



SIDES OF GRATITUDE

Thanksgiving is a special time for embracing everything we are thankful for and sharing our gratitude with family and friends. Here are some foods to be thankful for this Thanksgiving:

Sweet Potatoes

One medium-sized sweet potato contains more than three times one's daily need for Vitamin A. Sweet potatoes are also a good source of fiber, having more fiber than a bowl of oatmeal. Believe it or not, a sweet potato contains only 20g of carbohydrate and a little over 100 calories.

Cranberries

This tart fruit contains proanthocyanidins (PACs), that may help prevent the adhering of bacteria associated with urinary tract infections, gum disease and stomach ulcers.

Walnuts

In addition to antioxidants and essential ALA omega-3 fatty acids, an ounce of walnuts provides 4 grams of protein and 2 grams of fiber. Eating walnuts may also assist in decreasing inflammation and oxidative stress.

Turkey

Be thankful for the nutritional value of turkey. It is a lean source of protein, niacin, vitamin B6, phosphorous and zinc. If you have the honor of making turkey this Thanksgiving, go to hy-vee.com for a Turkey 101 cooking guide, including directions for cooking a frozen turkey.

<https://www.hy-vee.com/helpful-ideas/turkey-101.aspx>

GRATITUDE CRESCENT ROLLS...

A special side dish and fun activity for your holiday meal for showing others how grateful you are.

ALL YOU NEED

- Ball-tip pen
- Parchment paper
- Refrigerated Hy-Vee crescent roll dough (one for each of your guests plus some additional)

ALL YOU DO

1. Have each guest write one thing he/she is thankful for on a 4-inch-by-1-inch strip of parchment paper.
2. Prior to rolling up crescent rolls, lay paper inside the dough and roll up. Bake as package directs.
3. Enjoy serving these gratitude rolls at the table. While everyone eats them, they can read what another person wrote. You can even guess who wrote it.

WHAT'S NEW & EXCITING



FIT POPCORN

Enjoy the taste and crunch from all-natural popcorn. Best part - only 40 calories per cup! Gluten-free, no trans fats, no preservatives, non-GMO popcorn. Flavors include sea salt, extra virgin olive oil, onion Dijon and Parmesan & herb.



GOODBELLY PROBIOTIC JUICE DRINK

GoodBelly is a delicious probiotic beverage made with a blend of fruit juices and probiotics. Probiotics are important to help support digestive health. Dairy-free, soy-free, vegan and kosher. Flavors include Blueberry Acai, Mango, Pomegranate Blackberry and others.



WALDEN FARMS CALORIE-FREE JELLIED CRANBERRY SAUCE

Just in time for the holidays, a new calorie-free jellied cranberry sauce from Walden Farms. Made from natural cranberry fruit extract, this sauce has a fresh cranberry taste. Serve sliced as a jellied cranberry sauce or enjoy with toast, pancakes, muffins, bagels, oatmeal or sandwiches.

Dietitian Pick of the Month

HY-VEE BAKERY FRESH 100% WHOLE-GRAIN COCKTAIL BUNS



Did you know?

Hy-Vee Bakery Fresh 100% whole-grain cocktail buns each have 3 grams of fiber and are made with whole-wheat flour?

Whole Grains:

- The fiber and complex carbohydrates in whole grains help provide a slower release of energy and helps control appetite.
- Whole grains provide insoluble fiber, important for digestive health and regularity.
- Other healthy nutrients found in whole grains include B vitamins, vitamin E, magnesium and disease-fighting phytochemicals.
- Medical evidence has found whole grains may reduce the risk of heart disease, stroke, certain cancers, diabetes and obesity.

Dietitian Recipe of Month

SMOKED TURKEY WHOLE-GRAIN SLIDER

Serves: 4

Use leftover turkey and whole-grain buns for a lighter post-Thanksgiving meal.

ALL YOU NEED

- 4 Hy-Vee Bakery Fresh 100% whole-grain cocktail buns
- ¼ cup apple butter, divided
- ¼ pound Di Lusso deli sliced smoked turkey or leftover turkey, divided
- 2 (1 oz each) slices Havarti cheese, halved and divided
- 1 medium apple, such as Granny Smith or Braeburn, cored and thinly sliced
- 4 fresh lettuce leaves

ALL YOU DO

1. Place buns on cutting board and split open. Spread apple butter evenly on top side of each bun.
2. On the bottom bun half without apple butter, place 1 oz. turkey, a half slice of Havarti cheese, one-fourth the apple slices and a lettuce leaf. Repeat for other 3 bun halves.
3. Top each prepared bun bottom with the top half, apple-butter-side down.

Nutrition information per serving:

Nutrition per serving: 230 calories, 8 g fat, 3.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 600 mg sodium, 31 g carbohydrate, 4 g fiber, 15 g sugar, 12 g protein. Daily Values: 40% Vitamin A, 6% Vitamin C, 15% calcium, 15% iron.

Source: Adapted from Hy-Vee Dietitian Recipe of Month - Tri-Foods International