

Navigating Holiday Fare with Greek Yogurt

When asked to bring an appetizer or dessert to your next holiday gathering, choose Greek yogurt and put a positive, healthy twist on it. Here are some helpful substitutions:

- 1 cup buttermilk = 2/3 cup Greek yogurt + 1/4 cup buttermilk
- 1 cup butter = 1/4 cup Greek yogurt + 1/2 cup butter
- 1 cup of oil = 3/4 cup Greek yogurt
- 1 cup of sour cream = 1 cup Greek yogurt
- 1 cup mayonnaise = 1 cup Greek yogurt
- 1 cup cream cheese = 1 cup Greek yogurt

Cheesy Potato Casserole

Serves 10 (about 3/4 cup)

All you need:

- Hy-Vee canola oil cooking spray
- 2 pounds red potatoes, diced
- 1 cup Hy-Vee low-fat milk
- 2 tbsp cornstarch
- 8 oz Hy-Vee sharp Cheddar cheese, shredded (about 2 cups)
- 1 cup nonfat Greek yogurt
- 1 medium onion, chopped
- 1/2 tsp plus a pinch of salt, divided
- 1/2 tsp freshly ground pepper
- 2 cups crushed unsweetened corn flakes

All you do:

1. Preheat oven to 350 degrees. Coat a 9-by-13-inch (or similar-size) baking dish with cooking spray.
2. Place potatoes in a large pot, add water to cover and bring to a boil. Immediately drain and rinse with cold water; drain well. Return to the pot.
3. Meanwhile, whisk milk and cornstarch in a large saucepan. Bring to a boil over medium-high heat, whisking often until bubbling and thickened enough to coat the back of a spoon, 2 to 4 minutes total. Remove from the heat and stir in Cheddar, yogurt, onion, 1/2 teaspoon salt and pepper until combined. Pour the sauce over the potatoes and mix well. Spread evenly in the prepared pan.
4. Sprinkle the casserole with corn flakes. Using short bursts, coat the corn flakes with cooking spray; sprinkle with the remaining pinch of salt. Bake until browned and bubbling at the edges, about 1 hour. Let cool for 20 minutes before serving.

Nutrition Facts per serving: 233 calories, 8g fat, 396mg sodium, 30g carbohydrates, 2g fiber, 5g sugars, 11g protein.
Source: EatingWell, Inc.



dietitian's pick
**DANNON® OIKOS®
TRIPLE ZERO YOGURT**

November Events at University Hy-Vee

For additional details email tsauke@hy-vee.com

Holiday Show Case – NOV 4, 5-7 P.M.

- ◆ Stop by to see how Hy-Vee can help at your holiday party. Taste free samples from each department.

Simple Fix - NOV 8, 6 P.M.

- ◆ 9 meals that feed 4 for \$109. Register & prepay at Customer Service or call 319-236-0580.
- ◆ Menu: beef fajitas, hardy beef stew, crustless ham & broccoli quiche, pesto pork roulette with parmesan potatoes, chicken pot pie, almond chicken stir-fry, angel hair shrimp bake, white turkey chili and vegetable calzone.

Kids' N' the Kitchen – NOV 10, 5-6 P.M.

- ◆ Kids will learn how to make fun Thanksgiving treats. Stop by or call 319-236-0580 to register and prepay. Cost is \$7 per child.

Gluten-Free Gala – NOV 12, 10 A.M. - 2 P.M.

- ◆ Stop by to sample our gluten free items.

Adult Cooking Class – NOV 16, 6 P.M.

- ◆ Our dietitian will teach you how to modify recipes to reduce the carbohydrate content making them lower in calories and diabetic friendly.
- ◆ Cost is \$15 or 2 for \$25 and includes a 3 course meal with a beverage. Stop by or call 319-236-0580 to register and prepay.

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