

Ancient Grains are Back

Do any of these names sound familiar? Kamut, farro, amaranth, teff, quinoa. They are all ancient grains, and they're making a BIG comeback. They bring variety, culture and nutrition to the table. Let's take a closer look at some popular ancient grains:

Kamut® – Kamut is a trademarked variety of ancient Khorasan wheat. It makes a great addition to soups, pilafs and salads. Kamut has more protein and vitamin E than traditional wheat. Fun fact: Some say Kamut was reintroduced after it was brought back from an Egyptian tomb, while others say it had a place on Noah's ark.

Farro – Farro (also called emmer) is another ancient variety of wheat. Although it was replaced with the more convenient modern-day wheat in most of the world, it remained an important piece of Italian cooking. Check labels to make sure you're getting whole-grain farro; the word "pearled" means some of the whole-grain benefits have been removed. Fun fact: Farrotto is the term used for risotto made with farro instead of rice.

Teff – Teff may be an ancient grain to folks in the U.S., but it is a current staple in the diets of most Ethiopians. Teff is a nutrition powerhouse. Because the grain is extremely small, it is difficult to mill. This means all teff is whole-grain. Teff is also gluten-free and contains more iron and calcium than other grains. Try teff in porridge or pilafs, or make a traditional Ethiopian meal of teff stew and flatbread. Fun fact: Teff is the smallest grain in the world and its name comes from the word for "lost" in Amharic.

Amaranth – This tiny grain is actually not a grain at all. It is a "pseudo-grain," meaning it resembles grains in nutrition and use, but does not belong to the grain family botanically. This gluten-free seed is a complete protein. (No need for meat with amaranth at your meal!) Amaranth is perfect for hot cereals, polenta and quick breads. Fun fact: Amaranth can be popped like corn and is often sold this way in South America.

Quinoa – Quinoa (pronounced *keen-wah*) is another "pseudo-grain" native to South America. It is a great substitute for rice or pasta, works well in salads and makes a great hot cereal. It's also quick-cooking, taking only 10 to 15 minutes to prepare. Like amaranth, quinoa is naturally gluten-free and a complete protein. Quinoa should be rinsed before cooking to remove a bitter residue that occurs naturally on the plant. Pre-rinsed quinoa is available for purchase if you prefer to omit this step in preparation. Fun fact: Quinoa triples in size when cooked (compared to rice, which only doubles in size).

Adding ancient grains to your cooking routine may seem overwhelming, so use product packaging as your guide for a smooth transition. Most product packages list cooking instructions (similar to rice in most cases) and a tried-and-true recipe. Try this recipe in your next meal to try some of these ancient grains today!



Roasted Fennel and Farro Salad

Serves 6 (about 1 cup each).

All you need:

1 cup farro or wheat berries (see Tip)
2 bulbs fennel, trimmed, cored and coarsely chopped
2 medium yellow and/or orange bell peppers, chopped
2 tbsp. extra-virgin olive oil
1/2 tsp salt
1/2 tsp freshly ground pepper
1/4 cup oil-cured olives or kalamata olives, chopped
2 tbsp. white balsamic vinegar or white-wine vinegar
2 tsp chopped fresh thyme



All you do:

1. Preheat oven to 400 degrees.
2. Place farro (or wheat berries) in a large saucepan; add enough water to cover by 2 inches. Bring to a boil. Cover, reduce heat to a simmer, and cook until tender, 15 to 20 minutes for farro, about 1 hour for wheat berries.
3. Meanwhile, toss fennel and bell peppers with oil, salt and pepper in a large roasting pan. Roast, stirring occasionally, until lightly browned and tender, 35 to 40 minutes.
4. Drain the farro (or wheat berries); transfer to a large bowl. Add the roasted vegetables, olives, vinegar and thyme; stir to combine. Serve warm, room temperature or cold.

To make ahead: Cover and refrigerate for up to 2 days.

Tip: Look for farro in the bulk section or near other grains in natural-foods stores.

Nutrition Facts per serving: 213 calories, 8g fat, 1g saturated fat, 0mg cholesterol, 352mg sodium, 33g carbohydrate, 6g fiber, 3g sugar, 5g protein.

Daily values: 138% vitamin C.

Snap Pea and Quinoa Salad

Serves 6 (about 1 cup each).



All you need:

2 cups water
1 cup quinoa
2 cups fresh snap peas, trimmed and cut diagonally into thirds
1 1/2 cups button mushrooms, cut into quarters or eighths if large
1/3 cup thinly sliced red onion, cut into 1-in. lengths
1 tbsp. chopped fresh dill
1/3 cup white balsamic vinegar or white-wine vinegar
1/4 cup extra-virgin olive oil or flaxseed oil
1 tsp freshly grated lemon zest
1 tbsp. lemon juice
1 tsp pure maple syrup

All you do:

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork and set aside to cool completely.
2. Combine peas, mushrooms, onion and dill in a medium bowl. Whisk vinegar, oil, lemon zest, lemon juice and maple syrup in a small bowl. Stir the dressing into the cooled quinoa until evenly dispersed.

Nutrition Facts per serving: 223 calories; 11 g fat, 2 g saturated fat, 8 g monounsaturated fat; 0 mg cholesterol; 25 g carbohydrates; 1 g added sugars; 6 g protein; 3 g fiber; 10 mg sodium; 311 mg potassium.



dietitian's pick

HY-VEE SELECT SUNRISE BLEND WITH QUINOA FLAKES



5 REASONS TO CHOOSE HY-VEE SELECT SUNRISE BLEND WITH QUINOA FLAKES:

1. It is loaded with ancient grains which brings variety, culture and nutrition to your table.
2. It contains quinoa and Kamut®, two ancient grains that provide more protein and vitamin E than other grains.
3. It is very versatile; start your day with it as a hot breakfast or serve it as a delicious and nutritious side for lunch or dinner.
4. This is a quick cooking option that can make dinner time easier. In just 20 minutes, you have a hearty side dish or enjoy it as the main protein.
5. It is 100% whole grain which provides better nutrition that can fit into anyone's diet.



CRANBERRY ORANGE SUNRISE PORRIDGE WITH TOASTED ALMONDS

Serves 4 (about 1 cup each)

ALL YOU NEED:

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| 1 1/2 cups water | 1 tbsp honey |
| 1/4 tsp kosher salt | 1/3 cup dried cranberries |
| 1 (8 oz.) package Hy-Vee Select Sunrise Blend with Quinoa Flakes | 1/4 tsp orange zest |
| 1 cup soy milk | 1/4 cup toasted sliced almonds, for garnish |

ALL YOU DO:

1. Bring water to a boil with kosher salt, stir in Sunrise Blend with Quinoa Flakes. Remove from heat and let rest, covered, for 20 minutes.
2. Stir in soy milk, honey, cranberries and orange zest. Mix well and adjust sweetness to taste. Garnish with toasted almonds before serving.

Nutrition Facts per serving: 310 calories, 5g fat, 0g saturated fat, 0mg cholesterol, 150mg sodium, 57 g carbohydrates, 6g fiber, 16g sugar, 12g protein.

Source: Hy-Vee Select Sunrise Blend with Quinoa Flakes package

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

Balanced Diet: Pairing protein and carbs to regulate blood sugars



In 2010 the USDA introduced MyPlate as the new guideline for proper nutrition. Since then, it has been the education tool that dietitians use to teach clients about eating a healthy diet. A balanced diet should contain protein, carbohydrate and fat. Each of these macronutrients provides us with energy along with a host of other nutrients.

Protein is made up of amino acids, the building blocks of life.

Protein helps the body repair

and produce new cells, keeps us full aiding in weight control and has a moderate effect on blood sugar.

Carbohydrates are the body's main source of energy thus causing the most dramatic effect on blood sugar as the food is broken down into glucose. Whole-grain carbohydrates provide more fiber than the refined versions, and it's the fiber that keeps you full longer by slowing the digestion of food. Fats have the least effect on blood sugar. Their role in the diet involves nutrient transportation and providing energy. Omega-3 and omega-6 fatty acids are required by the body for normal function.

Since each of these macronutrients' effect on blood sugar varies, it important to have balance in the food choices you make at meals and snacks. Near-normal blood sugar levels help you feel better and may reduce or prevent complications from diabetes. Aim to always pair a protein and complex carbohydrate together at meal and snack times. Proteins help with satiety and carbohydrates help increase blood sugars. For example, a good snack would be whole-grain crackers (carb) and hummus (protein), or apple slices (carb) and peanut butter (protein).

Your Hy-Vee dietitian pick of the month helps with hitting two birds with one stone. Quinoa is an ancient grain, and a unique one at that; it is the only grain that is also a complete protein. To be a complete protein a food must contain all nine essential amino acids. One-quarter cup of dry quinoa contains about 31 grams of carbohydrate and 7 grams of protein. For comparison purposes, a 1-ounce portion of meat has 7 grams protein. Try out this recipe for Sausage-and-Quinoa Stuffed Zucchini for a carb- and protein-balanced start to your next meal.

Sausage-and-Quinoa Stuffed Zucchini

Serves 4.

All you need:

1 tbsp. extra-virgin olive oil
3 links sweet or hot turkey sausage, casings removed
1 small onion, chopped
½ cup quinoa
1 cup water
1 cup quartered grape or cherry tomatoes
1 tbsp. chopped fresh marjoram or 1 tsp dried
4 medium zucchini
¼ tsp freshly ground pepper
1/8 tsp salt
1/3 cup finely shredded Parmesan cheese

All you do:

1. Heat oil in a large saucepan over medium-high heat. Add sausage and onion; cook, breaking the sausage into small pieces, until no longer pink, about 5 minutes. Add quinoa and water; bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the water is absorbed and the quinoa is tender, 15 to 20 minutes. Remove from the heat and stir in tomatoes and marjoram.
2. Meanwhile, cut zucchini in half lengthwise. Cut a thin slice off the bottoms so each half sits flat. Scoop out and discard the pulp, leaving a ¼-inch shell. Place the zucchini in a microwave-safe dish and sprinkle with pepper and salt. Cover and microwave on HIGH until tender-crisp, 3 to 4 minutes. Uncover.
3. Position rack in upper third of oven; preheat broiler to HIGH.
4. Transfer zucchini to a broiler-safe oven pan (or pans), fill with the quinoa mixture and sprinkle with cheese. Broil on the upper rack until the cheese is melted, about 2 minutes.

Nutrition Facts per serving: 293 calories, 13g fat, 3g saturated fat, 58mg cholesterol, 626mg sodium, 23g carbohydrates, 4g fiber, 22g protein.



Roasted Chicken and Vegetable Quinoa Salad

Serves 4.

All you need:

3 cloves garlic, minced
1 tsp salt, divided
5 tbsp. extra-virgin olive oil
3 tsp fennel seeds, crushed, divided
½ tsp ground pepper, divided
10 oz. mushrooms, quartered
4 medium carrots, sliced ½ in. thick
1 medium onion, cut into ¾ in. wedges
1 ½ cups water
1 cup quinoa
1 pound chicken tenders, halved crosswise
3 tbsp. sherry vinegar or red-wine vinegar
8 cups torn escarole or curly endive

All you do:

1. Preheat oven to 475°F.
2. Mash garlic and 3/4 teaspoon salt into a paste with the side of a chef's knife or a fork. Transfer to a large bowl and whisk in oil, 2 teaspoons fennel seeds and 1/4 teaspoon pepper.
3. Combine mushrooms, carrots and onion in a medium bowl. Drizzle with 2 tablespoons of the oil mixture and toss well to coat. Spread the vegetables on a large rimmed baking sheet. Roast for 10 minutes.
4. Meanwhile, combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat to maintain a simmer and cook for 10 minutes. Remove from heat and let stand, covered, for 5 minutes.
5. Combine chicken, 2 teaspoons of the oil mixture, the remaining 1 teaspoon fennel seeds and 1/4 teaspoon each salt and pepper in the medium bowl. Toss to coat.
6. Stir the vegetables and nestle the chicken among them. Continue roasting until an instant-read thermometer inserted into the thickest part of a chicken tender registers 165°F, 8 to 10 minutes more.
7. Whisk vinegar into the remaining oil mixture. Add escarole (or endive) and the quinoa and toss with the dressing. Serve the salad topped with the roasted vegetables and chicken.

Nutrition Facts per serving: 516 calories; 24 g fat, 4 g saturated fat, 15 g monounsaturated fat; 63 mg cholesterol; 43 g carbohydrates; 0 g added sugars; 8 g total sugars; 34 g protein; 10 g fiber; 711 mg sodium; 1242 mg potassium.

Diabetes-Friendly Foods for the Holidays

The holidays are a time to gather with friends and family and — let's be honest — enjoy all of your favorite holiday foods! But for someone with diabetes, the worry over calories and carbohydrates can cause a lot of unnecessary stress. Your Hy-Vee dietitians have tips to help you enjoy your holiday favorites while keeping okblood sugar stable.

First of all, a plan of attack is crucial. Keep the MyPlate™ method in mind as you fill your plate. Start by filling half the plate with non-starchy vegetables without added creams, sauces and butter. If you're having a hard time finding enough vegetables to fill this half, think about adding fruits. Moving on to the rest of the plate, a quarter can be filled with starchy vegetables or grains—choose whole grains whenever possible. And finally, the last quarter of the plate should be filled with lean protein. The American Association of Diabetes Educators have some great ideas to get you started:

- Non-starchy vegetables: carrots, green beans, broccoli, salad, Brussels sprouts and asparagus are great options; or add cranberries, baked apples and pears to your plate.
- Grains and starchy vegetables: sweet potatoes, mashed or baked potatoes, rice pilaf, or stuffing are great options.
- Protein: choose lean turkey slices (approximately 3 to 4 ounces), avoid dark meat, remove skin before eating, and consider a fruit-based relish instead of gravy to top your lean protein.

In addition to balancing your plate, there are other steps you can take, such as being more mindful throughout the rest of the day. Start with a nutritious breakfast and include other healthful snacks during the day, rather than saving all of your carbs and calories for one large meal. Don't go into the meal starving or it is too easy to overeat. When it comes time to fill the plate, survey your options, pick out your favorites, then decide what will go on the plate and in what amounts. If you have the option, a smaller plate can also help you control your intake.

If you are the guest at the holiday feast, call the host to find out the menu, and consider offering to bring a side to share. Walking or being active with your friends and family members after a large meal can also help to stabilize blood sugar levels. Even with the best of intentions, things don't always go according to plan, so try your best and remember that tomorrow is a new day!