



# Guiding Stars Registered Dietitian Picks

## RD Picks for Affordable Nutrition

Affordability is often cited as a key barrier to nutritious eating, but it doesn't need to be! Share these tips with your shoppers to help them discover how easy it is to pair solid nutrition with affordability when they shop at your location.

*Consumer Tip:* Don't be lured in by fancy fonts, packaging or "great" sales. Shop with Guiding Stars to cut through the noise and purchase the healthiest food for your dollar!

## About Allison Stowell MS, RD, CDN

As a Registered Dietitian, Allison enables individuals to make positive, sustainable changes in their eating habits by stressing conscious eating, improving relationships with food and offering a non-diet approach for reaching and maintaining ideal body weight.

She joins the Guiding Stars team to help people in a number of sectors (grocery, hospitals, schools and universities) to understand how to use the Guiding Stars nutrition navigation program to make healthier food choices.



## **Saving Money in Produce**

- Pass on pre-cut produce: convenience is expensive.
- Buy in season and local.
- Be flexible with shopping list so you can buy what is on sale.
- Only buy as much as your household requires to avoid wasted money and food.
- Review recipes before investing in herbs that you may only need a little bit of. Look for recipes that use the same herb to reduce wasted food and money.
- Great sale on berries? Buy extra, wash (and hull if strawberries), and freeze while lying flat. Store in a freezer bag or container to use in smoothies, oatmeal, batters and more.

## **Saving Money on Grains and Starches**

- Buy private label
- Aim for 2 or 3 Guiding Stars.
- Look for grains with protein and fiber (10% or more %DV).
- Buy products in bulk that you know you will use. Be sure to label and store them properly at home.
- Pass on products (such as rice blends) that contain sodium-rich seasoning packets. Aside from being generally too high in sodium, they're not sold at a good value.

## **Suggested Products:**

- De Cecco 100% Whole Wheat Spaghetti (3 Guiding Stars, UPC: 2409473012)
- Hannaford Whole Wheat Rotini (3 Guiding Stars, UPC: 4126815686)
- Nature's Own 100% Whole Wheat Bread (3 Guiding Stars, UPC: 7225003712)
- Misc private label whole wheat pasta (3 Guiding Stars)

## Saving Money in Dairy

- Purchase a 32 oz. plain, non-fat, Greek yogurt and use it multiple ways in your kitchen. Stir in some fruit for a snack or use it as a replacement for sour cream in many recipes.
- Aim for low fat or part skim cheeses to reduce intake of saturated fat.

### Suggested Products:

- Non-fat/Skim Milk (3 Guiding Stars)
- Non-fat, plain Greek yogurt (3 Guiding Stars)
- Dannon Oikos Triple Zero yogurts (3 Guiding Stars)

## Saving Money in Meat/Seafood

- Buy “family size” packages and divide/label/freeze in proper portions.
- “Redder the Better”...look for bright red packages of red meat to ensure you are choosing the leanest cuts. These are often the best choices for slow cookers and [seasonal stews](#) that many are enjoying this time of year.
- Take advantage of “yellow sticker” or other deals in the meat department.
- Try new types of fish, which may be more affordable or on sale.

## Cross Market: Creamy Hummus

*Customer Tip:* Save money...make your own hummus to use as a dip or spread!

*Retail tip:* Refer customers to this recipe for [Creamy Hummus](#) or print copies of it to accompany a display in produce with the following:

- Fresh parsley (3 Guiding Stars)
- Garlic (2 Guiding Stars)
- Lemon juice
- Ground cumin

## Cross Market: Enchilada Casserole

*Consumer Tip:* Casseroles like this one for [Enchilada Casserole](#) are an affordable way to feed a crowd (or can easily be divided to enjoy today and freeze for tomorrow when smaller meals are needed!)

*Retail Tip:* Use a three tier rack to display three of the following along with the recipe for [Enchilada Casserole](#):

- No-salt added tomato sauce (3 Guiding Stars, UPC: 2700060893)
- Corn Tortillas (2 Guiding Stars, UPC: 2733101004)
- Low-sodium refried beans (3 Guiding Stars, UPC: 2418200298)
- No salt added black beans (2 Guiding Stars, UPC: 4133112332)
- Cans of diced green chilies

## Creamy Hummus - 3 Guiding Stars

**Prep Time**

5 Minutes

**Cook Time**

10 Minutes

**Servings**

16 (27 G )



A generous helping of parsley gives this easy hummus a bright green color, but if the flavor of parsley isn't your favorite, consider swapping in cilantro or basil instead. Either would place well with the rich garlic and lemon flavors, but if you go with basil, you might consider swapping the cumin with a little red pepper.

Whatever flavors you love, it's easy to make this dish your own.



### Ingredients

- 1 - 15 ounce can garbanzo beans, drained
- 2 to 3 cloves garlic - crushed and roughly chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon ground cumin
- 1/2 cup chopped fresh Italian parsley, stems removed
- Salt and Pepper to Taste

### Directions

1. Place garlic and parsley in a food processor, and chop fine.
2. Add garbanzo beans, salt, pepper, cumin and lemon juice and process until smooth. Use bean liquid to thin if necessary.
3. Serve with baked tortillas, vegetables or toasted pita bread. Add a little water if mixture is too thick.

### Nutrition Facts

Serving Size: 27G Calories: 30 Total Fat: 0.5g Saturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Sodium: 70mg Carbohydrates: 6g Fiber: 1g Sugars: 0g Protein: 1g Vitamin A: 4% Vitamin C: 8% Calcium: 2% Iron: 2% Vitamin K: 40% Molybdenum: 25% Manganese: 8%

Recipe by Guiding Stars at <http://guidingstars.com/recipes/creamy-hummus/>  
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## Enchilada Casserole - 3 Guiding Stars

### Prep Time

15 Minutes

### Cook Time

50 Minutes

### Servings

10 (225 G)



Best

Amazingly delicious, healthy enchiladas start with whole-grain tortillas and enchilada sauce made from scratch. Put your own touch on the casserole by mixing up the vegetables with your family's favorites. This recipe is very flexible – if you're using canned goods that use a little more or a little less of any one ingredient, don't sweat it, just use what you've got!



**Not cooking for a crowd?** Split this recipe into two 9×9 pans and freeze one for later! You won't get exhausted by eating the same thing for a week and a half straight, and you'll have an easy meal ready to pop in the oven on a busy night. Give it about an hour and a half to cook if you're working from frozen and you'll be good to go!

### Ingredients

- 1 T. olive oil
- 1 onion, diced
- 2 c. plain, no salt added tomato sauce
- To taste: cumin, chili powder, oregano, garlic
- 1 can no salt added black beans, rinsed and drained
- 1 can low-sodium refried beans
- 10-12 corn tortillas
- 1 sm. can of diced green chiles
- 1/2 to 2 large diced jalapeños
- 1 c. mushrooms, quartered
- 2 c. fresh spinach
- 1 c. corn
- 1 c. part-skim cheese, shredded
- 1 avocado, sliced

### Directions

1. Heat the oil in a large saucepan over medium heat. Saute the diced onion until it starts to soften.
2. Reduce heat to medium-low and add the tomato sauce, spices to taste, black beans and refried beans.
3. Add the rest of the vegetables to the sauce and bring to a simmer.
4. Layer the casserole in a 9×13 baking pan. Start by adding a thin layer of the sauce to the bottom. Next add a layer of tortillas. Alternate sauce and tortillas until there's about 1/4" of space left.
5. Sprinkle the cheese on top and cover loosely with aluminum foil. Bake at 350 Degrees Fahrenheit for 40 minutes. Remove foil and bake until cheese browns. Garnish with avocado.

### Nutrition Facts

Serving Size: 225G Calories: 355 Total Fat: 9.5g Saturated Fat: 3g Trans Fat: 0g Cholesterol: 10mg Sodium: 310mg Carbohydrates: 53g Fiber: 12.5g Sugars: 4g Protein: 17g Vitamin A: 20% Vitamin C: 20% Calcium: 20% Iron: 20% Folate: 70% Vitamin K: 45% Manganese: 40%

Recipe by Guiding Stars at <http://guidingstars.com/recipes/enchilada-casserole/>  
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