

What's on your plate?

A healthy plate and an active lifestyle may help reduce your risk for breast cancer.



Pink Ribbon Produce along with Harris Teeter and its produce vendors want to help you bring balance to your life. By filling half your plate with fruits and vegetables and staying active, you're well on your way to making a difference in the fight against breast cancer.



The U.S. Department of Agriculture's ChooseMyPlate icon is sectioned off to show fruits and vegetables taking up half of the plate—your goal each day. The American Cancer Society recommends eating at least 2 1/2 cups of fruits and vegetables each day to help lower cancer risk. These foods contain important vitamins, minerals, phytochemicals and antioxidants and are usually low in calories. Choose produce with the most color—dark green, red, yellow, and orange—as they have the most nutrients.

Share your photos of Pink Ribbon Produce on your plate on Facebook, Instagram and Twitter using the hashtag **#WhatsOnYourPlate** for a chance to win a grocery gift card from Harris Teeter, Meijer, Price Chopper or Market32.

Grand prize: \$750 grocery gift card

Second place: \$500 grocery gift card

Third place: \$250 grocery gift card

Visit www.pinkribbonproduce.org for contest rules and information.



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NATIONAL
BREAST
CANCER
FOUNDATION, INC.®



Fresh Express

Tender Garden Mix: This nutritional salad mix features the health benefits of broccoli and cauliflower, containing antioxidants and anti-inflammatory properties which help prevent cancer and other diseases. High in fiber, this powerhouse salad mix supports digestion and detoxification.

Sunflower Crisp Chopped Kit: Our Sunflower Crisp Chopped Kit is one of the new chopped kits now available at Harris Teeter. Easy to prepare and delightfully delicious, this popular salad blend offers the benefits of plant-based source protein (such as soy and edamame) with each kit containing seven grams of protein along with vitamin A, C, fiber and other key nutrients.

Salads are a great source of fiber, vitamin A, vitamin C and other nutrients.



Nature's Way Farms, Inc./Farmers Market

Farmers Market russet, red, white, Yukon and bulk sweet potatoes are packed and shipped by Nature's Way Farms, and you can count on the highest quality at Harris Teeter throughout the year. Potatoes are not only delicious but a healthy addition to your daily diet, loaded with carbohydrates, protein, calcium, niacin and vitamin C. Sweet potatoes provide more than twice the daily recommended intake of vitamin A and one-third of the daily requirement of vitamin C. They're full of vitamin B6, fiber, iron and potassium and contain little fat and sodium.

Potatoes are a simple, cost effective and tasty way to meet the healthy plate challenge!



Sunlight International

Flavor comes first at Sunlight International Sales/J. P. Dulcich & Sons. This family-owned company is dedicated to growing the finest California table grapes available. Popular brands include Pretty Lady, Harvest Hobgoblin and Sunlight, as well as others recognized worldwide. Numerous studies on grapes suggest that grapes contribute to heart health. Grapes are rich in antioxidants, and the role of grapes in maintaining cell health to prevent the development of cancer is an area of ongoing scientific interest.

A three-quarter cup of grapes contains just 90 calories, but no fat, no cholesterol and virtually no sodium. (Source: California Table Grape Commission)



Evolution Fresh

Evolution Fresh® is passionate about inspiring people to thrive. Our premium cold-pressed* juices are crafted using fruits and veggies to give our fans juices that are both nutritious and satisfying. We simply take what nature gives us and press it deliciously for you.

*High pressure processed

Enjoy a fresh twist on Smooth Greens & Kale with our Avocado Chia Smoothie. This irresistible recipe is a balance of tang, greens and sweetness, and it's ready to brighten up your day.

Ingredients:

- 1 grapefruit
- 1 handful of Spinach
- ¼ avocado
- ½ lime

½ lime

1 tbsp. agave

½ tbsp. chia

½ cup of Smooth Greens

Directions:

Blend all ingredients and enjoy.



Eat Smart®

Eat Smart® knows that fresh, flavorful vegetables are an important part of a healthy lifestyle and is committed to providing you with the highest quality ingredients. Every Eat Smart gourmet salad kit contains five to eight superfoods paired with an exciting combination of toppings and dressings. Eat Smart bagged vegetable products are washed and trimmed, making them easy to enjoy straight from the bag or in a variety of dishes such as salads, soups, side dishes and casseroles.

Eat Smart fresh vegetables support a healthy lifestyle and the Eat Smart brand proudly brings you the best in healthy, convenient, value-conscious fresh products for you and your family year-round. Look for Eat Smart in your local produce section!



Wholly Guacamole®

With just the right amount of spice and garlic, Wholly Guacamole® products are sure to be a hit with everyone, with real homemade guacamole taste that keeps well in your freezer for up to 3 months.

Wholly Guacamole Classic dip is all natural, no preservatives, gluten free, kosher certified, naturally cholesterol free. Plus, Wholly™ products add to your daily fruit consumption because avocados are fruits!



Naturally Fresh® Products

Preparing fresh, healthy meals from start to finish isn't always practical. To keep up with work and family, you need great tasting options that are quick and convenient. Naturally Fresh® products are the perfect way to fit homemade taste into an on-the-go lifestyle. These versatile dressings bring just the right accent to salad, provide a tasty dip for fruits and vegetables and can be used as a marinade or ingredient in a recipe.

Naturally Fresh dressings' great homemade taste comes from using quality ingredients with no artificial colors, flavors or preservatives. Available in your store's refrigerated section, Naturally Fresh dressings taste like you made them yourself.

Ginger Shrimp & Scallops

Total time: 30 min. | 4 servings

- 1/2 lb. shrimp, peeled and deveined
- 1/2 lb. scallops
- 1 green onion, sliced thin
- 4 tbsp. Naturally Fresh® Ginger Dressing
- Salt & pepper to taste

Directions: Combine all ingredients in skillet over medium heat. Sauté until seafood is cooked. Serve with rice and steamed vegetables.

Other serving suggestions:

1. Serve atop a bed of greens with any vegetables and dress with more Naturally Fresh Ginger Dressing.
2. Cook lo mein noodles according to package, return noodles to pot once drained and toss the seafood with vegetables and drizzle a little Naturally Fresh Ginger Dressing, mix and serve.



Super Guacamole Grilled Chicken Sliders

Prep Time: 20 min

Cook Time: 10 min

Total Time: 30 min

Servings: 8

- 1 lb. ground chicken
- 1 large egg, lightly beaten
- 1 cup chopped fresh basil leaves
- 1/2 cup WHOLLY GUACAMOLE®
- 1 tsp. grated lemon rind
- 3/4 tsp. kosher salt
- 8 slider buns, toasted

Garnish:

WHOLLY GUACAMOLE® Classic Dip

Pico de gallo

Directions: Prepare grill for medium heat. In large bowl, gently combine ground chicken and next 5 ingredients and shape into 8 (1/2 inch thick) patties. Grill 5 to 7 minutes on each side or until cooked through. Always cook chicken to well-done, 165° F as measured by a meat thermometer.

Assemble sliders and top with guacamole and pico de gallo, if desired.

WHOLLY
AMERICAN
GUACAMOLE

Harvest Grape Salad

Servings: 16

- 12 cups leaf lettuce
- 1 lb. green and 1 lb. red grapes (seedless)
- 1/2 lb. cooked medium shrimp, peeled and deveined
- 1 package (3 oz.) ramen noodles
- 1/4 cup raisins
- 1/4 cup golden raisins
- 1/4 cup green onions, sliced
- 1/4 cup toasted walnuts or sunflower kernels

Salad dressing of your choice

Directions: In a large bowl, combine lettuce, grapes and shrimp. Break ramen noodles into small pieces (save the seasoning packet for another use) and add to salad with raisins, onion and walnuts or sunflower kernels.

Drizzle with dressing, toss to coat.



Harvest Grape Salad

Super Guacamole Grilled Chicken Sliders

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Higher Standards
meijer
Lower Prices



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NATIONAL
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Highline Mushrooms®

Mushrooms pack a nutritional punch. They're a low-calorie, fat-free, cholesterol-free and low-sodium veggie, and they provide several nutrients. They are a good source of B vitamins, such as riboflavin, niacin and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates. Mushrooms are also a source of important minerals such as selenium, copper and potassium and they're the only item in the produce aisle that contains natural vitamin D. Since they are a low energy-dense food (meaning few calories given the volume of food), they help with feeling satiated during weight management.

Enjoy healthier versions of your favorite recipes without sacrificing taste and texture when you blend chopped mushrooms with ground meat. Use mushrooms in family favorite meals such as burgers, meatballs, tacos, lasagna and pasta sauce.

Feel good about eliminating pesticides from the foods that you feed your family when you use Highline Mushrooms®.



Southern Selects

Now your family can enjoy gourmet every day in minutes with Southern Selects French Beans! For years, chefs in the finest restaurants have prized Southern Selects French Beans. These smooth and velvety beans, also known as Haricot Vert, are trimmed for convenience and have a tapered tip for unique presentation. They are an extremely versatile vegetable that can be enjoyed raw, steamed, sautéed, roasted or microwaved in minutes!

Enjoy these tender beauties as a snack, an impressive side dish, in casseroles, pastas or as a flavorful and crunchy addition to your favorite salads. Eating this healthy never tasted so good! Give your family a good source of dietary fiber and an excellent source of Vitamins K and B. Southern Selects specialty vegetables are non-GMO.



Southern Selects French Bean Mango Salad

- 12 oz. Southern Selects French beans
- 2 cups green cabbage, shredded
- 1 cup radicchio, shredded
- 1 small mango, peeled & diced
- 1 garlic clove, minced
- 2 tbsp. balsamic vinegar
- 6 tbsp. extra virgin olive oil
- Fresh cracked pepper & salt

Cook French beans according to directions on package. Whisk together salad dressing ingredients. Combine with remaining ingredients and serve!





INSPIRED BY FLAVOR™



DOLE®

Keep DOLE® Salads on hand! They're an easy, tasty way to help you get your daily boost of the vitamins and nutrients that you need to power through your day!

DOLE Blends: Find your inspiration with our extensive gallery of greens. From sweet hearts of romaine to robust field greens, our variety of salads inspire a world of delicious possibilities for any occasion. You'll have the greens to complement any dish on your menu, so you can get deliciously creative!

DOLE Salad Kits: Experience your own salad adventure with a variety of salad kits! Packed with everything you need to create a distinctively flavorful salad, these kits combine blends of fresh, wholesome lettuces with perfectly paired ingredients and toppings like artisan-style croutons, indulgent cheeses and our uniquely delicious dressings.

DOLE Chopped Kits: With layers of crave-worthy flavors, these savory lettuce blends with perfectly bite-size cut veggies come with restaurant-inspired dressings and delectable toppings. Chopped salad kits offer a convenient mix of flavors, textures and tastes to create what you love in a salad that's perfectly balanced and purely delicious.

SUNSET® Campari® brand cocktail tomatoes The tomato lover's tomato!™

In 1995, SUNSET® pushed the boundaries on flavor by introducing a European tomato and for the first time in history, a tomato was called by the name Campari®. This changed the industry and opened the door to flavor.

In addition to a perfect balance of sweetness and acidity, there's something about Campari's smallish size that seems just right. Ask any foodie and they will tell you that this multi-talented European rocks the kitchen all year long.

Pero Family Farms

Mini Sweet Pepper Rings

Pero Family Farms Mini Sweet Pepper Rings are perfect for snacks, salads and cooking. They're an excellent source of vitamin C, low in calories and contain no fat or cholesterol.

Mini Sweet Peppers

Pero Family Farms Mini Sweet Peppers are the perfect snack and are delicious with your favorite dip, in your salad or right off the grill. Any way you choose, Pero Family Farms Mini Sweet Peppers are a sweet treat to eat!

Organic Green Beans

Pero Snipped Green Beans are convenient and perfect for almost every course. The sweet flavor and crunchy texture add excitement to any recipe. Pero Green Beans have no fat or cholesterol and are a good source of dietary fiber and vitamin C. Great for salads, stir fries, steaming or as a snack.

KeVita

KeVita is the leader in fermented probiotic beverages, making natural digestive and immune health refreshingly accessible. With three unique product lines with at least four billion live cultures in every bottle, each of the more than two dozen flavors of Sparkling Probiotic Drink, Master Brew Kombucha and Cleansing Probiotic Tonic are certified organic, non-GMO, low calorie, gluten-free and vegan. Handcrafted since 2009, KeVita has grown from a farm stand in Ojai, CA to more than 20,000 retail locations across North America. KeVita uses only the purest possible ingredients and pairs age-old techniques with modern technology to provide the best quality, flavor and functionality in the market. This commitment to quality continues through their advocacy for rigorous testing and transparency in fermented beverage labeling.



Avocado Toast: Make It Your Way

Avocado toast takes less than 5 minutes to make and with some easy preparation to stack your favorite toppings, you can continue to add good nutrition to your morning routine.



Avocado Nutrition, Did You Know?

Avocados have a new serving size that is equivalent to one-third of a medium avocado (50 grams).

Avocados provide the following nutrients per serving:

- One-third of a medium avocado (50g) has 80 calories and contributes nearly 20 vitamins, minerals, making it a nutrient-dense choice
- Avocados are a good source of fiber and folate per 50g serving (one-third of a medium avocado)
- Avocados are sugar-free
- Avocados contribute the good fats to the diet

The Dietary Guidelines for Americans and the American Heart Association recommend eating a variety of nutritious foods from all food groups. Eating a variety of fruits and vegetables may help one control their cholesterol and blood pressure. Avocados are a nutrient-dense food that can help boost fruit intake.



Turkey & Mushroom BBQ Stuffed Sweet Potatoes

Servings: 8

- 4 large sweet potatoes, about 1 pound each
- 16 oz. Highline Mushrooms® white or mini bella mushrooms
- 1 lb. lean ground turkey
- 1 small yellow onion, diced
- 2 cups prepared barbecue sauce
- 2 cups shredded Monterey Jack cheese
- 4 green onions, white and green portion sliced

Directions: Pierce potatoes in several places with a fork and cook in the microwave according to your unit's instructions, 13 to 15 minutes, until fork-tender. Let sit until cool enough to handle.

Add mushrooms to the bowl of a food processor and pulse until finely chopped (or finely dice by hand if preferred). Blend ground turkey and mushrooms in a large bowl.

Preheat a large skillet over medium-high heat and add the turkey and mushrooms. Cook, stirring often, until it begins to brown, about 5 minutes. Add onion. Continue to cook, until the turkey is browned and no longer pink, about 7 more minutes. Drain excess liquid.

Add barbecue sauce and stir until heated through, about 2 minutes. Cut each sweet potato in half lengthwise. Place cut-side up on a baking sheet. Use a fork to mash some of the potato and move to the sides to create a space for the filling. Spoon barbecue filling into each of the 8 potato halves. Sprinkle with an equal amount of cheese.

Broil on high for five minutes, until cheese is browned and bubbling. Serve warm.

Highline
MUSHROOMS

Mini Sweet Pepper Pizza

Servings: 4

- 8 oz. Pero Family Farms® Mini Sweet Peppers
- 1 cup pizza sauce
- 1/2 cup low fat mozzarella cheese
- Your favorite pizza toppings

Directions: Slice the peppers in half, lengthwise, and remove any seeds. Place 1 tbsp. of pizza sauce in each pepper. Top with mozzarella cheese and your favorite pizza toppings. Bake at 350° for 10 minutes or until cheese is melted.





Nonnie's Green Bean Salad

Total time: 15 min. | 4 servings

- 12 oz. Pero Family Farms® Snipped Green Beans
- 1/2 cup Pero Family Farms® grape tomatoes, sliced in half
- 1/2 cup onion, chopped
- 1 tsp. garlic, minced
- 1/4 cup apple cider vinegar
- 2 tbsp. olive oil
- Salt and pepper to taste

Directions: Plunge green beans into boiling water for a few minutes. Chill green beans immediately and transfer to a bowl. Add tomatoes, onions, garlic, apple cider vinegar and olive oil. Mix well. Salt and pepper to taste.



Sweet and Savory Pasta

Total time: 20 min. | 4 servings

- 2/3 cup orzo
- 1 tbsp. olive oil
- 1/2 cup yellow onion, chopped
- 2 cloves garlic, minced
- 1 cup broccoli, roughly chopped
- 2 tbsp. dried basil, crushed
- 1 medium tomato, chopped
- 1 package DOLE® Chopped Sunflower Crunch Kit
- 1/2 cup cooked garbanzo beans
- 1/2 cup cucumbers, chopped
- 1/4 cup black or green pitted olives, chopped
- Salt and ground black pepper to taste
- Chopped fresh basil or parsley

Directions: Cook orzo according to package directions; drain. Heat oil in large heavy pot over medium heat. Add onion, garlic and broccoli; cook until onion is soft. Add dried basil and tomato; cook 2 to 3 minutes. Add chopped salad blend; cook until wilted. Stir in garbanzo beans, cucumbers and olives; cook and stir 2 minutes longer. Stir in the orzo, dressing and sunflower seeds packets. Season with salt and pepper, to taste. Garnish with bacon packet and chopped fresh basil.



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Fowler Packing

What could be more delicious and convenient than grapes from family-owned and operated Fowler Packing? Juicy bite-size pieces packed in a cluster ready to pop into your mouth, grapes truly are nature's candy. Grapes can also be frozen for a delicious, ready-to-eat, frozen fruit snack or a perfect ingredient for your daily fruit smoothie. Red, green and black grapes also make the perfect ingredients to add fun and exciting colors to any recipe.

Founded in 1950, Fowler Packing continues to be a California-based, family-run and owned farming operation. They take great pride in their commitment to the land and their people, investing heavily in solar energy and providing an industry-leading health-care facility for all employees. Fowler Packing takes great pride in delivering the best tasting grapes on the market, all season long.

Plus, one cup of grapes provides more than one-quarter of the daily recommended values of vitamins K and C while also containing a variety of antioxidants.



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Sunflower Crisp Chopped Kit: Our Sunflower Crisp Chopped Kit is one of the new chopped kits now available at Price Chopper.

Easy to prepare and delightfully delicious, this popular salad blend offers the benefits of plant-based source protein (such as soy and edamame) with each kit containing seven grams of protein along with vitamin A and C, fiber and other key nutrients.



Fresh Gourmet®

Plan easy and healthy meal pairings with Fresh Gourmet® Cheese Crisps. Sprinkle on salads and soups or enjoy these tasty crisps with grapes, apples or cherry tomatoes for a quick, tasty, energy-boosting snack.

Made from 100% cheese, these crispy bites are packed with flavor and are naturally gluten free and carb free. At just 25–30 calories per serving, they offer a convenient, low-calorie snacking option.



Eat Smart®

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Hudson River Fruit

Family-owned and operated for four generations, Hudson River Fruit is committed to offering quality products. All apples are hand-picked and hand-packed to ensure quality and ripeness. Delicious and convenient, apples have been shown to reduce cancer and heart disease risks.

Because apples are high in dietary fiber, they aid in digestion and help to regulate blood sugar in diabetes while offering an excellent source of vitamins C and B, calcium, potassium and phosphorus.



Hudson Valley Harvest Salad

- 4 tbsp. extra virgin olive oil
- 1 tsp. Dijon mustard
- 1 tbsp. honey
- 2 tbsp. balsamic vinegar
- 1/2 lb. fresh kale, washed and chopped
- 1/4 red onion, peeled and chopped
- 1 Fuji apple, cored and chopped

Directions: Whisk together all wet ingredients. Toss together kale, onion and apple. Combine and enjoy!



Broccoli & Cauliflower Mac and Cheese

Servings: 12

- 1 16 oz. package elbow macaroni
- 1 12 oz. bag of Eat Smart Broccoli & Cauliflower Florets®
- 2 tbsp. unsalted butter
- 1/4 cup all-purpose flour
- 2 cups whole milk
- 1 cup chicken or vegetable stock
- 4 oz. Neufchatel cream cheese
- 2 cups shredded sharp cheddar cheese (2 tbsp. reserved for topping)
- 1/2 cup grated Parmesan cheese (1 tbsp. reserved for topping)
- 1 tsp. onion powder
- 1 tsp. kosher salt
- 1/2 tsp. fresh ground pepper
- 1/4 cup panko breadcrumbs

Directions: Preheat oven to 375°. Cook pasta according to package directions for al dente. Two minutes short of the pasta's finish cooking time, add florets to pasta water and continue cooking. Drain pasta and vegetables and place in greased 9" x 12" baking dish. Melt butter in medium saucepan over low flame. Add flour and stir with a wooden spoon to form a paste. Cook paste for five minutes, stirring occasionally, to avoid raw flour taste in your finished sauce. Slowly add milk to pan while stirring to incorporate. Add chicken stock and raise heat to medium.

While milk mixture is heating, place Neufchatel in small bowl and add some of the warming liquid, stirring in one tablespoon at a time to soften into a thick liquid. Add cream cheese mixture to pot, stirring to incorporate. Heat sauce to a low boil and remove from heat. Stir in all remaining ingredients except breadcrumbs and reserved Parmesan.

Pour sauce over pasta and vegetable in baking dish and stir gently to incorporate. Top with breadcrumbs and reserved cheeses. Bake until bubbly and golden brown on top, about 25 minutes.

