

Lean Beef – Adding Flavor to Heart Health

Most people are concerned with heart health, and rightly so. One in three American adults suffers from heart disease. Many adults turn to the recommendations they've heard over and over again in an attempt to keep their tickers as healthy as possible. Advice like "Cut the salt!" and "Watch those fats!" holds true today. However, one heart health recommendation has changed with new research. Heat up the grill and pop open the red wine because instead of hearing "No red meat!", you'll now hear dietitians encouraging the consumption of lean beef as part of a healthy diet.

The BOLD (Beef in an Optimal Lean Diet) study is one reason for new viewpoints on beef. This study compared the consumption of 4 ounces of lean beef daily to the gold standard of heart-healthy eating, the DASH (Dietary Approaches to Stop Hypertension) diet. Researchers wanted to compare the effect that each diet would have on cholesterol. Both diets contained a similar mix of nutrients, including less than 7% of calories from saturated fat, but the BOLD diet contained 4 ounces of lean beef each day while the DASH diet limited red meat. At the end of the study, it was clear that BOTH diets lowered LDL "bad" cholesterol in participants by 10%, providing evidence that beef may not be as bad for cholesterol and heart health as once thought.

Advancements in science may also change the way consumers view beef in general. For starters, cattle farmers are actually raising beef that is leaner than it was fifty years ago. We also know that over half the fat in beef is actually monounsaturated fat. This is the same type of heart-healthy fat found in olive oil. Nutrient density is another reason to sing the praises of beef. Beef is packed with protein, B vitamins, iron, zinc and other nutrients important for good health. A person would have to eat 670 calories in peanut butter to get the same amount of protein in 150 calories of lean beef.

Americans are learning how to balance their meals for overall health. This is due in part to the development of MyPlate, the USDA's tool that teaches healthy eating to Americans. MyPlate is a simple tool that helps consumers visualize each meal as a plate. Ideally, each meal would be comprised of a plate containing ¼ lean meat or protein, ¼ whole grains, ½ fruits and vegetables and a serving of low-fat or fat-free dairy on the side. Following this method helps consumers incorporate lean beef in a heart-healthy way.

Now that you're convinced lean beef can fit into a heart-healthy diet, this meat will be easy to find when you hit the supermarket because there are more than 29 cuts of beef that meet government guidelines for "lean," including T-bone, tenderloin, top sirloin and 95%-lean ground beef. One handy trick to identifying lean beef is to look for the words "loin" and "round" in the name. Your Hy-Vee dietitian can also help you identify lean cuts. Lean cuts are easy to prepare. Consider heart-healthy cooking methods that don't add extra fat. Here's a simple and delicious way to pan-broil top sirloin beef. Serve with steamed green beans, a small baked sweet potato, whole grain dinner roll and fat-free milk for a heart-healthy meal.

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



3 Easy Steps to Pan-Broil – Top Sirloin Steak

Stovetop skillet cooking is ideal for cooking a tender, juicy top sirloin steak during the winter months.

- Step 1: Heat heavy nonstick skillet over medium heat for 5 minutes.
- Step 2: Remove steak from refrigerator and season as desired, such as with kosher salt and cracked black pepper. Place steak in preheated skillet, don't add water or oil and leave uncovered.
- Step 3: Pan-broil top sirloin steak 12 to 15 minutes for medium-rare (145°) to medium (160°) doneness, turning occasionally.

Dietitian's Tips to Use Frozen Foods in the Kitchen

MyPlate recommends half of your plate be fruits and vegetables. Frozen fruits and vegetables are budget-friendly, nutritious and can always be available in the freezer for meals and snacks. Here are some of my favorite ways to use frozen foods in the kitchen.

1. Keep a bag of your favorite frozen mixed vegetables on hand. Staples at our house is the mixed vegetables (corn, carrots, peas, green beans) that we use in home-made pot pies or vegetable soup; stir fry vegetables and California blend, which also works fantastic in soup.
2. Keep frozen fruits on hand. Blueberries, strawberries and peaches are great additions to yogurt, smoothies or oatmeal. My kids favorite: frozen mango slices or peaches straight from the bag, especially on a hot summer day! Save fruit that is getting close to its "use by" time – stick these in the freezer for future snacks and smoothies. Grapes, berries and banana's freeze well. Peel the banana before first though!
3. Keep a stock of steamer vegetables in the freezer. Throw in some diced left-over chicken or ground beef into those that already have sauce and pasta or rice and you have a complete meal in minutes. This is a convenient way to add veggies to your meals and the best part - no dishes to wash!
4. Look for frozen chicken breast when it goes on sale. Boil the chicken breasts and cut them into chunks. Or, why not make an extra piece of chicken or two when making your favorite baked chicken? Refrigerate to use during the week or freeze until ready to use. Chicken breast can be added to soups, casseroles, fajitas, tacos or your favorite recipe.
5. Consider making your own frozen meals with leftovers. These are budget-friendly and nutritious meals down the road. Meatloaf and lasagna are my favorite – does it really take any longer to make 2 lasagnas and put one in the freezer for later?
6. Frozen vegetables can be oven-roasted which adds a rich flavor to your dish. Check out the recipe below using frozen corn. Oven-roasted corn could also be added cold to salads or wraps.
7. Add more vegetables to the meal kits found in the frozen aisle. This is a convenient way to add more vegetables to your diet.
8. Keep MyPlate in mind when stocking your freezer. A plethora of fruits and vegetables on hand eliminates excuses. A mix of fresh, canned and frozen ensure that you are choosing economical and nutritional sound fruits and vegetables!
9. Store extras of your favorite whole wheat or corn tortillas in the freezer to keep them fresh for last-minute meals. Extra beans, rice, wild rice or quinoa? They also freezes well for future meals.
10. Besides recommending frozen fruits and vegetables, look also for seafood, whole grain breads and waffles, light ice cream and entrees with higher NuVal scores. NuVal is a nutritional scoring system which scores products on a scale of one to 100. The higher the score, the better the nutrition. Look for NuVal scores on shelf tags.

Roasted Corn Guacamole

Yields: up to 6 servings | Source: www.delish.com

All you need:

Kernels from 3 ears fresh corn, or 2 cups frozen corn, defrosted

1 tablespoon(s) olive oil

Black pepper, to taste

1 tablespoon finely chopped red onion

2 tablespoons finely chopped fresh cilantro

Juice and finely grated zest from 1 lime

1 jalapeño pepper, stemmed, seeded, finely chopped

1 avocado, pitted and chopped

All you do:

1. Roast the corn: Preheat the oven to 450 degrees F. Prepare a baking sheet by lining it with parchment paper or aluminum foil. Put the corn kernels on the baking sheet and toss with the oil and black pepper to taste. Spread the corn out evenly on the baking sheet and roast for 20 minutes, until the corn turns a golden brown. (It may seem that you have left the corn in the oven for too long, but you want it to caramelize and get a little crunchy.) Remove the corn from the oven.

2. In a bowl, combine the roasted corn, red onion, cilantro, lime zest and juice, and jalapeño pepper. Gently stir in the avocado.

Super Good Big Game Snacks

There are over 260 games played in any NFL season and one could argue that the Super Bowl is, indeed, yet just another game. However, with all the extras - the glitz, the glamour, the weeks of anticipation, the Super Bowl parties with friends decked out in fan gear, the drinks and the food and let's not forget the commercials - the Super Bowl *really* is something else entirely!

Among all the hurrah there is, indeed, a game, but what makes the Super Bowl spectacular is all the details. As a hostess, consider making your Super Bowl party something special; no, nothing "fancy schmancy," but something more, something fun, because that is what the Super Bowl is all about! Step up your game with a few "super bowls." Put a simple twist on the usual party fare by serving it in an edible serving bowl. On Monday morning at the office, they won't be talking about that halftime mishap or that new Ford commercial but the office will be abuzz with chatter of your delicious *Cheeseburger Chowder* that you served in a kaiser roll or the *Baked Stuffed Lemons with Zesty Crab* dip and of course, the *Baked Avocado Cups with Pineapple-Cranberry Chicken Salad*. See below for a few ideas and check out Hy-Vee.com for complete recipes and instructions to make these super bowls. Game on!

Hy-Vee.com Recipe Ideas

Cheeseburger Chowder Bowls—Instead of serving burgers or sliders at your bowl party, serve this warm and cozy *Cheeseburger Chowder* (easily adaptable to vegetarian tastes) served in a hollowed-out kaiser bread roll.

Pineapple Ambrosia Salad Bowl—Served in a fresh pineapple, this classic recipe will look impressive sitting among your party spreads. The traditional version, loaded with rich ingredients such as whipped cream and sour cream, gets a healthy makeover in this recipe with non-fat Greek yogurt and yummy coconut milk.

Baked Avocado Cups with Pineapple-Cranberry Chicken Salad—Baked avocado cups? Yes, you read that correctly! Rich avocados combined with sweet and tangy pineapple, leftover roasted chicken, tart cherries and savory Parmesan come together for a delicious and impressive creation.

Buffalo Chicken Salad in Cheesy Bowls—Sneak in a few veggies with the flavors of buffalo chicken wings and blue cheese with this fun salad that is served in an edible cheese bowl. The recipe can be easily adapted to a buffalo shrimp version, too.

Fontina-Stuffed Pretzel Bowls—Instead of the ol' ham and cheese sandwich, jazz things up with pretzel bowls stuffed with a tasty blend of sautéed mushrooms, onions, peppers, ham and Fontina cheese.

Super BBQ Snack Bowl—Make an edible serving bowl out of egg whites and a snazzy *Barbecue Snack Mix* recipe (or use your favorite savory snack mix for easier preparation). Fill the edible bowl with more snack mix or even with your favorite egg or chicken salad!

Baked Stuffed Lemons with Zesty Crab Dip—A warm and zesty crab dip is baked and served in hollowed-out lemons for a refreshing take on the usual crab dip recipe.

Mexican Spinach Dip Shooters

All you need:

- 1 package of your favorite corn bread mix
- 4 oz 1/3-less-fat cream cheese, softened
- 4 oz non-fat cream cheese, softened
- 1/2 cup plain non-fat Greek yogurt
- 1 jalapeño chile, seeded and chopped fine
- 1 (14.5-oz) can Hy-Vee Fire Roasted Tomatoes-Salsa Style, drained
- 1/2 small onion, peeled and chopped fine
- 1 (10-oz) box frozen spinach, thawed and squeezed dry (wrap in paper towels to "wring out" spinach and rid of excess moisture)
- 1 1/2 cups shredded Reduced-Fat Sharp Cheddar Cheese
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground cumin

All you do:

1. Prepare your favorite cornbread mix according to package instructions and bake mix in mini muffin tins. Begin checking for doneness after about 9 minutes by inserting a toothpick into the center – it should come out mostly clean. Allow muffins to cool completely.
2. Cut into the tops of each mini muffin and scoop out a small portion, using a paring knife and teaspoon. Once you've carved each muffin, put muffin back into muffin tin. Discard excess muffin mixture. Muffins can be baked 2-3 days ahead of time. Wait to "carve" until the day of serving so that they don't dry out.
3. When ready to assemble corn bread shooters:
4. Adjust oven rack to middle position and heat oven to 350 degrees.
5. With wooden spoon or rubber spatula, combine cream cheeses, Greek yogurt and jalapeño in large bowl. Fold in tomatoes, onion, spinach, cheddar, salt, chili powder, coriander and cumin until well combined.
6. Spoon mixture into each muffin cup and bake until filling is hot, about 8-10 minutes. Serve.