



FANTASTIC FROZEN FOOD

March is Frozen Food Month and one of the questions often asked is whether frozen vegetables are as nutritious as fresh vegetables. The answer is yes, frozen vegetables are just as nutritious as fresh vegetables and often are more nutritious than fresh. According to the International Food Information Council, the nutritional value of frozen vegetables is identical to fresh.

The reason for this is that frozen vegetables are picked and frozen within hours of being harvested, preserving the nutrients at their peak quality. Fresh vegetables, however, can lose some nutrition, depending on how long the product has been stored. To get the most nutrients from frozen vegetables, cook them in a minimal amount of water quickly, such as in a microwave or steamer.

GREEN FOOD GALORE!

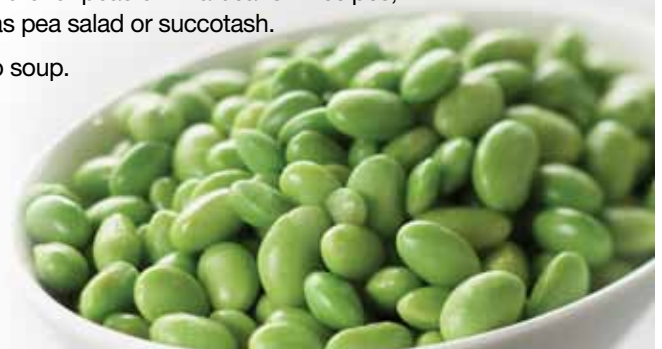
Just in time for St. Patrick's Day, there's more good news about the green-colored food, cabbage. Studies show cabbage contains 11 of the 15 vegetable compounds that are thought to help prevent certain cancers. Cabbage has also been found to offer a health benefit for the heart. The soluble fiber found in cabbage may help lower cholesterol. New studies have found that slightly steamed cabbage may lower cholesterol even more than raw cabbage.

Dietitian Pick of Month... FROZEN EDAMAME

Edamame look like a frozen lima bean but are much sweeter. The only bean that provides a "complete" protein. One-half cup serving gives you... as much fiber as four slices of whole wheat bread and 11 grams of protein, both helping to control hunger.

Simple to Use!

- Use in stir-fry.
- Thaw and toss in salads.
- Substitute for peas or lima beans in recipes, such as pea salad or succotash.
- Add to soup.



This newsletter is brought to you by your Hy-Vee Registered Dietitian

NUVAL... FROZEN FOOD COMPARISON

Did you know the NuVal score on many frozen vegetables and fruits are the same score as the fresh vegetable or fruit?

100
NuVal™



100
NuVal™



100
NuVal™



100
NuVal™



WHAT'S NEW & EXCITING



**MORNINGSTAR FARMS
FROZEN CORN DOGS**
100% vegetarian. Has 73% less fat than leading beef corn dogs. Has 150 calories per serving and no trans fat.

**KASHI BLACK BEAN
ENCHILADA FROZEN MEAL**
All natural ingredients. Contains 25 grams whole grains using 7 different grains. Provides a nutritious, quick meal with 8 grams protein and 8 grams fiber.

**BIRDS EYE STEAM FRESH
FROZEN VEGETABLE SINGLES**
Steam fresh frozen vegetables in the microwave in single-serve packages. Steams vegetables perfectly, with vegetables retaining natural texture and fresh taste.

Dietitian Recipe of Month HERBED CORN & EDAMAME SUCCOTASH

MAKES: 6 servings, 3/4 cup each. ACTIVE TIME: 25 minutes | TOTAL: 25 minutes

TO MAKE AHEAD: Cover and refrigerate for up to 2 days.

ALL YOU NEED:

1 1/2 cups frozen or fresh shelled edamame (see Note)	3 tablespoons dry white wine or water
1 tablespoon Hy-Vee canola oil	2 tablespoons rice vinegar
1/2 cup chopped red bell pepper	2 tablespoons chopped fresh parsley
1/4 cup chopped onion	2 tablespoons chopped fresh basil or 1 teaspoon dried
2 cloves garlic, minced	1/2 teaspoon salt
2 cups Hy-Vee frozen corn	Freshly ground pepper to taste

ALL YOU DO:

1. Cook edamame in a large saucepan of lightly salted water until tender, about 4 minutes or according to package directions. Drain well.
2. Heat oil in a large nonstick skillet over medium heat. Add bell pepper, onion and garlic; cook, stirring frequently, until vegetables start to soften, about 2 minutes. Stir in corn, wine (or water) and the edamame; cook, stirring frequently, for 4 minutes. Remove from the heat. Stir in vinegar, parsley, basil, salt and pepper. Serve immediately.

PER SERVING: 111 calories; 4 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 14 g carbohydrate; 5 g protein; 3 g fiber; 205 mg sodium; 331 mg potassium. NUTRITION BONUS: Vitamin C (47% daily value), Folate (30% dv), Vitamin A (16% dv).

Carbohydrate Servings: 1 | Exchanges: 1 starch, 1 lean meat
NOTE: Edamame (fresh green soybeans) are found in the naturalfoods freezer section of large supermarkets. One 10-ounce bag contains about 2 cups of shelled beans.

Adapted from Eating Well, Inc. For more recipes, go to Hy-Vee.com.

HOT & SOUR SLAW

4 servings, a generous 1 cup each.

This slaw, a combination of cabbage, red bell pepper, scallions and bamboo shoots, is tossed with a dressing full of the classic flavors of Chinese hot-and-sour soup. Serve with grilled pork tenderloin and a glass of Riesling.

ALL YOU NEED:

3 tablespoons rice vinegar	1/4 teaspoon Hy-Vee crushed red pepper, or to taste
1 tablespoon reduced-sodium soy sauce	3 cups shredded Napa or green cabbage
1 tablespoon toasted sesame oil	1 cup thinly sliced red bell pepper
1 teaspoon Gourmet Garden prepared ginger	1/3 cup sliced scallions
1/4 teaspoon ground white pepper	1 (8-ounce) can bamboo shoots, drained and thinly sliced

ALL YOU DO:

1. Whisk vinegar, soy sauce, oil, ginger, white pepper and crushed red pepper in a large bowl. Add cabbage, bell pepper, scallions and bamboo shoots; toss to coat.

PER SERVING: 64 calories; 4 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 7 g carbohydrate; 2 g protein; 3 g fiber; 112 mg sodium; 189 mg potassium. NUTRITION BONUS: Vitamin C (80% daily value), Vitamin A (20% dv). Carbohydrate Servings: 1/2 | Exchanges: 1 vegetable, 1 fat

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