

### Sides of Gratitude

Thanksgiving is a special time for embracing everything we are thankful for and displaying gratitude. Showing our gratitude is an empowering emotion. It makes us stop and think, a pause in our normal routine, to recognize all we are grateful for. Thanksgiving is a day that we tend to think of when sharing our gratitude with family and friends. We can do that with food as well. Here are some foods to be thankful for this Thanksgiving:

**Sweet Potatoes:** One medium-sized sweet potato contains more than three times one's daily need for Vitamin A. Sweet potatoes are also a good source of fiber, vitamin C and potassium. A medium sweet potato has more fiber than a bowl of your morning oatmeal. Believe it or not, a sweet potato contains only 20g of carbohydrate, a little over 100 calories and only 1 gram of fat per serving and would be a lovely addition to your holiday meal.

**Cranberries:** This tart fruit contains proanthocyanidins (PACs) that may prevent the adhesion of certain of bacteria, including *E. coli*, associated with urinary tract infections to the urinary tract wall. The anti-adhesion properties of cranberry may also inhibit the bacteria associated with gum disease and stomach ulcers. Recent scientific research shows that cranberries and cranberry products contain significant amounts of antioxidants and other phytonutrients that may help protect against heart disease, cancer and other diseases.

**Walnuts:** In addition to antioxidants and essential ALA omega-3 fatty acids, an ounce of walnuts provides 4 grams of protein and 2 grams of fiber. Walnuts are also a good source of magnesium and phosphorus. Eating 1.5 ounces of walnuts per day, as part of a low-saturated fat and low-cholesterol diet, may reduce the risk of coronary heart disease and may assist in decreasing inflammation and oxidative stress.



#### Baked Mashed Sweet Potatoes with Crumb Topping

Serves: 18 (1/2 cup)

**All you need:**

5 pounds sweet potatoes

¼ c. apple juice

½ c. whole wheat flour

½ c. packed brown sugar

4 T. unsalted butter, divided

1. Scrub sweet potatoes and pierce with fork in several places. Place in a single layer on a baking sheet. Bake at 375°F for about 50 minutes, or until tender. Let stand about 20 minutes until cool enough to handle.
2. Remove and discard skins. In a large bowl, combine sweet potatoes, 1/4 cup brown sugar, apple juice, 1 tablespoons butter. Mash with potato masher until slightly chunky or until desired consistency. Spoon into greased 9-by-13-inch baking pan.
3. Combine flour and 1/4 cup brown sugar in a food processor and pulse until combined. Add 3 T. butter, cut into small pieces, and pulse until mixture resembles coarse meal. Sprinkle over potato mixture.
4. Bake at 375°F, covered, for 15 minutes. Uncover and continue baking 25 minutes, or until crumb mixture is lightly browned.

*Nutrition information per serving: 167 calories, 3 g protein, 22 g carbohydrate, 2.6 g fat, 0.5 g saturated fat, 72 mg sodium, 0 trans fat, 4 g dietary fiber.*

## Creamy Grape Salad with Candied Walnuts Adapted from Eating Well

### All you need:

Candied Walnuts:

1/2 c. Hy-Vee chopped walnuts

2 tsp water

1 tbsp Hy-Vee light brown sugar

Pinch of salt

Grape Salad:

½ c. plain Greek yogurt

4 oz reduced-fat cream cheese, room temperature

3 T. honey

1 tsp vanilla extract

6 c. seedless grapes, preferably red and green



### All you do:

1. To prepare walnuts: Line a small baking pan with parchment paper or foil; coat with cooking spray. Preheat oven to 400 degrees.
2. Toss walnuts in a bowl with water. Sprinkle with brown sugar and salt; toss to coat well. Transfer to the prepared pan. Bake until the sugar is melted and the nuts are barely starting to brown, 6 to 8 minutes. Cool in the pan until the sugar hardens, about 6 minutes.
3. To prepare salad: Meanwhile, combine sour cream, cream cheese, honey and vanilla in a food processor; puree until smooth and creamy. Transfer to a large bowl. Add grapes; gently stir to combine. Transfer to a serving dish. Crumble the candied walnuts on top just before serving.
4. To make ahead: Store candied walnuts at room temperature for up to 8 hours; refrigerate salad for up to 8 hours. Top the salad with the walnuts just before serving.

*Nutrition information per serving: Calories: 143, Fat: 7g, Carbohydrate: 21g, Saturated Fat: 2g, Cholesterol: 11mg, Dietary Fiber: 1g, Protein: 2g, Sodium: 50mg*

## What's New at your Grand Island Hy-Vee

- Lower-Sodium Pickles! Both Hy-Vee and Vlasic have introduced Kosher, Dill and Sweet pickles that are either low or sodium-free! Amazing!
- Mrs. Dash Season packets for Sloppy Joes, Stew, Fajitas, Tacos, Meatloaf, French Onion soup mix and more! These are sodium-free and delicious!



## Flip For Fiber!

Most Americans are trying to consume more fiber these days. Unfortunately nine out of 10 Americans fall short of the daily recommended fiber intake. The average American eats only half the daily recommended amount of fiber which is 30–40 grams of fiber/day depending on your age and most Americans average only 14 grams of fiber/day. There are numerous health benefits to getting your daily dose of fiber including lowering your cholesterol, providing a feeling of fullness, and adding healthy bacteria to your gut.

Fiber is the non-digestible part of plant foods found in grains, fruits, vegetables and legumes. Undigested fiber provides friendly immune-boosting bacteria through a process called fermentation. There are two main types of fiber – soluble and insoluble. Think of soluble fiber as a sponge; it collects and removes toxins including bad (LDL) cholesterol from our bodies. Foods containing soluble fiber include oatmeal, apples, pear, legumes and barley. Soluble fiber adds bulk to stools while insoluble fiber increases movement of the bowels. Insoluble fiber, or roughage, works like a broom in a sweeping or cleaning motion of the intestines. Examples include wheat bran, some whole wheat products, fruits and vegetables.

### WHOLE GRAIN vs. FIBER

Don't be fooled by whole grain and be sure to FLIP for FIBER. This means turning over the label to make sure the claim is true. If a product claims to be 100% whole wheat, then the first ingredient most likely is whole wheat providing at least 2-3 grams of fiber or more per serving. If a package reads wheat, natural, multi-grain or whole grain, you must check the first ingredient on the ingredient list to verify that whole wheat is the first ingredient listed and then that the fiber grams/serving are at least 3 grams or more. If the first ingredient reads "enriched" or "refined," then chances are the fiber grams per serving are equal to or less than 1 gram and the beneficial fiber has been removed in processing. Make the time to check your bread label and see how much fiber you are eating.

A "good" source of fiber is 3 grams per serving. An "excellent" source of fiber is 5 grams of fiber.

### HOW TO ADD MORE FIBER TO YOUR DIET

- Try to have at least one fruit and or vegetable with each meal
- Leave the skin on fruits and vegetables
- Serve hummus instead of high-fat dips
- Include a whole grain at each meal and snack
- Add beans to soup and casseroles
- Prepare a whole grain for breakfast such as quinoa, steel-cut oats or barley

Our new line of Hy-Vee Bakery Fresh 100% Whole Grain Bakery buns and bread is a good source of fiber that will have you flipping for fiber! Schedule a grocery store tour today with your Hy-Vee dietitian and learn ways to increase your fiber intake by learning how to read labels and choosing new foods.

## RD Pick of the Month: 100% Whole-Grain Cocktail Buns



- Hy-Vee Bakery Fresh 100% whole-grain cocktail buns each have 3 grams of fiber and are made with whole-wheat flour.
- The fiber and complex carbohydrates in whole grain help provide a slower release of energy and helps control appetite.
- Medical evidence has found whole grains may reduce the risk of heart disease, stroke, certain cancers, diabetes and obesity!

### Easy To Use

- Enjoy with holiday meals and entertaining
- Use as sandwich slider buns with leftover turkey (see the recipe below!)
- Serve with soups and stews

## Smoked Turkey Whole-Grain Slider

Serves: 4 | Source: Adapted from Tri-Foods International

### All you need:

- 4 Hy-Vee Bakery Fresh 100% whole-grain cocktail buns
- ¼ cup apple butter, divided
- ¼ pound Di Lusso deli sliced smoked turkey or leftover turkey, divided
- 2 (1 oz each) slices Havarti cheese, halved and divided
- 1 medium apple, such as Granny Smith or Braeburn, cored and thinly sliced
- 4 fresh lettuce leaves

### All you do:

1. Place buns on cutting board and split open. Spread apple butter evenly on top side of each bun.
2. On the bottom bun half without apple butter, place 1 oz. turkey, a half slice of Havarti cheese, one-fourth the apple slices and a lettuce leaf. Repeat for other 3 bun halves.
3. Top each prepared bun bottom with the top half, apple-butter-side down.

*Nutrition facts per serving: 230 calories, 8 g fat, 3.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 600 mg sodium, 31 g carbohydrate, 4 g fiber, 15 g sugar, 12 g protein. Daily Values: 40% Vitamin A, 6% Vitamin C, 15% calcium, 15% iron.*

## What's In Season!

### Fruits

Apples  
Lemons  
Avocados  
Peaches  
Pears  
Plums  
Grapefruit  
Grapes  
Guava  
Nectarine  
Passion Fruit

### Vegetables

Kohlrabi  
Asparagus  
Lettuce  
Green Beans  
Mushroom  
Beets  
Celery  
Collards  
Corn  
Peppers  
Eggplant

### Brussels Sprouts

Okra  
Cabbage  
Onion  
Carrots  
Potatoes  
Spinach  
Squash, Summer  
Kale  
Squash, Winter

## *Living Well with Diabetes Fair*

Your Grand Island Hy-Vee is partnering with Saint Francis Medical Center to provide a FREE diabetes health fair!



Thursday, November 14<sup>th</sup> from 4-6 p.m. in the Hy-Vee Casual Dining & Club Room

- Diabetes Education, Body Fat Screenings, Blood Pressure Screenings
- Wound Care Information, Medication Assistance, Recipes and Food Samples
- Basic Food Examinations, Oral Health Screenings, Eye Care, Tobacco Cessation