



April



Go ahead, give it a try!

Are there ever things that you eye up for a while, but don't have the nerve to give a try? Maybe it is that Zumba class through Community Ed, taking a trip to the Children's Museum, buying (and eating) kale or trying a new recipe. Today is the day to try something new. I have packed the newsletter with delicious recipes that might take you out of your comfort zone, but are sure to please. This month, I encourage you to go ahead and give them a try. You will be pleasantly surprised.

Dietitian Pick of the Month: Walnuts

Did you know?

- Walnuts are the only nut with a significant amount of the plant-based omega-3 fatty acid, alpha-linolenic acid (ALA).
- Eating 1.5 ounces of walnuts per day, as part of a low-saturated-fat and low-cholesterol diet, and not resulting in increased caloric intake, may reduce the risk of coronary heart disease.
- Walnuts may also decrease inflammation due to high antioxidant content.
- Walnuts help curb appetite since they are an excellent source of heart-healthy fat and a good source of fiber.
- Walnuts are a good source of protein, potassium, phosphorus and magnesium.
- One serving (one ounce) equals 12 to 14 walnut halves.

Easy to Use

- Mix dried fruit and walnuts together for a portable snack.
- Sprinkle walnut halves on oatmeal or lettuce salad.
- Make a yogurt parfait with chopped walnuts and fresh berries.
- Include walnuts in side dishes such as brown rice, quinoa or couscous.

Walnut Basics and Storage Tips:

- **Chop!** Use a knife or food processor. Be sure that the walnuts are at room temperature before grinding in a food processor, or natural oils in the walnut will cause nuts to soften to a paste.
- **Toast!** Place walnuts on a baking sheet in a 350-degree oven for 8-10 minutes, and watch carefully. Toasting is an ideal time to add any kind of spice or seasoning you desire for a quick walnut snack or to add as a topper to salads, soups or pastas. Use nonfat cooking spray or a dash of vegetable oil and toss occasionally during baking.
- **Season!** Toss with salt, sugar or spices to create an array of different flavors! Toasting intensifies flavor.
- **Store!** Store shelled walnuts in a sealed container in a cool, dry place, away from sunlight. Refrigerator storage is good but if you have larger quantities, shelled walnuts also store well in the freezer. In cold storage, unopened packages are good to eat for up to a year, and opened packages in sealed containers keep well for up to six months. Store in-shell walnuts in their shell and crack them when you are ready to use them. They should also be stored in a cool, dry place away from sunlight, or in the refrigerator or freezer.

Lisa's Granola Serves 20 (1/2 cup each) Active time: 20 minutes | Total time: 2 hours 20 minutes

All you need:

6 cups Hy-Vee old-fashioned rolled oats
1 cup Hy-Vee chopped almonds
1 cup Hy-Vee chopped walnuts
1 cup raw, unsalted pepitas
1/2 cup Grand Selections maple syrup
6 tablespoons Hy-Vee canola oil
1/4 cup Hy-Vee honey
1 teaspoon Hy-Vee ground cinnamon
1 teaspoon Hy-Vee vanilla extract
1/2 teaspoon salt

All you do:

1. Preheat oven to 325°F. Line a roasting pan or large baking sheet with parchment paper.
2. Combine oats, almonds, walnuts and pepitas in a large bowl. Whisk maple syrup, oil, honey, cinnamon, vanilla and salt in a medium bowl until blended. Pour over the oat mixture and toss to coat. Spread the mixture in the prepared pan.
3. Bake, stirring every 15 minutes, until lightly and evenly browned and starting to dry out, 50 minutes to 1 hour. Let cool completely
4. in the pan before serving or storing.

To make ahead: Store airtight in a cool, dry place for up to 2 weeks.

Nutrition facts per serving: 267 calories; 16g fat (2g sat, 7g mono); 0mg cholesterol; 28g carbohydrate; 8g added sugars; 7g protein; 4g fiber; 60mg sodium; 222mg potassium. Nutrition bonus: Magnesium (32% daily value). Carbohydrate servings: 2

Source: adapted from Eating Well, Inc.



California Walnut Pizza Dough

This recipe combines two of my favorite things: grilled pizza and crunchy nuts.

All you need:

2 cups all-purpose flour
3/4 cup whole wheat flour
1 (1/4 oz.) package quick-rise yeast
1 1/2 teaspoons granulated sugar
1 1/2 teaspoons salt
1/2 cup California walnuts
3/4 cup warm water
Oil

Desired toppings, including shredded cheese

All you do:

1. Combine flours, yeast, sugar, salt and walnuts in food processor. Whirl until walnuts are finely chopped. With motor running, gradually add 3/4 cup warm tap water. Process until dough forms a ball and comes away from sides of processor. Dough should be soft and moist. Let rest 15 minutes.
2. Preheat gas or charcoal grill to medium-high heat. Divide dough in half. With lightly oiled hands, pat and stretch dough into two 9- to 10-inch circles. Coat one side of dough generously with oil; place oiled-side-down onto grill. Close grill lid and grill 3-4 minutes until top is puffed and bottom is well-browned. Remove and place grilled-side-up on a baking sheet.
3. Top with desired toppings, return to grill, cover and cook 5-6 minutes until bottom side is well-browned and cheeses are melted.



RD Picks: Ojai Pixie Tangerines

Ojai Pixie Tangerines: If you haven't tried these [little gems](#), make it a priority. They are sweet, oh-so-juicy and loaded with vitamin C. They seem to sparkle on your tongue. I think they taste like carbonated tangerines. These tangerines are a "late-fariety" harvest which means they *start* to be picked in March. We won't have these candy-like citrus long, so grab some the next time you're in. You won't be sorry.

Pixie Tangerines in the news: [Foodpaths](#)

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Hy-Vee Dietitian



Conventional vs. Organic Produce

<http://www.safefruitsandveggies.com/>

With spring upon us and all the new, fresh and delicious fruits and vegetables right around the corner, I thought it appropriate to talk about safe fruits and vegetables. As a supermarket dietitian, I am frequently asked about the differences in organic and conventional produce. Many people fear the pesticides on conventional produce and are unsure what the facts really are. Recent [studies](#) show that customers are confused and more hesitant to purchase fruits and vegetables because of the negative talk about conventionally grown produce. According to [WebMD](#), only about 30% of people are eating the daily recommended amounts of fruits and vegetables.

Fruits and vegetables (not matter how they are grown) are a great source of vitamins, minerals, fiber and antioxidants. Most recently, a peer-reviewed analysis showed that if only half of all Americans increased their consumption of fruits and veggies by a single serving each day, an estimated 20,000 cancer cases could be prevented **annually**. Choosing to eat more conventional and organic produce is always the right choice. Learn more about the specific nutritional benefits of your favorite fruits and veggies.

To the right is an informational [video](#) describing both organic and conventional produce.



California Avocado and Mango with Yogurt, Honey and Lime (serves 4)

Source: CaliforniaAvocado.com

All you need:

- 2 ripe California avocados, chilled, halved, seeded and peeled
- 2 mangos, chilled, halved seeded and peeled
- Cayenne pepper, to taste
- Salt, to taste
- ¾ cup plain low-fat Greek yogurt
- 2 large limes, juiced
- 3 tablespoons honey
- 4 mint springs, for garnish

All you do:

1. Slice avocado and mango halves lengthwise in 1/2-inch slices. Arrange the fruit on individual salad plates, alternating the avocado and mango slices. Mix equal parts cayenne pepper and salt and lightly sprinkle over fruit slices, to taste.
2. Whisk together yogurt, lime juice and honey in a small bowl. Just before serving, spoon 2 to 3 tablespoons of dressing in a stripe over each salad. Garnish with mint sprigs and serve immediately.

Nutrition information per serving: Per serving: 269 calories; 12 grams fat (1.7 sat, 7.4 mono, 1.3 poly); 2.7 mg cholesterol; 168 mg sodium; 43 grams carbohydrate; 5.3 grams fiber; 5.5 grams protein



Do Dinner “In” Tonight

What’s for dinner tonight? Dinner at home. A growing trend for the evening meal is that more and more families are choosing to prepare and eat meals at home. Reasons for the return of home-cooked meals include family time, budget and wholesome meals.

Meal Time is Family Time

Preparing and eating meals together as a family has real value – for family relationships and children’s success. It provides quality time for conversations, passing on traditions and strengthening the family. Studies show teens who eat frequent meals at home are at decreased risk for substance abuse and do better in school.

Cost-Saving

The current economy and rising costs have people re-thinking meals prepared at home as a way to save money. People are taking advantage of private-label store-brands, ad specials and buying in bulk as ways to keep on track with budgets.

Wholesome Meals

When meals are prepared at home, you have more control over the personal preference of family members, along with the nutrient content of that meal. Home-cooked meals tend to have higher intakes of fruits, vegetables and dairy products. And portions are more easily controlled.

Comfort foods are making a big comeback for meal times. Grandma's pot roast or mom's mac and cheese bring back warm memories and are finding their way back to the table for meals.

A new item to consider for dinnertime is the 100%-natural beef products from Hy-Vee. Angus Reserve 100% Natural Beef is 100% natural, non-enhanced, making the beef a wholesome product for mealtime recipes. Try this tasty beef recipe for dinner tonight; it will become a family favorite.

Peppered Steak Salad with Balsamic-Parmesan Dressing (Serves 4)

All you need:

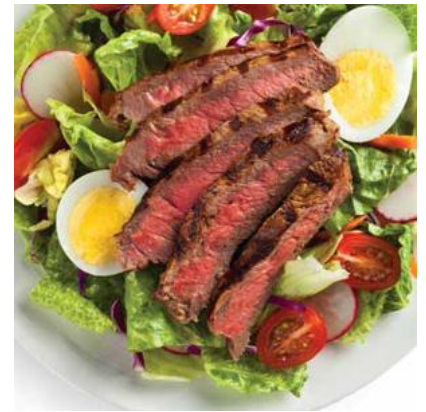
- 1 (10 oz) Hy-Vee Angus Reserve 100% natural beef sirloin steak
- Coarsely ground Hy-Vee black pepper
- 1/3 cup fat-free balsamic vinaigrette
- 3 tbsp Hy-Vee shredded Parmesan cheese
- 1 (12 oz) pkg Hy-Vee American salad blend
- 1 Hy-Vee large egg, hard-cooked, peeled and sliced, divided
- 1 cup halved cherry tomatoes, divided
- Hy-Vee croutons, optional, divided

All you do:

1. Season steak with black pepper. Grill to desired doneness. Let stand 5 to 10 minutes before slicing into thin strips.
2. Meanwhile, combine balsamic vinaigrette with Parmesan cheese. Set aside.
3. Arrange one-fourth of the salad blend in each of 4 salad bowls. Top with strips of steak, egg slices and halved cherry tomatoes. Drizzle with vinaigrette. Sprinkle with croutons, if desired.

Nutrition facts per serving: 200 calories, 10g fat, 4.5g saturated fat, 0g trans fat, 80mg cholesterol, 250mg sodium, 5g carbohydrate, 1g fiber, 3g sugar, 19g protein. Daily values: 70% vitamin A, 20% vitamin C, 10% calcium, 10% iron.

www.hy-vee.com



Hy-Vee Angus Reserve Beef

When was the last time you had a juicy, tender, great-tasting steak? Try our new, 100% natural [Hy-Vee Angus Reserve™](#). It makes going out for a great steak as easy as going out to your grill.

Hy-Vee Angus Reserve is quality beef at an everyday value. So now you can afford to make any night “steak night.” And dinner out just became dinner in.

- Hy-Vee is very picky when it comes to selecting cattle. Not just any Angus will do.
- Our Angus Reserve is hand-picked from Midwest-raised cattle to meet our extremely high standards for quality.
- Hy-Vee Angus Reserve™ is 100% natural and comes from grain-fed cattle.
- The beef is naturally aged, so it's naturally tender.

