

### Better Baking for a Healthier Holidays

Healthier holidays are happier holidays! For happy, healthy holiday baking, experiment with simple substitutions and tasty trade-ups for festive and flavorful food. Seasonal sweets become delightful dishes with small changes to traditional recipes. This year, enjoy the sights, sounds *and* tastes of the season – the smart and sensible way!

#### Be Ready with Recipe Reductions

For a healthier holiday twist on traditional recipes, consider reducing the fat, calories, and sodium in your festive favorites.

- **To reduce fat**, cut the amount in half and for the other half, substitute unsweetened applesauce, mashed bananas or pureed prunes. Use egg substitute in place of whole eggs. Use non-fat or light dairy products rather than the original version.
- **To reduce sugar**, cut one-third to one-half of the amount in the recipe. Consider alternative sweeteners such as Splenda, Delecta or stevia for sweet treats without spoonfuls of sugar. This works especially well in fruit crisps, cranberry sauce, drinks and other treats.
- **To reduce sodium**, cut the amount by half or eliminate completely (except in recipes that include yeast). Substitute salt with festive flavors of onion salt, garlic salt, celery salt and seasoning salt with onion flakes, garlic powder and herbs.
- **Be practical about portions**. Limit the number of options available to limit the number of temptations. Serve smaller portions of dessert items by cutting into bite-sized pieces.

#### Enjoy the Extra Nutrients

Focus on fiber and pack in protein to make holiday baking scrumptious and satisfying.

- Add flax seed, chia seed or oatmeal to your recipes.
- Use whole wheat flour or whole wheat pastry flour in breads, bars, muffins, pie crusts, and cookies to turn tasty treats into satisfying sweets.
- Dried fruits add fiber and flavor to recipe favorites.
- Nuts are packed with nutrients, including heart-healthy fats, fiber and protein.
- Greek yogurt provides protein, helping you feel more satisfied by just one holiday helping.

#### Nutritional Trade-ups with NuVal

Use NuVal, the nutritional scoring system, to help make your holidays happier and healthier! Try the following simple substitutions.

- Use plain non-fat Greek yogurt (NuVal 94) instead of sour cream (NuVal 26).
- For better baking, use canola oil (NuVal 24) instead of corn oil (NuVal 11).
- Substitute fat-free evaporated milk (NuVal 100) for evaporated milk (NuVal 35).
- Try Campbell's Healthy Request cream of mushroom soup (NuVal 31) instead of Campbell's 98% fat-free cream of mushroom soup (NuVal 26).

#### Pomegranate–Dark Chocolate Delights Serves: 15 (1 tart each)

##### All you need:

1/3 cup Zoet Belgium dark chocolate  
1 (1.9 ounce) pkg prebaked mini fillo shells  
1 (6 ounce) carton Chobani non-fat pomegranate Greek yogurt  
Pomegranate arils, optional

##### All you do:

1. Melt chocolate on HIGH in microwave, stirring every 20 seconds until melted. Spoon approximately ½ teaspoon chocolate in the bottom of each fillo shell, spreading up onto the sides of shell.
2. Chill in freezer for 5 to 10 minutes.
3. Spoon pomegranate Greek yogurt into fillo shells. Garnish with pomegranate arils (optional).

##### Nutrition information per serving:

Calories 50, calories from fat 25, total fat 2.5 g, saturated fat 1 g, trans fat 0 g, cholesterol 0 mg, sodium 15 mg, total carbohydrate 6 g, dietary fiber 0 g, sugars 3 g, protein 1 g.

## What's New at your Grand Island Hy-Vee

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### **Pretzel Crisps**

Rethink holiday snacking with Pretzel Crisps dipped in dark chocolate crunch or peanut butter crunch. It's a perfect blend of crunchy, sweet and salty, with fewer calories and less fat. Great holiday gift idea too.



### **Sun Warrior Protein Blends**

Sun Warrior protein powders are 100%-vegan, easily digestible and free of common allergens, such as soy, dairy and gluten. The Warrior Blend combines three plant-based proteins (pea, cranberry and hemp seed) and mediumchain triglycerides from coconut oil for a unique combination of essential amino acids that provides 20 grams of protein per scoop.



### **Breton Gluten-Free Crackers**

Enjoy a holiday favorite, with new gluten-free Breton crackers. Same great taste and light, crispy texture. Peanut-free and trans-fat free. Flavors include Original with Flax and Herb and Garlic.

## Stuff Their Stockings with Good Taste

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A Christmas stocking is big enough for a themed gift but small enough to make filling it quick, easy and fun. Everyone loves the gift of delicious food and your neighborhood Hy-Vee has the perfect items for stuffing stockings. Help Santa out this year by taking your Hy-Vee dietitian's suggestions and stuff their stockings with good taste *and good health*:

### **Breakfast in a Stocking:**

Holiday excitement can disrupt little ones' meal schedules. When the excitement of long-awaited gifts is more interesting than coming to the table for a meal, why not stuff breakfast into their stockings?

Stop by your Hy-Vee HealthMarket and find the following: Horizon shelf-stable organic milk box, Erin Baker's breakfast cookie or KIND nut and fruit bar, Just Fruit Munchies single-serve packs and fresh fruit, such as a Honeycrisp apple or an easy-to-peel clementine. Don't forget a new toothbrush & toothpaste tied together with a bow.

### **Treat Your Teacher:**

Go to the head of the class with a stocking stuffed with unique items any teacher is sure to love, such as Stash brand teas paired with Madhava flavored agave nectar for sweetness, Burt's Bees lotion and lip balm, Zum's popular Frankincense and Myrrh-scented soap wrapped in a cellophane gift bag and, of course, a fresh apple.

### **Love Your Neighbor:**

Simply tie together a package of beautiful gourmet pasta, Hy-Vee Select classic olive oil and a jar of World Classics Tomato Basil pasta sauce as a way to remember your neighbor at the holiday season. Add an invitation to bring the items over to your house for dinner in the New Year - and this simple, thoughtful gift encourages both good health and friendship.

### **For the Gourmet Foodie:**

A quality cheese slicer from your Hy-Vee delicatessen & gourmet cheese department allows you to slice perfectly thin slices of cheese for maximum flavor and extends the number of servings you can slice from a wedge of cheese. Pair with your choice of wine, a package of walnuts in their shells, a nutcracker and fresh fruit such as Holiday seedless grapes and fresh apples along with the following recipe on a card:

## Encouragement & Inspiration for the Young Cook:

Right-sized, fun tools inspire young cooks to develop life-long cooking skills. A variety of clever, kid-sized kitchen tools can be found in the general merchandise section of your Hy-Vee store. Items such as their own measuring cups and spoons, Eco Smart prep cups & pinch bowls and a small whisk stimulate kitchen creativity and ownership of their creations. Start by preparing *Santa's Favorite Pancakes* together and begin a new Christmas morning breakfast tradition:

## Santa's Favorite Pancakes

*Inspire creativity in the kitchen by giving kids right-sized kitchen tools as a stocking-stuffer then welcome them into the kitchen to help prepare these whole-grain pancakes. For a fun Christmas morning twist arrange the pancakes to look like one of Santa's reindeer, as shown:*



### All you need:

For the pancakes:

- 1 cup Hodgson Mill Buckwheat Pancake Mix
- 3/4 cup Hy-Vee skim milk
- 1 Hy-Vee egg
- 1 ½ tbsp Hy-Vee cooking oil
- Hy-Vee non-stick cooking spray

To assemble Santa's Favorite pancakes, you'll also need:

- 2 slices cooked bacon, per pancake
- 2 chocolate chips, per pancake
- 1 fresh raspberry, per pancake
- Hy-Vee whipped cream

### All you do:

1. Prepare pancakes by placing pancake mix into mixing bowl; add milk and egg. Stir in vegetable oil. Mix until just blended. Let stand for 5 minutes.
2. Preheat griddle or large skillet to 360 degrees. Grease lightly with Hy-Vee cooking spray. Griddle is ready when small drops of water sizzle and disappear almost immediately.
3. Pour ¼ cup batter for each pancake onto the hot griddle, adding 2 separate spoonfuls additional batter to form "reindeer ears." Cook 1 to 1-½ minutes and flip when edges appear cooked and bubbles form throughout the pancake. Cook additional 1 to 1-½ minutes on opposite side.
4. Pour 1/8 cup onto griddle to form smaller pancake for reindeer face. Repeat cooking instructions of step 3.
5. To assemble "Santa's Favorite" reindeer face-shaped pancake:
6. Place 1 smaller pancake on top of larger pancake
7. Arrange bacon to look like antlers, raspberry for a red nose and two small dollops of whipped cream, each topped with a chocolate chip, for eyes.

Makes approx. 6 pancakes. *Source: www.familyfun.com; modified by your Hy-Vee dietitian*

## Fun with Fondue!

Fondue – it's fashionable, fun and festive this holiday season. So why not start the New Year's Eve fun early? Gather a group of family and friends together and head to Hy-Vee to attend this great class full of tasty fondues and dippers! Please register at Customer Service for this fun-packed class. Held Tuesday, December 10<sup>th</sup> from 6-8 p.m. in the Hy-Vee Club Room. Cost: \$25.

## RD Pick of the Month: Cranberries



### 5 REASONS TO EAT MORE CRANBERRIES

1. Cranberries have unique health benefits from naturally occurring compounds called proanthocyanidins (PACs), that may help prevent urinary tract infections, stomach ulcers and gum disease.
2. Cranberries contain some of the highest amounts of flavonoids, which may help promote circulation and maintain heart health.
3. New studies have found cranberries may help boost a healthy immune system.
4. One cup fresh, chopped cranberries has 5 grams of fiber and is a good source of vitamin C.
5. Enjoy cranberries in a variety of forms – fresh, dried and juice. A one-cup serving of fruit equals 1 cup fresh, 1/2 cup dried or 1/2 cup 100% cranberry juice.

### Cranberry Jalapeno Cream Cheese Dip

#### All you need

- 1 (12-ounce) bag Ocean Spray fresh cranberries
- 1 to 2 jalapeno peppers, stemmed and seeded
- 2 T. Truvia
- ¼ cup Walden Farms calorie-free cranberry sauce
- 2 tbsp fresh orange juice
- 1 tsp orange zest
- ¼ cup chopped green onion
- 1/8 to ¼ tsp ground cumin
- 2 (8-ounce each) packages Hy-Vee light cream cheese, softened
- Whole-grain crackers



#### All you do

1. In a food processor, chop cranberries and jalapeno pepper to a fine dice. Add sugar, Walden Farm cranberry sauce, orange juice, orange zest, onion, cumin and salt. Pulse to combine. Pour mixture in bowl, cover and place in refrigerator at least 4 hours or overnight.
2. Spread softened cream cheese onto a large rimmed dish or 9-inch pie plate. Top cream cheese with cranberry-jalapeno mixture. Cover and place in refrigerator 2 hours. Serve with crackers. Serves 16

### Chunky Apple-Cranberry Sauce



#### All you need

- 2 lb sweet apples (4 large)
- 1/4 c. Hy-Vee sugar, Splenda or Truvia\*
- 2 T. maple syrup
- ½ tsp cinnamon
- 1 cup fresh cranberries
- 1 ½ tsp lemon juice

#### All you do:

1. Peel and core apples; cut into 1-inch chunks. Place in large pot with 1/4 cup water, sugar, maple syrup, cinnamon, salt and cranberries. Bring to boiling.
2. Reduce heat to medium-low; cover and cook 20 minutes or until apples are tender and sauce is thickened. Check halfway through cooking. If mixture is dry, add 2 tablespoons water.
3. Uncover pot and mash apples with fork until pulpy. Stir in lemon juice. Serves 6