



simply healthy

from your Hannaford Dietitian

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 these gift/recipe tags, 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 life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian



simply healthy

from your Hannaford Dietitian

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 add the gift/recipe tag below. Place in jar, spreading out to cover beans. Add tortilla chips. Seal jar.

Taco-Bean Chili Mix

1 jar taco-bean chili mix
4 cups water
1 can (14+ oz.) diced tomatoes
with green chiles, undrained
1 can (8 oz.) tomato sauce
1 pound lean ground beef
or ground turkey, browned,
rinsed and drained
Shredded low-fat cheese,
chopped lettuce, sliced black
olives (optional)

SIDE 1 ✂

1. Remove chips and seasoning packet from jar; set aside.
2. Place beans in large bowl; cover with water. Soak 6 to 8 hours overnight. Drain beans; discard water.
3. Place soaked beans, water, tomatoes with juice, tomato sauce, ground meat and contents of seasoning packet in large pot. Bring to a boil over high heat. Cover; reduce heat and simmer 1 1/2 to 2 hours or until beans are tender.
4. Crush tortilla chips. Stir into chili and cook 5 to 10 minutes to thicken. Serve with cheese, lettuce and olives, if desired. Makes 6 to 8 servings.

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 life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian



simply healthy

from your Hannaford Dietitian

Wrap it up, stress-free with a holiday gift basket

You can wrap up great holiday gifts the next time you shop for groceries with some simple (and healthy) gift basket ideas from Hannaford.



Little Taste of Italy

Use a colander for a basket and fill it with fun shaped pasta, a jar of your favorite sauce, cheese shredder, wooden spoons, sauce ladle, fresh garlic bulbs, imported olive oil, Parmesan and Romano cheese. Prego!



Salad Lovers

Fill a salad spinner with a bottle of your favorite dressing, a bag of spiced nuts, dried cranberries, gourmet croutons, a can of mandarin oranges and baby corn, and salad tongs. For those with a New Year goal of losing weight, add an exercise or yoga video.



Relaxing Spa Package

Fill a basket with a soothing bubble bath, a candle, loofah sponge, face mask, body scrub, body lotion, and eye pads. You can add fresh lemons, rosemary, tea and honey, too.



S'more Warmth

Give the gift of a cozy night next to the fireplace. Fill a basket with fire logs, matches, newspaper, and fire starters. Don't forget the marshmallows, chocolate bar, and graham crackers; add a container of hot chocolate too. For a romantic flare include a bottle of wine.



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 life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian



simply healthy

from your Hannaford Dietitian

Simple Handmade Gifts

Looking for a gift for the gourmet chef or a friend who loves to cook? Try making your own assortment of spice samplers. Create different packets of exotic and gourmet spices and custom blend spices for a meat rub, marinade mix, salad dressing kit, or dip. Be sure to label each packet and include the spices used for a recipe to complement. Try one of the following:

Spanish Rub

Combine 6 tablespoons smoked paprika; 3 tablespoons each regular paprika, dried cilantro and coarse salt; 1 tablespoon dried lemon peel and 1 1/2 teaspoons ground pepper. Great with pork chops, beef tenderloin or shrimp!

Tuscan Spice Rub

1 tablespoon coarsely ground fennel seeds, 6 tablespoons dried basil, 3 tablespoons garlic salt, 3 tablespoons coarse sea salt, 2 tablespoons rosemary, and 2 tablespoons dried oregano. Try it on chicken, salmon or lamb chops.

Indian Spice Rub

Combine 6 tablespoons curry powder; 3 tablespoons coarse sea salt; 4 teaspoons crushed red pepper; 1 tablespoon each ground cumin, ground coriander and dried mint; 2 teaspoons turmeric and 2 teaspoons ground ginger. Try it on chicken breast, tofu, or sautéed potatoes.

Note: Each rub makes about 1 cup. Analysis per teaspoon of rub: about 4 calories, 211 mg sodium

Make your own natural spa body scrub, a gift that offers some quiet relaxation from the stress of the holidays.

Winter Rosemary Salt Scrub

3/4 cup sea salt
3/4 cup almond oil
1 teaspoon vitamin E oil
6 sprigs of dried rosemary

Directions:

Buy fresh rosemary sprigs from the produce section, tie branches together with twine, and hang them upside down until dried. Combine all listed ingredients in a large bowl. Mix until combined and then pour into desired container.



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 life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian