



Food For Thought

October 2014

Hello

My name is Tara Neighbors and this is my first couple weeks here at Hy-Vee as the registered dietitian. I graduate from The University of Nebraska-Lincoln in December 2012 with a Bachelor's of Science in nutrition and human education, I then attend Iowa State University for my dietetic internship. I am currently working on my master in Nutrition science From UNL. I look forward to working with everyone.

Pop up a Halloween Treat

Creating a healthy Halloween holiday may seem challenging at times, especially since kids often have multiple celebrations: at school, with friends and in the community trick-or-treating. However, celebrating Halloween doesn't have to be about giving up all the treats, just bringing them into balance.

- Teach your kids that “treats” can fit into a healthful meal after all the other food groups have been consumed. Eat candy as part of a well-balanced meal instead of as a snack between meals.
- Have your children eat a good meal before they trick-or-treat. Serve your child a nutritious meal or snack before going trick-or-treating so he/she won't dig into the bag of candy before he/she gets home.
- Divide candy into weekly and daily portions - when it's all gone, they need to wait until the next day or week. Let your kids pick out a few of their favorite candy pieces to have each day.

A good rule of thumb to remember: parents are in charge of what kids eat and when they will eat the candy

- Candy can be frozen to help with portion control. Halloween is a fun night for kids, so enjoy small portions of candy.

Popcorn is a great low-calorie snack option at only 31 calories per cup for air-popped and 43 calories for butter-flavored microwave popcorn. This poppable whole grain contains a good source of fiber, which is great for overall gut health and helps control appetite.

Pop Up Some Whole Grains

Did you know the average American eats 204 cups of popcorn annually? Popcorn is considered a whole grain, contains fiber and is naturally low in fat and calories. The crunchy hull of the popcorn is high in polyphenols, a type of antioxidant. Popcorn has about three grams of fiber in three cups of popped popcorn. Fiber may play a role in controlling blood glucose levels and curbing hunger.

October just happens to be Popcorn Month and it couldn't come at a better time. It is the best time to harvest the corn, especially in the Midwest, since we produce nearly all the world's popcorn. Fall is a great time to be active outside whether you head to the apple orchard, pumpkin patch, football tailgates or enjoy the fall foliage hiking a local trail. When you are out and about this fall, think about including some popcorn as a snack.

Kids can make their own microwave popcorn which is a great after-school snack. All they need to do is take ¼ cup popcorn kernels, place kernels in a brown paper bag, fold top over twice and microwave for about 1 minute and 50 seconds. Season with your favorite herbs or spices. Popcorn can take on savory or sweet flavors. Try cinnamon, nutmeg, lemon pepper or crushed red pepper for a different take on popcorn. Add dried fruits and nuts to popcorn for a custom snack mix. Popcorn is a fun snack and an easy way to add whole grain servings in your day. No matter where your fall activities take you, enjoy some popcorn along the way.

Ooey-Gooey Popcorn Balls

Serves 10 (1 ball per serving)

All you need:

1 (2.7 oz) bag Orville Redenbacher's® SmartPOP!® 94% Fat Free Butter Microwave Popcorn

1/4 cup butter

4 cups miniature marshmallows

1 teaspoon vanilla extract

All you do:

1. Prepare popcorn according to package directions. Transfer popped kernels to large heatproof bowl being careful to remove all unpopped kernels; set aside.
2. Place butter in medium microwave-safe bowl. Microwave on HIGH 30 seconds or until melted. Add marshmallows; microwave 90 seconds more (marshmallows will appear puffed). Add vanilla and stir well with heatproof spatula.
3. Pour marshmallow mixture over popcorn; stir to coat. Form popcorn mixture into 2-1/2-inch balls, rolling firmly by hand.

Cook's Tips

- Feeling festive? Orange food coloring may be added to the melted marshmallows for a Halloween look. Then press a small piece of black licorice or a candy corn into the top of each popcorn ball to mimic a stem on a pumpkin.
- Peanut Butter Popcorn Balls: Add ½ cup Hy-Vee® dry roasted peanuts to reserved popcorn. Omit vanilla and replace with ½ cup Peter Pan® Creamy Peanut Butter. Continue with recipe as directed.

Nutrition info per serving: Calories 130, fat 5 g, sodium 106 mg, carbohydrate 21 g, fiber 1 g, sugar 12 g, protein 1 g; Source: readyseteat.com

Beans- They-re good for your heart...and your Budget

Did you know beans count as both a protein and a vegetable serving? They contribute over nine essential nutrients. Studies show that people who regularly consume beans have lower cholesterol levels and body weights. And, when consumed at least four times a week, beans result in a 22% lower risk for coronary heart disease.

In addition to being great for your health, beans are easy on the budget. A serving of canned beans costs around \$0.36 and a serving of dried beans around \$0.12. Try some of these ideas to incorporate more beans into your eating plan this week:

- When making tacos, use half ground beef and half black beans. You won't even notice once it goes in the shell.
- Need a quick snack? Put rinsed and drained beans in a tortilla with salsa and cheese to make a quick quesadilla.
- Add beans to salads.
- Puree beans with a little oil and seasonings to make a vegetable dip.
- Add beans to soups and stews. Check out our Chicken Taco Soup recipe below.

RD Pick of the month- Beans-Black, Pinto, Kidney, And Navy



Top 5 reasons to choose beans:

- 1. Heart health- May lower LDL cholesterol and blood pressure*
 - 2. Low glycemic index- for a slower increase in blood sugars.*
 - 3. Fiber-Protein combination- helps with appetite control and hunger*
 - 4. Rich in fiber-important for digestive health*
 - 5. Contain flavonoids- which may help reduce heart disease and cancer risk*
-

Chicken Taco Soup

Serves: 8

All you need:

1 onion, chopped
1 (15 ounce) can Hy-Vee no-salt-added black beans
1 (16 ounce) can Hy-Vee no-salt-added pinto beans
1 (15 ounce) can Hy-Vee corn, drained
1 (8 ounce) can Hy-Vee tomato sauce
12 ounces beer or chicken broth (alcohol will cook out of the beer)
2 (10 ounce each) cans diced tomatoes with green chilies
1 (1 ounce) package Hy-Vee taco seasoning
1 teaspoon cumin
1 clove garlic, chopped
3 skinless, boneless chicken breasts, cooked and shredded
2%-milk cheddar cheese, optional
Reduced-fat sour cream, optional
Crushed baked tortilla chips, optional

All you do:

1. Mix onion, beans, corn, tomato sauce, beer, tomatoes, taco seasoning, cumin, garlic and chicken in a pot. Bring to a boil; then turn down to simmer for 20-30 minutes.
2. Serve with cheese, sour cream and tortilla chips, if desired.

Nutrition facts per serving: 210 calories; 2 g total fat; 0 g saturated fat; 0 g trans fat; 25 mg cholesterol; 30 g carbohydrates; 8 g sugar; 17 g protein; 8 g fiber; 910 mg sodium
Daily values: 15% vitamin A, 15% vitamin C, 8% calcium, 15% iron

Source: Hy-Vee dietitians

Tip: This recipe freezes very well! Divide chicken taco soup into individual freezer-safe containers and take with you to work. Simply defrost and re-heat in the microwave.

Hot Chile Grilled Cheese

4 servings

All you need:

- 4 poblano peppers (see Note)
- Olive oil
- 1 (14-ounce) can Hy-Vee no-salt-added pinto beans
- 3 tablespoons Hy-Vee HealthMarket salsa
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/8 teaspoon salt
- 1/2 cup shredded Cabot Light Jalapeno cheese
- 2 tablespoons plain Greek yogurt
- 3 scallions, sliced
- 2 tablespoons chopped fresh cilantro
- 8 slices whole grain bread
- Guacamole for serving, if desired

All you do:

1. Preheat oven to 400 degrees. Rub the poblanos with olive oil. Place on a baking sheet and roast for about 15 minutes or until the skin has blistered. Place peppers in a microwave-safe bowl, cover with plastic wrap and let stand, covered, until cool enough to handle.
2. Meanwhile, combine beans, salsa, cumin, chili powder and salt in a medium bowl. Mash the beans with a fork until they begin to form a paste (some can remain whole).
3. In a small bowl, combine cheese, yogurt, scallions and cilantro.
4. When the peppers are cool enough to handle, slice each one in half lengthwise and peel off the skin and remove the stem and seeds.
5. Heat a panini maker to high. (No panini maker? See Stovetop Variation, below.)
6. Spread 1/3 cup of the bean mixture on each of 4 slices of bread. Top with a heaping tablespoon of the cheese mixture. Place 2 pepper halves over the cheese. Cover with the remaining slices of bread.
7. Grill the sandwiches in the panini maker until golden brown, about 4 minutes. Cut in half and serve immediately with your favorite guacamole, for dipping, if desired.

Tips & Notes

Note: Dark green poblano peppers, smaller than a bell pepper but larger than a jalapeño, can be fiery or relatively mild; there's no way to tell until you taste them. Find them near other fresh peppers at most large supermarkets.

Stovetop Variation: Place four 15-ounce cans and a medium skillet (not nonstick) by the stove. Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Place 2 sandwiches in the pan. Place the medium skillet on top of the sandwiches, then weight it down with the cans. Cook the sandwiches until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the sandwiches, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining 2 sandwiches.

What's Happening at Hy-Vee..

The Big Grape

Putting the Squeeze on Juvenile Diabetes

Saturday, October 11th at 6:00 p.m. at the St. Fair Exhibition Hall

Your Grand Island Hy-Vee and KSYZ 107.7/Rock 101.5 proudly present the Big Grape: Putting the Squeeze on Juvenile Diabetes. Every year 15,000 children are diagnosed with diabetes in the U.S. This life-changing autoimmune disease is on the verge of being cured with the incredible support of the Juvenile Diabetes Research Foundation (JDRF). The Big Grape is Central Nebraska's opportunity to make a difference! Join us as we sample award-winning wines from Nebraska wineries along with vineyards from around the world, hors d'oeuvres prepared by Hy-Vee, live music, and a silent and live auction. All proceeds will benefit JDRF. Tickets are available at Customer Service.

Kids in the Kitchen

Tuesday, October 21st at 4:00-5:00pm Here at Hy-Vee

\$5. This Kids in the Kitchen we will some ghoulishly good Halloween treats. This hands-on class is a great way for children (ages 5-10) to explore the kitchen and learn about nutrition and food safety. Please sign up at Customer Service 24 hours in advance.