

Food for Thought



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From Shannon, your Grand Island Hy-Vee. Dietitian

Build a better tailgate

Tis the season for tailgating! What better time to build a better tailgate with nutritional trade-ups and simple swaps. Add food fun and team spirit to your next tailgating event without sacrificing any of the crowd favorites. From better beverages to healthier sides, make your next tailgating event nutritious and delicious. Now that's worth celebrating!

Cheers for Better Beverages

Calorie-free beverages are your best bet for healthier tailgating. Using calorie-free mixers such as water or club soda will make delicious drinks that everyone will celebrate. This *Spirited Spritzer* recipe is sure to be a new crowd favorite:

- Combine 4 cut limes, 3 tablespoons sugar, 1 liter club soda, 1 cup berry-flavored vodka and 2 cups of your favorite berries in a pitcher. Enjoy over ice.

Look for Lighter Alternatives

Looking for lower-calorie alternatives to traditional tailgating favorites is a great way to cut a few calories. Think beyond burgers and brats for alternatives that will help add variety and excitement to your next tailgating celebration.

- Consider chicken brats, ground turkey or vegetarian burgers for something new and nutritional.
- Use low-calorie condiments like ketchup and mustard for flavor.
- Make it a wholesome meal with whole grain buns. Higher fiber content will help you feel full longer.

Explore the Healthier Side

Get creative and think outside the box with nutritious and delicious tailgating sides. Incorporate fresh fruits and vegetables in a variety of team colors for food fun. Consider simple substitutions in your favorite recipes for big nutritional benefits that everyone will be a fan of.

- Try substituting low-fat mayonnaise or sour cream in traditional recipes.
- Non-fat Greek yogurt will add protein-packed goodness to potato or macaroni salad when used in place of mayonnaise.
- Fruits and vegetables are high-fiber fillers that will add flavor without fat to your favorite sides. Add more fruits and vegetables whenever possible.

Macaroni Salad

Serves 12 (about 1 cup each)

All you need:

- 3 cups whole-wheat elbow noodles (14- to 16-ounce package)
- $\frac{3}{4}$ cup low-fat mayonnaise
- $\frac{3}{4}$ cup fat-free sour cream
- 2 teaspoons sugar
- 1 teaspoon salt
- $\frac{3}{4}$ teaspoon celery seed
- Freshly ground pepper, to taste
- 3 stalks celery, finely chopped
- 3 carrots, shredded
- 1 small Vidalia or other sweet onion, finely chopped
- 1 cup chopped baby spinach
- $\frac{3}{4}$ cup frozen edamame, thawed
- Additional salt and pepper, if needed
- $\frac{1}{3}$ cup Hy-Vee shredded mild cheddar cheese

All you do:

1. Cook noodles in a large pot of boiling water until tender, 8 to 10 minutes or according to package directions. Drain. Transfer to a large bowl to cool for at least 15 minutes.
2. Combine mayonnaise, sour cream, sugar, salt, celery seed and pepper in a small bowl.
3. When the noodles have cooled, add celery, carrots, onion, spinach, edamame and the mayonnaise mixture; stir well to combine.
4. Cover and refrigerate until cold, at least 2 hours. Taste and adjust seasoning with salt and pepper, if desired. Sprinkle with cheese just before serving.
5. To make ahead: Cover and refrigerate for up to 3 days.

STOCK UP ON BREAKFAST FOR LOWER CHOLESTEROL

Do you have a hard time getting the recommended 25-38g of fiber per day? If so, stocking the pantry with high-fiber breakfast foods will give you a head start in fulfilling your fiber needs for the day. Getting the recommended amount of fiber per day may provide our bodies with many health benefits including lowering cholesterol and improving heart health. Before your busy schedule gets back into full swing, stock up on high-fiber items such as oatmeal, whole grains, high-fiber cereal, beans, fruits and vegetables. Here are eight tasty high-fiber breakfast ideas the family will be sure to love:

- **Fruit and Nutty Oatmeal.** Make your favorite oatmeal with nonfat or low-fat milk. Then top it with a tablespoon of dried fruits and unsalted chopped nuts. Dried fruits with the most fiber are apricots, dates, plums and raisins. Add chia or flax seeds for crunch and even more fiber. 336 calories and 6 g fiber.
- **Chunky Monkey English Muffin.** Top a whole wheat English muffin with a tablespoon of chunky peanut butter. Add sliced banana and top with raisins. 303 calories and 8 g fiber.
- **High-Fiber Cereal with Fruit.** Berries top the list of fruits with the most fiber, so choose blackberries, blueberries, strawberries or raspberries, either fresh or frozen. Choose a cereal with at least 5 grams of fiber per serving, such as bran flakes or shredded wheat. 242 calories and 10 g fiber.
- **Whole Wheat Blueberry Pancakes or Waffles.** Substitute whole wheat flour in your favorite pancake or waffle batter, then toss in fresh or frozen blueberries. 234 calories and 5 g fiber.
- **Veggie Scramble and Whole Grain Toast.** Scramble an egg, and toss in a handful of spinach leaves or broccoli to make a healthy scramble. Toast a slice of whole grain bread to serve with it. 234 calories and 6 g fiber.
- **Blackberry Yogurt Breakfast Parfait.** Layer blackberries and low-fat vanilla yogurt in a parfait glass or bowl and top with a tablespoon of granola. 272 calories and 6 g fiber.
- **Strawberry Banana Smoothie.** Start with one cup of strawberries. Add ½ cup plain, nonfat Greek-style yogurt, half a banana, ½ cup orange juice and a few ice cubes. Blend in the blender and you have a healthy meal in minutes. 234 calories and 5 g fiber.
- **Breakfast Bean Burrito.** Scramble one egg, toss in ¼ cup black beans, and place in the center of a warmed 5-inch whole grain tortilla. Top with a tablespoon of salsa and wrap it up for a high-fiber treat that you can eat on the go. 253 calories and 7 g fiber.

Did you know September is Cholesterol Awareness Month? Stop by your local Hy-Vee store and sign up for a cholesterol screening with your dietitian. The test consists of a simple finger-poke and you will know your cholesterol, triglyceride and blood glucose numbers within minutes.

Hearty Oatmeal Pancakes
Serves: 2 (3 pancakes each)
Source: adapted from Hy-Vee *Seasons Back to School* 2013

¼ c. Hy-Vee flour
¼ c. whole wheat flour
½ c. Hy-Vee quick oats
1 tbsp. Hy-Vee sugar
1 tsp. Hy-Vee baking powder
½ tsp. Hy-Vee baking soda
½ c. Hy-Vee skim milk
2 tbsp. Hy-Vee egg substitute
2 tbsp. Hy-Vee unsweetened applesauce

Suggested toppings for pancakes: Purchase additional unsweetened applesauce and top with applesauce instead of syrup. Thawed frozen fruit also makes an excellent topping. Peanut or almond butters can make for a topping that adds protein as well.

All you do:

1. Combine flours, oats, sugar, baking powder and baking soda in a small bowl. Add milk, egg substitute and applesauce. Mix until lumps have broken.
2. Pour ¼ cup batter for each pancake onto a hot griddle coated with cooking spray. Cook pancakes until tops are covered with bubbles and edges look dry; flip and cook other side.
3. Top pancakes with desired toppings.

Nutrition information per serving: Calories: 170, Carbohydrate: 34g, Sugar: 12g, Dietary Fiber: 2g, Total Fat: 2g, Trans Fat: 0g, Cholesterol: 10mg, Protein: 3g, Saturated Fat: 0g, Sodium: 390mg