

## Get Out of the House to Make Delicious Vegetables

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Health experts consistently recommend that most Americans should try to eat more vegetables. News flash! For one reason or another, most people do not want to hear this advice, much less practice it. When it comes to eating vegetables, raw or cooked really doesn't seem to make a difference. Keep reading to learn about preparing vegetables in a way that may just change all thoughts about eating them.

To get rave reviews for serving vegetables at the next meal, just try adding vegetables cooked on the grill. Grilling vegetables is a good way to meet the health goal of eating more vegetables. Why? The smoky smell and taste of vegetables cooked on the grill make them appealing to even the pickiest eater.

Common sense may lead us to think cooking decreases nutrients in vegetables. Interesting studies conducted at the Cornell University Department of Food Science by Rui Hai Liu determined cooking actually releases nutrients from the softened cell walls of many different vegetables. The release of these nutrients leads to better absorption and thereby contributes to better health. For example, studies on human health suggest regular consumption of high levels of lycopene provides protection from certain cancers and may lower the risk of heart disease. When quartered tomatoes are cooked by simmering/roasting/grilling at 190-200°F for 30 minutes, the lycopene becomes up to 30% more concentrated and is more readily absorbed. Research also indicates the availability of the antioxidants and phenolic acid in asparagus increases when asparagus spears are cooked.

Ready to give grilled vegetables a try? Here's how to do it:

- \* Take your favorite vegetable(s) and clean, trim, then cut into bite-sized pieces, or leave whole. Prepare sturdy salad greens (such as romaine, kale, baby bok choy or small head lettuces like butter lettuce) by cutting in half or quarters.
- \* Oil the grill rack or grill basket by using a paper towel dipped in olive or vegetable oil that is wiped over the surfaces where the food will touch. Do not use cooking sprays.
- \* Next, toss the prepared vegetables in olive, corn or your favorite flavor-infused oil or drizzle the oil on the flat surface of lettuces to be grilled.
- \* Grill salad greens with the cut side down until smoky and wilted. Grill other vegetables by first considering the density of each. Potatoes, for instance, will require a longer grilling time than asparagus or tomatoes. If you choose a mixture of vegetables, start by grilling the more dense choices until almost tender, then add the rest of the vegetables until desired tenderness is reached, turning as needed for even cooking and browning.
- \* Using skewers or a grill basket is another option for perfectly grilled vegetables.

## Grilled Asparagus Salad with Citrus Dressing

All you need:

- 2 pounds asparagus (about 2 bunches), washed and trimmed
- 1 pint red grape tomatoes
- 1 tbsp Hy-Vee Select extra-virgin olive oil
- $\frac{3}{4}$  tsp salt, divided
- Freshly ground pepper, to taste
- 1 tbsp fresh-squeezed lemon juice
- 1 tbsp fresh-squeezed orange juice
- 1 tbsp Hy-Vee honey
- $\frac{1}{2}$  tsp Hy-Vee Dijon mustard
- 2 bunches watercress, tough stems removed (about 4 cups lightly packed)
- 2 tbsp finely chopped fresh dill

All you do:

1. Remove rack that's used for food from the grill. Lightly oil rack using a paper towel dipped in canola or other vegetable oil to coat evenly. Set aside.
2. Turn on electric grill for direct cooking over medium heat. If using a charcoal grill, start grill and let coals burn down (about 15-20 minutes) to a light white ash; spread coals evenly.
3. On a baking sheet or in large shallow dish with sides, toss together asparagus and tomatoes with olive oil,  $\frac{1}{2}$  teaspoon salt and pepper. Take grill rack and arrange asparagus directly on the rack cross-wise, then place tomatoes on double thickness of foil, folding edges to create sides. May also use previously oiled grill basket. Place grill rack over heat.
4. Grill asparagus and tomatoes, turning asparagus after 5-7 minutes or as needed to prevent burning. Gently stir tomatoes as needed with long-handled grill utensil, being careful not to tear the foil. Continue grilling until desired tenderness is reached, approximately 16-18 minutes total time. Remove from heat and set aside until ready to assemble salad.
5. Whisk together lemon juice, orange juice, honey, mustard and remaining  $\frac{1}{4}$  teaspoon salt in a medium-sized bowl. Reserve half of this mixture in a small bowl. Stir in fresh dill.
6. Add watercress to the medium-sized bowl; toss to coat. Spread watercress on large serving platter.
7. Arrange the grilled asparagus on the watercress and top with the grilled tomatoes. Drizzle the remaining dill mixture over the asparagus and tomatoes. Serve warm or at room temperature.

## Italian Herb Vinaigrette

All you need:

- $\frac{1}{4}$  cup Hy-Vee Select frozen chopped parsley
- $\frac{1}{4}$  cup Hy-Vee Select frozen chopped basil
- $\frac{1}{4}$  tsp dried oregano
- 2 medium cloves garlic, roughly chopped
- $\frac{1}{4}$  cup Hy-Vee Select red wine vinegar
- 1  $\frac{1}{2}$  tsp Hy-Vee honey
- $\frac{3}{4}$  cup Hy-Vee Select extra virgin olive oil
- Salt and pepper, to taste

All you do:

1. Combine parsley, basil, oregano, garlic, vinegar and honey in a food processor or blender and process until a paste forms.
2. With the machine running, drizzle in the olive oil to form an emulsion.
3. Season to taste with salt and pepper. Use immediately or store refrigerated in a sealed container up to five days.

# Spice Up Your Life with Hy-Vee Select Frozen Herbs and Spices

English poet William Cowper wrote, “Variety is the very spice of life.” In the kitchen, herbs and spices are the true spice of life. Herbs and spices offer not only a variety of health benefits but also the ability to turn everyday meals into culinary specialties. These naturally low-sodium seasonings come from either the leaf (herbs) or other parts of a plant (spices) such as the roots, berries or seeds. Hy-Vee now offers certain herbs and spices in the freezer section for a convenient, waste-free way to spice up your culinary life.

Results of one study show people enjoy reduced-fat foods seasoned with herbs and spices just as much as full-fat foods. The 2010 Dietary Guidelines recommend reducing the intake of calories from solid fats. Use of frozen, fresh or dried herbs and spices is one simple strategy to help you achieve this goal without sacrificing flavor in your meals.

In addition to aiding in reducing fat intake, use of herbs and spices may also lead to lower sodium intake and higher antioxidant intake. Certain herbs and spices contain antioxidants that may play a role in lowering LDL cholesterol (the “bad” form of cholesterol) and may provide some protection against chronic diseases such as cancer, heart disease and Alzheimer’s disease.

## Five ways to use Hy-Vee Select frozen herbs and spices:

- 1. Add to sauces to change or improve the flavor.**
- 2. Thaw for use in cold dips.**
- 3. Heat with olive oil and use for bread dipping.**
- 4. Add to casseroles, soups and omelets.**
- 5. Make homemade salad dressings and marinades.**

## Parsley Smashed New Potatoes

Serves: 6 (1 cup each)

All you need:

- 2 pounds new or baby red potatoes (1-to 2-inch diameter), large ones quartered
- 2/3 cup low-fat plain yogurt
- 2 scallions, cut in half lengthwise and finely chopped
- ¼ cup finely chopped fresh parsley
- 2 tablespoons butter, softened
- ¾ teaspoon salt
- White or freshly ground black pepper, to taste

All you do:

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes, cover and steam until very tender when pierced with a fork, 20 to 25 minutes. (Check the water level near the end of steaming to be sure the pan doesn’t boil dry. Add more boiling water as needed.)
2. Meanwhile, combine yogurt, scallions, parsley, butter, salt and pepper in a large bowl.
3. Mix the cooked potatoes into the yogurt mixture, breaking them up with a fork until they crumble apart and lightly clump together.



dietician's pick  
HY-VEE SELECT FROZEN  
CHOPPED HERBS



# Celery: The “How-To” Guide to Enjoying this Nutritious Vegetable

April is Celery Month and it is time to celebrate! Celery may be an afterthought in the produce aisle but it is a simple and inexpensive vegetable to add to your daily meal plan. This low-calorie vegetable is a good source of Vitamin C and Vitamin A.

When selecting celery, you want to choose the stalk that is straight and rigid with fresh leaves. You want to avoid celery that is limp and smells mushy. Once you have selected your celery and get it home, it can be stored in the refrigerator unwashed for up to two weeks.

Celery isn't just for Ants on a Log. It can be used in a variety of ways and recipes. Celery stalks can be eaten raw, stir-fried, baked, steamed or microwaved. When planning to use celery, you will want to rinse the stems thoroughly before preparing as dirt can be found between the ribs. Next you will want to make sure to cut the root off the stem and throw away.

## Celery and Pepper Stoplight Snacks

### All you need:

- \* Light cream cheese (or Laughing Cow cheese for less fat)
- \* 3-inch celery sticks
- \* Red, yellow and green bell peppers! (Or try frozen peas for the green light!)
- \* Skewers

### All you do:

- \*\* Simply spread cream cheese or Laughing Cow cheese onto each stick of celery.
  - \*\* Cut circles out of peppers in all three colors.
- Arrange your circles on the celery like a stoplight!
- \*\* Then poke a skewer into the bottom, so each can stand up.



## Here are the Top 10 Ways to Eat Celery

10. A Quick Appetizer. Stuff stalks with low-fat cream cheese and sprinkle with paprika.
9. Can You Eat the Leaves? Yes, you can! Instead of throwing the leaves away, use them in soup, stuffing, salad or other cooked dishes.
8. More Veggies for Your Stews! Pump up the nutrition in your soups and stews by adding chopped celery. Adds a little crunch too.
7. Tacos! That's right! Celery adds just a little more crunch to your tasty tacos.
6. Celery & Spinach. Do something different with your spinach salad. Combine diced celery, shredded carrot, cooked pasta, bell peppers and corn. Serve over a bed of spinach and top with your favorite low-calorie dressing.
5. Texture for Tuna. Add a little texture to your tuna or chicken salad. Mix together chopped celery, mayonnaise or mustard, and tuna or chicken. Serve over whole wheat bread or a toasted English muffin. For an extra kick, add a dash of hot sauce to the mixture.
4. An Easy Side. For an easy side dish, braise celery in vegetable stock and season with your favorite herbs or a little bit of salt and pepper.
3. Celery Salsa! Heat oil and stir in garlic, tomato, celery and onion. Pour in tomato juice and bring to a boil. Cook until onions and celery are tender. Stir flour into salsa to thicken. Season with salt, pepper and hot sauce. Serve with baked tortilla chips.
2. Stir-Fried Celery? Absolutely! Use celery in your next vegetable stir-fry. Heat a little olive oil and sauté chopped celery, carrots, broccoli florets, onions and bell peppers. Add reduced-sodium soy sauce and serve over brown rice or in a whole wheat pita.
1. Ants on a Log. Add peanut butter to the inside of celery and top off with raisins for a quick, fun and nutritious treat for your kids! Also, try switching hummus for the peanut butter.

## But what IS a whole grain? And why does it matter?

Whole grains include grains like wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, rye - when these foods are eaten in their "whole" form. You probably already eat whole grains -- popcorn in the theater, Cheerios for your toddler, or a bowl of hot oatmeal.

Consumers are increasingly aware that fruits and vegetables contain disease-fighting phytochemicals and antioxidants, but they may not realize whole grains are often an even better source of these key nutrients. Moreover, whole grains have some valuable antioxidants not found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron and fiber.

Until about a hundred years ago, humans harvested their grains, tied them into sheaves, and left them in the field until they were ready to thresh the grain. Inevitably, with exposure to the weather, at least some of the grain would begin to sprout. Today, companies are marketing sprouted grains, developed under carefully controlled conditions, with just the right amount of moisture and warmth, until the important enzymatic processes are at their peak, and then they use the sprouted grains in products.

Sprouted grains offer all the goodness of whole grains, while being more readily digested. In addition, sprouting grains increases many of the grains' key nutrients, including B vitamins, vitamin C, folate, fiber, and essential amino acids, such as lysine, often lacking in grains. Sprouted grains may also be less allergenic to those with grain protein sensitivities.

Some of the newest grains to try are Hy-Vee's Select grain blends such as Ruby Wild Blend, Lentil Blend, Kansas Medley, Black Pearl Medley, Golden Jewel Blend, Jasmine Blend, and Sunrise Blend with Quinoa Flakes. The Ruby Wild Blend is a blend of wild grain brown rice sprouted brown rice, sprouted red rice, Colusa red rice and wild rice. Sprouted grains are used because they are more easily absorbed by the body.

### BBQ Chicken Salad Bowl

All you need:

- 1 (8 ounces) pkg Hy-Vee Select Ruby Wild Blend
- 2 cups shredded rotisserie chicken meat
- ½ cup Hy-Vee barbecue sauce
- ½ cup Hy-Vee plain Greek yogurt
- ½ cup Hy-Vee mayonnaise
- 1 cup roughly chopped red bell pepper
- 1 cup Hy-Vee frozen corn kernels, thawed
- 6 cups chopped romaine lettuce

All you do:

1. Cook rice according to package directions. Drain any excess liquid and cool completely.
2. In a large bowl, place the chicken and cooled rice. In a smaller bowl, whisk together the barbecue sauce, yogurt and mayonnaise. Pour the dressing over the chicken and rice, blending well. In a separate bowl, combine the bell pepper and corn and mix well.
3. To build the salad bowls, place lettuce in the bottom of each bowl. Top with chicken mixture and bell pepper mixture.

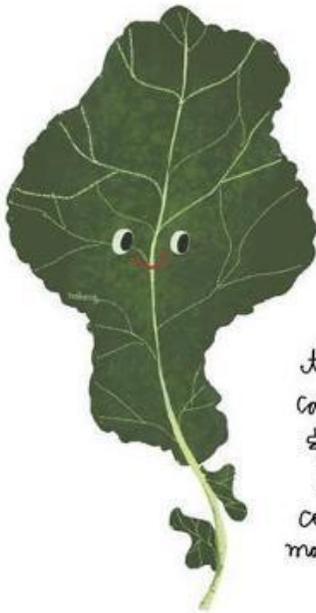
# Upcoming Hy-Vee Events

Kids in the Kitchen, Tuesday April 7<sup>th</sup> 4-5pm, \$5 

Kids in the kitchen will be celebrating spring and making some fun fresh treats. This is take place upstairs in the clubroom. Please sign up at Customer service.

## Cooking With Kale!, Tuesday April 14<sup>th</sup> 6-8pm, \$23

It really is easy being green! Kale ranks 100 on the nutrient food scale and is considered one of the top super foods! It a flexible green in the garden or window box and works in many recipes, but do you know how to cook with it? In this class you will learn how to incorporate kale into delicious salads, casseroles and even smoothies! This class will take place in the Hy-Vee clubroom, please sign up at Customer service or call Judy Weston from CCC at 308-398-7445.



my name  
is kale.

I am one of the healthiest vegetables on the planet. I have fibers, calcium, vitamin B6, C, K & A. I am also a good source of minerals copper, potassium, iron, manganese and phosphorus!