



Healthy Living at Hannaford

Do-It-Yourself Healthy Holiday Gifts

Gifts from a jar are easy to make, inexpensive, and fun to receive! All you need is a canning jar or even a recycled glass jar. Layer it with ingredients and decorate it with a bit of fabric, ribbon, and a gift/recipe tag, and voila! You can even combine a few jars for an awesome gift basket. Here are a few suggestions:

Minestrone Soup in a Jar

This recipe makes about 12 one-cup servings. Layer ingredients in a 1/2-quart (2 cup) glass jar in the order listed below:

- 1/4 cup red lentils
- 1/4 cup green split peas
- 1/4 cup barley
- 1/3 cup reduced-sodium beef bouillon powder
- 2 Tbsp. parsley flakes
- 3 Tbsp. onion flakes
- 1/3 tsp. thyme
- 1/3 tsp. pepper
- 1 tsp. basil
- 1/4 cup whole-wheat macaroni



Minestrone Soup in a Jar

1. In a large saucepan, combine 8 to 10 cups of water, 1 (28 oz.) can of crushed tomatoes, and soup mix.
2. Add 2 chopped carrots and 2 cups chopped cabbage (optional).
3. Bring to a boil, reduce heat, cover and simmer for one hour or until peas are tender.

Makes about 12 one-cup servings.



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy lifestyle changes you want.

You can also email a private message for free nutrition advice to our registered dietitian at hannaford.com/asknutritionist.



Healthy Living at Hannaford

Taco-Bean Chili Mix

1/2 cup dried kidney beans
1/2 cup dried pinto beans
1/2 cup dried black beans
1 package (1 1/4 oz.) taco seasoning mix (low sodium if possible)
1 Tbsp. dried minced onion
1/2 tsp. chili powder
1/4 tsp. ground cumin
1 1/2 cups tortilla chips, slightly crushed

Layer kidney beans, pinto beans and black beans in a 1-quart jar with tight-fitting lid. Place taco seasoning mix, onion, chili powder and cumin in a small food storage bag. Close with twist tie and cut off top of bag. Place in jar, spreading out to cover beans. Add tortilla chips. Seal jar.



SIDE 1 ✂



SIDE 2 ✂



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy lifestyle changes you want.

You can also email a private message for free nutrition advice to our registered dietitian at hannaford.com/asknutritionist.