



May

Fresh Asparagus in Season!

Asparagus is often thought of as a spring vegetable, with the peak season for fresh asparagus lasting from February through June. Though green is the most common color, asparagus is available in different colors and over 100 varieties. We carry the green, white and purple varieties when they are in season. The variety with beautiful apple-green stalks and purple-tinged tips is the most popular variety in the United States.

White asparagus comes from the same plant as green asparagus, but is grown under mounds of soil, starving it from light and preventing the plant from producing the green pigment chlorophyll. The stalks tend to be thicker and smoother than the green variety, and have a milder flavor.

Originating in Italy, the purple varieties vary greatly in flavor, some having almost a fruity flavor. In general they tend to be sweeter and more tender than the green varieties.

When shopping for fresh asparagus, look for firm, odorless stalks with dry, tight tips. A stalk should snap when bent. Wider spears are from older plants, and slender spears from younger ones. Because it is grown in sandy soil, asparagus should be washed thoroughly to remove any dirt or grit. It is best when eaten the day it is purchased but it can be refrigerated for up to four

days by wrapping the ends of the stalks in a wet paper towel and placing in a plastic bag.

Asparagus only has 4 calories per medium spear! They are a great source of fiber and wonderful antioxidants, and are also high in minerals (calcium, magnesium, potassium and iron).

Moms-to-be can benefit from a daily serving of asparagus as it is high in **folic acid**, providing 65% of your daily needs in a one-cup serving! (Folic acid is associated with a decreased risk of neural tube birth defects.)

Visit [A Better Bag of Groceries](#) for a Primer on Steaming Asparagus!

Grilling with Fresh Herbs

Tuesday, May 10, 5 p.m. – 6 p.m.

Downtown Hy-Vee

Cost: **FREE**

Join us for an evening of fun as we learn all about **fresh herbs and grilling**. Some of the items we will be grilling include: pizza, fish, veggies and even **DESSERT!**

This class will be held outside under our tent and will be packed full of delicious food, fun and useful information.

Grill Master Mark Delozier will be our grill-master for this event. During this class you will get to learn **basic grilling techniques, as well as how to use fresh herbs to accent any dish.**

Like all classes, you will be able to sample the food prepared. Mmmm...

RSVP is requested by calling (507-625-1107), stopping by customer service, or e-mailing AGraff@hy-vee.com! See you there!

10 Ways to Enjoy Asparagus:

1. **Shave 'em...**into ribbons using a vegetable peeler. Toss with lemon juice, extra-virgin olive oil, sea salt and freshly ground pepper. Shave Gouda or Swiss cheese on top!
2. **Grill or roast it!** Toss with a little canola oil, black pepper and a sprinkle of sea salt. Place on the grill or roast (at 450 degrees F) on a baking sheet for 10 to 15 minutes, turning often for even browning. Flavor with chopped parsley, freshly grated lemon zest and/or grated Parmesan or Romano cheese.
3. **Sauté it...**in olive oil and minced garlic, sprinkling on slivered almonds or pine nuts.
4. **Wrap it up!** Used smoked turkey or prosciutto to wrap around a few spears. Sprinkle with grated lemon or orange zest and/or the freshly squeezed juice, along with a drizzle of olive oil. Grill or broil 10 minutes, turning halfway through cooking time. (See recipe in the Recipe section).
5. **Toss it in!** Add 1-inch pieces of asparagus to a pot of quinoa or brown rice (about 5 to 7 minutes before it's done cooking).
6. **Stir-fry it...**with shrimp, ginger and red and yellow pepper strips.
7. **Green eggs!** Asparagus adds great flavor to any omelet or egg bake along with diced tomatoes and a sprinkle of Gouda (smoother) or Gruyere (sharper) cheese.
8. **Top a salad with it!** Grill or broil asparagus and add to a salad of mixed greens, roasted peppers and nuts.
9. **Pizza-fy it!** Add asparagus, diced tomatoes, roasted peppers, feta cheese and grilled chicken to the top of your pizza for a real veggie kick!
10. **Try one of the recipes** from this month's Recipe section!

Recipes

Turkey Quinoa Meatballs (Makes 12 meatballs; serves 4.)

(<http://formerfatdudes.com>)

These meatballs taste fabulous over spaghetti squash. If you haven't tried spaghetti squash yet, this recipe will give you the opportunity to do so. It is a mild squash so if you aren't a fan of the stronger-flavored squash, this is an excellent option for you. Using spaghetti squash instead of pasta reduces the calories per cup by over 150 and adds many wonderful vitamins & antioxidants.

All you need:

- 1 lb Honeysuckle Italian-flavored ground turkey, chilled*
- 3/4 cup cooked quinoa
- 1/4 cup finely chopped onions
- 1/4 cup grated carrots
- 1/4 cup grated zucchini
- 2 tbsp no-salt tomato sauce
- 1 tbsp minced garlic
- 1 tbsp Worcestershire sauce
- 1/4 tsp fresh ground black pepper
- 1 Omega-3 egg, beaten

Cooking Spaghetti Squash

- Wash and poke with a fork several times.
- Microwave (whole) for 10-15 minutes (or until soft).
- Cut in half lengthwise.
- Scoop out seeds.
- Rake a fork through squash to loosen the strands.

All you do:

1. Preheat oven to 500 degrees F. Lightly spray a broiler pan.
2. In a large bowl, mix all the ingredients together with your hands.
3. Shape mixture in 12 meatballs and transfer to broiler pan.
4. Roast until cooked through and golden brown, about 20 minutes. Turn over once about 15 minutes into roasting.
5. Serving is 3 meatballs.

***Tip:** If meat mixture is cold, it will be easier to form meatballs. If you are having difficulty, chill for 10-20 minutes.

Nutrition Facts per serving: 135 calories, 5g fat (2.5 saturated, 0g trans), 0mg cholesterol, 225 mg sodium, 10g carbohydrates, 6g fiber, 1g sugar, 20g protein.

Asparagus Frittata (Serves 8)

[\(Seasons magazine\)](#)

All you need:

8 ounces sliced mushrooms	8 large Omega-3 eggs, slightly beaten
1/2 cup chopped yellow onion	1 cup shredded white cheddar cheese
1 lb fresh asparagus, trimmed and cut into 1-inch pieces	1/2 cup fat-free half-and-half
1 medium tomato, seeded and diced	2 tbsp chopped fresh cilantro
1/2 lb ground turkey, cooked and drained	1/4 tsp freshly ground black pepper

All you do:

1. Preheat broiler.
2. Lightly sauté mushrooms and onions until mushrooms are lightly browned and onions are transparent. Add asparagus; sauté until crisp-tender (2-3 minutes). Set aside.
3. Spread mushroom/ onion/asparagus mixture, tomatoes and ground turkey evenly in a large broiler-proof skillet (12-inch or larger).
4. Combine eggs, cheese, half-and-half, cilantro and pepper in a bowl. Pour over vegetables in skillet. Cook on stove over medium heat. As mixture sets, run a spatula around edge of skillet, lifting egg mixture so the uncooked portion flows underneath. Continue cooking and lifting the edges until the egg mixture is almost set.
5. Place the skillet under the broiler. Broil 1 to 2 minutes or until top is just set and begins to turn golden.
6. Cut into squares to serve.

Nutrition Facts per serving: 200 calories, 11g fat (4.5 saturated, 0g trans), 215mg cholesterol, 200 mg sodium, 8g carbohydrates, 2g fiber, 3g sugar, 18g protein.

Prosciutto-Wrapped Roasted Asparagus (Serves 10)

[\(Seasons magazine\)](#)

All you need:

1/4 cup balsamic vinegar	1/8 tsp freshly ground pepper
1 tsp honey	6 ounces thinly sliced prosciutto
1 lb fresh asparagus, trimmed	Optional garnishes: crumbled goat or feta cheese
1 tbsp extra virgin olive oil	

All you do:

1. Preheat oven to 425 degrees F.
2. Place vinegar and honey in a small heavy saucepan. Simmer over medium heat for 8 to 10 minutes or until reduced and slightly syrupy. Remove from heat and let cool.
3. Place asparagus in a 15-by-10-by-1-inch baking pan. Drizzle with oil and sprinkle with pepper; toss to coat.
4. Roast 10 minutes, stirring once. Cool for 10 minutes.
5. Wrap one piece of prosciutto around 3-5 asparagus spears. Repeat with remaining asparagus and prosciutto.
6. Place bundles on the baking pan and roast for 5 to 6 minutes, turning halfway through, or until prosciutto is lightly browned and starting to crisp.
7. Arrange on a serving platter. Sprinkle with cheese, if desired. Serve balsamic syrup on the side.

Nutrition Facts per serving: 60 calories, 3g fat (1 saturated, 0g trans), 15mg cholesterol, 153 mg sodium, 3g carbohydrates, 4g fiber, 2g sugar, 5g protein.

Lemon Lovers' Asparagus (Serves 4)

All you need:

2 bunches asparagus, trimmed	4 tsp chopped fresh oregano (or 1 tsp dried)
2 lemons, thinly sliced	1/4 tsp sea salt
2 tbsp extra-virgin olive oil	1/2 tsp ground pepper

All you do:

1. Preheat oven to 450 degrees F.
2. Toss all ingredients on a large rimmed baking sheet. Roast until asparagus is tender-crisp (about 13-15 minutes), shaking the pan occasionally to toss.

Nutrition Facts per serving: 91 calories, 7g fat (1 saturated, 0g trans), 0mg cholesterol, 151 mg sodium, 9g carbohydrates, 4g fiber, 0g sugar, 2g protein.

How do I know if my yogurt has enough healthy bacteria?

If you are looking for a yogurt with enough healthy bacteria to help you digestively, you don't necessarily have to buy the brands that market "probiotics." Probiotics simply refer to the healthy bacteria that have been shown to have benefits if eaten in adequate amounts. To know if your yogurt has enough bacteria, look for the "ac" symbol (shown right) on the package *OR* the bacteria name (e.g. *L. acidophilus*, *L. bifidus* or *L. casei*) listed in the ingredients list.



What are the best yogurts?

You want to select a low-fat yogurt that is a good source of protein, calcium and vitamin D. Selecting a low-fat option will limit the saturated fat. If you are watching your calories, you will also want to select a "light" yogurt that uses artificial sweeteners or a plain, unflavored yogurt (and add your own fruit for sweetness).

Don't assume that your yogurt is high in protein. An 8-ounce container of *plain* yogurt has around 8 grams of protein, just like a glass of milk. However, if you are purchasing a yogurt with fruit added, the protein content will be reduced.

Greek yogurt is highest in protein. It is made by skimming off the liquid (whey), "concentrating" the yogurt's protein content. This extra protein will keep you feeling fuller longer.



Look for a yogurt that has 20-25% of the Daily Value of calcium and 20% of the Daily Value of vitamin D. Calcium plays a significant role in the prevention and treatment of osteoporosis; however, Vitamin D allows your body to better absorb calcium.

What about parfaits?

This is a relatively new trend that the fast food industry started, and recently yogurt manufacturers have joined. Just as it is better to buy plain yogurt and add your own fruit, it is also better to add your own "crunch." Adding crunch with nuts and/or a whole grain cereal is a much better option than purchasing these parfaits that often use a highly-sugared granola. (Use NuVal to find other healthy cereal options. Remember, the higher the NuVal score, the higher the nutrients, and with cereals it also typically means lower salt and sugar content!)

RD Recommended

Asparagus - Asparagus is DELICIOUS this time of year. A great way to prepare asparagus is to GRILL it! Simply drizzle with a little canola or olive oil and lay across the grill grate (perpendicular to the grate so it won't fall through). Roll every 2-3 minutes to keep from burning. Asparagus is done when it is still crisp-tender. *Located in the Produce Section of each store.*



Brussels sprouts - A wonderful veggie that provides you with disease-fighting antioxidants (prevents both cell damage and disease), fiber, potassium, vitamin C, beta carotene, vitamin A and folic acid. If you haven't tried them prepared as follows, you haven't tried them! **To make:** Halve the sprouts and sauté, cut side down, until golden brown (about 10-12 minutes). Flip sprouts and sprinkle with sea salt, fresh ground pepper and Parmesan cheese. YUM, YUM, YUM!

Noosa Yogurt - New to Hy-Vee is Noosa brand yogurt. It makes an excellent dessert served in an elegant glass dessert dish with a sprinkle of Kashi's Go Lean Crunch cereal. It's a rich and delicious dessert contributing only 130 calories with 9 grams of protein, which means your taste buds and appetite will both be satisfied! Even better yet, it doesn't require hours over your stove to treat your loved ones! Simply swing by the yogurt section the next time you are in and grab one (or two) of the many flavors: strawberry rhubarb, blueberry, mango, raspberry and honey.



Quinoa – Quinoa is a powerhouse of nutrients. It is technically related to the green-leafy vegetable family (think spinach, kale, etc.) but is considered a whole grain. So you get the benefits of both in one food! (One cup provides 5-½ grams of protein and 3 grams of fiber along with disease-fighting antioxidants, magnesium, vitamin B, iron, copper and phosphorus!) **To prepare:** cook 1 part quinoa with 2 parts liquid (water or a low-sodium broth) for about 12 minutes over medium heat or until quinoa has absorbed all the liquid. Not only is quinoa more nutrient-dense than even brown rice or whole wheat pasta, I find it easier to cook, especially since it doesn't seem to get "sticky" like rice and pastas can. Try the recipe above for *Turkey Quinoa Meatballs!* Located in the *Gluten-Free Section Downtown and the HealthMarket Hilltop.*



Omega-3 Eggs - In attempt to produce more nutrient-dense eggs, egg producers have begun to feed their hens sources of omega-3 (fish oil, flaxseed and algae). Depending on the brand, these eggs have twice the amount of omega-3 than regular eggs! Omega-3s are essential fatty acids, which mean the body doesn't produce them so we need to get them from our diet. Research shows that increasing your intake of omega-3 appears to be helpful in reducing your risk of inflammation-associated health conditions such as cardiovascular disease, diabetes, autoimmune disease, Alzheimer's, arthritis and digestive disorders. Located in the *Dairy Section Downtown and the HealthMarket Hilltop.*

FiberOne - Next time one of your recipes calls for a graham cracker crust, crush equal parts Fiber One Original and Fiber One Caramel Delights instead. It's a brilliant and more nutritious option offering more fiber, vitamins and minerals. Located in the *Cereal Aisle of each store.*



Meatless Meal Winner!

Jennifer Weckwerth!

Please pick up your gift card at the Hilltop Hy-Vee customer service!

Toss a Healthy Meal in Minutes

Has the warm spring weather got you running to and from baseball, soccer and other end-of-the year school events? Or maybe after a long winter, are you just wanting to spend more time outside and less time in the kitchen preparing meals? If fast food is one of your time-saving solutions for a quick meal, consider tossing a quick meal together, full of health benefits, starting with pre-packaged salads.

Bagged salad kits are a great starting point to build a complete meal in minutes. They are a time-saving convenience which include pre-washed lettuce and greens with additional ingredients, many times including vegetables. By simply adding lean chopped meat, beans or nuts and additional fruits and vegetables, you have a complete, nutritious meal in less time than you may spend waiting at the drive-through.

Pre-packaged salads offer more variety with new blends of leafy greens such as romaine, arugula and baby spinach - making them a smart choice for added health benefits, since dark green leafy lettuce tends to be higher in nutrients such as vitamins A and K and lutein. Bagged salads also make it easier for consumers to increase their vegetables consumed each day for better health.

Try tossing these quick and easy meals together in minutes by combining the following ingredients with pre-packaged salad kits.

Chicken and Asparagus Caesar Salad Serves 4

All you need:

- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 1 (10 oz) Dole™ Light Caesar Salad Kit
- 2 cups cooked, diced chicken breast

All you do:

1. Steam asparagus 4-6 minutes or until crisp-tender. Drain and rinse.
2. Toss salad with chicken, asparagus and dressing included in salad kit.
3. Top with croutons before serving.

Nutrition Facts per serving: 190 calories, 7g fat (1.5 saturated, 0g trans), 55mg cholesterol, 290 mg sodium, 10g carbohydrates, 3g fiber, 3g sugar, 25g protein

Sirloin Steak Salad with Honey Mustard Dressing Serves 4

All you need:

- 1 (1 lb) top round sirloin steak
- Monterey steak seasoning, to taste
- 2 (4 oz each) packaged Earthbound Farm™ mixed baby greens
- 1/4 cup Hy-Vee dried cranberries
- 1/2 cup light honey mustard salad dressing

All you do:

1. Sprinkle steak on all sides with seasoning. Heat skillet over medium heat until hot; add steak. Cook for 6 minutes; turn. Cook an additional 5 to 6 minutes or until desired doneness.
2. Remove steak from pan and allow to rest for 5 minutes. Slice steak into thin slices.
3. On a large platter, layer greens, cranberries and dressing. Top with steak.

Nutrition Facts per serving: 380 calories, 20g fat (7 saturated, 0g trans), 105mg cholesterol, 390 mg sodium, 16g carbohydrates, 2g fiber, 10g sugar, 31g protein

Facebook



I have started my own Facebook page. I will be posting delicious recipes, nutrition tidbits, store events and sale items. I would love to hear about your healthy lifestyle journey!
Please add me: **“Mankato Hy-Vee Dietitian”** today!

7@7 Trail Race at 7 mile Creek Park

Sunday, May 15, 2011

Hy-Vee is a sponsor of this great event that benefits the Backpack Food Program, which provides students from low-income households with nutritious

food in their backpacks prior to weekends and school breaks. **Proper nutrition helps lay the groundwork for student success in the classroom and beyond.**

There are race distances to fit runners of all abilities:

- 7-mile challenging course
- 5K run/walk
- 1K kids run

Please contact volunteerfor7at7@gmail.com for more information or to register for this great event!



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