

### Meet Farro: Your New Favorite Whole Grain

Farro is a new grain to most Americans, but it has actually been around for over 2,000 years. Mostly known to be a staple in the ancient Roman diet (and still very popular in Italy!), this hearty grain can be used in substitution for any recipe that call for brown rice or wheat berries. Farro is also extremely nutritious and the Hy-Vee dietitian's pick of the month for January. One cup contains 8 grams of cholesterol-lowering fiber and 7 grams of muscle-building protein, and is also a good source of iron.

As a newer grain trending, the most common questions asked about the grain are "Where can I find farro?" and, "How do I cook it?" Lucky for you, Hy-Vee now has its very own line of ancient grains. Your local Hy-Vee carries more than just farro. You can choose to also experiment with black beluga lentils, black barley and red quinoa, just to name a few.

To prepare farro, just place it in a pot with enough water to completely cover the grain. Bring it to a boil, reduce heat to medium-low and let simmer for around 30 minutes. Drain off any excess water and voila! You've got farro that is ready to be incorporated into any soup, stew, casserole or salad recipe you have in mind. Try this delicious salad or side dish recipe below to bring a taste of Italy to your table.

#### Mediterranean Farro Salad (Serves 5)

Recipe adapted from: Bob's Red Mill

##### All you need:

- 1 cup farro
- 3 cups water
- 1/2 cup diced red onion
- 1 cup seeded and diced tomatoes
- 1-1/2 cups seeded and diced cucumber
- 1/4 cup lemon juice
- 2 Tbsp. olive oil
- 1/2 cup Chopped parsley
- 1/2 cup reduced-fat feta cheese

##### All you do:

1. Rinse farro under cold water and place in a pot with 3 cups of water or stock. Bring to a boil, reduce heat to medium-low and simmer for 30 minutes. Drain off any excess liquid. Let farro cool to room temperature.
2. When cool, toss farro with onion, tomatoes, cucumber, lemon juice, olive oil, parsley and feta. Serve chilled or at room temperature.

Nutrition Information per serving: Calories: 215, Fat: 8 g, Saturated Fat: 2 g, Cholesterol: 4 mg, Sodium: 140 mg, Total Carbohydrate: 31 g, Dietary Fiber: 6 g, Protein: 8 g

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## Healthy Snacks for Weight Loss

Need some snack ideas that will help you lose weight in the new year? Finding simple, tasty food options that won't break the calorie bank doesn't have to be hard with the help of Hy-Vee. Let Hy-Vee show you how to put together easy recipes that will give you the nutrition you need while keeping you and your family on the go.

Healthy snacking is actually good for you. Snacking is a great pick-me-up, and it provides an opportunity to include all the important food groups in your diet. Snacking also can keep you from overeating at your next meal, according to the Academy of Nutrition and Dietetics. And if you're an athlete, healthy snacks can help meet the increased calorie and nutrient needs of maintaining/gaining lean body mass.

The key? Snacks full of quality nutrients, not added sugars and processed foods. Keep your snacks under 200 calories each for an average adult, or between 200-300 calories for athletes, and limit snacks to one or two a day. Think of snacks as mini-meals that contribute nutrient-rich foods.

### Nutrition-Packed Snacks

*A healthy snack includes at least one food from the MyPlate™ food groups – grains, vegetables, protein, fruit and dairy.*

*Combine peanut butter and banana and you offer your body manganese, folate, protein, niacin, vitamin C, fiber and potassium. Those nutrients are important for healthy eyes and strong muscles, an increased feeling of fullness and heart health.*

*Combine Greek yogurt and blueberries to get vitamin A, calcium, protein, vitamin C, manganese and fiber. These nutrients are important for healthy eyes, hair, nails, skin, strong bones and heart health, and are rich in disease-fighting antioxidants.*

*Combine hummus and baby carrots for the nutrients of manganese; folate; fiber; protein; copper; phosphorus; iron; vitamins A, K and C; potassium; and magnesium. These nutrients support healthy digestion and an increased feeling of fullness and are important for healthy vision.*

*Pistachios and an apple offer your body the nutrients of phosphorus, potassium, vitamin B6, fiber, protein and vitamin C. These nutrients give an increased feeling of fullness, have cancer-fighting properties and are heart-healthy.*

*A snack of low-fat cottage cheese with red peppers gives your body vitamins A, C, K and B6, as well as protein, calcium and fiber. Those nutrients are important for strong muscles and bone health and important for healthy vision.*

## Healthy Snack Options

Here are some healthy snack options, which include a protein, fat and /or fiber food with a carbohydrate food:

- \* **¼ cup nuts, such as pistachios, and a piece of fruit**
- \* **2 sheets of graham crackers with natural peanut butter or almond butter**
- \* **4-5 whole grain crackers with peanut butter**
- \* **1 slice whole grain bread with peanut butter**
- \* **Carrots, cherry tomatoes, cucumber or celery sticks with an oil-based salad dressing or vinaigrette**
- \* **Popcorn trail mix: 1 cup light popcorn mixed with ¼ cup nuts and 2 tablespoons raisins**
- \* **Cereal Mix: ¼ cup nuts, 2 tablespoons dried fruit, 1 tablespoon chocolate pieces and ¼ cup whole grain cereal**
- \* **Low-fat yogurt with 2-3 tablespoons chopped nuts**
- \* **Hummus with cut vegetables or whole wheat pita bread**
- \* **Sliced apple or banana with peanut butter**
- \* **Peanut butter smoothie: Blend 1 cup low-fat vanilla yogurt, one banana and 1 tablespoon peanut butter**
- \* **Fruit smoothie: Blend 6 ounces low-fat vanilla yogurt, ½ cup skim milk, 1 cup fresh or frozen berries (strawberries, raspberries or blueberries)**
- \* **Fresh fruit or vegetables with ½ cup low-fat cottage cheese**
- \* **13 baked corn chips with fresh salsa**
- \* **A hard-boiled egg with a piece of whole grain toast topped with light, non-trans-fat margarine**
- \* **Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins or dried cranberries.**
- \* **Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.**
- \* **Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal or granola.**
- \* **Put cubes of low-fat cheese and grapes on pretzel sticks.**
- \* **Spread vanilla Greek yogurt over a graham cracker and top with cut fruit.**
- \* **In a bowl, combine All-Bran wheat crackers, Cheerios, animal crackers, honey bear-shaped crackers, shredded wheat cereal, raisins and M&M's.**

### Pineapple Green Smoothie

Serves 1: about 1-½ cups

Active: 5 minutes Total: 5 minutes

#### All you need

- ½ cup Hy-Vee unsweetened almond milk
- 1/3 cup Hy-Vee nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices (about 1 medium banana)
- ½ cup Hy-Vee frozen pineapple chunks
- 1 tbsp Hy-Vee HealthMarket chia seeds
- 1-2 tsp pure maple syrup or honey (optional)

#### All you do

1. Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia and sweetener (if using). Blend until smooth.

Nutrition per serving: Calories 297; Fat 6 g (sat 1 g); Cholesterol 4 mg; Carbohydrate 54 g; Total sugars 29 g (added sugar 0); Protein 13 g; Fiber 10 g; Sodium 145 mg; Potassium 1038 mg.

## The Power Orange

Everyone knows oranges are good for you. Advice like “Eat an orange when you have a cold” or “Oranges are full of vitamin C” are commonplace. It’s true that oranges are good for you, and, yes, the vitamin C in oranges may help you recover from your next cold more quickly or easily. However, did you know there is an orange variety out there that can claim even more health attributes? It’s called the Cara Cara and it just might be your favorite healthy snack this winter.

The SunKist Nutrition Bureau dubbed the Cara Cara “The Power Orange” for good reason. Cara Cara oranges boast a pinkish-red, juicy flesh that sets them apart from other oranges. Bite into one and taste a unique blend of sweet with rose, blackberry and cherry undertones that can’t be beat. If you thought oranges were out because of reflux or other issues, think again. The Cara Cara has a lower acid content than traditional oranges. It also beats plain old navel oranges in the area of vitamins and minerals with more folate and vitamins A and C.

So, how do you eat “The Power Orange”? Try some of these ways to enjoy Cara Caras adapted from Fruits and Veggies More Matters:

1. Right off the Tree – Simply peel and eat.
2. Fruity Pizza – Top a freshly toasted whole grain English muffin with low-fat cream cheese, grapes, strawberries and Cara Cara segments.
3. A Vibrant Salad – Add color and pizzazz to any salad with the addition of Cara Caras. Try them tossed with greens, pecans, red onion and strawberries, topped with a poppy seed dressing.
4. Cara Cara Frosty – Combine vanilla frozen yogurt, 100% orange juice and Cara Caras in a blender for a quick, kid-approved snack or dessert.
5. Cara Cara Salsa – Combine chopped Cara Cara oranges, tomato, cilantro, green onion, walnuts and lime juice for dipping or as a topping for fish or chicken.

### Cinnamon Oranges

Serves 4

Active: 10 minutes Total: 10 minutes

All you need

- 4 navel oranges
- 2 tbsp Hy-Vee orange juice
- 2 tbsp Hy-Vee lemon juice
- 1 tbsp Hy-Vee sugar
- ¼ tsp Hy-Vee ground cinnamon

All you do

1. With a sharp knife, remove rind and white pith from oranges. Cut each into 5 or 6 slices and arrange on 4 plates.
2. Whisk together orange juice, lemon juice, sugar and cinnamon. Spoon over the orange slices.

## *Upcoming Hy-Vee Events*

January special, \$50

Throughout the entire month you can receive a cholesterol screening, a store tour, 30 minute nutrition counseling session, and a \$10 Hy-Vee gift card, all for \$50. Regularly an \$80 value. Call Tara Neighbors 308-381-3678 or email her at [tneighbors@hy-vee.com](mailto:tneighbors@hy-vee.com) to set up an appointment

**Couples Cooking- CCC- \$42/couple, January 27<sup>th</sup> 6-8p.m**

**Couples will learn menu planning and coordinating meal preparation tasks in the kitchen. You will learn great desserts for two and which wine works with your meal. Not a couple? Don't worry bring a friend and enjoy the class. Please call customer service 381-3678 to sign up.**