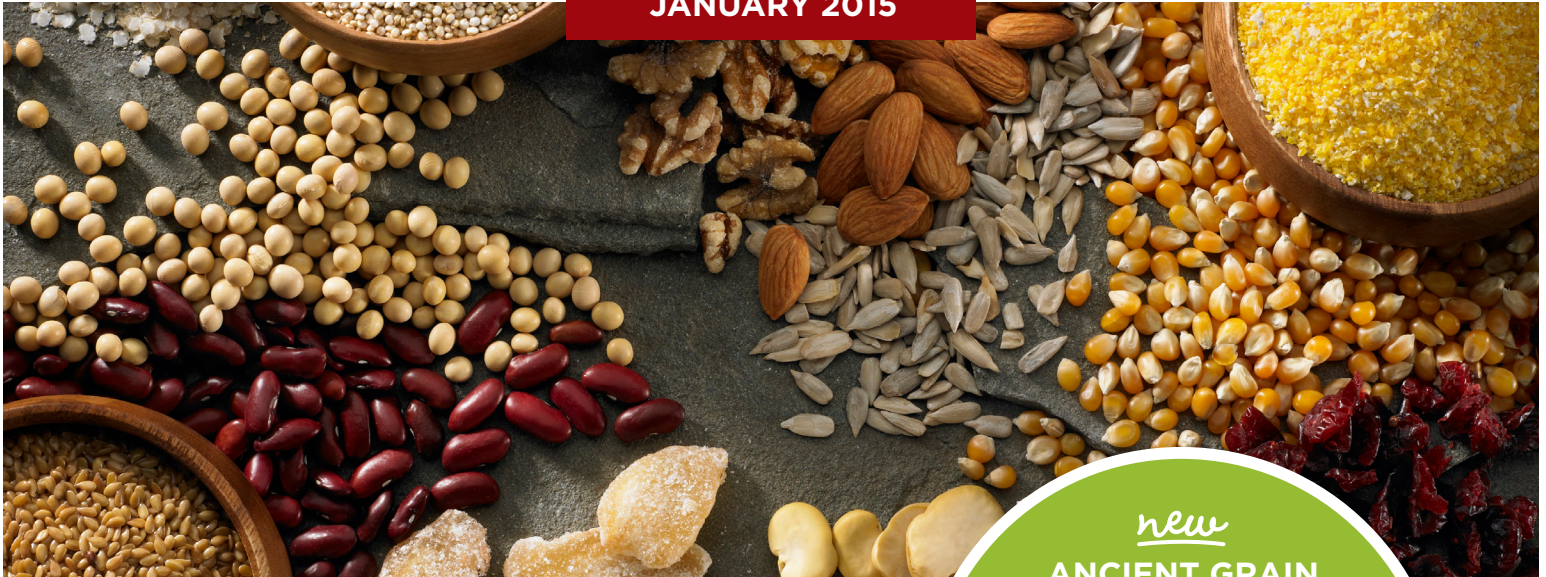


JANUARY 2015



new
**ANCIENT GRAIN
 PRODUCTS**

Hy-Vee Farro
 Hy-Vee Israeli Couscous
 Hy-Vee Lentil Blend
 Hy-Vee Sprouted Brown or Red Rice
 Hy-Vee Tricolor Quinoa
 Hy-Vee Wild Rice

Ancient Grains 101

Ancient grains are derived from seeds that originate from some of the earliest wild grasses like wheat, barley and rye. Ancient grains are a delicious source of whole grains and beneficial nutrients, having a heartier texture and unique flavor.

LEARN TO LOVE...

AMARANTH

- Prized grain of Aztec civilization
- Integrity of outer layer causes the grain to “pop” when chewed
- Nutty, malty, peppery flavor
- Sprinkle on salads or serve with fruit, nuts and milk for breakfast

FREEKEH

- Traced back to the Mediterranean region
- High in protein and fiber; lower carbohydrate content
- Smokey, nutty flavor
- Use in stuffing, pilaf, hot breakfast cereal or salad

KAMUT

- First grown in Asia or Egypt
- 20-40% more protein than modern wheat; high in B-vitamins
- Sweet, nutty, buttery flavor
- Serve as a breakfast cereal or in place of long grain brown rice

TEFF

- World's smallest grain
- Always a whole grain since it doesn't undergo milling
- Sweet, malty, molasses-like flavor
- Use teff flour or the uncooked grain in pancakes, waffles or muffins

QUINOA (*pronounced “keen-wah”*)

- Grown in the Andes mountains of Bolivia, Chile and Peru
- Comes in a variety of colors such as red, tan or purple
- Earthy, nutty flavor
- Serve as a side dish or add to soups as a thickener

**FIND MORE RECIPES
 WITH ANCIENT GRAINS
 AT HY-VEE.COM**



WHAT'S NEW



CHEERIOS + ANCIENT GRAINS

- Only 100 calories and 5 grams of sugar per serving.
- Also provides 17 grams of whole grains.
- Grains include oats, quinoa, kamut and spelt for a delicious crunch.

HY-VEE OMEGA CANOLA & EXTRA VIRGIN OLIVE OIL BLEND

- Combination of two heart-healthy oils.
- Provides 1130 mg ALA omega-3 fats per serving.

PROPEL WATER WITH ELECTROLYTES

- New unflavored water with electrolytes, without added carbs.
- Great fluid option after workouts for hydration, along with quenching thirst.

DIETITIAN PICK OF THE MONTH

Farro

FIVE REASONS TO CHOOSE FARRO

- 1 A whole grain and excellent source of cholesterol-lowering fiber.
- 2 A good source of protein, important for building muscle and feeling full longer.
- 3 An earthy, nutty flavor with a firm, chewy texture.
- 4 Useful in soups, stews, salads and casseroles or risotto-like dishes.
- 5 Easy to digest so the body readily absorbs nutrients.



DIETITIAN RECIPE OF THE MONTH

Farro with Pistachios & Herbs

- 👤 10 servings (2/3 cups)
- 🕒 35 mins

ALL YOU NEED

- 2 cups Hy-Vee farro
- 4 cups water
- 1 teaspoon kosher salt, divided
- 2 tablespoons plus 1/2 teaspoon Hy-Vee Select extra-virgin olive oil, divided
- 1 large yellow onion, chopped
- 2 cloves garlic, minced



- 4 ounces salted, shelled pistachios (about 1 cup), toasted and chopped
- 1/2 teaspoon freshly ground Hy-Vee pepper, divided
- 1/2 cup chopped fresh parsley

STICK TO YOUR NEW YEAR'S RESOLUTIONS IN 2015!



- Be realistic and take small steps. Create realistic resolutions that you are confident you can achieve and gradually work toward accomplishing them.
- Make one change at a time. Making too many behavior changes at once can result in becoming overwhelmed and frustrated. Instead, make a few, small changes and periodically assess your progress.
- Seek out social support. Allowing friends and family to make suggestions, share ideas, ask about your progress and actively join in your quest for better health will increase the likelihood of achieving your resolutions.
- Don't give up! Bumps in the road are bound to come up. Instead of beating yourself up over eating a piece of cake or not going to the gym for a week, stay motivated and get right back on track.

Source: American Psychological Association

ALL YOU DO

1. Combine farro, water and 3/4 teaspoon salt in a large, heavy saucepan and bring to a boil. Stir and reduce the heat to a simmer; cook, uncovered, until the farro is tender, about 15 to 20 minutes.
2. Meanwhile, heat 2 tablespoons oil in a medium skillet over medium heat. Add onion and garlic and cook, stirring, until translucent, about 4 to 6 minutes. Remove from heat.
3. Combine pistachios, the remaining 1/2 teaspoon oil and 1/4 teaspoon pepper in a large bowl; toss to combine.
4. Drain the farro and add to the bowl along with the onion mixture and parsley. Season with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Toss to combine.

Nutrition facts per serving: 220 calories; 9 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 31 g carbohydrate; 8 g protein; 5 g fiber; 163 mg sodium; 160 mg potassium

Source: Adapted from Eating Well, Inc.