



Cooking Healthy Starts with a Well-stocked Kitchen

As we celebrate our nation's great day of independence, it would be a shame to feel trapped by rigid diet restrictions and impossible calculations. Enjoy your **freedom** every day by remembering that food, if fresh and unprocessed, is NOT the enemy. A kitchen stocked with healthy foods is your best tool to start cooking healthy. Food in its natural form is what keeps us healthy and energized.

Eating a variety of food provides the body with different antioxidants, vitamins and other beneficial nutrients. Be adventurous as you browse through the produce department. Apples and bananas are great health foods, but they don't offer the same nutrients found in papayas or an avocado. By simply choosing a few new produce items, you are supplying your body with a greater variety of cancer-preventing, heart-healthy antioxidants and other nutrients.

Fresh foods are typically nutrient-dense rather than calorie-dense which allows you to eat greater volumes so you are neither hungry nor deprived. **Follow the suggestions below to learn how to have a well-stocked kitchen by starting with a well-stocked cart.** Focus on **All-Star** ingredients and shy away from those on the **Stripe** list.

All-Stars

and

Stripes

Keep these All-Star items on hand.		Minimize these types of foods and ingredients.
<p>★ Produce: ★</p> <ul style="list-style-type: none"> Berries Frozen vegetables Zucchini (seasonal) Eggplant Tomatoes Peaches (seasonal) Mushrooms Bell peppers Potatoes (sweet and white) Fresh herbs Mango Jicama Avocado Kale Leeks Turnips Papaya Spinach 	<p>★ Canned/Jarred: ★</p> <ul style="list-style-type: none"> Beans (black, pinto, kidney, etc.) Capers Roasted red peppers Tomatoes Olives Pesto Spaghetti sauce (red) <p>★ Dairy: ★</p> <ul style="list-style-type: none"> Low-fat milk Plain unsweetened yogurt Aged cheese <p>★ Grains: ★</p> <ul style="list-style-type: none"> Whole wheat pasta Quinoa Brown rice Whole wheat tortillas Whole grain bread Oatmeal 	<ul style="list-style-type: none"> Refined flours Highly processed grains Trans fats (partially hydrogenated oils) Monosodium glutamate (MSG) Added sugars Added salts High-sodium foods Prepackaged desserts Fried foods

Healthy Cooking Tip: **All-Star** ingredients can transform your home cooking from redundant and boring to fresh and exciting. Focusing on filling your cart with **All-Star** foods puts healthy ingredients within reach at home making it easier to cook healthful meals.

Patriotic Products!

'Tis the season for all things red, white and blue. Below are some nutritional powerhouses naturally patriotic in color!

Red: Cherries and Sun-Dried Tomatoes

(www.fruitsandveggiesmorematters.com)

Cherries:



Loaded with vitamins, minerals and other essential nutrients, the fleshy cherry has been tantalizing the palates of food lovers for centuries. Their rich ruby color and tangy taste made them a favorite among the Romans, Greeks and Asians. The early settlers brought this wonder fruit in the 1600s to American soil.

The antioxidants that give cherries their ruby rich color are a strong anti-inflammatory which is beneficial for arthritis, joint pain and heart disease. If you have troubles sleeping, cherries may be your best friend. Cherries are loaded with melatonin, a hormone that promotes healthy circadian rhythm and sleep patterns.

So, what are you waiting for? Load your meal and snack times with red yummy cherries! **Cherries**

Try these 10 great ways to include cherries into your next meal or snack.

1. **Peanut Butter & Cherry.** Try a hand at making your own cherry preserves! Great on your usual peanut butter creation or as a spread for breakfast breads.
2. **Perfect Pie.** Who doesn't love cherry pie? See how to [make healthy cherry desserts](#) to satisfy your sweet tooth.
3. **Cherry Salsa.** Try out this delicious family side dish. [Here's the Recipe: Cherry Salsa!](#)
4. **Sundae Station.** At your next summertime party, set up an ice cream sundae station and combine the creaminess of low-fat ice cream or frozen yogurt with the sweetness of fresh fruit. Include cherries as one of the fruit toppings.
5. **A Ruby Salad.** Add sliced or whole cherries to any salad, or try our [Rubies and Greens](#) or [Mixed Vegetable Cherry Salad](#) recipes—both ready in only 10 minutes!
6. **Succulent Substitute.** Easily switch cherries with blueberries and strawberries in any of your favorite recipes.
7. **Cherry Shake.** Combine fat-free vanilla, banana or plain yogurt along with cherries in a blender for a delicious drink anytime of the day! [Recipe: Banana Sour Cherry Smoothie](#)
8. **Fizzed-Up Fruit.** Beat the heat on a hot summer's day with a refreshing cherry spritzer made by combining ice, cold seltzer, water and puréed cherries.
9. **Cherries on the Run.** Rinse, dry and enjoy whole cherries. They're a great on-the-go snack!
10. **Cherry Mustard?** It may sound like a strange combination but it goes great with grilled chicken and roast beef sandwiches ... or as a glaze on fish. Try our [Berry Cherry Mustard](#) or [Spicy Cherry Sauce](#) recipes.

Sun-Dried Tomatoes:

Sun-dried tomatoes are a flavorful addition to salads, pastas and pizzas. Originally developed in Italy as a way to preserve tomatoes for use in the winter, sun-dried tomatoes contain the same nutritional value as the fresh equivalents. Specifically, sun-dried tomatoes are noted for their lycopene and antioxidant content; they are also rich in certain key minerals. Below is a great salad recipe that is bursting with summer flavors!

Sun-Dried Tomato Greek Salad (Serves 16)

All you need:

1 cucumber, sliced in 1/4-inch-thick pieces	1/2 pound feta cheese, (1/2-inch cubes)
1 yellow bell pepper, cubed	1/8 cup olive oil
1 red bell pepper, cubed	1/8 cup red wine vinegar
1/2 cup sun-dried tomatoes	cracked pepper, to taste
1 (8 oz) jar Greek olives, pitted (Kalamata)	flat leaf Italian parsley, finely chopped
1/4 red onion, sliced	



All you do:

1. Combine in a large bowl cucumber, peppers, sun-dried tomatoes and the oil from jar, olives and red onion.
2. Gently fold in feta cheese.
3. Drizzle olive oil & red wine vinegar on top of salad and toss.
4. Finish with cracked pepper and parsley as garnish.

Nutrition facts per serving: 85 calories, 7g fat, 2g saturated fat, 420mg sodium, 12mg cholesterol, 4g carbohydrate, 0g fiber, 3g protein

White: Smart Chicken and Mushrooms!

Smart Chicken Breasts, a Healthy Choice

Local, lean and antibiotic-free are all hot topics in the food world of today. Combine these and you've got a powerhouse product. This is why Smart Chicken breasts, found in your Hy-Vee self-service meat case, are the July dietitian pick of the month.

Smart Chicken breasts make a heart-healthy choice with their low-fat and low-sodium qualities. All Smart Chicken breasts are skinless, making them low-fat, and are never pumped with sodium during processing. One four-ounce serving has only one gram of fat, 110 calories and 100 mg of sodium.

Smart Chicken breasts also make an economical choice. These chickens are raised on Midwest farms, fed Midwest grains and processed all in the Midwest. These tender and boneless chicken breasts can be used for grilling, roasting or baking, just like any other chicken, just remember the important qualities that make Smart Chicken breasts stand out:

- Chickens are grain-fed and raised without antibiotics
- No water or sodium added; air-chilled
- Aged 24 hours prior to deboning to optimize tenderness
- Hand-deboned and specially trimmed locally
- At only 1 g of fat, 110 calories, 100 mg sodium for a 4-ounce serving, Smart Chicken Breasts are a lean source of protein.

Simple to use:

Pre-cook chicken breasts for a variety of uses such as atop salad greens, used as slices in fajitas, in a grilled chicken sandwich, or over whole wheat pasta or brown rice. Pulled shredded chicken breasts make great toppings for homemade pesto pizzas, salads, soups and barbeque sandwiches. The sweet and saucy recipe on the next page is a sure crowd pleaser.

Vitamin D and Mushrooms?

Like people, mushrooms can soak up ultraviolet rays in sunshine to naturally produce vitamin D. In fact, a single mushroom can contain the same amount of vitamin D found in a cup of vitamin D-fortified milk. Simply set mushrooms in the sun for about 10 minutes and they will soak up the ultraviolet rays needed to produce vitamin D.



Maple-Glazed Chicken Breasts (Serves 2)

All you need:

- 2 tbsp Grand Selections pure maple syrup
- 1 tbsp reduced-sodium soy sauce
- 2 tsp lemon juice
- 1 clove garlic, minced
- 1 tsp minced fresh ginger
- 1/4 tsp Hy-Vee fresh ground pepper
- 2 Smart Chicken™ boneless, skinless chicken breasts (about 8 ounces), trimmed



All you do

1. Whisk syrup, soy sauce, lemon juice, garlic, ginger and pepper in a small, shallow dish. Add chicken and turn to coat with the marinade; cover and refrigerate for 2 hours, turning once.
2. Coat an indoor grill pan with cooking spray and heat over medium heat. Remove the chicken from the marinade (reserving the marinade) and cook until an instant-read thermometer inserted into the thickest part of the breast registers 165 degrees, 3 to 5 minutes per side.
3. Meanwhile, pour the reserved marinade into a small saucepan and bring to a simmer over medium heat. Cook until reduced by about half, about 4 minutes. Liberally baste the chicken with the reduced sauce and serve.

Nutrition facts per serving: 190 calories, 3g fat, 1g saturated fat, 1g monounsaturated fat, 401mg sodium, 73mg cholesterol, 15g carbohydrate, 0g fiber, 25g protein

Blue: Blueberries

July is National Blueberry Month, and what better way to celebrate than learning how to freeze this nutrient-packed fruit so you can enjoy all the benefits it has to offer year-round.

Nutritional benefits:

- **Antioxidant-Rich** – Blueberries rank among the highest foods for antioxidant content per serving. Antioxidants help fight cancer, cardiovascular disease and other age-related diseases.
- **Vitamin C** – Blueberries are an excellent source of vitamin C. This vitamin is needed for growth and repair within the body and promotes a healthy immune system.
- **Brain Health** – Studies have shown blueberries improve learning capacity and help heal damaged brain cells.
- **Fiber** – Blueberries rank as a good source of dietary fiber. Fiber aids in heart health, digestion and lowering cholesterol.
- **Low-Calorie** - One cup of blueberries is only 80 calories!



How to freeze:

- **Fresh Is Best:** Use berries from home gardens, buy locally or select from supermarkets for the best quality. Discard bruised berries and freeze unwashed and completely dry.
- **An Easy Freeze:** Unlike other fruits, berries will freeze with ease several different ways. Lay berries flat on a tray, or place in freezer containers or resealable freezer bags. If using a tray, transfer to freezer containers once frozen.
- **Learn to Label:** Always label frozen foods with the date processed and content of container. Properly frozen and stored products should be used within one year.
- **Enjoy Your Efforts:** Easily remove the portion you need, as you need it; and remember to wash before consuming.

Dietitian's Choice



Look for our new "Dietitian's Choice" signs throughout the store. These signs help to draw attention to products that are a healthier choice. The products I have chosen are to help make your life easier, healthier, happier. Let me help you make good nutritious choices!

Events

Summertime Cooking Class – FREE

Thursday, July 7th, 5 p.m. – 6 p.m. Downtown Hy-Vee

Join us for an evening of fun as we learn all about **summertime foods!** This class will be held outside under our tent and will be packed full of delicious food, fun and useful information. During this class you will get to learn **basic techniques, as well as how to incorporate healthy foods into your lifestyle.** Like all classes, you will be able to sample the food prepared. Mmmm... RSVP is requested by calling (507-625-1107), stopping by customer service, or e-mailing AGraff@hy-vee.com! See you there!

Food Experiences – FREE

Look for me in the aisles throughout the summer. I will have simple and nutritious recipes for you and your family to try. I am here to answer your health and nutrition questions.

New and RD-Approved

Hy-Vee Lite Fudge Popsicles: A great summertime solution. These treats have a NuVal score of 91! AMAZING! With only 90 calories per 2 bar serving, this is one treat that is worth every bite. These are made using skim milk and are a summer treat that only tastes indulgent! *Located in the freezer section of each store.*

Lite Half-Fat, Half-Calorie Salads: We have several new, healthier salad recipes in our Kitchen salad case. The secret is Hellmann's light mayonnaise. This simple substitution saves you half the fat and calories! Salads we will be offering include New Orleans Seafood Salad, New Potato Salad with Dill, Grilled Chicken and Apple Salad, Santa Fe Tuna Salad, Spicy Southwestern Slaw, Balsamic Chicken Salad and Chipotle Egg Salad with Roasted Peppers. Stop by our Kitchen salad case and try some today!



Chef/Meat Thermometer: Food safety and quality should not be taken lightly. Properly cooked meats ensure safety as well as a quality product. Use a meat thermometer every time you cook meat. Color is not a good indicator of doneness. *Located in the kitchen section of each store.*

Food Safety for Your BBQ

Source: (WA, Dept. of Health)

Warmer weather may be ideal for outdoor picnics and barbecues, but it also provides a perfect environment for bacteria and other germs to multiply in food and cause food-borne illness. Extra precaution needs to be taken for meat, poultry, seafood, and egg products.

Tips to Prevent Food-borne Illness

1. Wash hands before and after preparing food and before you eat.
2. Avoid cross-contamination of foods. Designate separate cooking tools and plates for raw meat, and others for cooked.
3. Keep cold foods cold - below 40 degrees F.
4. Keep hot foods hot - above 140 degrees
5. Refrigerate leftovers immediately.
6. Cook meats thoroughly. Use a meat thermometer **every time!**

Ground beef, pork, and hamburger patties: **160 degrees F**

Poultry (chicken): at least **165 degrees F**

Hot dogs, sausages: **165 degrees F**

Beef, pork, veal, and lamb cuts: **145 degrees F** for medium rare or **160 degrees F** for medium.

Fish: **145 degrees F** or until the meat is opaque and separates easily with a fork.

Shrimp, lobster and crabs: Meat should be pearly and opaque.



Congratulations, Karey Hall!

Winner of the \$25 Hy-Vee Gift Card

Karey's mealtime tip is to use her **SLOW COOKER!**

She roasts a whole chicken along with red potatoes, carrots, onions and spices. Cooks on LOW for 8-10 hours and has an entire meal waiting for her when she comes home from work!

Facebook



I have started my own Facebook page. I will be posting delicious recipes, nutrition tidbits, store events and sale items.

Please add me: **"Mankato Hy-Vee Dietitian"** today!