

Sweeten Up Your Summer with Melons

Melons make for a refreshing and lower-calorie treat during the warmer months. Most melons weigh in at under 50 calories per one-cup serving and contain fiber. Watermelons contain vitamin C and potassium, as well as a high water content, which contributes to hydration. Cantaloupe is an excellent source of folic acid, potassium, vitamin C and fiber. Honeydew melons are a great source of vitamin C. You can eat melon alone, or add it to smoothies, salads or desserts.

Choosing a Good Melon

- Watermelons: Look for the “yellow belly” – a flatter yellowish spot, which indicates it sat on the vine to ripen.
- Cantaloupe: Smell the cantaloupe. If it doesn’t have a smell, it likely doesn’t have a taste either. You want a musky sweet smell to indicate a ripe cantaloupe. You also need to touch it. The skin should give a little, but not feel mushy. You also want to look it over to make sure there are no bruises, spots or punctures.
- Honeydew Melon: This melon should have a golden color; brownish freckling is fine and indicates a very sweet melon. The melon should feel firm, but not hard. Smell the melon. It should have a sweet smell. If you shake it, you should be able to hear the seeds rattling around inside.



Melon and Chicken Pasta Salad

Makes: 6 servings (1 1/3 cups each)

All You Need:

Dressing:

1 clove garlic, minced

¼ tsp. salt

½ cup low-fat buttermilk

¼ cup low-fat mayonnaise

3 tbsp. chopped, fresh tarragon, or 1 tbsp. dried

1 tbsp. Hy-Vee distilled white vinegar



Pasta Salad:

8 ounces (about 3 cups) whole-wheat bowtie pasta

2 cups cubed cantaloupe or honeydew melon

2 cups thinly sliced baby spinach

2 cups cubed or shredded cooked chicken

¼ cup Hy-Vee dried cranberries

¼ cup (about 3 ounces) chopped prosciutto

Freshly ground black pepper, to taste

All You Do:

1. To prepare dressing, mash garlic and salt in a medium bowl with the back of a spoon into a chunky paste. Add the buttermilk, mayonnaise, tarragon, and vinegar; whisk until combined.
2. To prepare pasta salad, cook pasta in a large pot of boiling water, according to package directions. Drain, transfer to a large bowl, and let cool. Add melon, spinach, chicken, cranberries, prosciutto, pepper and the dressing; toss to coat.
3. To make ahead, cover and refrigerate, undressed, for up to 1 day. Toss with dressing about 1 hour before serving.

Nutrition Facts per Serving: 294 calories; 6 g fat (2 g sat, 1 g mono); 54 mg cholesterol; 633 mg sodium; 38 g carbohydrate; 4 g fiber; 3 g added sugars; 25 g protein

Source: EatingWell.com

RD Pick of the Month: Short-Cuts Grill Ready Vegetables

Here at Hy-Vee, we understand that life gets hectic and creating a time-intensive homemade meal doesn't always fit into your busy schedule. That's why we offer healthy options that are simple, easy and can be incorporated into a meal in just minutes. Our July Dietitian's Pick of the Month, Short Cut vegetables, are perfect for doing just that.

You may be wondering what are Short Cut vegetables and why are they so wonderful? Hy-Vee's Short Cut veggies are pre-cut, pre-packaged and come in a variety of vegetable assortments such as asparagus paired with summer squash, bell peppers and red onions, and summer squash mixed with mushrooms, cherry tomatoes, sugar snap peas, red onions, bell peppers and potatoes.

6 REASONS TO EAT Short-Cuts Grill Ready Vegetables

1. Ready to grill or bake. Simply add a dressing such as Italian dressing, olive oil or balsamic vinegar or your favorite marinade, sprinkle with seasoning and place on skewers or wrap in aluminum foil to be placed in the oven or on the grill. Now, how easy was that?
2. Less time-consuming. Say goodbye to wasting time washing, peeling and cutting vegetables and say hello to more time enjoying the company of both friends and family.
3. Convenient way to eat more vegetables. Did you know that the average person consumes about 1.5 cups of vegetables per day? This is only half the amount of vegetables you should eat, as MyPlate recommends consuming 3 cups of vegetables daily. Since Short Cut veggies are so easy to incorporate into a meal, they are a great way to pack in vitamins, minerals, fiber and other nutrients that fuel our bodies.
4. Used in a variety of main dishes. Not too keen on eating vegetables alone? Try adding them as a complement to pasta salad, quesadillas/tacos, casseroles, sandwiches/wraps or rice dishes.
5. Less waste. Not having to do vegetable prep work ahead of time means less waste!
6. Grill once, eat twice! Short Cut vegetables can be cooked or grilled and leftovers can be used to create other meals throughout the week. Try adding mixed veggies to grilled cheese, create a fresh vegetable pizza or stuff an omelet with these nutrient-rich favorites.

What are you waiting for? Stop in produce today to browse our assortment of fresh, Short Cut vegetables and choose the package that is perfect for your cooking or grilling needs!

What's Happening at Hy-Vee?

Sensational Summer Salads. \$24. Thursday, July 10th. If your idea of salad starts with a head of iceberg lettuce and ends with a crouton, you need to come see what Shannon, Hy-Vee dietitian, has mixed up. We will be sampling some delicious and creative salads - no head lettuce allowed! Learn to expand your salad horizons, get creative and experience a flavor explosion.

Cooking Matters® at the Store. FREE. Saturday, July 12th at 10 a.m. and 1 p.m. A guided grocery store tour to help families buy healthy, affordable food and meals. Participants will practice skills like buying fruits and vegetables on a budget, comparing unit prices, reading food labels, identifying whole grains, and sticking to your budget! Each household participating receive a FREE \$10 gift card to Hy-Vee to spend on healthy groceries following the tour, handouts, recipes, and a shopping bag! Space is limited to just 10 participants in each tour!

Please sign up at Customer Service (308-381-3678) for both of these events!



Rainier Cherries: Nature's Candy

They are incredibly beautiful, sweet and juicy and they're only available mid-June to mid-August. They are: Rainier cherries.

Named after Mount Rainier, the Rainier cherry was developed by Harold Fogle in Washington State back in 1952. Fogle crossed Bing and Van – two red cherry varieties – and ended up with a golden yellow cherry with a red blush on the outside, a golden yellow inside and an amazing sweetness.

Rainiers have a thin, delicate skin which presents a number of challenges in getting them harvested, packed and onto grocery store shelves. They are highly susceptible to bruising and are sensitive to hot weather and strong winds. Because of this, growers use windscreens to protect the fruit and they also put nets over the fruit to keep birds out of the orchard.

Seems like a big job, but it's hard to beat a Rainier cherry. The sugar, or brix, levels on Rainiers are higher than any dark-sweet cherry variety – ranging from 17 to 23 percent – hence the name "nature's candy." Serve these for dessert or in a salad and celebrate the sweet tastes of summer!

New to Hy-Vee



Noosa Australian-style Yogurt Although not exactly new – we have carried it for about a year, it is one of those little known gems in our store. Made from whole milk in Colorado, the Noosa yogurt has all the health benefits of Greek yogurt (high protein, probiotic, great source of calcium) and is incredible rich and creamy. For breakfast, snack or dessert – it will keep you full for a long-long time!

North Country Farms Located in Creston, Nebraska, North Country Farms provides all-natural beef, feed with flax meal to increase the heart-healthy omega-3 fatty acids in their product. It is Nebraska beef at its finest. We are currently carrying ground beef, top sirloins, New York strip steak and lean ground beef in the HealthMarket frozen section. Try some today with Hy-Vee Short-Cuts grilling vegetables for your 4th of July celebration!



Have a Safe and Happy Independence Day!