

Approximate nutritional values per serving: 241 Calories, 8g Fat (2g Saturated), 0mg Cholesterol, 319mg Sodium, 40g Carbohydrates, 6g Fiber, 8g Sugars, 0g Added Sugars, 5g Protein

Simple Ways to Eat More Sweet Potatoes

Sweet potatoes offer a bounty of goodness that nourishes your body and satisfies your taste buds. There are endless ways to make them including roasting, baking, steaming or grilling. Use these fresh ideas to savor sweet potatoes in new ways.



Boost Your Breakfast: Start the day fueled with fiber and protein by adding sweet potatoes to morning meals like omelets, frittatas, hashes or breakfast burritos.



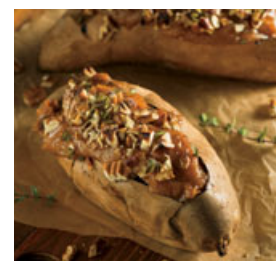
Eyes on the Sweet Potato Fries: Sweet potato fries make a crispy, crowd-pleasing snack or side. Cut sweet potatoes into thin strips or wedges; leave the skin on for twice as much fiber. Then, sprinkle with salt, drizzle with olive oil and roast at 400° for about 20 minutes.



Put a Twist on Pasta Night: Add roasted or sautéed sweet potatoes to any pasta dish or purée them with cream and garlic for a smooth, nutrient-dense sauce. For an even more veggie-centric dish, replace the pasta with sweet potato spirals or ribbons, or use thin slices as a stand-in for lasagna noodles.



Take Nachos Up a Notch: Try using roasted sweet potatoes as a nacho base for added nutrients and flavor. Add cheese, beans, avocado and more of your favorite nacho toppers.



Don't Forget Dessert: For a simple treat, bake sweet potato halves until tender, then garnish with your favorite sweet toppings like chocolate chips, nut butter, pecans or maple syrup.



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BLUEBERRY YOGURT SMOOTHIE

INGREDIENTS

- 1/2 CUP FRESH OR FROZEN BLUEBERRIES
- 1 TBSP CHIA SEEDS
- 1 + 1/2 CUPS STONYFIELD ORGANIC WHOLE MILK PLAIN YOGURT
- 1 RIPE BANANA
- 2 SLICES AVOCADO (SAVE THE REST FOR LUNCH BY LEAVING THE SEED IN THE AVOCADO!)
- 1/2 CUP ORANGE JUICE

DIRECTIONS

STEP 1: BLEND ALL INGREDIENTS TOGETHER AND DRINK IMMEDIATELY OR REFRIGERATE IN AN AIRTIGHT CONTAINER.



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KIDS' Corner

We've got the scoop on the coolest desserts around! Watermelon is a delicious summer fruit packed with vitamins and minerals that are good for you. Add fresh watermelon to our sorbet for a refreshing treat perfect for those hot summer days, or use watermelon as inspiration to create a crispy rice treat!



Minted Watermelon Sorbet

Prep: 15 minutes • Makes: 4 (½ cup) servings

- 2 cups chopped seedless watermelon
- 3 tablespoons **Weis Quality Granulated Sugar**
- 1 tablespoon chopped fresh mint plus additional sprigs for garnish (optional)
- 2 quarts ice cubes
- ½ cup **Weis Quality Salt**

1. In blender, purée watermelon, sugar, mint and ¼ cup water on high until smooth and sugar is dissolved; transfer to quart-sized zip-top plastic bag and seal, pressing out excess air.

2. In gallon-sized zip-top plastic bag, toss ice cubes and salt; place quart-sized bag inside of gallon-sized bag and seal, pressing out excess air. Shake bag 5 minutes or until mixture is the consistency of sorbet. Makes about 2 cups.

3. With small ice cream scoop, scoop sorbet into bowls; garnish with mint sprigs, if desired.

Approximate nutritional values per serving: 60 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 1mg Sodium, 15g Carbohydrates, 0g Fiber, 14g Sugars, 9g Added Sugars, 1g Protein



Watermelon Crispy Rice Treat

Prep: 15 minutes • Cook: 10 minutes

Makes: 8 (1 wedge) servings

For rind:

- Nonstick cooking spray
- 1½ tablespoons **Weis Quality Unsalted Butter**
- 3 cups **Weis Quality Mini Marshmallows**
- ½ teaspoon **Weis Quality Pure Vanilla Extract**
- 8 drops green food coloring
- 2 cups **Weis Quality Crispy Rice Cereal**

For center:

- 3 tablespoons **Weis Quality Unsalted Butter**
- 4 cups **Weis Quality Mini Marshmallows**
- 1 teaspoon **Weis Quality Pure Vanilla Extract**
- 5 drops red food coloring
- 3 cups **Weis Quality Crispy Rice Cereal**
- 2 teaspoons **Weis Quality Mini Chocolate Chips**

1. Spray a 9-inch round cake pan with nonstick cooking spray and set aside.
2. In a medium saucepan, melt 1½ Tbsp of butter over medium-low heat.
3. Add in 3 cups of mini marshmallows, ½ tsp vanilla extract, and 8 drops of green food coloring. Cook and stir until marshmallows are just melted.
4. Remove from heat and add 2 cups Crispy Rice cereal. Stir until evenly coated.
5. Pour into prepared cake pan and let cool for 2 minutes. Once moisture is cool, spray hands with nonstick cooking spray and spread mixture to outside of dish to make the rind portion of the watermelon. It should be no more than 1-inch thick.
6. Clean and dry saucepan for the center portion of the watermelon.
7. Melt 3 Tbsp butter in saucepan over medium-low heat.
8. Add in 4 cups of mini marshmallows, 1 tsp vanilla extract, and 5 drops of red food coloring. Cook and stir until marshmallows are just melted.
9. Remove from heat and add 3 cups Crispy Rice cereal. Stir until evenly coated.
10. Pour into center of prepared cake pan and let cool for 2 minutes. Once mixture is cool, spray hands with nonstick cooking spray and spread mixture across the center of the cake pan so that it is even.
11. Sprinkle 2 tsp mini chocolate chips over the pink center portion of the watermelon.
12. Cut into 8 wedges. Enjoy!



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