

# Food for Thought

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From Shannon, your Grand Island Hy-Vee dietitian

## Go Greek with Simple Substitutions

For years yogurt has been an iconic health food, and rightly so. Yogurt is an excellent source of protein, which not only helps build muscles, but also helps you feel full. Yogurt contains calcium, potassium and a variety of other vitamins and minerals to keep you healthy. Plus, there are those live and active cultures, known as probiotics, which maintain digestive health and give our immune systems an extra boost.

In the past twelve years, America's consumption of yogurt has doubled, and the evolution of Greek yogurt has played a large role in that trend. With this expansion of yogurt, the difference between the varieties is still *Greek* to customers. Here is what makes Greek yogurt different: Greek yogurt is strained to remove most of the liquid whey, lactose and sugar, making it thicker than traditional yogurts. As far as the nutritional differences, Greek yogurt can contain up to twice the protein, and is usually lower in carbohydrates.

Snack and breakfast times are the most common time yogurt is consumed. However yogurt can be easily included in other meals. The creamy texture of yogurt makes it a great substitute for the fat in most recipes. Try a few of these easy exchanges in your kitchen:

Instead of this:	Try This:	Calories Saved:
1 cup sour cream	1 cup yogurt	392
1 cup mayonnaise	1 cup yogurt	1334
1 cup cream cheese	1 cup yogurt	710
1 cup butter	½ cup butter and ¼ cup yogurt	789
1 cup oil	¾ cup yogurt	1852

Use these simple swaps in a variety of recipes from baked goods to dips and salads; by doing so you'll easily cut a few hundred calories from your dish. Here are a few easy ways to use yogurt at mealtime:

- Use plain Greek yogurt instead of sour cream to top tacos, baked potatoes and chili.
- Try mixing two cups of Greek yogurt with a packet of dry ranch dressing for a quick veggie dip. Kids love it!
- Switch your milk and butter for yogurt next time you make mashed potatoes.
- Experiment with flavors too; replacing sour cream with lemon yogurt in a cherry or blueberry coffeecake makes a great combination!
- Cool off on hot summer days by serving fruit at meals with yogurt, in the form of a smoothie or parfait.
- Mix in tomato soup/marinara sauce to make it creamy
- Mix in cake mix with water to substitute butter/oil. Or, mix in brownie mix (8 oz) for eggs and oil.
- Mix with guacamole or hummus to make them extra creamy.
- Serve your salads with yogurt – like the recipe here.

This information is not intended as medical advice. Please consult a medical professional for individual advice.

### Summer Fruit & Pasta Toss

Source: Midwest Dairy  
Serves: 4

#### All you need:

8 ounces uncooked whole wheat spiral pasta  
1½ cups cubed cantaloupe (about half a cantaloupe)  
1½ cups cubed pineapple (about half a pineapple)  
1¼ cups sliced strawberries  
1 cup halved seedless grapes  
1½ cups (12 ounces) low-fat vanilla yogurt

#### All you do:

1. Cook pasta according to package instructions, drain and cool in refrigerator for 10 minutes.
2. While pasta is cooking, prepare fruit and place in large serving bowl.
3. Once pasta has cooled, add to bowl. Gently mix yogurt into pasta mixture.
4. Chill for 30 minutes in refrigerator before serving.

Nutrition Information per serving: 370 Calories, 2g Fat, 1g Saturated Fat, 5mg Cholesterol, 77mg Sodium, 80g Carbohydrate, 3g Dietary Fiber, 14g Protein, 21% Daily Value Calcium

# All About the Avocado Fruit

Avocados are a nutrition powerhouse as they contain 20 vitamins, minerals and phytonutrients including vitamin K, folate, potassium and vitamin E. One-fifth of a medium avocado or three thin slices contains 50 calories and 2 grams fiber. Of the fat in avocados, 75% is unsaturated (monounsaturated & polyunsaturated fat) – the healthy fat that helps with satiety (the feeling of fullness) and is also good for heart-health.

Did you know there is a new way to cut and peel avocados? Simply cut the avocado in quarters; nick and peel the skin from the avocado to get the nutrient-rich, dark green fruit under the peel. This dark green layer contains the greatest concentration of carotenoids. The best way to test for ripeness is to gently squeeze the avocado in the palm of your hand. Avocados are ready to eat when they will yield to gentle pressure. To speed the ripening of avocados, they can be stored in a brown paper sack at room temperature for two to five days. Adding a banana or apple to the sack will help ripen avocados even faster, as these fruits give off ethylene gas which quickens the ripening process.

Avocados are not just for guacamole. They can be used in a variety of ways.

- Mash for a spread for sandwiches, wraps or bagels. Dice for salads, pasta, tacos, omelets and pizza.
- Slice for burgers or BLT sandwiches.
- Cube and combine with fresh fruit; drizzle with honey.
- Splash with balsamic vinegar or fresh lime juice; add black pepper and salt. Serve with whole-grain crackers.
- Toss into fruit smoothies to add creaminess
- Add diced avocado to omelets
- Add avocado to your favorite homemade salsa

## Mango & Avocado Salad with Acai Berry Vinaigrette

Serves 6

### All you need:

- ½ cup V8 Fusion Acai Mixed Berry Juice
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 2 tablespoons water
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- 1/8 teaspoon ground black pepper
- 6 cups chopped Romaine lettuce
- 1 medium mango, peeled, seeded and sliced (about 1 ½ cups)
- 1 medium avocado, peeled, pitted and sliced (about 1 ½ cups)

### All you do:

1. Beat the V8, oil, vinegar, water, mustard, garlic and black pepper in a medium bowl with a whisk or fork.
2. Divide the lettuce among 4 salad bowls. Top with the mango and avocado slices. Spoon 2 tbsps vinaigrette over each salad. Serve immediately.
3. Garnish with fresh raspberries if desired.

## Roasted Garlic Guacamole with Help-Yourself Garnishes

Serves 16 (1/4 cup each)

Source: Adapted from Fiesta at Rick's by Rick Bayless; W.W. Norton, 2010 by Eating Well, Inc.

### All you need:

- 6 large cloves garlic, unpeeled
- 6 medium ripe avocados
- ½ cup coarsely chopped, loosely packed fresh cilantro
- 2 tbsps fresh lime juice, plus more if desired
- 1 tsp salt
- 1 (16 ounce) bag Hy-Vee organic yellow corn tortilla chips

### Garnishes

- ¾ cup finely crumbled or grated Mexican queso fresco, queso añejo, salted pressed farmer's cheese, firm goat cheese, mild feta cheese or Romano cheese
- ¾ cup toasted pumpkin seeds
- ¾ cup Hy-Vee sliced pickled jalapenos
- ½ cup crumbled crisp-fried Hy-Vee bacon

### All you do:

1. Place unpeeled garlic in a small dry skillet over medium heat; cook, turning occasionally, until soft and blackened in spots, 10 to 15 minutes. Cool, then slip off the skins; finely chop. Scoop avocado flesh into a large bowl. Add the garlic, cilantro and lime juice to taste. Coarsely mash everything together. Season with salt. Transfer to a serving bowl and place plastic wrap directly on the surface of the guacamole. Refrigerate until ready to serve.
2. To serve, spoon a little guacamole on a chip and top with your choice of garnishes.

# Build A Better Burger with NuVal!

Nothing kicks off grilling season better than a delicious, juicy burger, sizzling from the grill! While burgers can have a reputation of being “unhealthy,” simple swaps can amp up the flavor while building a better burger, a healthier burger. Building that better burger can be easy if you utilize NuVal. NuVal is a nutritional scoring system that scores food from 1-100 based on its nutritional value. The higher the number, the higher the nutritional value. It is a great tool when comparing similar items and you can find the NuVal score on the price tags at Hy-Vee. Stop in and see me if you have questions on how to use NuVal!

## BURGERS

Of course the traditional choice for a burger is ground beef, but our foodie culture has made way for an influx of salmon, tuna, turkey and bison burger recipes that not only taste great, but can be better for you! Burgers made from salmon (NuVal: 87) or tuna offer omega-3 fats that benefit our heart and brain health. “Traditional”- tasting burgers can be made from 93%-lean ground beef, 93%-lean ground turkey (NuVal: 33) or even bison meat. For the vegetarian griller, there are great-tasting meat-free alternatives such as frozen Morning Star, Boca or Lightlife vegetarian burgers that also save a few calories and fat grams over traditional meat-based burgers.

## CHEESE

Cheese adds beneficial calcium, protein and vitamin D but it can be high in fat and sodium. Swiss cheese is lower in sodium, fresh mozzarella and goat cheese are lower in fat and calories, and strongly flavored cheese (such as feta, blue or Parmesan) allows you to use less yet still gain a punch of flavor! Don't be afraid to try reduced-fat cheese, either. Spread a 35-calorie wedge of Light Laughing Cow cheese on the bun or put one in the center of the burger meat before grilling for some melted, cheesy goodness! Cabot's award-winning Sharp Light Cheddar (NuVal: 25) is a great-tasting option that has 30% fewer calories and 50% less fat.

## CONDIMENTS AND SEASONINGS

With leaner meat you may want to amp up the seasonings to compensate for the loss of fat. Incorporate fresh herbs into the meat for a flavorful punch without any calories, fat or sodium. Lean ground turkey meat is more prone to drying out during cooking so add a bit of low-fat ricotta cheese to the meat to keep burgers moist without altering flavor.

## TASTY TOPPINGS

Make swaps for health and flavor when topping your burger, too. Retire that ol' iceberg lettuce (NuVal: 82) in favor of crunchy romaine (NuVal: 100). Add grilled onions (NuVal: 93) for anti-cancer nutrients or sautéed Monterrey mushrooms (NuVal: 96) for a shot of Vitamin D. Tomatoes (NuVal: 96) are a traditional burger topping and provide lycopene, which helps fight prostate cancer.

## THE BUN

Swap that traditional flimsy, white bun for a Oroweat Whole Wheat Sandwich Thin (NuVal: 36). It will add fiber, vitamins, minerals and protein. Toast a hunk of Baking Stone Honey Whole Grain bread and serve your burger open-faced to save a few calories. If you need a gluten-free option, you'll love the buns from Schär or Udi's found in the HealthMarket.

By utilizing NuVal you really can build a better burger. Don't be afraid to try your hand at creating a culinary masterpiece using healthier ingredients that you've found by using NuVal.

Also, think outside of the burger. It's important at mealtime that you consume a variety of foods from all the food groups. Using the MyPlate method is a way to make sure that one-fourth of your plate is a lean protein, one-fourth is a grain and at least half your plate is made up of vegetables and/or fruit. Using foil packets to grill or heat on a campfire is an easy way to ensure you and your family are eating a balanced meal and the clean-up is a snap. There is no need for plates; all you need is foil and a fork.

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