

Food for Thought

July 2013

We All Scream for Ice Cream!

July is National Ice Cream Month. Kids of all ages love ice cream! After all, what's not to love? It's creamy, sweet and delicious. Ice cream is a favorite summertime treat. We know it may contain extra calories from fat and sugar so we want to watch portions for good health and to be able to fit into our summer wardrobe!

One strategy is to eat upside-down sundaes by making fruit the base of your sundae. Fruit is a great dessert option for summer sweet treats. It is refreshing, nutritious and lower in calories than many other choices. Instead of filling a large dish of ice cream TOPPED by a handful of strawberries, enjoy a bowl of berries capped with a small scoop (about 1/2 cup) of ice cream.

ONE cup of strawberries provides about 50 calories and a generous amount of fiber, folate, potassium, vitamin C and antioxidants. A half-cup of a light ice cream adds about 100 calories, as well as calcium. Or, substitute ONE sliced medium-sized peach (2-1/2-inch diameter) for the strawberries for about 40 calories. (Source of calorie information: *USDA National Nutrient Database per UNL Extension in Lancaster County*). With a total of around 150 calories for the fruit plus ice cream, your taste buds AND your waistline can be happy!

Here are three fabulous ice cream recipes with a healthy twist for you to enjoy this summer – including a dairy-free, gluten-free option that is absolutely amazing! Who says you can't have your dessert and eat it, too?

Grilled Peach Sundaes

Makes: 2 servings

Active time: 10 minutes | Total: 25 minutes

Fruit on the grill? Most definitely! Try grilling other stone fruit or pineapple too!

All you need:

- 2 peaches, halved and pitted
- 1 teaspoon canola oil
- 2 scoops nonfat vanilla frozen yogurt or fruit sorbet
- 1 tablespoon toasted unsweetened coconut

All you do:

1. Preheat grill to high. Brush peach halves with oil. Grill until tender.
2. Place 2 peach halves in each bowl and top with a scoop of frozen yogurt (or sorbet) and coconut.

Per serving: 154 calories; 4 g fat (2 g sat, 2 g mono); 0 mg cholesterol; 28 g carbohydrate; 19 g added sugars; 4 g protein, 2 g fiber, 41 mg sodium, 319 mg potassium.

Source: www.eatingwell.com

Ice Cream in a Bag (Serves 2)

All you need:

- 1 pkt Stevia
- ¼ tsp vanilla extract
- 1 cup dairy milk or unsweetened vanilla Almond milk
- 1/2 cup rock salt (regular table salt will work, but may take longer to chill)
- Ice cubes (enough to fill each gallon-size bag about half full)
- 2, 1 pint-size re-sealable freezer bags
- 1 gallon-size re-sealable freezer bag

All you do:

1. Combine the stevia and Almond Breeze in the pint-size bag and seal it tightly. Place bag with cream mixture inside second pint-size bag. Seal tightly.
2. Place the salt and ice in the gallon-size bag, then place the sealed smaller bags inside as well. Seal the larger bag. Now shake the bags until the mixture hardens (about 5-10 minutes). Feel the small bag to determine when it's done.
3. Take the smaller bag out of the larger one, add mix-ins, if desired, and share with a friend.



Choose cherries: more than just a sweet, summertime treat!

Summer screams cherries! These delectable super fruits are not only delicious, but provide many health benefits as well. Cherries contain many antioxidants and valuable nutrients that make them a powerful super food. Whether you are fighting pain and inflammation, trying to regulate those sleep patterns, or wanting to give your brain a little boost, choose this small and flavorful fruit for your next healthy snack!

Why Cherries?

Antioxidants: Sweet cherries are considered among the top 20 foods with the highest concentration of antioxidants. Antioxidants occur naturally in some foods and may protect cells in the body from future damage. Cherries have many different antioxidants, including melatonin, quercetin and a flavonoid called anthocyanin.

Heart healthy: Today, heart disease is the single leading cause of death in America. Anthocyanin and quercetin may decrease the risk of developing cardiovascular disease by protecting the heart and preventing plaque formation within the body.

Natural pain and inflammation relief: Do pain and inflammation get you down? We've got great news – a bowl full of cherries may help relieve discomfort related to arthritis and gout. Cherries contain anthocyanins – natural pigments responsible for the red, purple and blue colors of many fruits and vegetables. Cherries act as pain relievers by blocking inflammatory enzymes in the body, which may help to reduce pain.

Bone health: Cherries contain a valuable mineral called boron, which supports bone health and helps to maintain a good calcium balance.

Insomnia: Cherries are one of the few foods that contain melatonin, a natural hormone in the body, which helps control when we fall asleep and wake up. Eating a handful of cherries before bed may be a great, natural way to regulate sleep patterns.

Brain function: Not only does melatonin aid in falling asleep, but it also supports and maintains brain function. Anthocyanins may protect cells found in the brain and promote brain health as well.

Want more than just a handful of cherries? Go to Hy-VeeHealth.com. Get delicious recipes, nutrition tips and look for the closest Hy-Vee dietitian near you.

Apple, Walnut and Fresh Cherry Quinoa Salad

Serves: 8

Source: Chef Andrew, Ankeny Hy-Vee

All You Need:

½ cup uncooked quinoa, prepared in Hy-Vee apple juice
½ cup chopped, toasted walnuts
1 cup pitted and quartered fresh cherries
1 large apple, chopped
1 large celery stalk, chopped
2 tbsp. chopped red onion
1 tbsp. Hy-Vee honey
2-3 tbsp. Hy-Vee White Balsamic Raspberry Blush Vinegar
Kosher salt and black pepper, to taste

All You Do:

1. Prepare quinoa as directed on package, using Hy-Vee apple juice in place of water. Cool completely in refrigerator, about 30 minutes.
2. Toss cooled quinoa, walnuts, cherries, apple, celery and onion together in a large bowl.
3. Mix Hy-Vee honey and vinegar in a separate bowl. Season to taste with salt and pepper.**
4. Pour the dressing over the salad and mix well.
5. Serve immediately or chill in the fridge until serving time.

**Note: If more dressing is desired, double the dressing recipe and toss with the salad.