

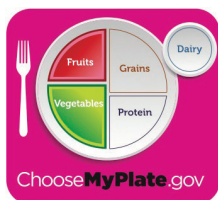


What's on your plate?

A healthy plate and an active lifestyle can help reduce your risk of breast cancer.

 **Harris Teeter**
Neighborhood Food & Pharmacy

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.



Win up to \$750 to Price Chopper or Harris Teeter grocery markets by entering the "What's On Your Plate" contest giveaway! Entering is easy! Just share a photo of how you eat healthy on Facebook, Twitter or Instagram tagging Pink Ribbon Produce in the photo and using the hashtag **#WhatsOnYourPlate** in the copy of the post to be entered to win. The contest kicks off on October 1, 2018 and ends October 31, 2018.

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

To learn more about Pink Ribbon Produce, visit www.pinkribbonproduce.org



NATIONAL
BREAST
CANCER
FOUNDATION, INC.



Fresh Express

Veggie Spring Mix: These early-harvest baby lettuces are picked at the peak flavor, with dark leaves and full of nutrition. Veggie Spring Mix offer the convenience of included vegetables, meeting our consumers top needs!

Sweet Kale Chopped Kit: This nutritional Salad Kit features the health benefits of kale, shredded brussels sprouts, broccoli, pumpkin seeds, dried cranberries and delicious poppyseed dressing! The salad mix contains antioxidants and anti-inflammatory properties which help prevent cancer and other diseases. High in fiber, this powerhouse salad mix supports digestion and detoxification.

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

Evolution Fresh® Smoothie Bowl

Ingredients:

- 1 cup Evolution Fresh Green Devotion Juice
- 1 frozen banana
- 1 handful fresh spinach
- 1 tablespoon all natural almond butter
- 1 scoop plant-based vanilla protein powder

Toppings:

- Fresh raspberries
- Diced banana
- Unsweetened coconut flakes

Directions:

Place all smoothie ingredients in a high speed blender and blend until smooth. Pour smoothie into your favorite bowl, top with goodies, and enjoy!



Eat Smart®

At Eat Smart®, we inspire you with delicious ways to enjoy the goodness of fresh vegetables. It all starts with our farmers, who carefully select and harvest our vegetables at the peak ripeness. Then, our chefs go to work, creating a variety of exciting products, using only the freshest vegetables for full, true flavor.

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®

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

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

NatureSweet®

Health benefit: Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. They are also a great source of vitamin C, potassium, folate and vitamin K.

Product Talking Points:

Cherubs®

Bright. Juicy. Irresistible. NatureSweet® Cherubs® tomatoes make salads divine. In fact, they're the #1-selling small tomato in the world.

Glorys®

Set the stove to sizzle or fire up the grill – NatureSweet® Glorys® tomatoes have thicker skin, so they can take the heat.

Sunbursts®

Exploding with flavor, these golden tomatoes are even sweeter and juicier than regular cherry tomatoes, making them ideal for snacking. Make snack time shine a little brighter with NatureSweet® SunBursts® tomatoes: our sweetest anytime-treat tomatoes.

Constellation®

Can't choose just one NatureSweet® tomato variety? Don't! NatureSweet® Constellation™ tomatoes are a mix of all of our favorite small tomatoes in one perfect pack.

Farm Direct

Asparagus with Mustard Dill Sauce

Total Time: 25 min
Serves: 4-6

Ingredients:

1 1/2 lbs fresh asparagus, trimmed
1 cup yogurt
1/4 cup dijon-style mustard
1/4 cup mayonnaise
2 tablespoons chopped fresh dill or 2 teaspoons dried dill
2 tablespoons chopped fresh chives or 2 teaspoons dried chives
salt and pepper

Directions:

Cook asparagus in boiling salted water until crispy tender, drain, rinse with cold water to stop the cooking process, drain again and pat dry with paper towels. Meanwhile, combine remaining ingredients to make sauce. Place asparagus on a serving plate, spoon some of the sauce across the middle of the asparagus and pass the rest.

Chipotle-Lime Shrimp and Guacamole Tacos

Prep Time: 40 min

Cook Time: 5 min

Total Time: 45 min

Ingredients:

- 12 ounces shrimp, peeled and deveined
- 1 tablespoon canola oil
- 1 tablespoon chipotle peppers in adobo sauce, minced
- 2 teaspoons grated lime rind
- 2 teaspoons fresh lime juice
- 1/8 teaspoon kosher salt
- 1 (8-ounce) package WHOLLY GUACAMOLE® Classic Guacamole
- 8 corn tortillas, heated

Directions:

1. In medium bowl, combine shrimp and next 5 ingredients. Cover and chill 30 minutes.
2. Heat oil in large cast-iron skillet over medium-high heat. Add shrimp and cook 1 to 2 minutes per side or until charred and cooked through.
3. Divide guacamole evenly among corn tortillas. Place shrimp over guacamole. Top with desired toppings.

WHOLLY
... AMERICA'S #1 ...
GUACAMOLE

Pretty Lady Grape Empanadas

For pastry dough:

- 2 1/2 cups of all-purpose flour
- 2 sticks unsalted butter
- 1/2 teaspoons salt
- 2 egg yolks
- 2-4 tablespoons of ice water

For Filling:

- 1/2 pound Pretty Lady Black Grapes
- 1/2 pound Pretty Lady Green Grapes
- 1/4 cup brown sugar
- 1/2 stick butter
- 2 teaspoons cinnamon
- 1/2 teaspoons salt

Make Pastry Dough: Blend together flour, butter and salt in a bowl with your fingertips or a pastry blender until mixture resembles a coarse meal with some roughly pea-size butter lumps. Add yolks and drizzle 2-4 tablespoons of ice water evenly over mixture and gently stir with a fork until incorporated and holds together. Wrap in plastic wrap and chill until firm for at least 1 hour.

Make Filling: De-stem and rinse Pretty Lady Grapes. Combine all ingredients with grapes and roast in oven for 30-40 minutes. Mix every 15 minutes to ensure roasting all over. Remove from oven and let cool.

Make Empanadas: Roll out pastry dough to 2-3" thickness and cut out 2-3" circles. Place a tablespoon of filling in the center and fold over in half. Crimp edges with a fork and egg wash to seal. Sprinkle with raw sugar and place empanadas on baking sheet for 15-20 mins in a preheated oven at 375 degrees.

**Pretty
Lady®**
VINEYARDS



Chipotle-Lime Shrimp and Guacamole Tacos



Pretty Lady Grape Empanadas