

HyVee.

healthybites

JULY 2015



Grown in the USA.

Did you know the US ranks #1 in global soybean production? Choosing soy products, like soybean oil, is a simple way to support the US economy. Most vegetable oils, including Hy-Vee 100% pure vegetable oil, are made from soybean oil, sourced directly from American family farms. Soybean oil can be used in a variety of recipes, like these all-American favorites:

SUMMER'S BOUNTY SALAD

Chop summer vegetables, like zucchini, yellow squash, tomatoes and red onions. Whisk together a simple dressing of equal parts soybean oil and balsamic vinegar. In a large salad bowl, gently toss veggies with the dressing to marry the flavors.

FIRE UP THE GRILL

Summertime grilling season is in full swing. Make a marinade using soybean oil to flavor your meat, poultry, fish or veggies before grilling.

RED, WHITE & BLUE PANCAKES

Substitute soybean oil for the fat in your favorite pancake recipe. Top with a dollop of whipped cream, fresh blueberries and strawberries for a patriotic plate.

SUSTAINABILITY SPOTLIGHT



Land and climate in the US are ideal for growing soybeans; making them inherently sustainable. Soybean agriculture is linked to reduced soil erosion, carbon dioxide emissions and herbicide run-off.

Soybean production and industry occurring within the US means a shorter supply chain and lower transportation costs and carbon footprint. Supporting sustainable agriculture helps ensure a bright future for generations to come.

we're local!

When you see the **Hy-Vee Homegrown** logo, you can have confidence that the produce was grown within **200 miles** of that store.



PIE PERFECTION

Take advantage of summertime berry season by preparing a fresh mixed berry pie. Use soybean oil instead of shortening when preparing the pie crust.

**FIND MORE FUN
HOLIDAY RECIPES AT
HY-VEE.COM**



PRODUCT SPOTLIGHT



CASCADIAN FARMS SHELLED EDAMAME

- Shelled and flash frozen, simply thaw and toss in salads or side dishes.
- Satisfying your snack craving with snappy texture and 10 grams of heart-healthy soy protein.



HY-VEE ORGANIC SOYMILK

- Flavors include original, vanilla and unsweetened.
- Offering 7 grams of heart-healthy soy protein, plus as much calcium and vitamin D as dairy milk



KALONA YOGURT

- Made with organic milk from Iowa farmers, treat yourself to mildly-sweet yogurt with a luscious cream top.
- Free of added stabilizers or colors and lower in carbs and sugar, nature's flavors truly shine.

DIETITIAN PICK OF THE MONTH

Hy-Vee 100% Pure Vegetable Oil

FIVE REASONS TO USE HY-VEE 100% PURE VEGETABLE OIL

- 1 Made with 100% soybean oil
- 2 High in polyunsaturated fats, which may improve blood cholesterol levels
- 3 Healthy fats from the oil can improve body's absorption of fat-soluble vitamins, vitamins A, D, E & K
- 4 Most soybean oil is produced in the USA.
- 5 Most soybean crops are linked to reduced soil erosion, carbon dioxide emissions and herbicide run-off, which all promote sustainability.



DIETITIAN RECIPE OF THE MONTH

Caprese Salad with Soybean Walnut Pesto Vinaigrette

👤 2 servings



CAPRESE SALAD

- 2 tbsp walnut soybean pesto
- 2 tbsp Hy-Vee 100% vegetable oil
- 2 tbsp red wine vinegar
- 4 medium vine-ripened tomatoes
- 8 oz reduced-fat mozzarella cheese
- Fresh basil leaves, optional
- Salt and ground black pepper, optional

WALNUT SOYBEAN PESTO

- 2 cups packed fresh basil leaves
- 1 cup toasted chopped walnuts
- 2/3 cup grated Parmesan cheese
- 6 tbsp Hy-Vee 100% vegetable oil
- 2 tbsp lemon juice
- 3 cloves garlic, chopped

FATS: NOT TO BE FEARED

Focus on choosing these foods high in healthy fats most often for the best health benefit:

- Nuts and seeds, avocados, olive or canola oil.
- Monounsaturated fats: improve cholesterol and blood sugar control
- Soybean, corn or sunflower oils
- Polyunsaturated fats: better cholesterol profile
- Salmon, tuna, sardines, walnuts and flaxseed
- Omega-3 fats: lower triglycerides, blood pressure and risk for heart disease



ALL YOU DO

1. Combine walnut soybean pesto, vegetable oil and vinegar in small bowl.
2. Slice tomatoes and cheese into 1/4-inch-thick slices. Layer tomatoes and cheese on serving plate.
3. For the pesto vinaigrette, pulse basil, walnuts, cheese, vegetable oil, lemon juice and garlic in food processor until blended.
4. Drizzle salad with pesto vinaigrette. Sprinkle with fresh basil leaves, salt and pepper, if desired.

Nutrition facts per serving: 180 calories, 12g fat, 4g saturated fat, 0g trans fat, 15mg cholesterol, 290mg sodium, 6g carbohydrate, 1g fiber, 12g protein.

Source: Soyconnection.com