

## Brussels Sprouts: The Most-Hated Vegetable in America

According to a 2008 research study by Heinz, Brussels sprouts are the most-hated vegetable in America. I would tend to disagree! Not only are Brussels sprouts one of the most powerful foods in fighting disease and providing nutrients, but they are one of the tastiest vegetables available.

According to Forbes magazine, Brussels are making a comeback as one of the Top 10 Food Trends for 2014 and for good reason. They are packed with nearly all your daily needs for vitamin K, which is essential for blood clotting and bone health. They are a member of the cruciferous vegetable family and contain cancer-protecting compounds and glucosinolates, which stimulate the body's natural detoxification system. As a matter of fact, their total glucosinolate content has been shown to be greater than the amount found in mustard greens, turnip greens, cabbage, kale, cauliflower and broccoli. Brussels are also an excellent source of vitamin C which helps maintain a healthy immune system, and they contain lutein and zeaxanthin, two nutrients important for healthy vision.

Chefs and culinary experts will agree that Brussels sprouts are a fun vegetable to experiment with in the kitchen because they are extremely versatile. Try them oven-roasted, steamed, sautéed, candied, boiled, grilled or raw. Even the frozen varieties are delicious! If you're looking to try Brussels sprouts and want a quick preparation method, we suggest roasting them.

Roasting is a terrific way to prepare vegetables. It's easy, quick and improves flavor. All vegetables have a small amount of naturally occurring sugar; roasting at high temperature caramelizes those sugars and causes chemical reactions that reduce bitter flavors. However, if you over-cook some vegetables, such as Brussels sprouts, the sulfur compounds (which taste bitter) go through another chemical reaction which causes even more bitter compounds and stinky flavors.

Try these delicious *Caramelized Brussels Sprouts* or *Roasted Brussels Sprouts* recipes!

### **Caramelized Brussels Sprouts**

*serves 4*

#### **All you need:**

12-14 large Brussels sprouts  
1 tbsp olive oil  
2 cloves garlic, minced  
pinch sea salt  
2 tsp brown sugar  
1/4 cup roughly chopped pecans or walnuts, toasted  
Optional: fresh orange juice, minced fresh ginger

#### **All you do:**

1. Slice each Brussels sprout very thinly until you have a mound of feathery Brussels sprout ribbons.
2. Heat the olive oil over medium-high in a large skillet and sauté the garlic for 30 seconds.
3. Add the Brussels sprouts and continue sautéing for another 4-5 minutes, until bright green and tender.
4. Add sea salt and brown sugar and toss together. Finish by adding toasted nuts. Optional: squeeze a few tablespoons of fresh orange juice over dish or add some minced fresh ginger for some extra heat.
5. Serve and enjoy!

## Roasted Brussels Sprouts

Serves 4

### All you need:

1 red onion, peeled and cut into ½-inch pieces  
6 cups rinsed, drained, halved Brussels sprouts, rinsed, drained and halved  
4 medium carrots, peeled and cut into ½-inch pieces (about 2 cups)  
3 tablespoons olive oil  
3 tablespoons Gourmet Garden Mediterranean Herb Blend (or 2 minced garlic cloves + 2 ½ tablespoons fresh herbs, such as thyme, parsley, oregano)  
½ teaspoon salt  
¼ teaspoon pepper  
3 tablespoons dry vermouth or dry white wine  
6 tablespoons shredded Parmesan cheese, divided  
1-2 tablespoons balsamic glaze

### All you do:

1. Heat oven to 425 degrees. Line two large roasting pans with aluminum foil; spray with non-stick spray.
2. In a large bowl, toss the onion, Brussels sprouts and carrots with olive oil, herbs, salt and pepper. Mix well. Divide between pans and spread in an even layer so vegetables are not crowded together (they need space for air to circulate and for caramelization to occur).
3. Sprinkle with the vermouth or dry white wine. Place in oven and roast the vegetables for 12 minutes. Sprinkle each pan with half the Parmesan and toss gently. Continue roasting until vegetables are well browned, and just fork-tender, about 5-8 minutes longer. Drizzle with balsamic glaze. Serve.

## RD Pick of the Month: Brussels Sprouts

### 5 REASONS TO EAT Brussels Sprouts

1. Provide nearly all your daily needs for vitamin K, which is essential for blood clotting and bone health.
2. Contain cancer-protecting compounds, as do all cruciferous vegetables, one of which is Brussels sprouts.
3. Provides glucosinolates, which stimulate the body's natural detoxification system.
4. Is an excellent source of vitamin C, important to help maintain a healthy immune system.
5. Are versatile – try them oven-roasted, steamed, sautéed, candied, boiled, grilled or sliced for cold salads. Even frozen counts!



## Freezer Meals Class



You've heard of freezer meals, but the idea of spending all day planning, prepping and assembling your meals is daunting. Don't sweat it! Join Shannon, Hy-Vee dietitian, as we discuss the tricks of the trade and prepare recipes for 5 quick and easy freezer meals (four servings each recipe) for you to take with you! This class will be held Tuesday, March 25<sup>th</sup>, 6-8 p.m. and cost \$75. For further information, contact Shannon at 308-381-2627 or sign up at Customer Service. Don't wait! Classes have been filling up fast! And, don't forget your cooler to take your meals in!

## ***Be Choosy with Seafood... Hy-Vee Can Help***

Seafood is a delicious and easy way to improve and maintain your health, especially your heart health. The American Heart Association recommends consuming fish two times per week with servings of 3.5 ounces or about ¾ cup of flaked fish. Fatty fish tend to be higher in omega-3 fatty acids which have several health benefits that may reduce your risk of cardiovascular disease, reduce inflammation and assist with brain function. These fish include:

- Salmon
- Albacore tuna
- Mackerel
- Sardines
- Lake trout
- Herring



Hy-Vee makes it easy for you to make these healthy choices. Hy-Vee is implementing a new Responsible Seafood Program by the end of 2015. Fish is caught or farmed in a manner that provides for its long-term viability while minimizing damage to the environment or other sea life. Hy-Vee is showing its commitment to secure the future seafood supply without harming ocean ecosystems or other marine life. Look for the label “Responsible Choice” at your Hy-Vee today.

Fish offer a good source of protein while having a low amount of saturated fat. Enjoy your fish in a variety of delicious, healthy ways:

- Marinate and grill in aluminum foil
- Use in tacos and casseroles instead of beef or chicken
- Use in sandwiches and salads for a lean protein
- Pan-fry in a small amount of olive oil with favorite herbs and seasonings
- Use in a stir-fry with your favorite vegetables
- Incorporate into a light pasta dish
- Use in your favorite soup and stew recipes

Try this super simple fish recipe, that even your kids are sure to love!

### **Dill Pickle Chips ‘N’ Tilapia**

Serves 4

#### **All you need:**

- 1 cup crushed Hy-Vee dill pickle potato chips
- 4 (3- to 4-oz each) fresh tilapia fillets
- 1 cup buttermilk

#### **All you do:**

1. Preheat oven to 375°F.
2. Place crushed chips in a medium bowl.
3. Dip tilapia fillets into buttermilk; drain off excess buttermilk, then roll fillet in crushed chips. Place fillets on a greased baking sheet.
4. Bake 20 to 25 minutes or until fish flakes easily with a fork.

## New to Hy-Vee



### Greek Yogurt Cream Cheese

With 4 X the protein and half the calories plus pro-biotics, why not try Greek yogurt cream cheese! We carry both the block cream cheese and the whipped cream cheese (in plain, blueberry and strawberry flavors). What a great way to lighten up your favorite recipe or morning bagel!

### Way Better Snacks

These snacks use foods that have the added benefit of being sprouted. Sprouting is believed to maximize nutrient density and improve bio-availability. All snacks are high in omega-3 fat and low in saturated fat and sodium. Flavors include: Black Bean, Sweet Chili, Multi-grain and Blue Corn.



## Frozen Fruit Finds

March is Frozen Food Month and the freezer aisles in your favorite grocery store are just the place to find nutrient-dense foods. Many people are surprised to learn that frozen fruits and vegetables can be just as nutritious as fresh. Picked at the peak of ripeness, frozen foods are processed within a short time after picking. The flash-freeze process locks the nutrients into the vegetables and fruits.

Frozen fruits and vegetables are convenient and save time, as the chopping and cutting has been done for you. Frozen vegetables and fruits are low in sodium as well. However, the sodium content is higher in vegetables packed in a sauce. Known to be budget-friendly, frozen fruit and vegetables are less expensive than their fresh counterparts.

MyPlate recommends that your plate be half fruits and vegetables. When your favorite fruit or vegetable is not in season, frozen options can be a great alternative, helping you meet your nutritional needs. Frozen fruits can be used in smoothies, added to your favorite hot cereal, or used in pancakes and waffles. Frozen vegetables work well in soups, casseroles, added to rice and pasta dishes or served as a side. There are a variety of frozen vegetables in the freezer including broccoli, cauliflower, peas, green beans and even butternut squash. Today's shoppers will find a variety of stir-fry vegetables as well.

For an easy snack on the go, grab a handful of frozen fruits, place in a plastic bag or container and you are set. Ramp up the nutrition in your stir-fry by adding a variety of frozen vegetables. Next time you are in the frozen aisles, don't forget to pick up your favorite frozen fruit or vegetable.

#### Simple "Ice Cream" Sandwich

##### All You Need:

- 1 BelVita biscuit
- 1 T. Healthy Choice Greek frozen yogurt
- 3-4 raspberries, frozen

##### All You Do:

1. Let the frozen yogurt sit at room temperature for 5 minutes before using.
2. Spread the frozen yogurt on top of the BelVita biscuit and add a few frozen raspberries.
3. Enjoy!