



LOVE THOSE LENTILS

Take a new look in the new year at lentils; lentils offer unique nutrition benefits for those trying to shed holiday pounds.

Fiber: Lentils are a good source of filling fiber, with 10 grams in only ½ cup cooked. Since most Americans only get 12-15 grams of fiber per day, adding ½ cup of lentils to soup, salad or other recipes will bring most of us up to the minimum recommended daily amount of fiber.

Weight and blood sugar management: Their low glycemic index also aids in weight and blood sugar management. They break down slowly, providing a gradual release of energy to the body. Low-glycemic-index foods tend to sustain us throughout the day, helping to curb cravings that can lead to mindless munching.

Folate: Lentils provide a surprising nutrition bonus - folate, a B vitamin necessary for the production of new cells. One-half cup of cooked lentils provides a whopping 45% of the recommended daily value of folate.

HOW TO COOK LENTILS

Lentils are a snap to cook. Unlike dried beans, lentils do not need to soak. Rinse and check for debris, then boil until tender, about 20 to 30 minutes. Drain and rinse under cold water.

USE MYPLATE™ FOR A HEALTHIER YOU

Is one of your resolutions for the new year to eat healthier? Use your plate as a guide to help you eat the right foods and right amount of foods for better health. Visualize the plate or bowl and first fill it half full of a fruit and/or vegetable. Use the idea every time you eat whether it's breakfast, eating out, a snack or dessert.



Why does MyPlate™ work? Most fruits and veggies are low in calories and high in fiber, making it a smart strategy for weight loss/maintenance.

EXAMPLES OF MYPLATE™:

Family Dinner:

Whole wheat spaghetti noodles topped with meat sauce, side of leafy green salad with cherry tomatoes, glass of skim milk, broiled pineapple for dessert.

Brown Bag Lunch:

Sandwich - whole wheat bread, turkey, low-fat cheese and fresh vegetables, side of baby carrots, 2 clementines.

Quick Breakfast:

Parfait - nonfat yogurt layered with berries, granola and sliced almonds, banana on the side.

WHAT'S NEW & EXCITING



SKINNY POP POPCORN

A snack that is a great source of fiber. Low-calorie, trans fat-free, dairy-, peanut-, tree nut- and gluten-free.



MEDITERRANEAN SNACKS

LENTIL CHIPS

All-natural, healthy snacking with chips made from lentils. Gluten-free and no trans fat. Each serving provides 110 calories, and a good source of fiber – 3 grams and 4 grams protein.



BLUE DIAMOND BREEZE

ALMOND COCONUT BLEND

More than just a great taste! A blend of almond milk and coconut milk, made from real almonds and coconuts. Lactose-, soy- and gluten-free. Vegan and kosher. Available in original and unsweetened.

Dietitian Pick of Month

LENTILS

Did you know lentils are a superfood useful for weight management?

- Have a NuVal score of 94
- Have high levels of B vitamins which increase your energy
- Stabilize food cravings and balance blood sugars
- Are high in protein (7 grams per serving) and iron to help maintain healthy muscles
- Have high levels of folate and magnesium that protect your heart from disease

Easy to Use

- Use lentils instead of beans for a high-fiber and high-protein chili
- Prepare in large batches and add to soups, stews and salads during the week
- Use in place of ground beef for taco meat or sloppy joes
- Fix a simple salad by squeezing fresh lemon juice over cooked and chilled lentils and stirring in cut fresh veggies; garnish with feta cheese.
- Mash lentils into your beans and top with shredded cheese to make bean-and-lentil burritos.

Dietitian Recipe of Month

BULGUR AND LENTILS

Serves 4 (about 1 cup each). Active Time: 30 minutes. Total Time: 30 minutes

ALL YOU NEED

- 2 tablespoons Grand Selections extra-virgin olive oil
- 3 cups thinly sliced onions
- 1/2 teaspoon salt
- 2 tablespoons plus 1 1/4 cups water, divided
- 1 1/2 cups cooked or rinsed canned lentils*
- 2/3 cup bulgur
- 1/4 cup minced fresh mint, divided
- 1/4 cup Hy-Vee nonfat plain yogurt
- 1 lemon, cut into wedges

Nutrition facts per serving: 278 calories; 8g fat (1g sat, 6g mono); 0mg cholesterol; 44g carbohydrate; 0g added sugars; 12g protein; 12g fiber; 316mg sodium; 580mg potassium. Nutrition bonus: Folate (41% daily value), Vitamin C (23% dv), Iron (22% dv), Magnesium (20% dv), Potassium (17% dv). Carbohydrate Servings: 2
Source: recipe adapted from Eating Well, Inc.

ALL YOU DO

Heat oil in a large skillet over high heat. Add onions and salt; cook, stirring frequently, until the onions begin to brown, about 5 minutes. Reduce heat to low, add 2 tablespoons water and cook, stirring frequently, until the onions are golden brown and very soft, 13 to 15 minutes.

Stir in lentils, bulgur and the remaining 1 1/4 cups water. Bring to a boil over high heat. Reduce heat and simmer, stirring occasionally, until the water is absorbed, 7 to 8 minutes. Stir in 2 tablespoons mint. Serve with the remaining mint, yogurt and lemon.

*To cook lentils: Simmer in water to cover until just tender, 15 to 30 minutes, depending on the type of lentil. Drain and rinse with cold water. 1 cup dry lentils = about 2-1/2 cups cooked. To make ahead: Refrigerate airtight for up to 3 days or freeze for up to 1 month.