

# February

## Help your Pulse with Pulses!

Pulses are the edible seeds of plants in the legume family. The most common pulses are dried beans, chickpeas, lentils and dried peas. Both economical and sustainable, pulses are a great way to add filling protein and fiber to your diet. Pulses' unique fiber makeup has been linked to lowering bad LDL cholesterol, improved blood sugar control, weight control and improved regularity. In addition, regular pulse consumption has been linked to a lower blood pressure. Adding pulses to your daily diet is a great way to keep your heart in check during National Heart Month and beyond.

### Cooking Pulses:

Dried beans and chickpeas require soaking before cooking; lentils and dried peas do not. Pulses can be cooked on the stovetop, or you can use a slow cooker or pressure cooker to reduce the amount of hands-on time required. Canned pulses contain the same nutrition as dried pulses, and are a time-saving option to add them to your daily diet. Look for no-salt-added canned varieties to keep your blood pressure in check. You can download a complete guide to cooking pulses on the Pulse Canada website at [www.pulsecanada.com](http://www.pulsecanada.com).

### 5 ways to add pulses to your daily diet:

- **Start your day with pulses.** Lentils can be cooked with your morning oats or eaten alone cooked with milk, nuts and a drizzle of honey and cinnamon. Cooked beans can be seasoned, mashed and spread on your morning toast.
- **Add to soups and stews.** Add one or more cups of cooked beans to your favorite soup to add color and filling fiber.
- **Stretch your meat budget with lentils.** You can swap half the weight of ground meat for cooked lentils when making meatballs, tacos, spaghetti sauce and more.
- **Use in baked goods.** Garbanzo bean flour has a mild taste with a variety of uses. It can be used alone to make flatbread, or used in combination with other flours to make muffins, breads and more. Cooked beans and lentils can be pureed and used to add fiber to sweets including cookies and brownies.
- **Great for Snacking.** Many companies make roasted and seasoned pulses like chickpeas and peas. Their satisfying crunch makes them a great swap for potato chips, and their protein and fiber content will keep you feeling full. Enjoy hummus, which is made with chickpeas, with raw veggies for another filling snack option.

**The Magical Fruit?** Pulses contain fiber that is fermented in the gut, which can cause bloating and gas. Fermentation is a good thing for gut bacteria, but may not be so great for your social life. To reduce gas, gradually add pulses to your diet, and be sure to drink plenty of water. Rinsing canned pulses, and not using the soaking liquid to cook pulses will reduce their gas-producing effects. Lentils contain the least gas-producing compounds, and chickpeas contain the most. Typically after two weeks of eating pulses these side effects will be decreased.



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# Celebrate National Month!

Check up on your heart with your Hy-Vee Dietitian

Heart disease is the leading cause of death in men and women in the United States. Your Hy-Vee Dietitian can assess your risk and provide you with ways you can help your heart with a biometric screening and heart-healthy store tour!



## Biometric Screening

Total Cholesterol, LDL, HDL, Triglycerides, Body Fat%

## Heart-Healthy Store Tour

Take a tour of your Hy-vee store with a Hy-Vee Dietitian. He or she can help you make smart choices that are healthy for your heart and your wallet!

Contact your Hy-Vee Dietitian for  
an appointment today!



**HyVee**<sup>®</sup>



# Heart-Healthy Heroes

Along with Valentine's Day, February also marks American Heart Month. Heart health deserves attention because heart disease is the leading cause of death for both men and women in the U.S. – about one in every four deaths. Several medical and lifestyle choices may put people at a higher risk for heart disease, including: high blood pressure, high cholesterol, smoking, diabetes, obesity and being overweight, poor diet, physical inactivity and excessive alcohol use. The good news is that several of these risk factors may be influenced by simple changes in lifestyle, such as what you choose to eat. Follow these five simple ways to invest in your heart health.

## Soy Protein

Aim for 25 grams per day of soy protein from sources such as soybeans, edamame, soymilk, tofu or tempeh. Research shows that soyfoods may help lower cholesterol because of their beneficial fatty acids, the phytochemical called isoflavone and their protein content.

## Plant Sterols

Aim for 2 to 3 grams per day of plant sterols (compounds found in cell membranes). Plant sterols resemble cholesterol, which makes it difficult for the digestive tract to distinguish between the two and thus may help reduce cholesterol absorption. Small amounts of plant sterols are found naturally in fruits, vegetables, nuts, seeds, cereals, legumes and vegetable oils. Larger amounts have been added to margarines (Promise Activ or Benecol) and orange juice (Minute Maid Heart wise).

## Leafy Greens

Aim for 5-9 servings of veggies a day. Eating an assortment of vegetables is key to good health. Leafy greens like spinach, kale, chard, arugula, and collard greens, in particular, contain significant concentrations of vitamins and nutrients that help reduce chronic inflammation, an important factor in many diseases.

## Nuts

Aim to eat 1.5 ounces per day of nuts. That's roughly a handful (about 12 Brazil nuts, 22 pecan halves, 27 cashews, 36 almonds, 65 peanuts or 73 pistachios). Nuts are a rich source of heart-healthy fats, fiber, plant protein, essential vitamins and minerals and other phytochemicals that appear to have antioxidant and anti-inflammatory properties.

## Fish & Seafood

The American Heart Association recommends eating two servings of fatty fish per week. Fatty fish, such as salmon, tuna, trout, mackerel, herring, sardines and anchovies, are high in omega-3 fatty acids may help positively affect blood lipids and lower the risk of heart disease.

## Fiber

Aim for at least 25 to 30 grams per day of fiber. Dietary fiber may help to lower cholesterol and reduce the risk of developing cardiovascular disease. Yet only 5% of the population is estimated to be getting the recommended daily amount. To increase fiber in the diet, choose more whole grains (such as oatmeal, whole-wheat bread or pasta, brown or wild rice, quinoa, wheatberries or popcorn), legumes, vegetables, fruits, nuts and seeds (such as flaxseed or chia seed).



# Cauliflower's Most Convenient Form



When people think of vegetables that are superfoods, seldom does cauliflower come to mind. However, it really is one of the greatest superfoods, not only in nutrition, but also in taste. It is part of the same family that broccoli and cabbage belong to and is considered a cruciferous vegetable. A serving of cauliflower is a good source of fiber, vitamin C, vitamin K, folate and potassium. Cauliflower also contains phytonutrients that have anti-inflammatory compounds, and may reduce the occurrence of heart disease and stroke. Additionally, cauliflower is high in fiber, which may be beneficial for colon health.

The newest craze with this amazing vegetable is that it now comes crumbled and packaged. Green Giant® Cauliflower Crumbles and blends are your Hy-Vee dietitian pick of the month. These cauliflower crumbles come in three varieties: regular Cauliflower Crumbles, Fried Rice Blend, and Sweet Potato and Cauliflower Crumbles.

There are so many ways and reasons to try Green Giant® Cauliflower Crumbles and Blends.

- Washed, cut and ready to use.
- Steam-in-pouch cooks in minutes for quick, easy prep and clean up.
- Pizza Crust - Use Green Giant® Cauliflower Crumbles instead of flour in your pizza crust. Mix with cheese and Italian spices and top with your favorite pizza toppings.
- Perfect time-saver when trying to make cauliflower mashed potatoes.
- Add to soups, stir-frys, salads and casseroles.
- Use the Cauliflower Crumbles Fried Rice blend as a substitute for rice in any main or side dish.
- Baked Goods – Because of cauliflower's mild flavor, it can be blended into your favorite dessert recipe without anyone knowing.

Try a few of these different options when using Cauliflower Crumbles. Any picky eater will never know they are eating more vegetables. These tricks also work great for people trying to reduce their carbohydrate intake for weight loss or blood sugar control. If you don't have time to prep or don't want to bother with the clean-up, try picking up a bag of our dietitian Pick of the Month, Green Giant® Cauliflower Crumbles and blends. Try them in the recipe below.

## Cauliflower Crumbles® "Fried Rice"

Serves 8 (1/2 cup each).

Prep Time: 10 Minutes

All you need:

1 tbsp olive oil

3 cloves garlic, finely chopped

1 (16 oz) bag Green Giant™ Fresh

Cauliflower Crumbles® "Fried  
Rice" Blend

1 tsp garlic salt

1 egg, beaten

2 tbsp soy sauce

1 tbsp Hoisin sauce

2 green onions, sliced

All you do:

1. In a medium skillet, heat 1 tablespoon oil over medium heat. Add garlic and sauté for 1 to 2 minutes, stirring frequently until garlic begins to brown.
2. Add "Fried Rice" Blend and garlic salt. Cook, stirring frequently, for 5 to 7 minutes until vegetables soften.
3. Stir in egg; stir constantly 2 to 3 minutes until egg is scrambled and incorporated into vegetables.
4. Stir in soy sauce and Hoisin sauce; mix well.
5. Garnish with green onions.

Source: adapted from Green Giant

Nutrition per serving: 50 calories, 2.5g fat, 0g saturated fat, 0g trans fat, 480mg sodium, 5g carbohydrate, 1g fiber, 3g sugars, 2g protein. Daily Values: 20% vitamin A, 40% vitamin C, 2% calcium, 2% iron.





*dietitian's pick*

## GREEN GIANT™ FRESH CAULIFLOWER CRUMBLES® 5 REASONS TO EAT CAULIFLOWER CRUMBLES®

1. Washed, cut and ready to use.
2. Steam-in-pouch cooks in minutes for quick, easy prep and clean-up.
3. Ready to steam, saute, roast, bake or mash. Add to soups, stir-frys, salads and casseroles.
4. Three varieties available: Cauliflower Crumbles, Cauliflower Crumbles "Fried Rice" Blend and Sweet Potato & Cauliflower Crumbles.
5. One cup of cauliflower provides nearly all of your daily vitamin C needs, which is important for a healthy immune system.



### CAULIFLOWER CRUMBLES® "FRIED RICE"

Serves 8 (½ cup each) | Prep Time: 10 minutes

#### ALL YOU NEED:

- 1 tbsp olive oil
- 3 cloves garlic, finely chopped
- 1 (16 oz) bag Green Giant™ Fresh Cauliflower Crumbles® "Fried Rice" Blend
- 1 tsp garlic salt
- 1 egg, beaten
- 2 tbsp soy sauce
- 1 tbsp Hoisin sauce
- 2 green onions, sliced

#### ALL YOU DO:

1. In a medium skillet, heat 1 tablespoon oil over medium heat. Add garlic and sauté for 1 to 2 minutes, stirring frequently until garlic begins to brown.
2. Add "Fried Rice" Blend and garlic salt. Cook, stirring frequently, for 5 to 7 minutes until vegetables soften.
3. Stir in egg; stir constantly 2 to 3 minutes until egg is scrambled and incorporated into vegetables.
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# Hy-Vee [BASIC] SEAFOOD TIPS



This February make it a goal to take a healthy heart pledge and eat seafood twice each week. If you are finding it hard to eat seafood even once a month, start small. Make it a goal to eat seafood once a week and work your way up to our heart-healthy goal of twice weekly.

Needing ideas for how to make this possible? Your Hy-Vee dietitian can provide you with many family friendly seafood recipes - or try out a Simple Fix class where you can take home a pre-prepared seafood meal for your family to try.

Here are a few dietitian tips to get your pledge started:

- **START WITH A MILD-TASTING FISH** - Develop a taste for fish. Tilapia is a good choice. It has a mild, somewhat sweet flavor and pleasant aroma. It flakes easily and can be prepared in numerous ways. Other mild fish to try include swai, crab chunks and shrimp.
- **PREPARE FISH WITH A FAVORITE FLAVOR** – Swap out traditional protein sources in your favorite dishes with fish. Try tilapia fish tacos, shrimp stir-fry or pesto salmon with cheese tortellini.
- **TRY SERVING WITH DIPS** – cocktail sauce, ranch dressing or tartar sauce may help ease you into liking the flavor of fish. Just watch your serving size because condiments in excess amounts can lead to hidden extra calories.
- **ADD CRUNCHY COATINGS** - Fish with a crunch may have more appeal. Try topping fish with crushed crackers, bread crumbs or cereals.

## Pistachio-Crusted Tuna Steaks

Serves 4.

### All you need:

1 tbsp thinly sliced shallot	1/2 tsp salt, divided
1 bay leaf	1/4 cup coarse dry breadcrumbs, preferably whole-wheat (see note)
1/2 cup white wine	1/4 cup shelled pistachios
3 tbsp reduced-fat sour cream	4 (4 oz each) tuna steaks, 1 to 1¼-inches thick
2 tsp lemon juice	1 tsp Hy-Vee Select extra-virgin olive oil
2 tsp chopped fresh dill, divided	
1 tsp whole-grain mustard	

### All you do:

1. Place shallot, bay leaf and wine in a small saucepan and bring to a boil. Reduce until the wine is almost evaporated, about 5 minutes. Remove from the heat, discard bay leaf and transfer to a small bowl. Add sour cream, lemon juice, 1 teaspoon dill, mustard and 1/4 teaspoon salt; stir to combine.
2. Put breadcrumbs, pistachios, the remaining 1 teaspoon dill and 1/4 teaspoon salt in a blender or food processor. Process until finely ground. Transfer to a shallow bowl. Dredge both sides of the tuna in the pistachio mixture.
3. Heat oil in a large nonstick skillet over medium heat. Add the tuna and cook until browned, adjusting the heat as necessary to prevent burning, 4 to 5 minutes per side for medium-rare. Serve with the lemon-dill sauce.