

A Taste of Hy-Vee: The MyPlate Way

Before you eat, it's a good idea to think first about what goes on your plate or in your cup or bowl. At Hy-Vee, we offer a wonderful variety of food, and I am here to help you discover those healthy choices! Use MyPlate as your shopping guide to help you plan simple yet balanced meals and snacks that are delicious and nutritious.

Focus on fruits.

- Buy fruits that are in season for the best quality, taste and value. For example, spring is a great time to purchase strawberries and rhubarb.
- Besides fresh fruit, Hy-Vee frozen fruit, fruit canned in its own juice, and dried fruit (like apricots and apples) are also great options since there is no sugar added to these products.

Vary your veggies.

- Vegetables at Hy-Vee come in many forms. No-salt-added canned vegetables and Steam Quick frozen vegetables are great go-to items that can add color, flavor and nutrition to quick weeknight meals.
- Spring is a great time to buy green vegetables such as peas, asparagus, leeks and lettuce. Add baby spinach to salads and pasta sauces, or sauté the spinach with garlic for a quick side dish.

Make at least half your grains whole.

- This can be accomplished with just a few simple swaps. Choose Hy-Vee 100% whole wheat bread or whole grain bakery bread instead of white bread or bagels; select brown rice to replace white rice (tip: buy the Hy-Vee frozen Steam Quick brown rice). Use Hy-Vee 100% whole wheat pasta.
- Stock up on various grains in our HealthMarket like wild rice, quinoa and bulgur wheat, and add one or more of these grains to stews, casseroles and salads.

Go lean with protein.

- Browse the Hy-Vee meat department for lean cuts of meat like beef sirloin, chicken breast and pork tenderloin. Choose 93%-lean ground beef or turkey when making burgers.
- For meat alternatives that still provide a good amount of protein, try tofu in stir-fry or frozen veggie crumbles in pasta sauces. Add Hy-Vee no-salt-added beans or shelled edamame to soups, stews and salads, or use these beans to make hummus or creamy dips.
- Eggs are also a great source of protein. Enjoy eggs at breakfast, bring one or two hard-boiled eggs to work or school for an easy go-to snack, or create a frittata for a simple supper.

Get your calcium-rich foods.

- Choose milk with 1% fat or less, Hy-Vee 2% shredded cheese and fat-free yogurt. Crumbled cheeses like feta are also a good option for finishing salads or topping flatbreads.

Enjoy this dinner idea that includes all five food groups (and provides a taste of Hy-Vee!):



Sweet Potato and Black Bean Burritos

Serves 6

All you need:

4 cups peeled, cubed sweet potatoes
2 teaspoons Hy-Vee Selects extra virgin olive oil
2 large yellow onions, diced
4 garlic cloves, minced
½ cup Hy-Vee dried cranberries (or raisins)
1 tablespoon Hy-Vee ground cumin
1 tablespoon Hy-Vee ground coriander
Pickled jalapenos (optional)

1 (15 oz.) can no-salt-added black beans, drained and rinsed
½ bunch fresh cilantro, chopped
Juice of 1 lemon
1 cup Hy-Vee 2% sharp cheddar cheese
6 (8-inch) Hy-Vee multigrain tortillas
Hy-Vee salsa
Hy-Vee light sour cream (optional)

All you do:

1. Preheat oven to 350 degrees. Place sweet potatoes in a medium saucepan with ½ teaspoon salt and cover with water. Cover and bring to a boil, then simmer until tender, about 10 minutes. Drain and set aside.
2. While the sweet potatoes cook, warm the oil over medium heat in a large skillet or saucepan and add the onions and garlic. Cook, stirring occasionally, until the onions are tender, about 5 minutes. Add the cumin and coriander and cook for 2 minutes longer. Remove from heat and set aside.
3. In a food processor or blender, combine the black beans, cilantro, lemon juice, salt and cooked sweet potato and puree until smooth.
4. Transfer the sweet potato mixture to a large mixing bowl and mix in cooked onions, cranberries, spices and cheese.
5. Coat a 9-by-13-inch baking dish with cooking spray. Spoon 2-3 scoops of filling in the center of each tortilla and roll up. Place each burrito in the baking dish seam-side-down. Cover tightly with foil and bake for 25 minutes. Serve topped with salsa (and other garnishes as desired).

RD Pick of the Month: Full Circle 660mg Omega-3 Eggs

Microwave Coffee Cup Scramble

All you need:

2 Full Circle 660 mg Omega-3 Eggs
2 T. milk
Optional add-in ingredients, as desired
2 T. shredded cheddar cheese
Salt and pepper, to taste, optional

All you do:

1. Coat a 12-ounce microwave-safe coffee mug with cooking spray. Add eggs and milk; beat until blended. May add additional ingredients, as desired.
2. Microwave on HIGH 45 seconds; stir. Microwave eggs until almost set, 30-45 seconds longer. Top with cheese.

5 REASONS TO EAT Full Circle 660 mg Omega-3 Eggs

1. Each egg contains 660 mg omega-3 fatty acids, eighteen times the omega-3 found in standard eggs.
2. The high-quality protein in eggs helps you feel full and satisfied longer, important for weight management.
3. Eating eggs for breakfast reduces hunger, and fewer calories are consumed at lunch and other meals throughout the day.
4. Healthy adults may enjoy one egg a day without affecting their heart disease risk.
5. Egg yolks are an excellent source of choline, important for fetal brain development and brain function in adults.

Ham-and-Egg Breakfast Quesadilla

Made healthier with whole-wheat tortillas. Serve with fresh orange slices.

All you need:

- 4 Hy-Vee large eggs
- 3 tbsp skim milk
- ¼ cup chopped green pepper
- 1 Roma tomato, chopped
- ¼ cup roughly chopped spinach
- 2 oz thin-sliced deli ham (2 to 3 slices), chopped*
- 4 whole wheat tortillas
- ¾ cup 2%-milk shredded mozzarella cheese, divided



All you do:

1. Whisk eggs and milk in a bowl. Pour mixture into a skillet and scramble over medium heat until nearly cooked. Add chopped green peppers and tomatoes and finish cooking.
2. Remove from heat and add chopped spinach and ham.
3. Heat a griddle pan over medium heat. Place 1 tortilla on pan and heat for 15 to 30 seconds. Flip over and add one-fourth of the egg mixture on one half of the tortilla. Sprinkle 3 tablespoons cheese over eggs. Fold tortilla in half. Cook for 1 to 2 minutes; flip and cook an additional 1 to 2 minutes. The tortilla should be golden brown and the cheese should be melted.
4. Repeat with the other three tortillas.

New to Hy-Vee

John Pedermen, Grand Island Store Director! Also, many of you know that our store director for the past 3 years, Dave Blum, has moved to a Hy-Vee in Cedar Rapids. Although, we can't blame him for wanting to be closer to family, we will sure miss Dave! BUT, we are also excited to work with our new director – John Pederman. John comes to Grand Island with his family from our Manhattan, Kansas store. Today is his first day in Grand Island, so if you get a chance stop in and say “Hi”.

Glenda Taylor, Health Market Manager! Rhonda is moving to the new Kearney store (she lives in Lexington, so this is a great move for her!). So, Glenda has taken over the reins as Health Market Manager after 3 years of being the assistant. We continue to have plans to expand the department (think more freezer and fridge products!) – so keep an eye out for these great additions! We all know Glenda will do an amazing job!

Kearney Hy-Vee! As many of you know, the Kearney Hy-Vee will be opening soon – April 29th! And, just like any Hy-Vee, you will find a smiling, helpful dietitian- two, in fact! Kaiti George and Kelsey Bair will available to help with all your nutrition needs!

Cooking with Culinary Herbs Class



Tuesday, May 6th, 6-8 p.m. \$34

Come and explore the tantalizing world of herbs and spices. This class will cover a variety of great culinary herbs for growing indoors or out. Learn which herbs and spices are best suited for certain foods and discover how their unique flavors can bring any recipe to greatness. We will be creating some flavor-packed foods to add to your meal repertoire!

Please sign up at Customer Service 24 hours in advance for this class. There are just a few spots left – so hurry in!

True? False? Will the Real Berry Please Stand Up!

While trying to find some new and exciting information on berries, a little research revealed some interesting facts about berries. For instance, there are “true” berries (avocados, barberries, currants, gooseberries, grapes, pineapple and tomatoes) and “false” berries such as blueberries, cranberries and huckleberries. What most of us think of as berries are actually “berry-like” compound fruits such as blackberries, boysenberries, loganberries, mulberries, raspberries and strawberries. Who knew?

No matter what botanical family berries belong to, who doesn't love the small, brightly colored, juicy fruits we call berries? Besides tasting delicious and being a quick and easy food to prepare, berries are also nutritional powerhouses, often referred to as super foods. Experts suggest eating a serving of berries two times per week to get the most benefit.

BLACKBERRIES: composed of about 80% water and healthful fiber, these berries can contribute to weight loss, lower an elevated cholesterol levels or manage type II diabetes. The folate in blackberries may reduce the risk of cardiovascular disease and as an added bonus helps maintain healthy hair. The rich blue-black color indicates exceptionally high levels of healthful antioxidants.

STRAWBERRIES: providing 160 % of the recommended daily amount of Vitamin C for immune support, strawberries are also rich in folate, fiber and potassium (for healthy blood pressure). The red anthocyanins in strawberries help protect cells from damage by harmful molecules. Strawberries are also a source of essential vitamins B1 and B5 (pantothenic acid) for energy, as well as manganese for bone growth. Enjoy a delicious strawberry along with dark chocolate for a delightful treat.

RASPBERRIES: abundant in antioxidants, raspberries are particularly noted for their content of ellagic acid, a potent cancer fighter. High in fiber (4 g per ½ cup), vitamin C, manganese and niacin, raspberries have a mild flavor but a powerful nutritional impact. Try sprinkling raspberries with balsamic vinegar for a truly incredible flavor combination.

BLUEBERRIES: phytonutrients in blueberries protect cells from damage that may lead to cataracts, glaucoma, peptic ulcers, heart disease and even cancer. Also a good source of vitamin C, blueberries are an excellent source of manganese for cell production. Eating blueberries may protect the brain from oxidative stress and help guard against age-related dementia. Blueberries are one of the truly “blue” foods. How about enjoying some blueberry pancakes for breakfast this weekend!

Besides all the ways fresh berries can be used, don't forget to stock up on frozen berries for use in making smoothies, jams or jellies, pies, muffins and fruit salads. Try blending frozen berries with a little sweetener and use to top ice cream, mix into Greek yogurt or even serve on pancakes and waffles with a dollop of light whipped cream.

Here's a great recipe using fresh berries; enjoy!

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Hy-vee Dietitian

Berry Salsa with Cinnamon Chips

All you need:

- 1 (6 oz.) package fresh raspberries,
- 1 pint (2 cups) fresh strawberries, rinsed, stems removed, then quartered
- 2 kiwi, washed, peeled and diced
- 1 Golden Delicious apple, washed, peeled (if desired, but leaving peel on retains more healthy fiber) and diced
- 2 T. Hy-Vee strawberry preserves
- 6 Multigrain Hy-Vee tortillas (fajita-style)
- Omega-3 Olive oil pan spray
- ¼ cup cinnamon sugar (¼ cup sugar plus 1 tablespoon cinnamon)

All You Do:

1. In a large bowl, combine raspberries, strawberries, kiwi, apple and strawberry preserves. Cover and chill for 15-30 minutes.
2. Preheat oven to 350°. Spray one side of each multigrain tortilla with olive oil spray to coat lightly.
3. Transfer sprayed tortilla to cutting board and cut into “chip-sized” wedges with a pizza cutter or scissors, then arrange in a single layer on baking sheet(s). Sprinkle wedges lightly with cinnamon sugar mixture. Spray lightly again to help the sugar stick.
4. Bake 8-12 minutes or until crispy but not overly brown. Remove baking sheet(s) from the oven and allow chips to cool, about 15 minutes.
5. Serve with chilled berry mixture. Serves 7.