



## CUT CALORIES WITH CAULIFLOWER

If your resolution involves healthy weight, consider the benefits of adding fiber-filled fruits and vegetables, like cauliflower, to your meals and snacks. Fiber helps keep us feeling full and satisfied longer, curbing our appetite and preventing mindless munching. Fruits and vegetables are low-calorie sources of dietary fiber. To promote healthy weight, follow the healthy plate method and fill half your plate with non-starchy vegetables, like cauliflower.

### Cauliflower is a nutritional powerhouse:

- Source of fiber, with 8 grams of fiber in every 100 calories
- Excellent source of vitamin C, vitamin K, and folate
- Good source of potassium, B vitamins, magnesium and fiber

Explore the power of cauliflower with these easy serving suggestions:

- Serve raw florets with non-fat Greek yogurt dip for a healthful snack
- Steam and mash as an alternative to mashed potatoes
- Include in side dishes, salads, stews and main dishes

## BALSAMIC & PARMESAN ROASTED CAULIFLOWER

Serves 4 (about 1 cup each) | Active time: 10 minutes | Total: 35 minutes

### ALL YOU NEED:

- 8 cups (1-inch-thick) slices cauliflower florets (about 1 large head; see Tip)
- 2 tablespoons Grand Selections extra-virgin olive oil
- 1 teaspoon dried marjoram
- 1/4 teaspoon salt
- Hy-Vee freshly ground pepper, to taste
- 2 tablespoons Grand Selections balsamic vinegar
- 1/2 cup finely shredded Parmesan cheese

### ALL YOU DO:

1. Preheat oven to 450°F.
2. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes.
3. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Per serving: 149 calories; 10 g fat (3 g sat, 6 g mono); 7 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 7 g protein; 4 g fiber; 364 mg sodium; 490 mg potassium. Nutrition bonus: Vitamin C (120% daily value), Folate (22% dv), Calcium (15% dv). Carbohydrate Servings: 1/2. Source: adapted from Eating Well, Inc.

# WHAT'S NEW & EXCITING



## HY-VEE SELECT 100% NATURAL EXTRA VIRGIN OLIVE OIL SPRAY

Pure, high-quality extra virgin olive oil. Product has no added ingredients such as propellant or anti-foaming agents. Extra virgin olive is contained in a bag within the can. Perfect for sautéing, roasting veggies or grilling.



## DOLE NUTRITIONPLUS CHIA & FRUIT CLUSTERS

Chia and Fruit Clusters are crunchy clusters of dried fruit and whole grains, containing all-natural cold-milled chia seeds. Each serving provides 4 grams fiber, omega-3 ALA and whole grains. Available in three delicious flavors: cranberry apple, mixed berry and tropical fruit.



## FLAMOUS ORGANIC ORIGINAL FALAFEL CHIPS

A new, good-for-you-snack for the new year. Falafel chips have the same delicious flavor as falafel, an East Mediterranean seasoned vegetarian patty. Chips are a good source of fiber, protein and antioxidants. They are free of gluten, wheat, dairy, lactose, trans fat, preservatives, artificial colors and flavors.

## Dietitian Pick of the Month

### DOLE MILLED CHIA SEED

#### Did you know?

Milled chia seed is an excellent source of fiber, which helps with feeling full longer and healthy digestion?

- Allows the body to absorb Omega-3 ALA.
- Provides 21% more fiber in each serving than flax.
- Provides essential nutrients including Omega-3 ALA, protein, calcium, folate, iron, manganese and phosphorus.
- Is cold milled for maximum nutrition.

#### Easy to Use

- Stir into Greek yogurt and layer with fruit and cereal.
- Blend into smoothies.
- Toss with salads.
- Sprinkle into a stir-fry or entrée.



## Dietitian Recipe of Month... Live Healthy in 2013

### BREAKFAST-IN-A-JAR

This make-ahead breakfast is perfect for a grab-and-go breakfast packed with protein and fiber to help you feel full all morning. Serves: 1

#### ALL YOU NEED:

- |  |   |
|--|---|
| 1 (5.3 oz) container Dannon Oikos Greek non-fat honey yogurt | 1-2 tsp Dole milled chia                              |
| 1/3 cup Hy-Vee steel-cut oats                                | 1/4 to 1/3 cup frozen Hy-Vee Cherry Berry Blend fruit |
| 1/4 cup Hy-Vee non-fat milk                                  | Hy-Vee cinnamon, as desired                           |

#### ALL YOU DO:

1. Combine yogurt, oats, milk and chia in a small bowl.
2. Alternately layer yogurt/oatmeal mixture with frozen fruit in a pint canning jar. Sprinkle cinnamon on top as desired. Cover with lid.
3. Refrigerate overnight or up to 2 days. Enjoy chilled.

Nutrition per serving: 380 calories, 5 g fat, 1 g saturated fat, 0 mg cholesterol, 90 mg sodium, 57 g carbohydrates, 9 g fiber, 16 g sugar, 24 g protein. Daily values: Vitamin A 6%, Vitamin C 15%, Calcium 25%, Iron 15%. Source: Hy-Vee Dietitians

### BERRY-INFUSED SPRITZER

To help control calories, drink zero-calorie beverages. Serves 1

#### ALL YOU NEED:

- \*1 (20 oz) bottle go-go mixed berry vitaminwater Zero™
- 1 cup Coke Zero™ or Sprite Zero™

#### ALL YOU DO:

1. Pour vitaminwater into an ice cube tray. Freeze at least 4 hours.
2. Place 2-3 ice cubes in glass. Serve topped with Sprite Zero or Coke Zero.

Nutrition Facts per serving: 0 g calories, 0g fat, 0 g trans fat, 0 mg cholesterol, 30 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g sugar, 0 g protein. \*Make the ice cubes using your favorite Vitamin Water Zero™ flavor. Source: Hy-Vee Dietitians