

inspired

living with diabetes

> slow cooker
Irish stew



+ Open-Faced
Breakfast Sandwich

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inspired

living with diabetes

welcome



It's easy to eat well and control your diabetes. Our simple, healthful and great-tasting meal choices in this edition of *Inspired* will appeal to the entire family.

The winter months sometimes cause cravings of comforting meals that are hearty and filling. That's the type of recipes you'll find in this issue, including our Creamy Polenta with Shrimp, and Penne with Tomato Sauce & Turkey Bacon. Both of these recipes have accompanying how-to videos too! And as always, aside from our eight featured diabetic-friendly recipes, our **Eat Right Live Right™ with Diabetes** website features informative videos from our pharmacists and articles from the Mayo Clinic.

The new year is the perfect time to commit to your personal goals and establish good habits. Let Marsh Supermarkets help make your healthy lifestyle as delicious as it is beneficial!

A handwritten signature in black ink that reads "Mary".

Mary Snell MS RD CD
Marsh Supermarkets
Director of Nutrition & Wellness

The Marsh logo, featuring the word "marsh" in a bold, lowercase, sans-serif font. The letter "a" is red, and the letter "r" is green.



4



6



8



10



12



14



16



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See Pharmacist for details.

egg-celent morning



Open-Faced Breakfast Sandwiches

Prep: 20 minutes

Cook: 8 minutes • Serves: 4

- ¼ cup low fat plain yogurt
- 2 teaspoons chopped fresh chives and/or dill
- 8 slices turkey bacon
- Nonstick olive oil cooking spray
- 2 cups egg substitute
- 1 garlic clove, finely chopped
- 1 green onion, sliced (about 2 tablespoons)
- 1 small tomato, diced (about ½ cup)
- ½ cup shredded reduced fat Cheddar cheese
- ¾ teaspoon Mrs. Dash® original seasoning blend
- 4 slices multigrain bread
- Zero-calorie butter spray
- ½ medium avocado, peeled, pitted and thinly sliced

1. In small bowl, stir together yogurt and chives. In large skillet, cook bacon over medium heat 8 minutes or until crisp. Cut each slice crosswise in half.

2. Meanwhile, spray separate large skillet with nonstick cooking spray. Add egg substitute and cook over medium heat 3 minutes, stirring occasionally with heat-proof rubber spatula. Fold in garlic, onion, tomato, cheese and seasoning blend. Toast bread and lightly spray with butter spray.

3. To serve, place 1 piece of toast on each of 4 serving plates; top each with 4 half slices of bacon. Evenly spoon egg substitute mixture over bacon, and top each with ¼ of the avocado slices and 1 tablespoon yogurt mixture.

*Approximate nutritional values per serving:
311 Calories, 12g Fat (35% of total calories),
3g Saturated (9% of total calories),
29mg Cholesterol, 701mg Sodium,
28g Carbohydrates, 5g Fiber, 26g Protein*

*Dietary Exchanges:
2 Starch; 4 Protein; 2 Fat*



Watch our **Open-Faced Breakfast Sandwich video** on your smart phone... just scan this Tag! To get the Tag Reader visit <http://gettag.mobi> on your mobile phone browser.

healthy &
hearty



Turkey Sausage & Lentil Soup

Prep: 12 minutes

Cook: 55 minutes

Makes: about 16 cups

- 1 tablespoon olive oil
- 2 medium carrots, chopped
- 2 medium celery ribs, chopped
- 1 medium yellow onion, chopped
- 1 package (14 ounces) smoked turkey sausage, halved lengthwise and sliced ¼-inch-thick
- 1 package (8 ounces) sliced mushrooms
- 2 cans (14 ounces each) no salt added diced tomatoes
- 1 package (16 ounces) lentils
- 8 cups low sodium chicken broth
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup shredded Parmesan cheese

In large saucepot, heat oil over medium-high heat. Add carrots, celery and onion, and cook 5 to 7 minutes or until vegetables are almost tender, stirring occasionally. Add sausage and mushrooms, and cook 5 to 7 minutes longer or until vegetables are just tender, stirring occasionally. Stir in tomatoes, lentils, broth and seasonings and heat to simmering. Reduce heat to medium and simmer 45 to 55 minutes or until lentils are tender. Serve soup sprinkled with cheese.

Approximate nutritional values per serving (each 1 ½ cups): 253 Calories, 5g Fat (18% of total calories), 1g Saturated (4% of total calories), 24mg Cholesterol, 658mg Sodium, 33g Carbohydrates, 13g Fiber, 22g Protein

Dietary Exchanges:
2 Starch; 3 Protein; 1 Fat



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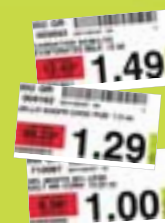


Guiding Stars

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- ★★ Better
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global gourmet



Spanish Potato Tortilla

Prep: 20 minutes plus standing

Bake: 18 minutes • Serves: 4

- 1½ teaspoons vegetable oil
- 1 red bell pepper, diced
- 2 cups refrigerated diced potatoes with onion
- 1 garlic clove, minced
- 1 tablespoon finely chopped fresh thyme leaves
- ½ teaspoon smoked paprika
- ¼ teaspoon fresh ground black pepper
- 6 large egg whites
- 4 large eggs
- ⅓ cup fat-free milk
- ¼ teaspoon salt
- ½ cup shredded reduced fat Cheddar cheese or Colby-Monterey Jack cheese blend

1. Preheat oven to 375°. In oven-safe large nonstick skillet, heat oil over medium heat. Add bell pepper and potatoes; cover and cook 12 minutes, stirring occasionally. Stir in garlic, thyme, paprika and black pepper, and cook, uncovered, 3 minutes. With wooden spoon, scrape brown bits from bottom of skillet. In medium bowl, whisk together egg whites, eggs, milk and salt until well blended.

2. Sprinkle cheese over potato mixture in skillet; pour egg mixture over cheese. Place skillet in oven and bake 18 to 20 minutes or until center is set. Remove tortilla from oven and let stand 5 minutes. Run rubber spatula around edge of pan to loosen, slide tortilla onto cutting board. Cut into 4 equal wedges to serve.

*Approximate nutritional values per serving:
229 Calories, 8g Fat (31% of total calories),
2g Saturated Fat (8% of total calories),
217mg Cholesterol, 500mg Sodium,
19g Carbohydrates, 2g Fiber, 18g Protein*

*Dietary Exchanges:
1 Starch; 3 Protein; 2 Fat*



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light
delight



Oven-Fried Honey-Dijon Chicken

Prep: 10 minutes

Bake: 20 minutes • Serves: 6

- Nonstick cooking spray
- $\frac{3}{4}$ cup yellow cornmeal
- $\frac{1}{2}$ cup whole wheat flour
- 1 tablespoon Old Bay seasoning
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ small red onion, finely chopped (about $\frac{1}{4}$ cup)
- $\frac{1}{2}$ cup Dijon mustard
- $\frac{1}{2}$ cup honey
- 1 tablespoon fresh lemon juice
- 6 boneless, skinless chicken breasts (about 6 ounces each)

1. Preheat oven to 425°. Spray rimmed baking pan with nonstick cooking spray.

2. In large zip-top plastic bag, combine cornmeal, flour, Old Bay seasoning, basil, oregano and salt. Seal bag and shake until well combined. In medium bowl, whisk together onion, Dijon mustard, honey and lemon juice.

3. Dip 2 chicken breasts into mustard-honey mixture to coat, then place in bag with cornmeal mixture. Seal bag, pressing out excess air. Shake bag to evenly coat chicken; transfer chicken to prepared pan. Repeat with remaining chicken, mustard-honey mixture and cornmeal mixture. Lightly spray top of chicken breasts with nonstick cooking spray.

4. Bake chicken 20 to 25 minutes or until internal temperature reaches 165°.

*Approximate nutritional values per serving:
351 Calories, 3g Fat (8% of total calories),
1g Saturated (3% of total calories),
79mg Cholesterol, 552mg Sodium,
46g Carbohydrates, 3g Fiber, 35g Protein*

*Dietary Exchanges:
3 Starch; 5 Protein; 1 Fat*



pasta with power



Penne with Tomato Sauce & Turkey Bacon

Prep: 10 minutes

Cook: 30 minutes • Serves: 6

- 1 box (14.5 ounces) high fiber white penne pasta
- 1 teaspoon olive oil
- 6 slices turkey bacon, each cut crosswise into $\frac{3}{4}$ -inch pieces
- 2 garlic cloves, minced
- 1 medium onion, finely chopped
- $\frac{1}{4}$ teaspoon salt
- 2 large sprigs fresh basil
- $\frac{1}{2}$ cup water
- $1\frac{1}{2}$ cups crushed tomatoes
- $\frac{1}{2}$ teaspoon crushed red pepper flakes
- $\frac{1}{2}$ teaspoon Italian seasoning
- $\frac{1}{4}$ cup half and half, at room temperature
- $\frac{1}{4}$ cup shredded Parmesan cheese

1. Heat large covered saucepot of salted water to boiling over high heat. Add pasta and cook as label directs. Drain pasta and return to saucepot.

2. Meanwhile, in large skillet, heat oil over medium heat. Add bacon and cook 5 minutes or until crisp, stirring occasionally. With spoon, transfer bacon to paper towel-lined plate.

3. In same skillet, cook garlic, onion and salt over medium heat 8 to 10 minutes or until onion is soft, stirring frequently. Increase heat to high and stir in basil sprigs and water; heat to boiling and cook 1 minute or until mixture is reduced by half. Reduce heat to medium-low. Stir in tomatoes, crushed red pepper and Italian seasoning, and cook, covered, 12 minutes, stirring occasionally. Remove skillet from heat; uncover. Remove and discard basil. Stir in bacon and half and half.

4. Pour sauce over pasta and toss until well combined. Serve garnished with cheese.

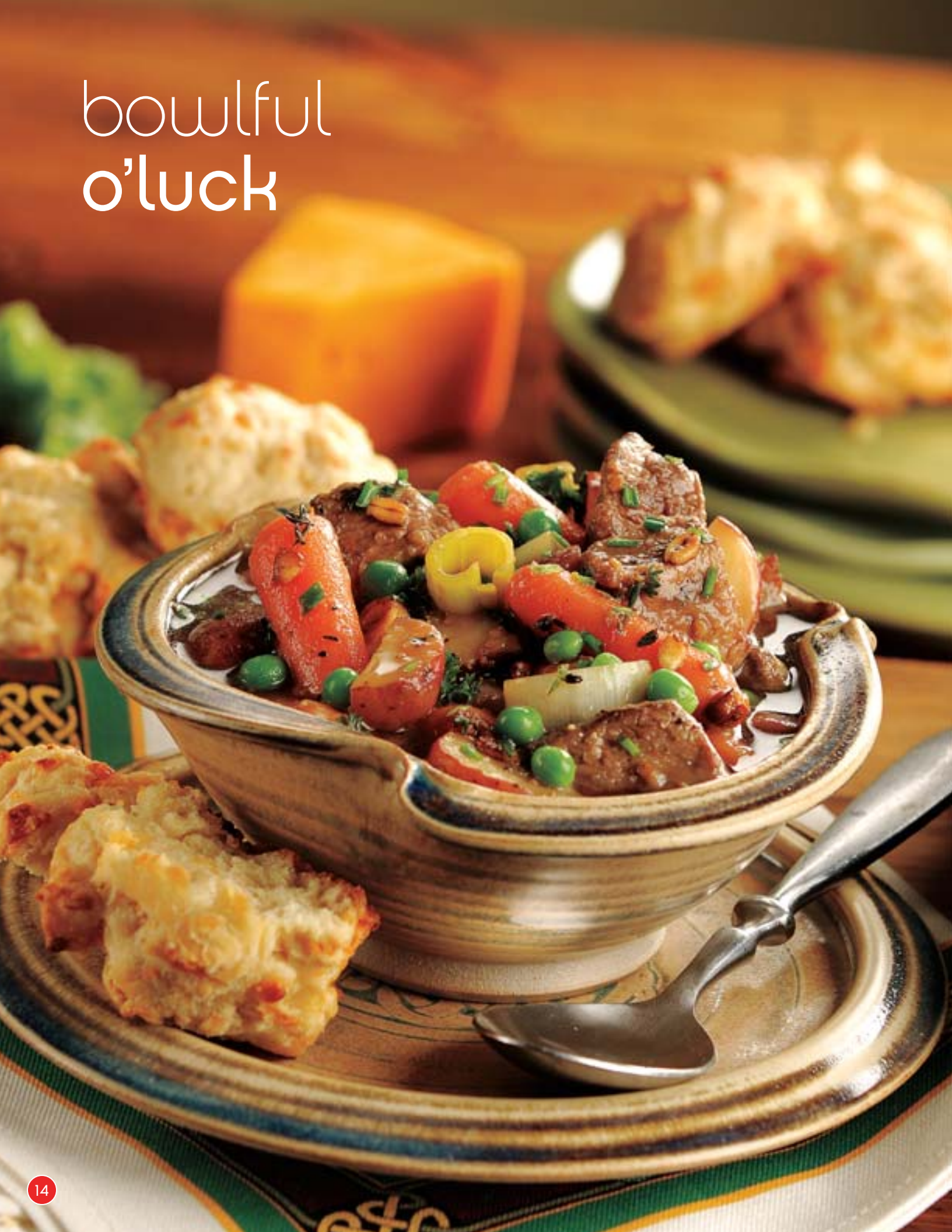
*Approximate nutritional values per serving:
314 Calories, 7g Fat (20% of total calories),
2g Saturated Fat (6% of total calories),
19mg Cholesterol, 469mg Sodium,
59g Carbohydrates, 8g Fiber, 13g Protein*

*Dietary Exchanges:
4 Starch; 2 Protein; 1 Fat*



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bowlful o'luck



Beef Slow Cooker Irish Stew

Prep: 40 minutes

Cook: 7 hours 20 minutes

Serves: 8

- 2 tablespoons vegetable oil
- 2½ pounds boneless sirloin tip roast, fat trimmed, cut into 1½-inch pieces
- 1½ pounds baby red-skinned potatoes, scrubbed and quartered
- 4 sprigs fresh thyme
- 2 garlic cloves, sliced
- 2 medium leeks, halved lengthwise and sliced ½-inch thick
- 1 bay leaf
- 1 medium yellow onion, cut into wedges
- 8 cups low sodium beef broth
- 2 cups baby carrots
- ½ cup barley
- ¼ cup coarsely chopped fresh parsley leaves plus additional for garnish
- 1 tablespoon Worcestershire sauce
- 1 cup warm water
- ¾ cup all-purpose flour
- 1½ cups frozen peas
- 1½ tablespoons red wine vinegar

- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Chopped fresh chives for garnish

1. In large skillet, heat oil over medium-high heat. In 2 batches, add beef and cook each batch 3 to 5 minutes or until beef is browned, stirring occasionally. Transfer beef to 5- to 6-quart slow cooker.

2. Add potatoes, thyme, garlic, leeks, bay leaf, onion, broth, carrots, barley, parsley and Worcestershire sauce. Cover and cook on low 7 to 8 hours or until beef and potatoes are tender.

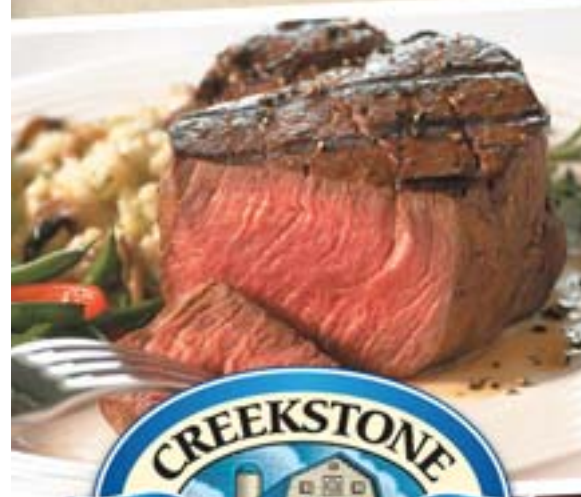
3. In medium bowl, whisk together water and flour; stir into slow cooker. Increase heat to high, cover and cook 15 minutes. Stir in peas and vinegar; cover and cook 3 minutes. Remove and discard bay leaf and thyme stems. Season with salt and pepper. Serve garnished with parsley and chives.

Approximate nutritional values per serving: 445 Calories, 9g Fat (18% of total calories), 2g Saturated (4% total calories), 68mg Cholesterol, 367mg Sodium, 48g Carbohydrates, 7g Fiber, 42g Protein

Dietary Exchanges: 3 Starch; 6 Protein; 2 Fat



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Creamy Polenta with Shrimp, Roasted Poblanos & White Cheddar

Prep: 15 minutes

Cook: 20 minutes • Serves: 4

- 7 ounces poblano peppers (about 2 medium)
- 4 cups fat-free milk
- 2 teaspoons unsalted butter
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 cup yellow cornmeal
- ½ cup sharp white Cheddar cheese, shredded (2 ounces)
- 1 tablespoon olive oil
- 1¼ pounds 21-25 count peeled and deveined shrimp, thawed if necessary
- 3 garlic cloves, chopped
- 2 teaspoons hot sauce
- Sliced green onions and/or chopped fresh cilantro leaves for garnish (optional)

1. Place oven rack about 5 inches from broiler. Preheat broiler to high. Place poblano peppers on rimmed baking pan and broil 4 to 5 minutes or until the skin is completely blackened and blistered, turning occasionally. Place poblano peppers in bowl and cover bowl with plastic wrap; let stand 10 minutes.

2. Meanwhile, in medium saucepot, combine milk, butter, ¼ teaspoon black pepper and ⅛ teaspoon salt; heat to boiling over medium to medium-high heat. Gradually whisk in cornmeal until incorporated and cook as label directs, whisking occasionally. Remove from heat; stir in cheese. Cover to keep warm.

3. Remove skin from poblano peppers; pull off stem and cut lengthwise in half. With paring knife, scrape seeds, then cut into ½-inch pieces (about ¾ cup).

4. In large skillet, heat oil over medium heat. Add shrimp and cook 3 to 4 minutes or until shrimp turn almost opaque throughout, stirring occasionally. Stir in garlic, remaining ¼ teaspoon black pepper and ⅛ teaspoon salt, and poblano peppers, and cook 1 to 2 minutes or until shrimp turn opaque throughout, stirring occasionally.

5. To serve, spoon shrimp mixture over polenta and sprinkle with hot sauce. Garnish with green onions and cilantro, if desired.

Approximate nutritional values per serving: 466 Calories, 13g Fat (25% of total calories), 5g Saturated Fat (10% of total calories), 208mg Cholesterol, 541mg Sodium, 46g Carbohydrates, 3g Fiber, 40g Protein

Dietary Exchanges: 3 Starch; 6 Protein; 3 Fat

Chef Tips

The finer the grind of the cornmeal, the less cooking time is required. Check specific package labels for cooking time.

Try using jalapeño peppers in addition to the poblano peppers for a spicier dish.

Peppers can also be roasted directly on gas stovetop over high heat until skin is blackened and blistered, turning occasionally with tongs.



Watch our **Creamy Polenta with Shrimp, Roasted Poblanos & White Cheddar video** on your smart phone... just scan this Tag! To get the Tag Reader visit <http://gettag.mobi> on your mobile phone browser.

sweet as honey

Honey, Yogurt & Granola Parfaits

Prep: 5 minutes • Serves: 4

- 1/3 cup chopped walnuts and/or almonds
- 1/4 cup rolled oats
- 6 tablespoons dried cranberries, cherries and/or raisins
- 1/2 cup honey
- 3 containers (6 ounces each) non-fat plain or vanilla yogurt (2 1/4 cups)
- 1/4 cup shredded apple

In small bowl, combine nuts, oats and dried fruit. Into each of 4 parfait glasses, layer 2 tablespoons honey, 1/4 of the yogurt and 1/4 of the oat mixture. Top each parfait with 1 tablespoon shredded apple.

Approximate nutritional values per serving:
323 Calories, 6g Fat (17% of total calories),
1g Saturated (3% of total calories),
2mg Cholesterol, 100mg Sodium,
60g Carbohydrates, 3g Fiber, 11g Protein

Dietary Exchanges:
4 Starch; 2 Protein; 1 Fat





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Shopping List

Take this handy list to pick up the ingredients needed for the recipes in this issue. Happy cooking!

Open-Faced Breakfast Sandwiches, Pg. 5

- 1 container (6 ounces) low fat plain yogurt
- fresh chives
- 1 package turkey bacon
- nonstick olive oil cooking spray
- 1 container (16 ounces) egg substitute
- green onions
- 1 small tomato
- 1 package shredded reduced fat Cheddar cheese
- Mrs. Dash® original seasoning blend
- multigrain bread
- zero-calorie butter spray
- 1 medium avocado

Turkey Sausage & Lentil Soup, Pg. 7

- 1 bunch carrots
- celery
- 1 medium yellow onion
- 1 package (14 ounces) smoked turkey sausage
- 1 package (8 ounces) sliced mushrooms
- 2 cans (14 ounces each) no salt added diced tomatoes
- 1 package (16 ounces) lentils
- 64 ounces low sodium chicken broth
- Italian seasoning
- 1 container shredded Parmesan cheese

Spanish Potato Tortilla, Pg. 9

- 1 red bell pepper
- 1 package refrigerated diced potatoes with onion
- fresh thyme
- smoked paprika
- 1 dozen eggs
- fat-free milk
- 1 package shredded reduced fat Cheddar cheese

Oven-Fried Honey-Dijon Chicken, Pg. 11

- yellow cornmeal
- whole wheat flour
- Old Bay seasoning
- dried basil
- dried oregano
- 1 small red onion
- Dijon mustard
- 1 lemon
- 6 boneless, skinless chicken breasts

Penne with Tomato Sauce & Turkey Bacon, Pg. 13

- 1 box (14.5 ounces) high fiber white penne pasta
- 1 package turkey bacon
- 1 medium onion
- fresh basil
- 1 can (14.5 ounces) crushed tomatoes
- crushed red pepper flakes
- Italian seasoning
- half and half
- 1 package shredded Parmesan cheese

Beef Slow Cooker Irish Stew, Pg. 15

- 2½ pounds boneless sirloin tip roast
- 1½ pounds baby red-skinned potatoes
- fresh thyme
- 2 medium leeks
- bay leaves
- 1 medium yellow onion
- 64 ounces low sodium beef broth
- 1 package baby carrots
- barley
- fresh parsley
- Worcestershire sauce
- frozen peas
- red wine vinegar
- kosher salt

Creamy Polenta with Shrimp, Roasted Poblanos & White Cheddar, Pg. 17

- 2 medium poblano peppers
- fat-free milk
- unsalted butter
- yellow cornmeal
- 2 ounces sharp white Cheddar cheese
- 1¼ pounds 21-25 count peeled and deveined shrimp
- hot sauce

Honey, Yogurt & Granola Parfaits, Pg. 18

- 1 package (2.25 ounces) chopped walnuts
- rolled oats
- dried cranberries, cherries and/or raisins
- 3 containers (6 ounces each) non-fat plain yogurt
- 1 medium apple

STAPLES

- all-purpose flour
- garlic cloves
- ground black pepper
- honey
- nonstick cooking spray
- olive oil
- salt
- vegetable oil

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**SHOPPING
LIST**