

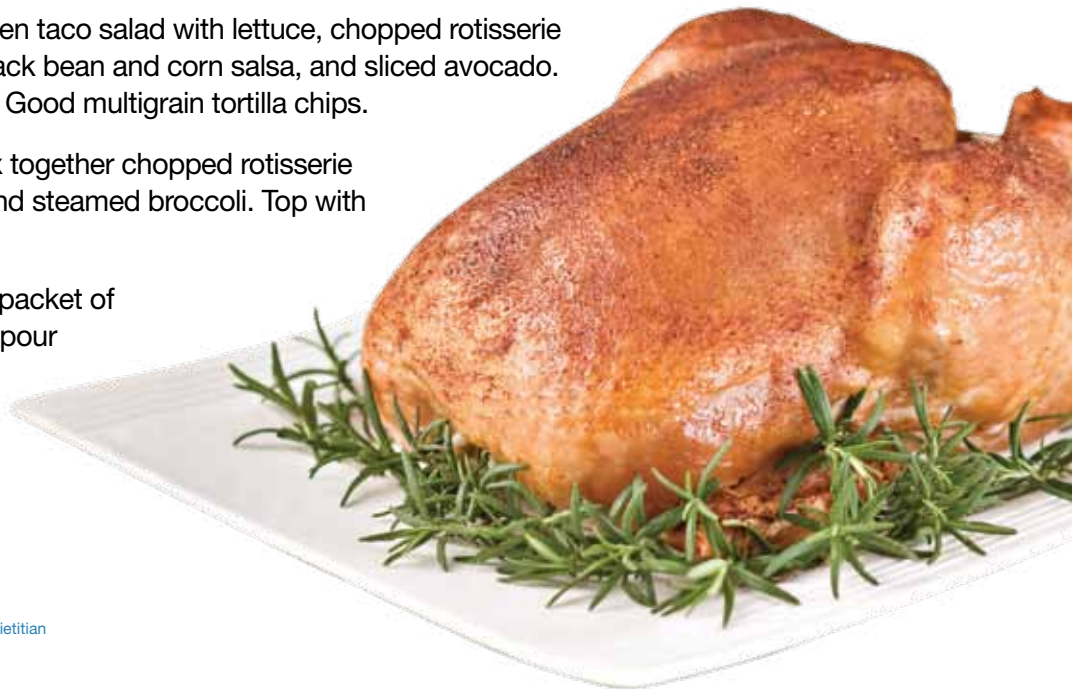


## EAT DINNER TOGETHER

September 24th is recognized as National Family Day to recognize the importance of eating together as a family. Benefits to children are seen when family meals happen between five and seven times per week. Those benefits include improved academic performance and self-esteem, lower rates of obesity and eating disorders and lower incidences of substance abuse and teen pregnancy. An easy way to gather everyone to the table is to use rotisserie chicken.

Fully cooked rotisserie chicken is the perfect solution to your mealtime dilemma. Here are five quick and easy meal ideas using rotisserie chicken:

1. Asian chicken salad. Make a cheaper, healthier version of this restaurant salad with a bag of Hy-Vee coleslaw mix, fresh cilantro, red bell pepper, mandarin oranges, slivered almonds and shredded rotisserie chicken. Top with Kraft Light Asian Toasted Sesame dressing.
2. Pasta primavera. Heat up a healthy sauce of spinach, broccoli, carrots, red bell peppers, Hy-Vee light Alfredo sauce and chopped rotisserie chicken. Serve over whole grain pasta.
3. Mix up Mexican. Build a chicken taco salad with lettuce, chopped rotisserie chicken, shredded cheese, black bean and corn salsa, and sliced avocado. Serve with Food Should Taste Good multigrain tortilla chips.
4. Uncomplicated casserole. Mix together chopped rotisserie chicken, cooked brown rice and steamed broccoli. Top with shredded cheese.
5. Quick comfort food. Mix up a packet of reduced-sodium gravy mix to pour over rotisserie chicken and mashed potatoes. Serve with a side of your favorite steamed veggies.



# WHAT'S NEW & EXCITING



## DOLE NUTRITION PLUS MILLED CHIA SEED - READY-TO-USE INDIVIDUAL PACKETS

Ready-to-use individual packets of milled chia seed make it convenient to use with meals and snacks, or use on-the-go. Ounce for ounce, chia seeds provide two times more omega-3 fats than walnuts, three times more fiber than oatmeal and 39% more fiber than flax. Add to smoothies, cereal, oatmeal, yogurt or salads.

## ANNIE'S FAMILY SIZE RISING CRUST PIZZA

Family-size frozen rising crust pizza from Annie's is made with organic flour and tomatoes and made with whole grains. Available in 4-Cheese, Pepperoni and BBQ Chicken.

## FULL CIRCLE NOODLE BOWLS

All-natural, fresh cooked noodles with a seasoned sauce. Ready to eat in 90 seconds. Teriyaki and Thai Peanut flavors. Convenient side for an easy family meal.

## Dietitian Pick of the Month HY-VEE STEEL-CUT OATS

Did you know?

Did you know the soluble fiber in oats has been shown to help reduce LDL (bad) cholesterol when eaten as part of a heart-healthy diet?

- Three grams of soluble fiber from oatmeal daily, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Steel-cut oats have 2 grams soluble fiber per serving.
- The soluble fiber acts like a sponge, binding cholesterol in digestive track and removing it from the body.
- The inner portion of the oat kernel, cut into two or three pieces, rather than rolled.
- Take longer to cook than rolled oatmeal – usually 15 to 30 minutes.
- Have a nuttier flavor and chewier texture

### Easy to Use

- Boost the heart-health benefits by stirring ground flax seed or chia seed into oatmeal and adding the following toppings:
  - Chopped walnuts, diced apples, agave nectar and cinnamon
  - Almonds, dried cranberries or cherries, unsweetened almond milk
  - Sliced bananas, chopped walnuts, honey
  - Fresh or frozen mixed berries, vanilla Greek yogurt
- Boost protein power by stirring vanilla whey protein into oatmeal

## Dietitian Recipe of the Month OVERNIGHT OATMEAL

Serves 16 (1/2 cup each)

### All you need

Hy-Vee non-stick cooking spray

2 cups uncooked Hy-Vee steel-cut oats

8 cups water or Hy-Vee skim milk

1/2 tsp Hy-Vee salt, optional

**Heart-health enhancing toppings:** almonds, apples, apricots, berries, chia seed, cinnamon, flax seed, pistachios, pumpkin seeds, raisins, walnuts (optional)

### All you do

6. Coat 6-quart slow cooker with non-stick cooking spray.
7. Stir together oats, water and salt, if desired, in slow cooker. Cover and cook on LOW for 8 hours or overnight or until nearly all water or milk is absorbed.
8. Stir well before serving. Serve with assorted toppings, if desired. Refrigerate leftovers.

Nutrition per serving (with milk): 80 calories, .5g fat, 0 saturated fat, 0 cholesterol, 50 mg sodium, 13 g carbohydrate, 1 g fiber, 6 g sugar, 5 g protein.