



## NATIONAL FROZEN FOODS MONTH

March marks National Frozen Foods Month, a good time to explore new ways to use the healthy, convenient foods found in the freezer aisle at the grocery store.

### Get Started: Be Freezer-Meal Savvy

- Plan ahead. Mix a variety of flavors, textures, colors and food groups to keep meals interesting and provide a wide range of nutrients.
- Keep MyPlate in mind when stocking your freezer. Fruits, vegetables and proteins are all easy to store frozen.
- Don't get stuck in a rut. Pair quick and easy items like your favorite frozen vegetable blend with less common proteins like meat substitutes or legumes.
- When selecting frozen vegetables and fruits, avoid unnecessary added fat, sodium and sugar by checking the package's ingredient list for anything that has been added to your produce.
- Check the sodium content of frozen protein products; sodium solutions are often used to preserve frozen proteins. Pair higher-sodium frozen proteins with no-salt-added vegetables and grains to balance the meal.
- Compare the NuVal scores on frozen entrées. Find a meal that looks appetizing to you, then find a similar meal with a higher NuVal score and trade up for better health.

### WHAT WOULD YOU FIND IN A DIETITIAN'S FREEZER?

#### Fruits and Vegetables:

Green Giant Just For One Broccoli and Carrots in Italian Seasoning

Hy-Vee Sugar Snap Pea Stir Fry, Frozen Spinach

Cascadian Farms Frozen Edamame

Hy-Vee Frozen Blueberries and Strawberries

#### Protein:

Ocean Eclipse 4-oz. Salmon

Hy-Vee Natural Shrimp

Morning Star Farms Meal Starters Grillers Recipe Crumbles

Jennie-O All-Natural Turkey Burgers

#### Grains & Starchy Vegetables:

Birds Eye Steam Fresh Brown and Wild Rice with Broccoli and Carrots

Alexia Spicy Sweet Potato Fries

Ore Ida Steam and Mash Potatoes

#### Entrées :

Kettle Cuisine Angus Beef Chili with Beans

Amy's Black Bean and Vegetable Enchiladas

Kashi Pesto Pasta Primavera (one of the top NuVal -scoring frozen entrées)

#### Novelties:

Blue Bunny Sweet Freedom Fudge Lites

Skinny Cow Mint Chocolate Ice Cream Sandwiches

Hy-Vee Vanilla Ice Cream Cups

Weight Watchers Giant Latte Ice Cream Bar

# WHAT'S NEW & EXCITING



## YUMNUTS

Flavor-roasted almonds and cashews. Oven-baked natural seasonings onto nuts with no added oils. Flavors include: cinnamon almonds, dark chocolate almonds, chocolate cashews and toasted coconut cashews.



## KASHI STEAM MEALS

All-natural frozen entrees that use steam to cook meals. Microwave meal right in bag. Includes pasta, vegetables and chicken. Flavors include: chicken fettuccine, sesame chicken, roasted garlic chicken farfalle and spinach artichoke pasta.



## KIND HEALTHY GRAINS

Kind Healthy Grains delivers a variety of delicious and healthful whole grains and superfoods.

## Dietitian Pick of the Month SMART CHICKEN WHOLE BIRD

### Did you know?

Smart Chicken is air-chilled, which means each bird is cooled individually and no water is added during processing. The air-chilled method retains natural juices, resulting in remarkably tender chicken.

### Smart Chicken Whole Birds:

Chickens raised without antibiotics or growth stimulants, free to roam and never caged.

Air-chilled method allows for natural flavor to be preserved and added spices or brines absorbed well when cooking.

4 ounces provide 23 grams of protein and only 60 mg of sodium.

## Dietitian Recipe of Month FLORENTINE RAVIOLI

Serves 4 (about 1-1/2 cups each) Total Time: 20 minutes

### ALL YOU NEED

1 (20 ounce) package Grand Selections frozen cheese ravioli or tortellini (4 cups)

6 teaspoons Grand Selections extra-virgin olive oil, divided

4 cloves garlic, minced

1/4 teaspoon salt

1/8 to 1/4 teaspoon crushed red pepper

1 (16 ounce) bag Hy-Vee frozen chopped or whole-leaf spinach

1/2 cup water

1/4 cup freshly grated Parmesan cheese

### All you do

1. Bring a large pot of water to a boil; cook ravioli (or tortellini) according to package directions.

2. Meanwhile, heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add salt, crushed red pepper to taste, spinach and water. Cook, stirring frequently, until the spinach has thawed, wilted and heated through, 5 to 7 minutes. Divide among 4 bowls, top with the pasta and drizzle 1 teaspoon of the remaining oil over each portion. Serve immediately with a sprinkle of Parmesan.

Nutrition facts per serving: 277 calories; 13g fat (4g sat, 7g mono); 25mg cholesterol; 28g carbohydrate; 0g added sugars; 14g protein; 6g fiber; 654mg sodium; 706mg potassium. Nutrition Bonus: Vitamin A (270% daily value), Vitamin C (50% dv), Folate (44% dv), Calcium (35% dv), Potassium (20% dv). Carbohydrate Servings: 2 Source: adapted from Eating Well, Inc.