



May 2015

“Making lives easier,
healthier, happier”

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Build A Better Jar Salad



We all would like to be eating better, but how do we translate that to our brown bag lunch? Why not try a salad in a jar? Jar salads are quick and easy to make, and can be made ahead of time and stored in the refrigerator. You only need to remember a few simple steps and the rest is up to you and your imagination.

When building your jar salad, start with your favorite dressing on the bottom of a jar or container. This keeps your delicate greens from getting too soggy. Your next layer may include a protein like chicken or nuts, or more hardy vegetables or fruit such as celery, apples or pears. The third layer may include cheese, dried cherries or seeds.

The fourth layer will include fruit such as berries, mandarin oranges or grapes. The final layer is salad greens. Leafy greens provide vitamins A, C and K. Vitamins A and C may play a role in skin health and immune function; vitamin K may be beneficial to bone health. Leafy greens like spinach, kale and Swiss chard may contain eye-healthy antioxidants. Baby kale is tender with a pleasant taste and gives any salad a nutritious boost with extra vitamins, minerals, fiber and antioxidants.

To save additional time, try using a bag salad for your top layer. Your work week just got a little easier. No last-minute decisions about what to make for lunch, no vending machine lunch fare and no trip to the nearest drive-through restaurant. Your jar salad is quick, easy and affordable.

Southwest Chicken Taco Salad with Baby Kale

Serves: 4

All you need:

- 1 (12 oz) bag Hy-Vee Greener Supreme Blend salad
- 2 oz Hy-Vee HealthMarket Organic baby kale
- 1/2 cup Hy-Vee shredded sharp cheddar cheese
- 2 Roma tomatoes, chopped
- 2/3 cup chopped jicama
- 1 (15 oz) can Hy-Vee no-salt-added black beans, drained and rinsed
- 2 cups shredded rotisserie chicken breast
- 1/2 cup salsa ranch dressing, such as Bolthouse Farms salsa ranch yogurt dressing
- Crushed taco or tortilla chips, optional



All you do:

1. Combine salad and kale, cheese, tomatoes, jicama, black beans, chicken and dressing in a large bowl. Toss gently to combine.
2. Serve immediately or refrigerate until ready to serve. Garnish with crushed taco or tortilla chips, if desired.

Nutrition Facts per serving: 380 calories, 13g fat, 4.5g saturated fat, 0g trans fat, 60mg cholesterol, 530mg sodium, 37g carbohydrate, 12g fiber, 7g sugar, 31g protein.

Daily values: 130% vitamin A, 50% vitamin C, 25% calcium, 20% iron.

Source: adapted from www.hy-vee.com.

Apple Walnut Salad with Gorgonzola

Serves: 8 (1 cup each)

Adapted from: Hy-Vee.com

All you need:

- 1 (10 oz) bag Hy-Vee Italian salad blend
- 2 apples, cored and chopped
- 1/3 cup gorgonzola crumbles
- 1/4 cup Hy-Vee English walnut pieces, toasted*
- 1/2 cup dried cranberries
- 2/3 cup Bolthouse Farms Classic Balsamic Vinaigrette Dressing
- Optional: Hy-Vee Organic Baby Kale



All you do:

4. In a large bowl, combine Italian salad blend, apples, gorgonzola, walnuts and cranberries. If using, toss desired amount of Hy-Vee Organic Baby Kale with all salad ingredients.
5. Add vinaigrette, tossing gently to coat.
6. *To toast walnuts, preheat oven to 350 degrees. Arrange walnuts on a baking sheet in a single layer. Bake 8-10 minutes, checking frequently.

Nutrition per serving: 90 calories, 1.5 g total fat, 1 g saturated fat, 0g trans fat, 5 mg cholesterol, 170 mg sodium, 18 g carbohydrate, 2 g fiber, 1 g protein.



Hy-Vee.

dietitian's pick: MAY 2015

HY-VEE SALAD BLENDS

5 REASONS TO EAT HY-VEE SALAD BLENDS:

1. Skin health and immune function from vitamins A and C.
2. Healthy bones from vitamin K found in dark leafy greens.
3. Vision health from eye-healthy antioxidants.
4. Ready-to-use convenience. Simply toss bagged salad blends with included dressing packet for an easy, nutritious side.
5. Build quick, healthy meals by adding chopped veggies and fruits + lean protein, cheese or nuts.



BERRY SALAD WITH BABY KALE AND CINNAMON VINAIGRETTE

Serves 6

ALL YOU NEED:

8 oz Hy-Vee Greener Supreme Blend salad, about 3/4 bag
3 oz Hy-Vee HealthMarket organic baby kale, about 1/2 container
2 cups quartered fresh strawberries
1/2 cup fresh blueberries
1/2 cup chopped red onion
1/2 cup raspberry vinegar

1 tbsp Hy-Vee Select olive oil
3 tbsp Hy-Vee sugar
1/4 tsp Hy-Vee salt
1/4 tsp Hy-Vee ground cinnamon
1/4 tsp hot pepper sauce
12 oz cooked chicken breast, thinly sliced, divided
Hy-Vee pecans, optional

ALL YOU DO:

1. In large bowl, combine salad blend, baby kale, strawberries, blueberries and onion. Set aside.
2. To make cinnamon vinaigrette, combine vinegar, olive oil, sugar, salt, cinnamon and hot pepper sauce in a jar with a tight-fitting lid. Shake well.
3. Drizzle cinnamon vinaigrette over salad and toss gently.
4. To serve, divide salad among 6 plates and top each with 2 ounces thinly sliced chicken breast and pecans, if desired.

Nutrition Facts per serving: Calories 170, 4.5 g fat, 1 g saturated fat, 0 trans fat, 45 mg cholesterol, 140 mg sodium, 14 g carbohydrate, 2 g fiber, 10 g sugar, 18 g protein. Daily values: Vitamin A 80%, Vitamin C 90%, Calcium 4%, Iron 8%. Source: adapted from Hy-Vee Seasons Healthy Living Recipes Cookbook.

This information is not intended as medical advice. Please consult a medical professional for individual advice.



Kids in the Kitchen

Cooking Class

Tuesday, May 19
4:00 – 5:00 p.m.
at Winona Hy-Vee

This class will be geared toward children ages 6-12 years old. Register your child today [on our store calendar](#) or by contacting Jennifer Hackbarth at jhackbarth@hy-vee.com or 507-452-5411

Cost is \$5 per child.

Brought to you by your Winona Hy-Vee Dietitian, Jennifer Hackbarth, RD, LD

