



## JANUARY - MARCH 2017 ARTICLES

**[WEEK OF 3/27/17](#) - Great Grains are Whole Grains! (Recipe: Steel Cut Oat Risotto with Mushrooms)**

**[WEEK OF 3/20/17](#) - Frozen Foods Have Come FULL CIRCLE**

**[WEEK OF 3/13/17](#) - Breakfast, snack or dessert that's as easy as 1, 2, 3... with yogurt and fruit**

**[WEEK OF 3/6/17](#) - Put Your Best Fork Forward with Frozen Foods**

**[WEEK OF 2/27/17](#) - Frozen Foods Get to the Heart of the Matter (Recipe: Peanut Butter and Jelly Smoothie Bowls)**

**[WEEK OF 2/20/17](#) - Stock Up on Seafood for a Healthy Heart (Recipe: Chipotle Spiced Shrimp)**

**[WEEK OF 2/13/17](#) - Smart Swaps for the Heart (Recipe: Creamy Roasted Red Pepper Soup)**

**[WEEK OF 2/6/17](#) - Sweet Stuff for Your Heart (Recipe: Strawberry Cheesecake Baked Oatmeal)**

**[WEEK OF 1/30/17](#) - Try a Souper-Bowl favorite that's good for the heart! (Recipe: Stovetop Chili)**

**[WEEK OF 1/23/17](#) - Muuna is the New Way to Cottage (Recipe: Broccoli Cheddar Puff)**

**[WEEK OF 1/16/17](#) - Take Comfort in Smart Swaps and Add-Ins (Recipe: Sweet Potato Sandwich Wrap)**

**[WEEK OF 1/9/17](#) - Power Your New Year with Breakfast (Recipe: Fruity Pancake Muffins)**

**[WEEK OF 1/2/17](#) - Focus on Fewer Added Sugars in 2017 (Recipe: Vanilla-Pear Oatmeal with Truvia Nectar)**