



Food for Thought

May 2014

Travel the World with Burger Toppings!

Burgers are one of the most versatile sandwiches out there. The patty itself can be transformed in so many ways (marinated, stuffed, seasoned, etc.) but it's the toppings that can take a burger from ordinary to extraordinary. While we all love the "American Standard" – ketchup, mustard, American cheese and pickles – it's fun to think outside the box and explore new flavors. Different ethnic cuisines lend themselves perfectly to topping your burger off right!

All these topping combinations are for one serving:

First stop – Italy

Zesty Pesto & Tomato: 1 tablespoon basil or sundried tomato pesto + 2 heirloom tomato slices + 2 tablespoons shredded mozzarella cheese

Caprese: 1 ounce fresh buffalo mozzarella + 1 teaspoon extra-virgin olive oil + 2 heirloom tomato slices + 3 fresh basil leaves

Pizza: 2 tablespoons marinara sauce + 2 tablespoons shredded mozzarella + 4 slices turkey pepperoni + 2 thin slices green pepper

Second stop – Greece

Cool Cucumber & Feta: 1 tablespoon chopped red onion + 1 tablespoon chopped cucumber + 2 tablespoons feta + 2 tablespoons tzatziki sauce

Hummus: 1 tablespoon chopped tomato + 1 tablespoon chopped cucumber + 1 tablespoon crumbled feta + 2 fresh mint leaves, chopped + 3 sliced Kalamata olives + 2 tablespoons roasted red pepper hummus

Third stop – India

Raita: 2 tablespoons plain Greek yogurt + 2 tablespoons grated carrot + 1/8 tsp. garam masala + 2 fresh mint leaves, chopped + 1/2 garlic clove, minced + 1 tsp. fresh lime juice + pinch cayenne pepper + pinch salt

Spicy Chutney: 1/4 cup store-bought mango chutney + 1 tablespoon Dijon mustard + 1 tablespoon olive oil + 1/4 tsp. ground ginger + 1/8 tsp. ground pepper

Fourth stop – Tropics

Mango Avocado Salsa: 1/4 mango, peeled and diced + 1/4 avocado, peeled and diced + 1 tsp. minced red onion + 1/2 tsp. honey + 1/2 tsp. fresh lime juice + 1 tsp. fresh-chopped cilantro

Jamaican Jerk: 2 tablespoons finely diced pineapple + 1 tsp. orange juice + 1 tsp. Jamaican Jerk seasoning + 1/2 tsp. balsamic vinegar + 1/2 tsp. soy sauce + 1/2 clove garlic, minced

Last stop – Asia

Satay Sauce: 2 tablespoons natural creamy peanut butter + 1/2 tablespoon rice vinegar + 1/2 tablespoon honey + 1/2 teaspoon ground coriander + 1 tsp. fresh-chopped cilantro + pinch cayenne pepper

Korean Turkey Burgers with Kimchi

Serves 4

All you need:

- 1 pound 93%-lean ground turkey
- 3 scallions, sliced
- 8 teaspoons Korean chile paste, divided
- 1 teaspoon toasted sesame oil
- 2 tablespoons low-fat mayonnaise
- 4 small whole-wheat hamburger buns, toasted
- 12 slices English cucumber
- 1 cup kimchi

All you do:

1. Preheat grill to medium-high.
2. Combine turkey, scallions, 5 teaspoons chile paste and sesame oil in a medium bowl; gently knead together. Do not over-mix. Form into 4 burgers, about 4 inches wide.
3. Oil the grill rack. Grill the burgers until an instant-read thermometer inserted in the center registers 165°F, 3 to 4 minutes per side. Let rest for 5 minutes.
4. Meanwhile, combine mayonnaise and the remaining 3 teaspoons chile paste in a small bowl. Assemble the burgers on toasted buns with 2 teaspoons of the mayonnaise mixture, 3 slices cucumber and 1/4 cup kimchi each.

Source: Eating Well

Per serving: Calories 341, Total fat 12g, Saturated fat 3g, 67 mg cholesterol, Sodium 731 mg, Carbohydrate 33g, Fiber 5g, Protein 28g



RD Pick of the Month: Strawberries

Fresh berries are in season and strawberries are the crowd favorite. With a sweet scent and bright color, strawberries are appetizing and versatile in many dishes.

In addition to adding a burst of color to any dish, strawberries provide many healthy nutrients. The majority of phytochemicals in strawberries are flavonoids, which give berries their bright colors, and are shown to have health benefits for the heart, preventing cancer and supporting cognitive function. Strawberries are also a great source of **vitamin C**, which helps support a strong, healthy immune system, and **potassium** which may help lower blood pressure. Other nutrients in strawberries include **fiber**, which increases the feeling of satiety (fullness) and **folate** to prevent birth defects.



5 REASONS TO EAT Strawberries

1. One serving is about 8 strawberries (or one cup) and has only 45 calories, 3 grams of fiber and more Vitamin C than an orange.
2. Provides essential nutrients that may help control high cholesterol and high blood pressure.
3. Antioxidants found in strawberries may help slow or prevent age-related decline in cognitive function.
4. Are one of the top 10 superfoods for a diabetes meal, according to the American Diabetes Association.
5. Contain ellagic acid which may reduce the growth and spread of certain cancers.

Strawberries and Blue Cheese Bruschetta

Recipe and photo from *Eating Well*

Makes: 1 dozen

Active Time: 20 minutes Total Time: 20 minutes

All you need:

12 medium strawberries, hulled and sliced
1 teaspoon sugar
1/4 cup (2 ounces) reduced-fat cream cheese (Neufchâtel)
1/4 cup crumbled blue cheese
1-2 teaspoons water, if needed
1 tablespoon finely chopped fresh chives, plus more for garnish
1/4 teaspoon freshly ground pepper
12 slices whole-grain baguette (1/4 inch thick), warmed or toasted

All you do:

1. Combine strawberries and sugar in a medium bowl and let stand while you make the cheese spread.
2. Combine cream cheese and blue cheese in a small bowl using a fork. Add water, if necessary, for a thick but spreadable consistency. Stir in 1 tablespoon chives and pepper.
3. Spread about 1 teaspoon of the cheese mixture on each piece of baguette. Top with the sliced berries. Garnish with a sprinkle of chives, if desired.

NUTRITION

Per piece: 66 calories; 2 g fat (1 g sat, 0 g mono); 5 mg cholesterol; 10 g carbohydrates; 1 g added sugars; 2 g protein; 1 g fiber; 139 mg sodium; 33 mg potassium. Carbohydrate Servings: 1/2. Exchanges: 1/2 starch, 1/2 fat.

Strawberries can fit anyone's taste; they are naturally sweet, but adding a splash of balsamic vinegar or piece of blue cheese will give strawberries a more tart flavor.

Add strawberries to your Mother's Day celebrations

- Prepare mom a delicious breakfast with fresh strawberry slices over warm oatmeal
- Prepare *Strawberries and Blue Cheese Bruschetta* and serve as an afternoon snack or at a picnic
- Purchase chocolate-covered strawberries at your Hy-Vee for an easy dessert
- Ask your Hy-Vee dietitian how to make strawberry shortcake in a Mason jar – an activity for kids and dads to make a special treat for mom
- Treating mom to the strawberries is a great way to say thanks for all she does and show how much she is loved.



New to Hy-Vee

Applegate Naturals Uncured Turkey Pepperoni With ingredients that you will recognize, this turkey pepperoni is only preserved with natural ingredients (salt and celery powder). This pepperoni is also gluten and casein free! They also come in a pork pepperoni.



Golden Home Bakery 100% Whole Grain Pizza Crust Like any all-American family, we love pizza. On the grill or in the oven, it is the ultimate in quick easy meals. These ultr-thin crust with the Applegate Naturals turkey pepperoni are a fantastic pair for a healthier pizza option. They come in a 14 inch crust or 6 inch individual crust – great for everyone in your family to “design” their own to their taste!

What's Old is New Again

As a new summer season of picnics and cookouts begins, your Hy-Vee dietitian takes you back in time with a taste of what's to come...ancient grains. These whole grains grow from traditional plant varieties that have existed unchanged for thousands of years in regions around the world, and they are growing in popularity today. With exotic-sounding names, these whole grains are rich in cultural traditions with a story to tell. Start the conversation with your family and friends; these hearty whole grains offer an excellent nutrition profile and pair well with fresh salads and summertime gatherings.



Farro

Farro is an ancient variety of wheat originating in the Fertile Crescent region of the Mediterranean. A staple in the diet of the times and considered the “mother of all wheat,” this chewy, nutty-flavored grain was a staple in the diet of ancient Rome and is still enjoyed today in many Italian dishes, such as soups and salads. Studies on ancient varieties of wheat indicate they contain higher amounts of health-protective antioxidants compared with common modern-day varieties. This earthy grain makes a perfect picnic companion to garden-fresh veggies. To prepare farro, simply combine 1 part farro with 3 parts liquid in a pan. Bring to a boil and then reduce to a simmer for approximately 30 minutes. Drain any excess cooking liquid that remains, cool and add to your recipe and enjoy.

Black Rice

This dark black/purple-pigmented rice is also known as “forbidden rice” because it was deemed so special in ancient Chinese culture it was reserved only for royalty. Thankfully today we are all able to enjoy this antioxidant-rich variety of rice. The exotic dark color of this whole-grain rice comes from the antioxidant pigment called *anthocyanin*, the same purple pigment found in blueberries, purple grapes and eggplant. There is an association between consumption of anthocyanin-rich foods and reduced risk of cardiovascular disease, cancer prevention and protection against age-related memory decline. Naturally gluten-free black rice, paired with veggies in stir-fries and summer salads, offers you another delicious source of these powerful plant pigments. To prepare, combine one part black rice with 2 parts liquid and bring to a boil. Reduce heat to low and cook, covered, until most of the water is absorbed, about 30 minutes. Then remove from heat and allow to sit, covered, for 10 minutes before enjoying.

Freekeh

Freekeh (free-ka) is a process in which young grains are harvested before maturity, roasted and then the outer portion of the seed is removed by rubbing it away. As legend has it, freekeh was created by accident nearly 2,000 years ago when a Middle Eastern village was attacked and their crop of young, green wheat was set ablaze by the enemy. The villagers rubbed off the burned chaff, cooked it and freekeh, with its toasty flavor and nutty texture, was born. Higher in protein and fiber than wheat harvested at maturity, freekeh may help you feel satisfied while eating fewer calories. Bring 1 part freekeh plus 2-½ parts liquid to a boil in a covered pan. Reduce heat to low and simmer for approximately 20-25 minutes or until liquid is absorbed.

Smoked Turkey and Farro Salad

All you need:

- 1 cup farro
- 1/4 cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- 3 tablespoons finely chopped shallots
- 1/4 teaspoon freshly ground pepper
- 1 6-ounce slice deli smoked turkey (3/4 inch thick), skin removed, cut into 1/2-inch cubes
- 1/2 cup diced smoked cheese, such as Cheddar or Gouda
- 1 cup chopped yellow bell pepper
- 1 large stalk celery, chopped
- 1 ripe but firm avocado, diced
- 3/4 cup slivered soft sun-dried tomatoes

All you do:

1. Place farro in a medium saucepan, add enough water to cover by 2 inches and bring to a boil. Stir, reduce heat to a simmer and cook, uncovered, until the farro is the desired tenderness, 15 to 25 minutes. Drain and rinse with cold water. Drain again.
2. Meanwhile, whisk oil, vinegar, shallots and pepper in a large bowl. Add the farro, turkey, cheese, bell pepper, celery, avocado and sun-dried tomatoes; toss to coat. Refrigerate until serving.

Makes 5 servings; 1 ½ cups per serving

Nutrition Facts per serving: 439 calories; 24 g fat (6 g sat, 14 g mono); 29 mg cholesterol; 43 g carbohydrates; 0 g added sugars; 17 g protein; 8 g fiber; 689 mg sodium

Source: www.eatingwell.com

What's Happening at Hy-Vee?

Taste of Gluten-Free Hy-Vee - Thursday, May 8th, 4-7 p.m.

Join your Hy-Vee HealthMarket as we celebrate Celiac Awareness month with a gluten-free tasting of some of our most popular and newest gluten-free options. We will also be on hand to answer all your gluten-free questions! Plus, we will be having a 10% off everything in the HealthMarket that you can fit into a Hy-Vee paper bag!

Kids' Summer Lovin' Camp - Thursdays, June 5th-July 10th, 1-3 p.m. \$8 per session

Themes include:

- "Grocery Store Scavenger Hunt"
- "Love Your Fruits & Vegetables"
- "All for the Red, White, & Blue!"
- "Let's Go Camping"
- "Pack a Perfect Picnic"
- "I Scream, You Scream, We All Scream for Ice Cream"

Class is reserved for the first 10 paid registrations - come to one or all of them! Children must be registered 24 hours in advance. For ages 5-10 years old.

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Hy-vee Dietitian