



# Healthy Bites E-Newsletter

“Making lives easier,  
healthier, happier”

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## May 2014

- Celebrate mom with the berry best!
- Seasonal recipes
- One Step—Kids Gardening & Cooking Classes
- Wellness Wednesdays—10% off HealthMarket purchases



# Celebrate Mom with the Berry Best—

Fresh berries are in season and strawberries are the crowd favorite. With a sweet scent and bright color, strawberries are appetizing and versatile in many dishes.

In addition to adding a burst of color to any dish, strawberries provide many healthy nutrients. The majority of phytochemicals in strawberries are flavonoids, which give berries their bright colors, and are shown to have health benefits for the heart, preventing cancer and supporting cognitive function.

Strawberries are also a great source of vitamin C which helps support a strong, healthy immune system, and potassium which may help lower blood pressure. Other nutrients in strawberries include fiber which increases the feeling of satiety (fullness) and folate to prevent birth defects.

Strawberries can fit anyone's taste; they are naturally sweet, but adding a splash of balsamic vinegar or piece of blue cheese will give strawberries a more tart flavor.



Add strawberries to your Mother's Day celebrations, here are some suggestions:

- ◆ Prepare mom a delicious breakfast with fresh strawberry slices over warm oatmeal
- ◆ Prepare *Strawberries and Blue Cheese Bruschetta* and serve as an afternoon snack or at a picnic
- ◆ Purchase chocolate-covered strawberries at your Winona Hy-Vee for an easy dessert

Ask your Hy-Vee dietitian, Alexandra Economy how to make strawberry shortcake in a Mason jar – an activity for kids and dads to make a special treat for mom

Treating mom to the strawberries is a great way to say thanks for all she does and show how much she is loved.

When choosing strawberries, look for shiny, firm berries with a bright red color. Be sure to store strawberries in the refrigerator and wash right before eating.

*For more information on strawberries contact dietitian Alex Economy at (507) 452-5411 or [aeconomy@hy-vee.com](mailto:aeconomy@hy-vee.com).*

# Strawberries and Blue Cheese Bruschetta

Serves 12

## All you need:

- 12 medium strawberries, hulled and sliced
- 1 teaspoon sugar
- 1/4 cup (2 ounces) reduced-fat cream cheese (Neufchâtel)
- 1/4 cup crumbled blue cheese
- 1-2 teaspoons water, if needed
- 1 tablespoon finely chopped fresh chives, plus more for garnish
- 1/4 teaspoon freshly ground pepper
- 12 slices whole-grain baguette (1/4 inch thick), warmed or toasted



## All you do:

1. Combine strawberries and sugar in a medium bowl and let stand while you make the cheese spread.
2. Combine cream cheese and blue cheese in a small bowl using a fork. Add water, if necessary, for a thick but spreadable consistency. Stir in 1 tablespoon chives and pepper.
3. Spread about 1 teaspoon of the cheese mixture on each piece of baguette. Top with the sliced berries. Garnish with a sprinkle of chives, if desired.

*Nutrition per serving:* 66 calories; 2 g fat (1 g sat, 0 g mono); 5 mg cholesterol; 10 g carbohydrates; 1 g added sugars; 2 g protein; 1 g fiber; 139 mg sodium; 33 mg potassium. *Source:* Eating Well, Inc.

# Vanilla Strawberries with Lemon Ricotta

Serves 4

## All you need:

- 1 vanilla bean or 1 teaspoon vanilla extract
- 3 tablespoons honey, or more to taste
- 2 teaspoons lemon juice
- Pinch of salt
- 3 cups strawberries, hulled and quartered
- 2 cups part-skim ricotta cheese
- 2 tablespoons freshly grated lemon zest



## All you do:

1. If using vanilla bean, halve lengthwise. Using the tip of a small sharp knife, scrape the seeds from the pod into a medium bowl. Add honey, lemon juice and salt (and vanilla extract if not using a vanilla bean); whisk until well combined. Add strawberries and stir to combine. Let stand at room temperature for at least 15 minutes and up to 2 hours, stirring occasionally.
2. Just before serving, combine ricotta and lemon zest in another bowl.
3. Taste the strawberry mixture; if it's too tart, add a little more honey. To serve, spoon 1/2 cup of the ricotta into each of 4 dessert bowls and top each with about 1/3 cup of the strawberries. Serve immediately.

*Nutrition information per serving:* 259 calories; 10 g fat (6 g saturated, 3 g monounsaturated); 38 mg cholesterol; 28 g carbohydrates; 13 g added sugars; 15 g protein; 3 g fiber; 193 mg sodium; 337 mg potassium. *Nutrition Bonus:* Vitamin C (114% daily value), Calcium (36% dv). *Source:* Eating Well, Inc.



## **Family Gardening and Cooking Classes**

A true “seed-to-table” experience focused on gardening and cooking fun to help reinforce positive attitudes towards healthy foods. Each class highlights a fruit or vegetable that kids will harvest, wash and prepare a delicious recipe using fresh foods straight from the One Step garden.

*Dates:*      Wednesday, **June 25th**  
                  Wednesday, **July 16<sup>th</sup>**  
                  Wednesday, **August 6<sup>th</sup>**

*Time:* 4:30 - 6:00 p.m.

*Location:* Hy-Vee One Step Garden Classroom  
(West side of Hy-Vee parking lot)

*Class Fee:* \$5 per family/per class

*Instructor:* Alexandra Economy, MS, RD, LD

**To register your family for any of the classes, contact Hy-Vee Dietitian Alexandra Economy at (507) 452-5411 or [aeconomy@hy-vee.com](mailto:aeconomy@hy-vee.com).**

*If class must be cancelled due to poor weather, participants will be contacted one hour prior to class.*



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