

August

In a Nutshell

The Health Benefits of Tree Nuts

Tree nuts are plant-based proteins that contain fiber and a combination of vitamins, minerals and antioxidants. They have cholesterol-lowering properties and are rich in heart-healthy monounsaturated and polyunsaturated fats. However, although nuts are healthy, they are also calorie-dense, so watch your portion size. To get the health benefits of nuts without breaking the calorie bank, replace them in the diet for other foods and stick to one to two ounces a day.

It's easy to lump nuts into one category, but what makes each nut special is its unique package of nutrients, taste, texture, origin and culinary uses. Here's a taste ... in a nutshell.

Pistachios. Contain antioxidants, including lutein and zeaxanthin. Eating in-shell helps slow consumption. Bright color makes for great addition to salads, grain dishes and as a coating for meats.

Almonds. Excellent source of vitamin E and magnesium; also provides calcium and folate. Versatile ingredient, can be used whole, sliced, blanched to remove skins, and as flour, paste or butter.

Cashews. Excellent source of copper and magnesium. Soft consistency with delicate, sweet flavor.

Macadamias. Excellent source of manganese. Unique rich, buttery taste and smooth texture lend to eating as a snack raw or roasted. Often baked into cookies and coated with chocolate.

Hazelnuts. Also known as filberts, they are rich in monounsaturated fats and an excellent source of vitamin E, copper and manganese. Pairs well with savory, citrus and sweet flavors, particularly chocolate, and commonly used in confections.

Pecans. Rich in antioxidants and heart-healthy monounsaturated fats. Sweet, mellow flavor and meaty texture lend well to a variety of dishes, including salads, as a coating for fish, and in sweets such as pralines and pecan pie.

Walnuts. Rich in antioxidants and excellent source of alpha-linolenic acid (ALA), the plant-based form of omega-3. Grooves hold onto flavors well and are delicious when seasoned sweet or hot.

Brazil Nuts. Largest nut commonly eaten. In addition to polyunsaturated and monounsaturated fats, contain more than 100 percent of the daily value for antioxidant selenium.

Pine Nuts. Good source of vitamin E and phosphorus. Standard ingredient in Italian cuisine and most known for its use in pesto. Light, delicate flavor also lends well to pastas, salads, sautés, breads and other baked goods.



Super Seeds

By: Holly Sandhurst, RD, LD

Add extra nutrients in your cooking and baking by adding flax, hemp, chia, pumpkin seeds, sesame or wheat germ to your favorite recipes.

Hemp for Toned Muscles: Hemp is one of the few vegetarian sources of complete protein, meaning it contains all the 20 amino acids, key to building calorie-burning muscle. Never tried hemp before? Hemp has a pine nut-like flavor.

Chia for Strong Bones: Eat this earthy-tasting seed for its calcium – one tablespoon offers as much calcium as a slice of cheddar without all the added fat and sodium!

Pumpkin for Energy: The light and nutty pumpkin seed (also known as pepita) houses iron, a mineral that helps maintain high energy levels.

Sesame for a Healthy Heart: The rich seed contains linoleic acid, an omega-6 fatty acid that may help control harmful cholesterol. Toasting the seed amplifies flavor and adds a nice crunch!

Flax for Cancer Prevention: Nutty flax has cancer-thwarting compounds called lignans, and omega-3 fatty acids that reduce disease-causing inflammation. Substitute three parts ground flaxseed for one part butter in baked goods.

Wheat Germ for Digestion: A small part of a wheat kernel, this slightly sweet seed has inulin, a type of fiber that helps maintain good digestion. Upgrade muffins by trading half the flour for wheat germ!

Orange Flax Smoothie (Makes about 3 cups for 2 [1-1/2-cup] servings)

Recipe from eatingwell.com

All you need:

- 2 cups frozen peach slices
- 1 cup carrot juice
- 1 cup orange juice
- 2 tablespoons ground flaxseed (see Tip)
- 1 tablespoon chopped fresh ginger

All you do:

1. Combine peaches, carrot juice, orange juice, flaxseed and ginger in blender; blend until smooth. Serve immediately.



Tip: Look for ground or milled flaxseeds (or flax meal) in the HealthMarket section of your local Hy-Vee store.

Nutrition per serving: 209 calories; 4 g fat; 0 mg cholesterol; 41 g carbohydrates; 5 g protein; 6 g fiber; 38 mg sodium; 964 mg potassium.

What is Your Quest?

By Holly Sandhurst, RD, LD

If you are looking for a bar that offers great nutrition, great taste and convenience in just one energy bar, then we have exactly what you are looking for! You can find Quest bars in the Pharmacy section at both Mankato Hy-Vee stores. Every Quest bar contains 20 grams of high-quality protein (whey and milk protein isolate) and less than 5 grams of sugar! Not only are Quest bars nutritious, but they taste good too. Quest bars can be found in 16 flavors:



- Cookies & Cream
- Double Chocolate Chunk
- White Chocolate Raspberry
- Chocolate Chip Cookie Dough
- Chocolate Brownie
- Vanilla Almond Crunch
- Peanut Butter Supreme
- Apple Pie
- Mixed Berry Bliss
- PB & Jelly
- Banana Nut Muffin
- Chocolate Peanut Butter
- Cinnamon Roll
- Coconut Cashew
- Strawberry Cheesecake
- Lemon Cream Pie

Crazy for Chickpeas

By: Holly Sandhurst, RD, LD



Garbanzo beans, often referred to as chickpeas, are versatile and good for you. Chickpeas are rich in fiber and protein, and they contain vitamins and minerals such as folic acid (chickpeas tend to be higher in folic acid than other beans), zinc and magnesium.

Chickpeas are one of the world's oldest cultivated foods, dating back to the Neolithic period in what is now Sicily, according to *The Food Encyclopedia*. During the Roman Empire, chickpeas were shipped in jars from Sicily to the rest of Italy. But right now the most popular way to eat chickpeas is in the form hummus (pureed chickpeas). People in the Middle Eastern region are thought to have created hummus hundreds of years ago by combining pureed chickpeas with lemon juice or vinegar,

tahini (sesame seed butter), garlic and olive oil. Today, hummus accounts for more than \$300 million dollars in grocery sales.

Beans in general have been linked to various health benefits, such as lower blood cholesterol. They may also help prevent cancer. According to the American Institute for Cancer Research, early lab tests show that three compounds in beans (saponins, protease inhibitors and phytic acid) may help defend cells from the type of genetic damage that can lead to cancer. Just one cup of chickpeas contains 1.2 g polyunsaturated fat, 282 mcg folic acid, 54.3 g carbohydrate, 10.6 g fiber and 11.9 g protein!

Aside from traditional hummus, chickpeas can be prepared in other ways.

Try these healthy recipe ideas:

- *Chickpea and lentil salad*: Combine chickpeas, lentils, onion, olive oil and lemon juice.
- *Chickpea soup*: Combine chickpeas, low-sodium vegetable broth, onion, garlic, tomatoes, olive oil, whole-grain pasta and parsley.

4-Bean Salad Serves about 12 (1/2 cup each)

All you need:

- 1 (14.5 ounce) can cut green beans, drained
- 1 (14.5 ounce) can yellow wax beans, drained
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 cup sliced red onion
- ¾ cup chopped green bell pepper
- 1 cup apple cider vinegar
- ½ cup vegetable oil
- ½ tsp salt
- ½ tsp black pepper



All you do:

1. In a large bowl combine beans, red onion and green pepper.
2. In a separate bowl whisk together vinegar, oil, salt and black pepper. Pour over bean mixture.
3. Toss three-bean salad well and chill for at least 4 hours. Store salad in refrigerator.

Nutrition Facts Per Serving: 200 calories, 10 g fat, 1 g saturated fat, 0 g trans-fat, 0 mg cholesterol, 280 mg sodium, 15 g carbohydrates, 5 g fiber, 4 g protein.

Recipe adapted from hy-vee.com

Bulk Bins 101

By: April Graff, MS, RD, LD

Bulk is better—better for your food budget, better for your creativity in the kitchen and better for the planet too. Read on for essential dos and don'ts to help you make the most of your next bulk food shopping trip,

Here's how it works:

1. Find your favorite items in our bulk bins.
2. Fill the plastic bag with as much or as little as you like.
3. Write the PLU/bin number on a twist tie to place on the bag.
4. Use a separate bag for each item. No mixing, please!
5. Check out as usual. Our cashiers will weigh and price your purchases.



DO buy as much or as little as you need.

The number-one benefit of buying in bulk is that you can buy exactly how much of a given ingredient you want. You are in control of the quantity you buy. You can buy a little to try in a new recipe or enough to stock up on a kitchen staple. The bulk bins are a great way to try something without committing.

DO stock up on airtight containers.

So how should you store bulk buys at home? Pint and quart canning jars labeled with masking tape and a Sharpie are inexpensive and effective. Or, repurpose your glass jars for bulk storage.

DO label your products.

All those grains can get confusing without packaging. Be sure to use a permanent marker and some labels/masking tape to stay organized and fresh.

DON'T cross-contaminate.

When shopping in the bulk aisle, always use the right scoop for the right bins. Many customers have food sensitivities that may be aggravated by cross-contamination.

DON'T toss the plastic bags.

Experiencing eco-guilt over using plastic bags for bulk ingredients? Rest assured that buying in bulk requires less packaging—and printing—than typical off-the-shelf products, even if you use plastic bags to transport your bulk buys home. Plus, the bags are recyclable and reusable. You can recycle the plastic bags in the bins in each store's entryway.

Cold and Dry Storage Requirements

Dried Fruit & Grains

Shelf Life (Bulk): 12 Months

Storage Requirements: Cold (50° - 60° F)

Granolas & Mueslis

Shelf Life (Bulk): 9 Months

Storage Requirements: Cold (50° - 60° F)

Bean Blends

Shelf Life (Bulk): 24 months

Storage Requirements: Dry

Nuts, Seeds & Nut Mixes

Shelf Life (Bulk): 12 Months

Except Peanuts: 6 Months

Storage Requirements: Cold (50° - 60° F)

Chocolate & Carob Candies

Shelf Life (Bulk): 12 Months

Storage Requirements: Cool (60° - 65° F)

Chicken Almond Salad Sandwich

www.hy-vee.com

All you need:

- 1 (2 pound) rotisserie chicken
- ½ cup finely chopped celery
- 1/3 cup finely chopped red onion
- ½ cup light mayonnaise
- 2 tbsp lemon juice
- 1 tsp celery salt
- Black pepper, to taste
- ½ cup sliced almonds, toasted*
- ¼ cup golden raisins
- 16 slices pumpernickel or whole-wheat bread
- 8 lettuce leaves



All you do:

1. Remove skin and bones from chicken. Shred meat into large mixing bowl.
 2. Add celery and red onion; mix to combine. Stir in mayonnaise, lemon juice, celery salt and black pepper.
 3. Add almonds and, if desired, golden raisins; mix to combine.
 4. Spoon chicken salad onto 8 of the bread slices; top with large Bibb lettuce leaf and remaining bread slices.
- *To toast almonds, heat a dry skillet over medium heat. Add almonds to the pan and toss until golden brown.

Nutrition per serving: calories: 304, carbohydrate: 29g, fat: 12g, saturated fat: 2 g, protein: 20g, cholesterol: 48mg, fiber: 4g, sodium: 487mg.

Meet your New Riverfront Hy-Vee Dietitian



New Face: Holly Sandhurst, RD, LD, is your NEW Mankato Riverfront Hy-Vee Registered Dietitian. Holly received a Bachelor of Science degree in dietetics and exercise science from Minnesota State University, Mankato and completed her dietetic internship through the University of Wisconsin - Green Bay. She is a member of the Academy of Nutrition and Dietetics and the Minnesota Dietetic Association.

Holly is passionate about nutrition and exercise. She enjoys teaching others about new foods and cooking techniques and she is committed to helping individuals of all ages achieve their health and nutrition goals. Contact Holly at your Riverfront Hy-Vee to set up an appointment or ask a question.

New Name: Holly will be getting married on August 22, 2014 and will become Holly Ellison, RD, LD!



April Graff, MS, RD, LD is now at Hilltop Hy-Vee store full-time. April enjoys providing practical solutions for helping you and your family eat healthier through simple ideas in one of the best classrooms – the grocery store aisles. She has a strong passion to help people of all ages live easier, healthier, happier. Stop by and visit to set up an appointment or ask a question.

dietitian's pick

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FRUCHI® FUELS...

- * Athletes: before, during and after sports practice and competition
- * Students: doubles as an ice pack in lunches brought from home
- * Families: On-the-go snacking between school, sports, social and summer fun