

# Food for Thought

December 2012

From Shannon, your Grand Island Hy-Vee dietitian



## Holiday Brunch

The holidays mean two things for most people – family/friends and food! At some point during the holidays, many of us either attend or host a holiday brunch. Brunch can be just as festive and fun as other holiday meals. If looking for a menu idea, consider this:

- Cranberry Pancakes
- Fresh cut fruit
- Yogurt parfait using *Cranberry-Almond Granola* (recipe to the right) – serve in a tall glass, alternating layers of yogurt and granola

Read below for some helpful tips and recipes for Cranberry Pancakes and Cranberry-Almond Granola.

### Keep it simple.

Do not try to accommodate everyone's personal favorite. Include a grain, fruit and protein. To really keep it simple, try to prepare as many dishes as you can the day prior. The batter for the cranberry pancakes can be made the day before and stored in the refrigerator. The cranberry-almond granola can be made up to two months prior; just store in an airtight container.

### Keep it healthy.

It is very easy to overdo the calories during the holiday season. Serving a balanced brunch will help keep calories in check. Protein sources, such as a yogurt parfait, will help promote a feeling of fullness without overdoing the calories. Also try to include extra nutrients into your holiday brunch by using fresh or dried fruit and whole grains. Go light on the sugar by using spices like cinnamon, nutmeg, vanilla and fruits.

### Get your family/friends involved.

It is no fun to be alone in the kitchen. Delegate tasks to your loved ones. Even little hands can help by washing fresh fruit or putting together the yogurt parfaits. Use this time in the kitchen to spend some quality time with those you love.

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

### Cranberry-Almond Granola

Serves 19 (1/2 cup each)

#### All you need:

- 2/3 cup frozen unsweetened apple juice concentrate, thawed
- 1/2 cup Grand Selections maple syrup
- 1/3 cup almond oil or Hy-Vee canola oil
- 1/4 cup packed Hy-Vee dark brown sugar
- 1 tbsp Hy-Vee ground cinnamon
- 1/2 tsp salt, or to taste
- 5 cups Hy-Vee rolled oats (not quick-cooking)
- 1 cup toasted wheat germ
- 1 cup Hy-Vee whole almonds, coarsely chopped
- 1/2 cup Hy-Vee sunflower seeds
- 1 cup Hy-Vee dried cranberries, divided

#### All you do:

1. Position racks in top and bottom of oven; preheat to 325 degrees. Coat 2 rimmed baking sheets with cooking spray.
2. Whisk apple juice concentrate, syrup, oil and sugar in a medium saucepan. Bring to a simmer over medium-high heat, stirring occasionally. Remove from heat; stir in cinnamon and salt.
3. Mix oats, wheat germ, almonds and sunflower seeds in a large bowl. Stir in the juice mixture; toss to coat. Spread on the prepared baking sheets.
4. Bake for 15 minutes, stirring once or twice. Reverse sheets top to bottom and back to front. Bake, stirring frequently, about 15 minutes more. Transfer to wire racks; stir in dried cranberries. Let cool completely. Store airtight for up to 2 months.

**Nutrition facts per serving:** 263 calories; 11g fat (1g sat, 6g mono); 0mg cholesterol; 37g carbohydrate; 12g added sugars; 6g protein; 5g fiber; 66mg sodium; 223mg potassium. Magnesium (21% daily value). Carbohydrate servings: 2 1/2. Exchanges: 1 starch, 1 1/2 other carbohydrate, 1 1/2 fat

Source: adapted from Eating Well, Inc.

# Healthy Holiday Sides

Sitting around the holiday table with loved ones and celebrating the holidays – nothing can be better! However, it is very easy to overdo the calories during the holidays. If you are looking for ways to decrease your calories, think healthy holiday side dishes.

Read below for some tips on how to make your holiday side dishes healthy. Also read on for two delicious recipes – *Brown Butter and Dill Brussels Sprouts* and *Mixed Greens and Pear Salad*.

## Include fruits and vegetables.

Fresh and frozen fruits and vegetables are packed full of good nutrition, are low in calories and are delicious! When deciding which dishes to serve, try to think of which dishes could include a fruit or vegetable. Fresh, cut vegetables are a perfect appetizer; try serving fresh fruit with your traditional dessert and consider the two recipes below.

## Trade up your ingredients using NuVal.

When deciding which items to buy for your holiday feast, the NuVal nutritional scoring system can be your best friend. NuVal scores foods from 1 to 100; the higher the score, the higher the nutritional value of the food. For example, canned Hy-Vee green beans have a NuVal score of 55 but the canned no-salt-added Hy-Vee green beans have a NuVal score of 100.

## Serve a mix of old favorites and new dishes.

When planning your holiday menu, be sure to keep a few of the old favorites on the table while introducing new, healthy dishes. The two recipes below are perfect examples of new, healthy recipes. Who knows? Maybe these will become the old favorites!

## Brown Butter and Dill Brussels Sprouts

Serves 4 (3/4 cup each)

### All you need:

- 1 pound Brussels sprouts, trimmed and quartered
- 1 tbsp Hy-Vee unsalted butter
- 1 tbsp Grand Selections extra-virgin olive oil
- 3 tbsp Hy-Vee slivered almonds, toasted
- 1 tbsp Grand Selections white-wine vinegar
- 1 tbsp chopped fresh dill or 1 tsp dried
- 1/4 tsp salt
- 1/4 tsp Hy-Vee freshly ground pepper

### All you do:

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket (or see Microwave Variation). Add Brussels sprouts; cover and steam until tender, 5 to 7 minutes.
2. Meanwhile, melt butter in a small skillet over medium heat. Cook, swirling often, until the butter turns a nutty brown, 1 to 3 minutes.
3. Stir in oil and scrape into a large bowl with a rubber spatula. Add the Brussels sprouts, almonds, vinegar, dill, salt and pepper and toss to combine.

**Nutrition facts per serving:** 131 calories; 10g fat (3g sat, 5g mono); 8mg cholesterol; 10g carbohydrate; 0g added sugars; 4g protein; 4g fiber; 172mg sodium; 431mg potassium. Vitamin C (128% daily value), Vitamin A (21% dv), Folate (19% dv). Carbohydrate servings: 1/2. Exchanges: 1 vegetable, 2 fat

**Source:** adapted from Eating Well, Inc.

## Mixed Greens and Pear Salad

Serves: 8

### All you need:

- 1 (5 ounce) package torn mixed salad greens
- 1 large pear, thinly sliced
- 1 large apple, thinly sliced
- 2 ounces Cabot 50% Reduced Fat Cheddar Cheese, shredded or chopped
- 1/3 cup pecan pieces
- 1/3 cup Kraft Classic Balsamic Vinaigrette

### All you do:

Combine all ingredients and toss together in a large bowl.

**Source:** Modified from [www.kraftfoods.com](http://www.kraftfoods.com)

**Nutrition information per serving:** Calories: 100, Carbohydrate: 10 g, Cholesterol: 5 mg, Fiber: 2 g, Fat: 6 g, Protein: 3 g, Sodium: 150 mg.



## Pomegranates: Winter's Red Jewel

Mother Nature was really on her game when she made the pomegranate. Not only is it a nutritional superfood (high in vitamin C, antioxidants, and fiber), this bright red and juicy jewel – in season just from October to mid-January - is the perfect holiday fruit. And yet, it may be one of the most intimidating of foods. How do you open it? Can you eat the seeds? And once you are done with that – what do you do with it?!

Let's start with the basics:

**How do I choose a pomegranate?** Pomegranates are picked ripe, so simply choose one that is heavy for its size without cracks or splits.

**What part do I eat?** Eat the ruby-colored arils. Each aril is a sac of juice that surrounds a seed. You can spit out the seed, but go ahead and eat it for extra nutrition and crunch! The white fleshy part is edible – it just doesn't taste like much.

**How do I store pomegranates?** **Whole pomegranates** keep well at room temperature and away from sunlight for several days or refrigerated in plastic bags for up to 3 months. **Arils** can be refrigerated for up to 3 days. Arils can be frozen in single layers on trays; then for up to 6 months in airtight containers. Remove only the seeds you plan to use. **We have had pomegranates for nearly 5 months in our fridge and they were just as delicious them as when we buy them fresh!**

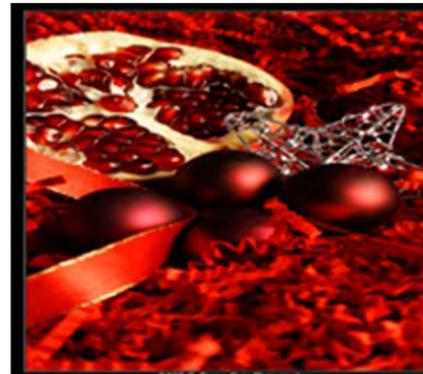
### How do I prepare a pomegranate?

- 1). Cut off the crown and score the outer skin of the pomegranate.
2. In a bowl of warm water, gently split the fruit along the scored skin. Use your fingers to "shuck" the arils into the bowl of water. Discard everything else.



- 3.) Strain out the water, then eat the arils – seed and all!

Pomegranate seeds are great in salads, with yogurt and granola, dropped into sparkling water, tossed in guacamole, or as a topping on cheesecake.



### Pomegranate & Pear Salsa

Serves: 10 (about ¼ cup each)

#### All you need:

- 2 large pomegranates – or 1 ¾ c. seeds
- 1 Red pear, cored and diced
- ¼ cup minced red onion
- ¼ cup finely chopped fresh cilantro
- ¼ cup 100% pomegranate juice
- Juice of 1 lime (2T)

#### All you do:

1. Score each pomegranate and place in large bowl of water. Break open pomegranates under water to release the seeds to the bottom. Strain away water and place seeds in medium mixing bowl.
2. Add remaining ingredients and toss to mix evenly.
3. Serve with baked chips, whole-wheat crackers or as a garnish to fish or chicken.

Nutrition Facts (per serving): 40 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 0 mg sodium, 11 g carbohydrate, 1 g fiber, 0 g protein

### Produce in season in December:

Apples	Grapefruit	Onions
Avocados	Grapes	Oranges
Broccoli	Guava	Parsnips
Brussels Sprouts	Kale	Pommelos
Cabbage	Kiwi	Potatoes
Carrots	Kumquats	Radishes
Cauliflower	Lemons	Rutabaga
Clementines	Mandarins	Sweet Potato

Stop into Hy-Vee today and check out our newly expanded Health Market! We have added many new products to our bulk bins, with nearly 200 items to choose from! We have also added more shelves with some great NEW products! Keep an eye out for my personal favorites, which are marked with a "Dietitian's Choice" sign.