



Food for Thought

September 2014

Farewell For Now.....

As some of you may have heard, today is my last day with my Hy-Vee family. It is very bittersweet. I have loved working with our customers, our employees and the Grand Island community. However, I have an opportunity to work as a Wellness Dietitian in Hastings, and logistically for my family the timing was right! Maybe my path will cross again with many of you?

Tara Neighbors will be my replacement, starting September 17th. I know that she will be fantastic! She worked with me during her nutrition internship, so is familiar with the many programs that Hy-Vee offers and will make them even better! Plan on stopping in and saying "Hi" to her later this month!

Putting Family Dinner First

Ding. Ding. Ding. The dinner bell rings and the family rushes to the dinner table to gather for a well-rounded meal together. This concept might seem foreign to some. There was a time when eating a family meal together was a priority and no one was excused from missing a meal together with the family, no matter what the reason. How times have changed! Today's fast-paced lifestyle affects one of the most important family values we hold in America, and eating together as a family goes to the wayside.

Why is it so important to eat together as a family? According to The Family Dinner Project[®], researchers have been looking into the benefits of eating together as a family for over 15 years and have confirmed that sharing a family meal is good for the spirit, the brain and the health of all family members. In fact, regular family dinners are associated with lower rates of substance abuse, teen pregnancy and depression, as well as higher grade-point averages and better self-esteem - not to mention lower rates of obesity and eating disorders in children and adolescents.

With all the reasons why we should eat together, still many American families are challenged with meeting this goal. Time is an issue as well as budget. Keep these simple strategies in mind to help make family meals together a success.

- **Put your family first** – Look at your schedules and try to plan several meals together as a family for the week. Remember that meals don't necessarily have to be the dinner meal. If breakfast is the best time to eat together as a family, that is perfectly fine.
- **Make it simple** – Meals do not need to be difficult to prepare. Planning ahead is key! Take inventory of your pantry and fridge and see what you already have on hand. Check your local grocery store ads to see if there are additional food items you can purchase on sale to complement the items you already have on hand to complete your family meals. This will help save you time and money. Write your meal plan in your calendar or on a chalkboard to display for the family so everyone knows what is being served throughout the week.
- **Make it fun** – Mealtimes together as a family can be stressful - but if you keep in mind eating together as a family can be fun and a way for the family to reconnect, the stress will melt away and your family will learn to enjoy mealtimes together. Here are a few tips for making mealtimes a little more enjoyable for the entire family:
 1. Get the kids involved in choosing menu options and with meal preparation. They can even get involved in the grocery shopping.

2. Come up with a menu theme for the week such as “Mexican Week” or “Grilling Week.”
3. Have a friendly cooking challenge between members of the family to see who is the better family chef.
4. Play a game or tell a story that relates to the food items you prepared for meal.
5. Explore a mystery food of the week and incorporate that food into several dinner dishes.
6. Pretend your dining room is a restaurant. You can even use special dinnerware and tablecloths to add to the ambience of the room to make it an extra-special meal. Have the kids pretend they are waiters/waitresses. They can take orders and help serve dinner.

For more fun meal ideas, conversation starters and other ideas to help make family meal planning a success, check out www.thefamilydinnerproject.org. You can also take the pledge to celebrate National Family Day on September 23, at www.casafamilyday.org. Check out these budget-friendly recipes that are five ingredients or less, and feed a family of four for less than \$10, that could easily be incorporated into your next weekly family meal plan.

Spaghetti Pizza

Serves 4

All You Need:

- Half of a 16-oz. pkg. Hy-Vee omega-3 spaghetti (8 oz.)
- 2 eggs
- 2 tbsp water
- 1 cup shredded mozzarella cheese, divided
- 1 (26 oz) can Midwest Country Fare spaghetti sauce
- 1 ½ cups Dole broccoli, packaged and ready-to-eat

All You Do:

1. Break spaghetti into 2-inch pieces. In large pan, cook according to package directions. Drain and cool.
2. Preheat oven to 400 degrees.
3. In large bowl, beat eggs and water lightly.
4. Add 1/3 cup mozzarella cheese and all cooked spaghetti; stir until thoroughly combined.
5. Grease a 10.5-by-15.5.-by-0.5-inch pan and spread spaghetti in pan.
6. Bake for 10 minutes. Remove from oven and reduce temperature to 350 degrees.
7. Spread spaghetti sauce over evenly. Top with chopped broccoli
8. Sprinkle with remaining mozzarella cheese.
9. Bake 15 minutes longer. Let stand 5 minutes before cutting.

Nutrition facts per serving: 410 calories, 59g carbohydrate, 20g protein, 11g fat, 4g saturated fat, 9g fiber, 120mg cholesterol, 990mg sodium.

Source: Hy-Vee Dietitians

Suggested Sides:

- Hy-Vee packaged salad
- Hy-Vee light dressing

Tasty Pork Bites

Serves 4

All You Need:

- 1 lb boneless pork loin
- 2 tsp vegetable oil
- 1 cup Hy-Vee salsa
- ¼ cup Hy-Vee peach preserves

All You Do:

1. Cut pork into 1-inch cubes.
2. Heat oil in skillet over medium-high heat.
3. Add pork; cook and stir to brown, about 3 to 5 minutes.
4. Add salsa and preserves to pan; lower heat, cook and simmer until tender, about 15 minutes.

Nutrition facts per serving: 310 calories, 17g carbohydrate, 35g protein, 10g fat, 3g saturated fat, 2g fiber, 105mg cholesterol, 560mg sodium

Source: Iowa Pork Association. Adapted by Hy-Vee Dietitians

Suggested Sides:

- Hy-Vee Southern Style hash browns
- Midwest Country Fare frozen vegetables



Make Room for Mighty Mushrooms

Fall is the perfect season for sipping on hot apple cider, baking pumpkin pie, creating leaf mazes and decorating with festive gourds, pumpkins and acorns. Aside from these favorites, fall is also the perfect season for harvesting mushrooms. Although they are available year-round, mushrooms are in peak season during the fall and winter months. In fact, September is National Mushroom Month—how suiting!

Mushrooms are a truly inexpensive, versatile vegetable. Whether prepared as the main dish, served as an appetizer or incorporated into a side dish, mushrooms are a delicious complement to any cuisine, adding exquisite flavor, savoriness and volume as well as boosting vegetable intake. They can also serve as a meat substitute for vegans/vegetarians. The earthy, umami-rich taste of mushrooms allows them to blend well with a variety of flavors. Umami is one of the basic tastes, along with sweet, salty, sour and bitter. This taste, created by the amino acid glutamate, is described as pleasant and savory and is found in foods such as meat, dairy, fish and vegetables.

Monterey™ Mushrooms, Inc., a family-owned and -operated agribusiness, is the largest single producer of mushrooms in the United States. One of its farms, located in Princeton, Illinois, boasts seven indoor acres and produces approximately 450,000-500,000 pounds of mushrooms per year. Only about four hours away from Des Moines, it supplies locally grown mushrooms to Hy-Vee stores across the Midwest. While the company's white and whole portabella mushrooms are among top favorites, its baby portabella mushrooms have a heartier mushroom flavor and are rapidly growing in popularity.

Monterey™ Mushrooms, Inc. has been working with the United States Department of Agriculture (USDA) on a research project which involves simulating

Grilled Mushroom Quesadillas

Yield: 6 portions

Serving Size: 1 quesadilla (1 Flatout wrap folded over ½ cup mushrooms, 1/3 avocado and 2 ounces cheese)

All you need:

2 pounds fresh Monterey™ Mushrooms baby portabella mushrooms, sliced
2 tablespoons olive oil
1 teaspoon salt
6 Flatout wraps
2 cups (around 8 ounces) shredded cheese, such as reduced-fat Cheddar and Monterey Jack, plus extra for garnish
2 ripe avocados, peeled, pitted and thinly sliced
6 tablespoons fresh cilantro leaves (optional)
Salsa verde and diced tomatoes, for garnish

All you do:

If Grilling—

1. Preheat grill.
2. While grill heats, toss mushrooms with oil and sprinkle with salt.
3. Cook mushroom in one layer in a grill basket, in batches if necessary. Cook until one side is deep brown, about 6 to 10 minutes.
4. Turn and grill other side till a similar color is achieved, another 6 to 10 minutes. Cooking times may vary.

If Sautéing—

1. Heat olive oil in large non-stick skillet over medium-high heat.
2. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side.
3. Add salt, flip mushrooms and cook about 5 minutes more, until other side is same color.
4. While mushrooms cook, assemble quesadillas; distribute half the cheeses and all avocado slices on left half of six tortillas. When mushrooms are done, distribute mushrooms and cilantro leaves, if desired, among tortillas and top with remaining cheese. Fold tortilla in half and grill or warm in skillet until cheese begins to melt, then flip to cook other side. Transfer to cutting board, cut into wedges and serve with salsa verde, tomatoes and additional cheese.

Nutrition facts per serving: 400 calories, 22 g total fat, 7 g saturated fat, 20 mg cholesterol, 900 mg sodium, 17 g protein, 33 g total carbohydrates, 5 g dietary fiber

Source: Adapted from Monterey™ Mushrooms

natural sun exposure with controlled UV light to create vitamin D-rich mushrooms. Like humans, mushrooms convert sunlight into a usable form of vitamin D. Vitamin D aids in the absorption of calcium and phosphorus, two essential minerals for maintaining bone health and strength. Just one half-cup serving of its mushrooms provides 100% of the recommended daily vitamin D intake.

Baby portabella mushrooms are, without a doubt, a nutritional powerhouse. Aside from being low in calories, fat and sodium, they provide antioxidants which may protect our body's cells from damage caused by free radicals. They are an excellent source of riboflavin, a B vitamin that is important for energy, growth and red blood cell production. Baby portabellas are also a good source of:

- **Selenium:** A mineral known for its antioxidant properties; may play a role in preventing cancer of the colon, prostate, lung, bladder, skin, esophagus and stomach
- **Copper:** A mineral necessary for producing and storing iron
- **Potassium:** A mineral which aids in lowering blood pressure

Although baby portabellas are a mighty mushroom, they do require careful storage and handling. Here are a few helpful tips:

- Refrigerate in the original packaging immediately after purchasing.
- Don't store near pungent foods as baby portabellas may absorb their odors.
- Can be kept in the refrigerator for up to one week.
- Store in a brown paper bag once opened.
- Sautéed mushrooms, as opposed to fresh mushrooms, can be frozen.
- Wipe gently with a damp cloth before use. If preparing mushrooms in bulk, rinse quickly under cool water (don't soak!) and drain.

Stop by your neighborhood Hy-Vee store to pick up a package of Monterey™ Mushroom's freshly sliced baby portabella mushrooms for all your grilling and cooking needs. Also, don't forget to talk with your Hy-Vee registered dietitian about ways in which you can incorporate mushrooms into your favorite meals and snacks.

RD Pick of the Month: Monterey™ Sliced Baby Portabella Mushrooms

5 REASONS TO EAT Monterey™ Sliced Baby Portabella Mushrooms

1. Heartier mushroom flavor
2. Locally grown in the Midwest
3. Excellent source of riboflavin (for maintaining energy levels)
4. Good source of selenium (for protecting cells from damage) and copper (aiding in wound healing + healthy immune system)
5. Can convert the sun's rays into vitamin D; provides 100% of recommended vitamin D intake in ½ cup!



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.

Lean Beef, Heart Health and Big 10

Did you know that beef is part of the Big 10? Not that Big 10; beef is high in 10 essential nutrients. Those nutrients include protein, iron, vitamin B-6, vitamin B-12, zinc, phosphorous, niacin, riboflavin, selenium and choline. Protein helps preserve and build muscle, while iron helps your body use oxygen. The B vitamins found in beef will give you energy and help maintain brain function.

Many people have been told to stay away from red meats if they have high cholesterol or want to keep their heart healthy. However, beef can be part of a heart-healthy diet. The BOLD (Beef in an Optimal Lean Diet) study is one reason for new viewpoints on beef. The BOLD diet contained 4 ounces of lean beef each day while the DASH (Dietary Approaches to Stop Hypertension) diet limited red meat. The study found that BOTH diets lowered LDL cholesterol in participants by 10%, providing evidence that beef may not be as bad for cholesterol and heart health as once thought.

There are more than 29 cuts of beef that meet government guidelines for "lean." An easy way to identify lean cuts of meat is to look for the word "loin" or "round" in the name. Some of the lean cuts of meat include tenderloin, top sirloin, round steak and ground round.

The American Heart Association also has its Heart-Check Food Certification Program. Look for the red heart and white checkmark on items in the grocery store that meet American Heart Association nutrition requirements. There are currently three Hy-Vee Brand meats in our cases that have the American Heart Association Certification: Hy-Vee Angus Reserve Top of Iowa Sirloin, Hy-Vee Angus Reserve Bottom Round Steak and Hy-Vee Angus Reserve Bottom Round Roast. Next time you are at the grocery store, pick up a lean cut of beef as part of a heart-healthy diet.