



“You like Potato and I like Potatoes”

Potatoes oftentimes get a bad rap. It's not the potato's fault! Potatoes are good for you, delicious and nutritious. Potatoes are considered a starchy vegetable and contain healthy complex carbohydrates. Mother Nature knew what she was doing with potatoes. A medium potato has only 110 calories, packs in 45% of the daily value of vitamin C, contains no fat or cholesterol and has 2 grams of fiber. A medium sweet potato has only 100 calories, packs 30% vitamin C, 120% vitamin A, contains no fat or cholesterol and has 4 gram of fiber!

The dilemma occurs when we put unhealthy foods on potatoes. Try to limit sour cream, bacon, butter or high fat sauces. Toppings like salsa, lean proteins such as beans, chicken or fish, and all types of fresh vegetables will add flavor, variety and even more vitamins and minerals to the already naturally nutrient-rich potato.



Below are several potato salad recipes for you to enjoy this summer. Be forewarned, these aren't your Grandma's recipes! Be prepared to be dazzled!

Sweet Potato Salad (Serves 6)

All you need:

2 pounds sweet potatoes, peeled and cut into 1-inch cubes	1 tablespoon dried parsley flakes
Vegetable cooking spray	5 tablespoons white vinegar
3/4 teaspoon salt, divided	1 tablespoon vegetable oil
2 celery ribs, diced	1 teaspoon hot sauce
1 jalapeño pepper, seeded and finely chopped	1 teaspoon prepared mustard
1/2 cup diced onion	3 slices peppered or regular bacon, cooked and crumbled (optional)
1/3 cup diced green bell pepper	
3 tablespoons brown sugar	

All you do:

1. Arrange potatoes in an even layer in a 15 x 10-inch jelly-roll pan. Coat with cooking spray, and sprinkle with 1/2 teaspoon salt.
2. Bake at 400° for 25 minutes or just until tender. Let cool slightly.
3. Stir together remaining 1/4 teaspoon salt, celery, and next 9 ingredients (through mustard) in a large bowl until blended. Add potatoes, and toss gently to coat. Sprinkle with crumbled bacon, if desired. Serve warm or chilled.

Nutrition Per serving: 160 calories; 2.5 g fat; 34 g carbohydrates; 3 g protein; 5 g fiber; 380 mg sodium (including bacon)



Country Potato Salad (Serves 8; 1 cup servings)

All you need:

2 pounds small potatoes, skin on

1 cup chopped celery

2 ounces smoked ham, sliced into strips

1/4 cup chopped fresh parsley

2 tablespoons chopped fresh chives (or scallions)

2 tablespoons chopped fresh mint (or dill)

3/4 cup nonfat buttermilk (or plain, nonfat yogurt)

All you do:

1. Place potatoes in a large saucepan, cover with water and bring to a simmer over medium-high heat. Reduce heat to medium and cook, partially covered, until just tender, 12 to 20 minutes, depending on their size. Drain and let cool for about 15 minutes.
2. Cut the potatoes into bite-size pieces and put them in a large salad bowl.
3. Add celery, ham, parsley, chives (or scallions) and mint (or dill) to the potatoes. Toss to combine. Add buttermilk (or yogurt), lemon juice, oil, salt and pepper; stir to combine. Gently stir in chopped egg. Serve at room temperature or chilled.

Nutrition Per serving: 138 calories; 4 g fat; 20 g carbohydrates; 6 g protein; 2 g fiber; 272 mg sodium.

1 tablespoon lemon juice

1 tablespoon canola oil

1/2 teaspoon salt

Freshly ground pepper, to taste

2 large hard-boiled eggs, peeled and coarsely chopped



Roasted Potato Salad

All you need:

2 teaspoons olive oil

1/4 teaspoon salt

4 pounds small red potatoes, quartered

Cooking spray

1/2 cup chopped green onions

1/4 cup chopped fresh parsley

4 bacon slices, cooked and crumbled

Vinaigrette:

2 1/2 tablespoons balsamic vinegar

1 tablespoon Dijon mustard

2 teaspoons olive oil

1/2 teaspoon black pepper

1/4 teaspoon salt

All you do:

1. Preheat oven to 450°.
2. To prepare potatoes, combine first 3 ingredients. Arrange evenly on a jelly-roll pan coated with cooking spray. Bake at 450° for 30 minutes or until tender. Let cool. Combine potatoes, onions, parsley, and bacon.
3. To prepare vinaigrette, combine vinegar and remaining ingredients in a jar. Cover tightly; shake vigorously. Add vinaigrette to potato mixture; toss well. Serve immediately.
4. Note: Store the vinaigrette separately and toss with the potato mixture right before serving.

Nutrition Per serving: Calories: 210; Fat: 4.3g; Protein: 5.5g; Carbohydrate: 38g; Fiber: 4g Sodium 260 mg



Simple Changes Save You BIG Money!

(www.eatingwell.com)

Americans are eating out less, and more and more our food decisions are being driven by two things: budget and health. Hy-Vee offers you many opportunities to help you to eat healthy on a budget. If you haven't checked out our [Budget Friendly Meals](#) and [Weekly Menus](#) that come out each week and correspond with our weekly ads or our [30 meals for \\$3](#), you **must** take a look! These are wonderful resources for you and your family and are ALWAYS available on www.hy-vee.com. The "Meal Solutions" tab will take you where you need to be. In addition to those fabulous resources, I have included the following six tips and tricks to help you save money, while maintaining a healthy diet. All of these changes could add up to **\$3344** per year!



1. Eat Vegetarian a Few Nights a Week - Try to include a couple of vegetarian meals in your menu for the week. Skipping meat, even once or twice a week, can help save money, since meat is usually the most expensive part of a meal. And you will have a lighter impact on the environment—almost one-fifth of the world's manmade greenhouse-gas emissions are generated by the meat industry, according to the United Nations. This [Barbecue Portobello Quesadilla](#) recipe is just quick to fix, so you can have a healthy, delicious and meatless dinner ready in a snap. **Save \$291 per year.** (Replace 1 pound of sirloin [\$6.69] with a 16-ounce bag of dried beans [\$1.09] once a week for a year.)



2. Minimize Waste - One of the easiest ways to save money is to make sure you're not wasting food. According to the Environmental Protection Agency, Americans throw out more than 25 percent of the food we prepare. It is estimated that the average American family of four throws out \$590 worth of food each year. So we need to do a better job of using leftovers and learn what to do with food before it's past its peak. This [Spaghetti Frittata](#), which uses leftover noodles and costs less than \$1 a serving, is a creative example of how to reduce waste. **Save \$590 per year.** (Estimated value of the food an average American household of four wastes in a year.)



3. Plug in the Slow Cooker – If you don't have hours to be at home tending a braise, then try a slow cooker. It will give you the same effect (i.e., it makes inexpensive cuts of meat meltingly tender), but you can plug it in, leave for the day and come home to a dinner like this [Frank's Favorite Slow-Cooker Thai Chicken](#) made with chicken thighs (instead of pricier chicken breast). Other inexpensive cuts of meat that work wonderfully in the slow cooker include pork shoulder, beef chuck and brisket. **Save \$78 per year.** (Replace 1 pound of boneless, skinless chicken breast [\$2.99] with 1 pound boneless, skinless chicken thighs [\$1.49] once a week for a year.)



4. Discover Great Ways to Use Canned Fish - Just like their fresh counterparts, canned salmon and tuna provide omega-3 fats, which help keep your heart healthy by lowering triglycerides and blood pressure. The difference: canned fish is significantly cheaper. Give tuna an Asian twist with [Sesame Tuna Salad](#). **Save \$336 per year.** (Replace 1 pound of fresh tuna [\$9.99] with 1 pound of canned tuna [\$3.52] once a week for a year.)



5. Don't Order a Pizza. Make One at Home - Ordering pizza seems like a cheap and quick solution for dinner. But a typical pie costs more than \$15. You can make your own at home, like this [BBQ Pork Tenderloin Pizza](#), for a lot less and in about the same amount of time delivery takes (plus, you control the calories, fat and sodium). A local restaurant's Smoky BBQ Pizza is \$20.54 with tax and delivery. Our pizza is \$7.31. **Save \$674 per year.** (Make pizza once a week instead of ordering.)



6. Pack a Lunch

When you're busy at work, the easiest choice is to grab a bite to eat someplace nearby. The problem is that the cost of buying lunch takes a toll on your food budget. (The average cost of lunch at a soup and sandwich restaurant is \$8.50.) So try bringing a lunch from home. When you make dinner, think about what you're going to eat for lunch tomorrow. If you're making a salad, make a little extra and put it in a container, undressed. And what about your leftovers? If you have a little extra chicken or half a can of beans, toss that in with your lunch salad. Soups like this [Chicken Fajita Soup](#), which is less than \$2 a serving, are also great for lunch. Make more than you'll need for dinner, and reheat it for lunch the next day. **Save \$1,375 per year.** (Replace an \$8.50 lunch with a \$3 lunch from home 5 days a week, 50 weeks a year.)

The World of Melons

The produce section is bursting with new and exciting melons. Gone are the days of only finding watermelon, cantaloupe and honeydew. Today you will find melon varieties with names as intriguing as their flavors: Santa Claus, Lemondrop (my new favorite) and Canary! Here is a quick run-down of but a few we have to offer.

Casaba Melon- Casaba Melons are a variety of muskmelon, which are smooth skinned melons including the honeydew. They have no aroma and are not as flavorful as other melons but can be stored longer. The flavor is *mildly sweet with a slight hint of cucumber*. This melon captures in flavor the “Cucumber Melon” fragrance combination commonly found in lotions and cosmetics. Casaba Melons should be stored at room temperature and are fully ripe when the skin has turned bright yellow.



Santa Claus- Also called the Christmas Melon or Piel de Sapo. These melons are oblong in shape and look like mini watermelons to me, but the flavor is *similar to that of a honeydew but much sweeter*. It is also a variety of muskmelon. These melons tend to be fairly large and are ripe and ready to eat when they are firm with a small amount of softness at the stem end. The melon was named the Santa Claus melon for its ability to keep for a long time, often until Christmas. It can be kept, at room temperature, up to 6 weeks longer than most melon varieties.



Lemondrop Melon- I would describe the Lemondrop as a tangy cross between a honeydew and cantaloupe. This is my new favorite melon. It looks similar to a cantaloupe with yellow undertones. The fruit is pale green and smooth. The Lemondrop tagline is: Sweet melon flavor with a Lemon twist!” – and that, my friends, is exactly how I would describe it! A must-try this melon season.

Orange Flesh Melon- These delicious melons look like a honeydew on the outside, but are orange on the inside. Orange flesh honeydew melons can be stored at room temperature for about 4 days and should then be moved to the fridge. They are ripe and ready to eat when they are firm with a small amount of softness at the stem. They taste like a honeydew melon, only sweeter.



Canary Melon- The canary melon tastes like a cross between a cantaloupe and honeydew melon. The canary melon is ripe and ready to eat when the rind turns bright yellow and develops a corrugated look and a slightly waxy feel. This melon is best stored at room temperature and is known for having a long "shelf life".



Crenshaw Melon- A Crenshaw melon is a hybrid melon (a cross between a Casaba and Persian Melon) with a very sweet, juicy orange flesh. They are considered to be the sweetest melon variety available. These melons can be stored at room temperature until ripe and then must be stored in the refrigerator; consume within 5 days of melon ripening. A ripe Crenshaw melon will be fairly large and firm with a small amount of softness at the stem end. These melons can weigh up to 10 pounds!



IT'S LIKE HAVING A DIETITIAN AVAILABLE

24/7

Hy-Vee.com has a new Health and Wellness Forum to keep you and your family healthy. If you have a question or need an informed opinion, just post your question to our forum and one of our in-store dietitians will be happy to make a suggestion. Posting a question is easy and only requires a My Hy-Vee account which also gives you access to many other website features.

Visit Hy-Vee.com today!



Introducing Hy-Vee's Health and Wellness Forum!

Hy-Vee's [Health and Wellness Forum](#) allows you to research information posted by other users and even post your own questions. Our Hy-Vee registered dietitians will actively offer advice and guidance. If you would like to contribute to the forum or post a question, you must create a [My Hy-Vee](#) profile. This is a great opportunity to get feedback from others who have similar questions as well as registered dietitians.

Of course, you are always still welcome to contact me with any of your nutrition questions, but this is one more resource and opportunity for you to interact with other like-minded people. Try it out and let me know what you think!

National Catfish Month



The American Heart Association recommends eating two servings of fish per week to help prevent heart disease, lower blood pressure, and help reduce the risk of heart attacks and stroke. Fish are a good-quality lean protein, and substituting fish for meat twice a week will increase intake of omega-3 fatty acids, vitamin D as well as decrease intake of saturated fats.

Although most people are familiar with salmon (Atlantic salmon has a NuVal™ Score of 87) and cod (Pacific cod scores an 82), another high scoring fish is catfish (82). Catfish are named for their barbels, or whiskers, which give them a cat-like appearance. Interestingly enough, even though the catfish is named after its barbels, not all catfish have them. Did you know that catfish have been ranked as one of the most popular fish consumed in the US since 2000 due to its taste and relatively low cost?

Take Action: Cooking Fish

Sometimes it's easy to skip over the fish case at the store because cooking fish may seem daunting. However, fish can be one of the quickest and simplest proteins to cook! Here are some guidelines to help create a fabulous meal:

- Cook fish for 10 minutes per inch of thickness.
- If the fish is frozen and unthawed, cook for 20 minutes per inch.
- To check if the fish is done, stick a knife or fork into the thickest part of the fish, and pull aside. If the flakes separate easily and the skin is opaque, it is most likely done cooking.
 - Definition of opaque when gauging fish: When the fish is no longer clear. An opaque fish looks dull instead of shiny.

Guidelines on different methods of cooking fish:

Poach. Simmer fish in liquid (just enough to cover the fish) in a covered skillet. Liquids to use can be water with lemon wedges or a splash of wine; juice, diced tomatoes with the juice, or broth.

A selection of NuVal™ fish scores:

Pacific Cod:	82
Grouper:	82
Atlantic Halibut:	82
Pacific Mackerel:	87
Ocean Perch:	82
Atlantic Salmon:	87
Scrod:	82
Swordfish:	81
Lake Trout:	82
Yellowfin Tuna:	82

Bake. Cook fish in the oven at 400F until fish is opaque and tender (follow timing guidelines above). Before baking, marinate or top the fish for flavoring. Suggestions:

- Marinate salmon in a mix of soy sauce, orange juice, 2-3Tbsp brown sugar, salt and pepper.
- Top a white fish with a mix of lemon juice, mustard, and pepper.
- Sauté spinach and chopped onions, remove from heat. Mix in 1/3 cup feta cheese, salt and pepper. Heap onto fish and bake.

Broil/Grill. Marinate or brush fish with olive oil before and during cooking to keep moist. Cook for approximately 10 to 15 minutes.

Microwave. Place fish in a microwave safe bowl with thicker parts pointing outward. Cover. Cook for about 3 minutes or until opaque. (Washington State Department of Health)

Events

Cooking Class – FREE

Tuesday, August 23rd 5 p.m. – 6 p.m. Downtown Hy-Vee

Join us for an evening of fun as we learn how fabulous healthy cooking can be! This month's class is all about tail gating! There's more to tail gating than burger and brats. Stop by and see! 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... Bring your spouse, a friend, your child or parent. All are welcome! RSVP is requested by calling (507-625-1107), stopping by customer service, or e-mailing AGraff@hy-vee.com! See you there!



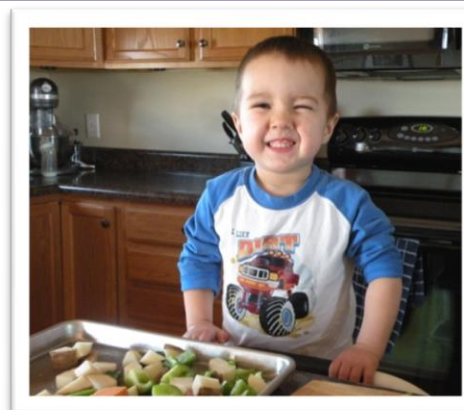
Candid Cooking Contest!

Gather your family in the kitchen this month to cook together and compete in the **Mankato Hy-Vee Candid Cooking Contest!** August is a great time to cook your favorite meal with your family using the bountiful produce available in the late summer before returning to the busyness of the school year.

Entering is simple:

1. Submit 2 pictures. 1 of the cooking process and 1 of the finished dish.
2. Submit the recipe used.

Special attention will be given for photo creativity and use of healthy, fresh ingredients. The family who demonstrates an exceptional family cooking experience and creates a healthy dish will win a \$25 Hy-Vee Gift Card and will be featured in the September 2011 Mankato Hy-Vee Newsletter. Any question concerning the contest should be sent to AGraff@hy-vee.com.



A picture of my oldest, Maxwell. He LOVES to cook (and smile BIG!)

How to enter: Submit your pictures and recipe to AGraff@hy-vee.com by **August 22, 2011.**

Have fun, be creative and happy cooking!