



# This could be history in the making

Black History Month gives us an opportunity to celebrate the extraordinary contributions and events made possible by African Americans.

This history is our history, and part of the fabric of America.

Today, history continues to be made through the achievements of children in our communities. We're celebrating their future, and Safeway is proud to be part of the celebration.

Ingredients for life. **SAFEWAY** 

PO-5K

## Health

### Healthy Heart

This Heart Month we dish-out heart-healthy eating tips and recipes. One risk factor is that being overweight places extra stress on the heart. Losing weight can help reduce high blood cholesterol as well as control high blood pressure and diabetes. High blood pressure can damage artery walls and make the heart work too hard.



#### Easy Mix & Match Roasted Vegetables

Variety is the spice of life and the key to getting the most from your veggies. This super flexible recipe allows you to make healthy choices based on what's fresh and in season, as well as what type of dish you'd like to prepare. You just start by roasting or grilling a colorful cornucopia of veggies, and then tossing them with your favorite fresh herbs. Delectably delicious on their own, this menu basic of simple roasted vegetables also becomes your go-to for topping a pizza, tossing with pasta or scooping into salads.

Serves 4

- 2 pounds vegetables (for example: carrots, white or sweet potatoes, Brussels sprouts, bell peppers, onions, eggplant) cut into uniform wedges, chunks, or slices; green beans trimmed

- 1 tablespoon extra-virgin olive oil ¼ teaspoon kosher or sea salt

- ¼ teaspoon ground black pepper

- 1 tablespoon chopped fresh herbs, such as chives, flat-leaf parsley, thyme, basil

1. Preheat oven to 400°F.

2. In a large bowl, toss the vegetables with oil, salt, pepper and herbs.

3. Spread the vegetables in baking pans just large enough to hold them in one layer, keeping like vegetables together as they cook in the same amount of time. Roast, stirring vegetables occasionally, until they are fork-tender, about 15-30 minutes depending on type and size of vegetables. OR on the grill: toss vegetables with oil, herbs and seasonings, place on grill and turn frequently for even cooking.

*Per serving: 105 calories, 2g protein, 17g carbohydrate, 3g fiber, 4g fat, 1g saturated fat, 2g mono fat, 0 mg cholesterol, 194mg sodium (analysis done with ½ pound each of potato, green beans, carrots, red bell pepper).*

Use this recipe throughout the year, choosing what's in season and looks best at the market. Make it fresh by trying 1 or 2 new vegetables each time.

#### Rustic Fruit Tart

Serves 12

This layered tart is like a bread pudding, making it perfect for dessert or for brunch. It's full of fruit so serve it up without the guilt. Apples have pectin, a soluble fiber that helps to prevent cholesterol buildup.

- Non-stick pan spray
- 2 tablespoons unseasoned bread crumbs or panko bread crumbs

- 4 large egg whites (½ cup egg substitute)

- ¼ cup low-fat half-and-half

- ⅓ cup granulated sugar pinch of salt

- ½ teaspoon ground ginger

- ½ teaspoon cinnamon

- 2 tablespoons fresh lemon juice

- 1½ cups all-purpose flour

- ½ cup dried cranberries

- 6 cups (about 5 large) mixed apples and pears, peeled

See HEARTY FOOD on page 14