



Food For thought

March 2015

Go Green for St. Patrick's Day

In today's day and age more and more people are interested in healthy eating, and are asking nutrition professionals which foods to start implementing in their diets. One common tip we often hear is how important it is to consume a variety of color with meals and snacks—especially in regard to fruits and vegetables. With a colorful holiday right around the corner, what perfect timing to “Go Green” this March!

During St. Patrick's Day, the typical green foods that get the most attention nutrition-wise include those in the leafy green family—for example, spinach, kale, collard and mustard greens, etc. While it is true that dark, leafy green vegetables pack a nutrition punch, there are many other green vegetables (and fruits) to try this St. Patrick's Day. Below are just a few green produce items to try all month long.

*KIWI

One medium kiwi provides about 60 calories, 100% of daily vitamin C needs and more potassium than half a banana. Kiwis also make a smart snack choice—just cut, scoop and eat.

*AVOCADOS

Avocados contain monounsaturated fat, a good heart-healthy fat. This fruit is ready to eat when slightly soft, and can be added to dishes for its fresh and creamy flavor. Add to your favorite entrées, use as a substitute for your favorite condiment or even add to smoothies.

*GREEN BELL PEPPERS

One pepper has only 30 calories, and delivers a day's worth of Vitamin C, supporting healthy immune function. Peppers are great sautéed in entrée dishes, or make a delicious crunchy snack with a dip.

*BROCCOLI

One cup of broccoli provides an excellent source of Vitamin K, supporting bone health. Broccoli also contains as much Vitamin C as an orange, and is a good source of fiber to help with weight control and healthy digestion. Besides being eaten raw or cooked, broccoli can be added to soups, stews and casseroles for a health kick.

*ASPARAGUS

This nutrient-dense vegetable contains folic acid, helping the body make healthy new cells and prevent birth defects during pregnancy. Need new ideas for asparagus recipes? Try Roasted Asparagus Salad with Citrus Dressing.

*KOHLRABI

This unfamiliar vegetable is a member of the cabbage family. It has a sweet, juicy texture that tastes similar to broccoli stems. Enjoy raw, roasted, steamed or add to a favorite soup.

*CUCUMBER

Cucumber is best eaten raw or barely cooked, leaving the skin on for added fiber benefits. Store up to one week in refrigerator; use leftover cucumber for a personal spa day.

Roasted Asparagus Salad with Citrus Dressing

ALL YOU NEED:

- * 2 pounds asparagus, (about 2 bunches), trimmed
- * 1 pint tiny cherry or pear tomatoes, red or mixed colors
- * 1 tablespoon extra-virgin olive oil
- * 3/4 teaspoon salt, divided
- * Freshly ground pepper, to taste
- * 1 tablespoon fresh lemon juice
- * 1 tablespoon fresh orange juice++
- * 1 tablespoon honey
- * 1/2 teaspoon Dijon mustard
- * 2 bunches watercress, tough stems removed (about 4 cups lightly packed)
- * 2 tablespoons finely chopped fresh dill

ALL YOU DO:

1. Preheat oven to 450°F.
2. Place asparagus in a large bowl. Add tomatoes and oil and toss to coat. Spread in a heavy roasting pan or rimmed baking sheet, spooning the tomatoes between and on top of the asparagus. Sprinkle with 1/2 teaspoon salt and add a generous grinding of pepper. Roast until the asparagus is crisp-tender and the tomatoes are warmed and slightly crinkled, about 15 minutes. Set aside until ready to serve.
3. Whisk lemon juice, orange juice, honey, mustard and remaining 1/4 teaspoon salt in a medium bowl until blended. Reserve half the dressing in a small bowl.
4. Add watercress to the medium bowl; toss to coat. Spread the watercress on a platter. Arrange the roasted asparagus on the watercress and top with tomatoes. Drizzle the reserved dressing over the asparagus and tomatoes; sprinkle with dill. Serve warm or at room temperature.

Mighties Kiwi Avocado Smoothie

Serves 4

All you need:

- 1 ripe avocado, peeled, pitted and chopped
- 1/2 cup packed spinach
- 1 cup coconut milk
- 2 cups peach juice
- 2 tbsp honey
- 1 tsp grated fresh ginger
- 5 ice cubes
- 3 Mighties Kiwi, peeled and roughly chopped

All you do

1. Add avocado, spinach, coconut milk, peach juice, honey, ginger and ice to blender. Puree until smooth.
2. Add kiwi and pulse just until blended. Divide among 4 glasses.



Slam Dunk Snacks



The basketball championship series is in full swing. Hopefully your bracket choices will do well. As you enjoy the games, why not score big at home with some slam-dunk snack? Don't get sidelined by unhealthy snacks that don't provide your body with the beneficial nutrients it needs to feel good. Use your defensive skills to block high-fat, high-calorie snacks - and create opportunities to try new healthier tasty foods. A great snack will include protein, fiber, whole grains and good-for-you fats. You can make some great game-day snacks that will meet this criteria. Vegetables are a notable choice for dipping and are a good source of fiber. Bean dips are the ideal choice for dipping vegetables or whole grain chips, as these dips provide protein and fiber. Fiber may help in lowering cholesterol levels, giving a feeling a fullness and aiding digestion. Look for whole-grain tortilla chips, pita chips or crackers to complement your snack. Avocado is a good for you fat. Avocado contains monounsaturated fats that may lower your risk for heart disease and stroke. Here are two winning combinations for your game-day snacks. Avocado-Yogurt Dip can be served with pretzels, pita chips or vegetables. Black Bean Dip will meet your protein and fiber needs and is great served with whole-grain tortilla chips.

Avocado-Yogurt Dip

Serves 8

All You Need:

- 1 ripe avocado, peeled and pitted
- ½ cup nonfat plain yogurt
- 1/3 cup packed fresh cilantro leaves
- 2 tablespoons chopped onion
- 1 tablespoon lime juice
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Hot sauce to taste, optional

All You Do:

1. Place avocado, yogurt, cilantro, onion, lime juice, salt and pepper in a food processor. Process until smooth.
2. Season with hot sauce, if desired.

Black Bean Dip

All You Need:

- 1 (15 ounce) can black beans, rinsed
- ½ cup prepared mild or hot salsa
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- ¼ teaspoon ground cumin
- Salt and pepper, to taste

All You Do:

1. Combine black beans, salsa, lime juice, cilantro and cumin in a food processor.
2. Process until smooth. Season with salt and pepper.

Dietitians Pick of the month:

Hy-Vee Exclusive! Angie's Sweet Barbeque Kettle Corn

Welcome to your happy place. Introducing Angie's Sweet Barbeque Kettle Corn, a Hy-Vee exclusive flavor that contains nothing but ingredients you'll love! The sweet tangy taste of the kettle corn blends fantastically with the smokiness of the barbeque for a dynamic duo your taste buds are sure to enjoy. What is the best part about Angie's Sweet Barbeque? With all-natural ingredients and only 80 calories per cup, you can enjoy it guilt-free.

And who doesn't love a local product? Angie's popcorn is carefully chosen and popped fresh, batch by batch, in Mankato, Minnesota! Midwest natives Angie and Dan Bastian started popping popcorn in their small kitchen at home and selling Angie's Kettle Corn at outdoor events. One day Dan and Angie decided to give the Vikings players and coaches' bags of kettle corn after their summer training camp in Mankato. They liked it so much that Angie's became the official kettle corn of the Minnesota Vikings. Soon fans wanted to get it in the off-season and as the demand grew, so did the business. Angie's is still led by founders Angie and Dan and operated by their 150+ employees; together they make 80,000 bags of popcorn daily.

Sweet Barbeque Snack Mix

Serves: 14 (1/2 cup each)

All you need:

- 4 cups Angie's Boom Chicka Pop Sweet Barbeque
- 1 cup lightly salted Hy-Vee peanuts
- 1/2 cup Hy-Vee pretzels
- 1/2 cup Hy-Vee whole grain cheddar Penguins
- 1 cup Hy-Vee corn chips
- 1/2 cup sunflower nuts

All you do:

1. In a large bowl, mix together all ingredients.
2. Portion out 1/2 cup trail mix per person.

Nutrition per 1 serving: 140 calories, 11g total fat, 1.5 g saturated fat, 0g trans-fat, 0mg cholesterol, 45mg sodium, 10g carbohydrate, 2g fiber, 2g sugar, 4g protein.

5 REASONS TO EAT BOOM CHICKA POP SWEET BBQ

- 1. Sweet, spicy flavor satisfies sweet craving.**
- 2. A smart snack for weight loss. Its fiber helps you feel full longer.**
- 3. Only 80 calories per cup.**
- 4. A whole grain. Eating more whole grains may help reduce the risk of heart disease.**
- 5. Zero trans-fat, a better choice for heart health.**

Upcoming Hy-Vee Events:

Kids in the Kitchen, March 10th 4-5pm, \$5

We will be making some fun green recipes for St. Patrick's Day. Please call Customer Service to sign-up. (308)381-3678

Irish Cooking Class, March 24th, 6-8pm, \$29

Irish Cooking is more than corned beef and cabbage! It's an ethnic feast of hearty, yet simple to cook meals. Join Shannon (doesn't get more Irish than this), Hy-Vee Dietitian, as we prepare and sample a Taste of Ireland meal, including Irish Stew, Champ (Irish mashed potatoes), Irish Soda bread and Irish apple cake in this hands-on class. Call Judy Weston at CCC to sign up (308)-398-7445