



FALL SUPER FOODS

DEFINITION

Super foods are defined as foods that not only provide essential nutrients, but also deliver an added benefit that protects our health. Whether it's a carotenoid, polyphenol or anthocyanin these foods contain that is guarding us, research shows many of these foods have one thing in common. They contain tannins which give them their unique colors. Each color is known to provide one or more beneficial phytonutrients that prevents disease.

MAKING IT SIMPLE

Repeated studies for years have proven that people who eat at least five servings of fruits and vegetables per day, of various colors, are healthier longer. This situation is similar to adding fertilizer to your lawn. The lawn grows greener, stronger and more resistant to disease. Fall in the Midwest brings us a harvest of wonderful super foods. Take advantage of this bounty while protecting from disease. Eating more than five servings of fruits and vegetables of different colors every day will indeed protect you from disease.

FALL SUPER FOODS WITH COLOR

Yellow/Orange

Carrot
Pumpkin
Squash
Sweet potato

Red

Apples
Cranberries
Tomato

Purple

Beets
Plums
Grapes

Green

Broccoli
Cabbage
Chard
Kale



WHAT'S NEW & EXCITING



UDI'S MILLET-CHIA BREAD

New Udi's ancient grain breads, baked with hearty ancient grains for a delicious earthy flavor. Certified gluten-free. Contains 6 grams fiber and 375 mg omega-3 fats.



WILD RICEWORKS

GOURMET WILDRICE CRISPS

New gourmet all-natural crisp, rich flavor from whole grain brown and wild rice. Wheat- and gluten-free. Good source of fiber – 3 grams fiber per serving.



LENTIL CRACKERS

Delicious gluten-free snacking. All natural, oven-baked lentil cracker. Gluten-free ingredients. Good source of protein. Flavors include: Cracked Pepper, Sea Salt, Rosemary Herb

Dietitian Recipe of the Month:

ROASTED ACORN SQUASH WITH CIDER DRIZZLE

Serves 4 | Active time: 15 minutes | Total: 45 minutes

ALL YOU NEED

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| 1 medium acorn squash (about 1 3/4 pounds) | 2 cups Hy-Vee apple cider |
| 1 teaspoon Grand Selections extra-virgin olive oil | 1 tablespoon packed Hy-Vee brown sugar |
| 1/4 teaspoon salt | 1 3-inch cinnamon stick |
| 1/4 teaspoon freshly ground pepper | 3 to 5 whole cloves |
| | 2 teaspoons butter |

ALL YOU DO

1. Preheat oven to 400°F. Coat a baking sheet with cooking spray.
2. Cut squash in half lengthwise and scoop out seeds. Cut each half in half again lengthwise. Brush the cut sides of the squash with oil and season with salt and pepper. Place the squash, cut-side-down, on the prepared baking sheet. Roast for 20 minutes, turn the squash over so the opposite cut side is down, and continue roasting until tender, 15 to 20 minutes more.
3. Meanwhile, combine cider, brown sugar, cinnamon stick and cloves to taste in a small saucepan; bring to a boil over medium-high heat. Cook, stirring occasionally, until reduced to a thin, syrupy glaze, 20 to 25 minutes. (Watch carefully toward the end to prevent burning.) Remove from the heat and discard the cinnamon stick and cloves. Stir in butter until melted. Serve the roasted squash with the cider drizzle.

Source: adapted from Eating Well, Inc.

Nutrition facts per serving: 195 calories; 3g fat (1g sat, 1g mono); 5mg cholesterol; 43g carbohydrate; 3g added sugars; 2g protein; 7g fiber; 153mg sodium; 744mg potassium.

Nutrition bonus: Vitamin C (34% daily value), Potassium (22% dv), Magnesium (19% dv), Vitamin A (16% dv).

Dietitian Pick of Month...

PUMPKIN

Did you know that pumpkin is an ingredient used for more than pumpkin pie?

Pumpkin

- Is a fruit high in Vitamin A, Vitamin C and potassium which may help delay the onset of hardened arteries
- Is a good source of fiber that can help curb your appetite
- Has seeds that are a healthy source of zinc which can promote prostate health

Easy to use

- Substitute canned pumpkin for the oil and eggs in baking mixes
- Roast pumpkin seeds with olive oil and use for snack mixes and on salads
- Blend roasted and pureed pumpkin into Greek yogurt, cottage cheese or oatmeal
- Use it to make perfect smoothies or protein shakes