



### Taboo No Longer - Happy, Healthy Hearts Love Beef!

Wait a minute...beef is okay to eat AND keep my heart healthy too? Yes, you read this correctly. No longer "taboo" for healthy, active lifestyles, nutrient-rich lean beef such as top sirloin steak can be enjoyed again without guilt. In fact, top sirloin meets the American Heart Association (AHA) certification as a lean cut of beef and heart-healthy choice. The AHA Heart-Check certification is one of the most trusted nutrition logos and claims on a food label.

Researchers at The Pennsylvania State University reported results from the BOLD (Beef in an Optimal Diet) study showed adding a daily serving of nutrient-packed lean beef to a heart-healthy diet could lower the risk of heart disease by reducing "LDL" (bad) cholesterol levels.

A three-ounce serving of lean sirloin (about the size of your smartphone) has about 150 calories plus the Daily Value (DV) of these nutrients:

- \* Protein - 38% (for muscle growth and repair)
- \* Vitamin B12 - 44% (important for brain health)
- \* Selenium - 40% (protects cells from damage)
- \* Zinc - 38% (strengthens the immune system)

According to research published in the Journal of the American Dietetic Association, beef is the number-one source of protein, zinc and Vitamin B12. It is the number-two source for selenium and number-three source for iron. Protein in beef promotes the feeling of satiety or fullness longer than simple carbohydrates. This means that, for people trying to curb their calories for weight loss, type II diabetes or other health reasons, eating a three-ounce serving of top sirloin in a meal not only provides important nutrients and energy, but it helps keep a person from feeling hungry for a longer period of time.

Here are some tips and reminders for preparing your delicious beef sirloin;

- \* It's not necessary to bring beef to room temperature before cooking. This practice does not provide any flavor or cooking advantage. For food safety reasons, it's best to cook meat straight from the refrigerator to keep bacteria levels at a minimum.
- \* When stir-frying sirloin, partially freeze the steak prior to preparation. It will slice easier into thin, equal-thickness strips.
- \* Pat steaks dry with paper towels before pan-searing to get better browning that seals in the juices. When grilling or broiling, use tongs rather than a meat fork. The fork tines will pierce the steak, causing the flavorful juices to seep out while tongs will not cause this.

Many recipes using sirloin steak are quick and easy. The following recipes take less than 30 to 35 minutes to prepare. Enjoy the powerful health benefits of lean beef!

## Beef Pepper Steak

Serves 4

### All You Need:

1 pound top sirloin steak or top round steak, trimmed, sliced 3/4-inch-thick\* \*flank steak works well also

1/2 cup Hy-Vee Light Italian salad dressing, divided  
Salt and black pepper, to taste

2 large bell peppers, any color, cut into 1/8-inch strips

1 medium (yellow or white) onion, cut into 1/8-inch wedges

### All You Do:

1. Cut beef lengthwise in half, then crosswise into 1/8-inch thick strips. Place beef and 1/3 cup Hy-Vee Light Italian dressing in food-safe plastic bag; turn beef to coat. Close bag securely and marinate in refrigerator 30 minutes or up to 2 hours. Reserve remaining dressing for the vegetables.

2. Remove beef from marinade: discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add half of beef; stir-fry 1-2 minutes or just until outside surface of beef is no longer pink. (Do not overcook.) Remove meat from skillet onto plate; repeat with remaining beef strips. Season beef with salt and pepper; keep warm. Wipe skillet with paper towel if desired.

3. Heat remaining Italian dressing in same skillet until hot. Add bell peppers and onion. Stir-fry 5-6 minutes or until vegetables are crisp-tender. Return beef and juices to skillet. Cook and stir 1-2 minutes or until heated through. Serve.

Per serving: 240 calories; 10 g fat (3 g sat, 3 g mono); 69 mg cholesterol; 9 g carbohydrate; 2 g fiber; 27 g protein; 260 mg sodium. This recipe is an excellent source of protein, niacin, Vitamin B6, Vitamin B12, selenium, zinc and choline. It is a good source of iron.

Recipe courtesy of the Beef Checkoff

## Beef and Cabbage Stir-Fry with Peanut Sauce

Serves 4

### All you need

1/4 cup Hy-Vee smooth natural peanut butter

1/3 cup orange juice

3 tbsp reduced-sodium soy sauce

1 tbsp rice vinegar

2 tsp sugar

4 tsp Hy-Vee canola oil, divided

3 cloves garlic, minced

1 pound Hy-Vee sirloin steak, trimmed and thinly sliced

1 small head Savoy cabbage, thinly sliced

2 to 5 tbsp water

2 medium carrots, grated

1/4 cup chopped unsalted roasted peanuts, optional

### All you do

1. Whisk peanut butter, orange juice, soy sauce, vinegar and sugar in a medium bowl until smooth.

2. Heat 2 teaspoons oil in a wok or large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add steak; cook, stirring, until browned and barely pink in the middle, 2 to 4 minutes. Transfer to a bowl.

3. Reduce heat to medium. Swirl in the remaining 2 teaspoons oil. Add cabbage and 2 tablespoons water; cook, stirring, until beginning to wilt, 3 to 5 minutes. Add carrots (and more water if necessary to prevent sticking); cook, stirring, until just tender, about 3 minutes more. Return the steak and any juices to the pan; add the peanut sauce and toss to combine. Serve sprinkled with peanuts (if using).

Nutrition facts per serving: 364 calories, 17g fat, 3g saturated fat, 42mg cholesterol, 469mg sodium, 23g carbohydrate, 7g fiber, 31g protein. Daily values: 140% vitamin A, 110% vitamin C.

## *Dietitians Pick of the month:*

### **HY-VEE ANGUS RESERVE SIRLOIN**

#### **5 REASONS TO CHOOSE TOP SIRLOIN:**

- 1.** Top sirloin meets the American Heart Association (AHA) certification as an extra-lean cut of beef and heart-healthy choice.
- 2.** The AHA Heart-Check certification is one of the most trusted nutrition logos on a food label.
- 3.** Foods with the AHA Heart-Check certification meet heart-healthy criteria and help make it easy to choose heart-healthy foods.
- 4.** A 3-ounce serving of lean beef is only about 150 calories on average.
- 5.** The BOLD (Beef in an Optimal Lean Diet) study found participants lowered LDL “bad” cholesterol 10%, when they followed a heart-healthy diet and consumed four ounces of lean beef every day.

#### **Wake Up to Something Delicious!**



Have you ever woken up excited to eat breakfast? If not, you probably haven't found a quick, go-to breakfast yet. No worries, your Hy-Vee dietitian is here to help! Both slow-cooker and one-minute warm breakfasts are great because you wake up with breakfast ready for you to enjoy in a matter of minutes. For a slow-cooker breakfast, just put together the recipe the night before, set your slow-cooker on low, fall into a deep sleep and wake up to a delicious and nutritious meal. As for a one-minute warm breakfast, try Quaker Warm & Crunchy Granola or Quaker Protein Instant Oatmeal or reheat the Spiced Breakfast Quinoa recipe you prepare the day before. These quick breakfasts are packed with complex carbohydrates to start your day off right.

Not only are these breakfasts convenient, they also guarantee that the entire family will have a healthy start before a busy day at work and school. Breakfast has many other benefits, too. Research shows that breakfast may help to have a more nutritionally complete diet, increase concentration and performance in the classroom or at work, increase strength and endurance for physical activity and lower cholesterol levels. If those benefits don't excite you, then maybe this recipe will. Contact your Hy-Vee dietitian for more recipes to get you looking forward to your morning.

## Slow-Cooker Banana Bread Quinoa (Makes 6 servings, ½ cup each)

All you need:

- 1 ½ ripe bananas
- 2 tablespoons chopped walnuts
- 3 tablespoons brown sugar
- 1 cup uncooked quinoa
- 1 cup low-fat or fat-free milk
- 1 cup water
- 1 ½ tablespoons butter, melted
- ½ teaspoon vanilla extract

All you do:

1. Mash the bananas in a bowl and set aside. In another bowl, mix together walnuts and brown sugar.
2. Pour quinoa, milk, water, butter and vanilla into a slow-cooker. Stir in the mashed bananas and walnut mixture.
3. Set slow cooker to the LOW setting, and let it cook overnight or 6-8 hours. If needed, add additional liquid or sugar to the mixture to taste.
4. Serve warm with additional sliced bananas for garnish if desired.

## Spiced Breakfast Quinoa

Serves 2 (scant 1 cup each).

All you need

- 1/2 cup quinoa
- 1 cup Hy-Vee low-fat milk
- 1 cup water
- 1/2 tsp Hy-Vee ground cinnamon
- 1/8 tsp Hy-Vee ground nutmeg
- 1/8 tsp Hy-Vee ground ginger
- Pinch of salt
- 2 tbsp honey
- 1/2 tsp vanilla extract
- 1 large egg white
- 2 tbsp currants or raisins

All you do

1. Place quinoa in a fine-mesh sieve and rinse well with cold water. Heat a medium saucepan over medium-high heat. Add quinoa and cook, stirring, until the grains are separated and smell fragrant, 2 to 4 minutes. Stir in milk, water, cinnamon, nutmeg, ginger and salt. Bring to a boil.

Reduce heat to maintain a simmer and cook uncovered, stirring occasionally, until the quinoa is tender, 20 to 25 minutes. Remove from heat. Stir in honey and vanilla.

2. Whisk egg white in a small bowl with 1 tablespoon of the hot cereal. Repeat with 5 more tablespoons until the egg white is completely incorporated. Stir in currants (or raisins). Return the cereal to the saucepan and cook, stirring, over medium-low heat until thickened slightly, 1 to 2 minutes.

To make ahead: Cover and refrigerate for up to 1 day; serve cold or reheat over low heat or in the microwave; thin with water or milk as desired.

## Heart-Healthy Dinner for Your Sweetheart



- Most days, olive oil is the princess, and corn oil maybe the ugly stepsister. But a new study suggests that's not entirely fair - in real life or in the world of oils. Turns out that corn oil might actually be better at lowering cholesterol than olive oil.

Surprised?

- Researchers studied the effects of both oils on 54 healthy men and women. For 21 days, participants were daily either given four tablespoons of corn oil or four tablespoons of olive oil in their foods. Corn oil was shown to reduce LDL (considered bad) cholesterol by 10.9 percent, while extra virgin olive oil only lowered it 3.5 percent. Study participants experienced an 8.2 percent decrease in total cholesterol with corn oil, compared to 1.8 percent decrease with olive oil. All foods provided to participants were part of a weight maintenance diet.

The study was funded in part by ACH Food Companies. Findings were presented at the American Society for Nutrition's Advances & Controversies in Clinical Nutrition Conference last year. Lead researcher was Kevin C. Maki, PhD, of Biofortis, the clinical research arm of Merieux NutriSciences.

- "The study results suggest corn oil has significantly greater effects on blood cholesterol levels than extra virgin olive oil, due, in part, to the natural cholesterol-blocking ability of plant sterols," said Maki. "These findings add to those from prior research supporting corn oil's positive heart-health benefits."

- Corn oil contains more plant sterols than olive oil -- there are 135 mg in one serving of corn oil, compared to 30 mg in a serving of olive oil, according to the U.S. Department of Agriculture. To put it another way, corn oil has four times more plant sterols than olive oil, three times as many as soybean oil and 40 percent more than canola oil.

- Plant sterols, also known as phytosterols, are plant-based micronutrients naturally present in fruits, vegetables, nuts, seeds, cereals, legumes and vegetable oils. Clinical studies indicate that, when consumed as part of a diet low in saturated fat and cholesterol, plant sterols can help reduce the absorption of cholesterol in the gut, which, in turn, can lower LDL blood cholesterol.

- Cardiovascular disease remains the No. 1 cause of death in the U.S. Research supports the notion that diets containing at least 5 to 10 percent of calories from polyunsaturated fatty acids from vegetable oils, are associated with lower risk for heart disease.

- So should you give up your olive oil? Both have benefits. Researchers found that olive oil gave a lower heart rate and diastolic blood pressure when people were eating foods with olive oil. The bottom line is moderation balance and variety, even with your oils, for a healthy diet.

## Honey Ginger Salmon with Broccoli and Bow Ties

Salmon, full of healthy omega-3 fatty acids, is a quick-cooking favorite. Broccoli and whole-grain pasta provide plenty of vitamins and fiber to this easy dinner.

Prep: 30 minutes | Marinate: 30 minutes | Serves 2

8 ounces fresh salmon fillets, skinned if desired  
1/4 cup + 1 tablespoon MAZOLA corn oil, divided  
1/4 cup Hy-Vee honey  
1/4 cup Hy-Vee less-sodium soy sauce  
2 tablespoons Hy-Vee orange juice  
2 tablespoons fresh lemon juice  
1 1/2 teaspoons TONE'S ground ginger  
1/2 teaspoon + 1/8 teaspoon TONE'S garlic powder  
1/8 teaspoon TONE'S cayenne pepper  
1 cup Hy-Vee bow tie pasta  
2 cups broccoli florettes  
1/2 teaspoon TONE'S sweet basil leaves  
Hy-Vee salt and Hy-Vee pepper, to taste  
Lemon wedges

1. Line baking pan with foil. Rinse fish; pat dry with paper towels and measure thickness. Place fish in a shallow dish. Combine 1/4 cup oil, honey, soy sauce, orange and lemon juice, ginger, 1/2 teaspoon garlic powder and cayenne; pour over fish. Cover and marinate at room temperature for 30 minutes.
2. Preheat oven to 450°F. Transfer fish to baking pan; discard marinade. Bake fish for 4 to 6 minutes per 1/2-inch thickness or until fish flakes easily with a fork. If desired, remove and discard skin.
3. Meanwhile, cook pasta according to package directions, adding broccoli during the last 5 minutes of cooking. Drain; return to saucepan. Combine remaining oil and garlic powder and basil; toss into pasta mixture. Season to taste with salt and pepper.
4. Serve salmon with broccoli and pasta. Squeeze wedges lemon over top.

Nutrition Facts per serving: 470 calories, 20g fat, 2.5g saturated fat, 0g trans fat, 50mg cholesterol, 370mg sodium, 42g carbohydrates, 4g fiber, 11g sugar, 31g protein

## UPCOMING HY-VEE EVENTS

Kids in the Kitchen, Tuesday February 24<sup>th</sup> 4-5pm, \$5

Kids in the Kitchen will be Tuesday February 24<sup>th</sup> from 4-5pm in the Hy-vee Clubroom. Cost is \$5 a kid, please call or stop at customer service to sign up. 308-381-3678

## Breakfast on the go! Thursday February 26<sup>th</sup> 6-8pm, \$23

It's time to get healthy but skipping breakfast should never be in your health plan! Join Tara Neighbors, HyVee dietitian as she takes you through the various recipes that will help boost your energy level and send you off on a power-filled day.

Tuesday, February 26, from 6 p.m. to 8 p.m., \$23 per person. Limited to the first 12 people to sign up. Please call Judy Weston at CCC to sign up (308) 398-7445.