

October 2016



Trick or Treat? Give me Something Good to Eat!

Halloween is just around the corner and soon the goblins will be knocking at the door. With the chance to dress up in costumes and stock up on sweets, Halloween is the highlight of the year for many kids — from toddlers to teens.

But the high season for candy can also be a frustrating time for parents who encourage kids to eat nutritious foods and make sweets a limited part of a balanced diet. The balance between allowing kids to indulge and enjoy the holiday and undermining the hard work done the rest of the year can be tough to maintain.

Halloween is a perfect opportunity to talk to your kids about moderation and healthy eating. Halloween, and all its fabulous chocolaty, gooey, rot-your-teeth sweetness, is a once-a-year occasion. The problem is when there is so much candy lying around that it lasts for months. Use this opportunity to talk to kids and explain to them that candy, like many of our other favorite treats, is a “sometimes” food. “Sometimes” foods aren’t foods we eat at every meal because they don’t give our bodies the nutrients we need to grow and stay healthy. We enjoy “sometimes” foods on occasion, and because we enjoy them only once in a while, it makes them that much more special.

Make Halloween about more than the candy. Be sure to eat supper before trick-or-treating to help reduce all the quick grabs into the candy bag on the route around the neighborhood. Try *Yummy Mummy Pizzas* on whole-grain English muffins and explain to your kids that whole grains help fill their bellies and provide the energy they need to play. Add a few chopped veggies and “wrap up” your mummy pizzas with pieces of string cheese. Fill half their plates with fruits and vegetables dunked in a dip such as hummus, guacamole or salsa. According to a recent study, kids eat more vegetables and will consume a greater quantity when served with a dip.

Not all Halloween “treats” need to be candy. Look for non-food Halloween items like pencils, tattoos, glow sticks or small bottles of water like Nestle Share a Scare Halloween water bottles. After all, little goblins will need to stay hydrated on their trek through the neighborhood.

Not all children have the luxury of participating in all of goodies Halloween can provide. Several children have food allergies or celiac disease making it difficult to navigate their bag of sweet treats. Hy-Vee has partnered with The Teal Pumpkin Project, a worldwide movement helping give kids with food allergies or other known diet restrictions have a safe and happy Halloween. Participating is quite easy! Simply provide non-food treats for trick or treaters and place a teal pumpkin near your front door or where treats are distributed. For more information about The Teal Pumpkin Project, contact your Hy-Vee dietitian today.

Use the excitement of the holiday to create memorable experiences. Carving pumpkins and roasting the seeds for a fun and nutritious snack are a great way to engage children while filling their hearts and minds with memories.

Tropical Popcorn Balls

Serves 12 (1 ball each)

All you need:

6 heaping cups popped corn

1/4 cup agave nectar (see Note) or honey

1/4 cup creamy natural peanut butter or almond butter, at room temperature

1/4 cup finely chopped Hy-Vee macadamia nuts

1/4 cup Hy-Vee coconut, preferably unsweetened



All you do:

1. Line a baking sheet with parchment or wax paper. Prepare a medium bowl of ice water.
2. Put popcorn in a large bowl.
3. Combine agave (or honey) and peanut butter (or almond butter) in a small saucepan. Cook over medium heat, stirring gently but constantly. As soon as the mixture starts to lightly bubble, cook, stirring constantly, for 15 seconds more.
4. Immediately pour the mixture evenly over the popcorn; gently mix with a wooden spoon or spatula until well coated. Gently stir in macadamia nuts.
5. Dip both hands in the ice water. Working quickly, press small handfuls (heaping 1/4 cup each) of the popcorn mixture firmly into 2-inch balls. (Make sure each ball gets a little bit of the macadamia nuts.) Place the balls on the prepared baking sheet. If they seem too fragile, rinse hands with cold water and press and squeeze each ball again to help keep it together. Roll each ball in coconut or sprinkle with coconut while still a little damp and sticky.
6. Let cool completely before storing. To store, individually wrap in plastic wrap and store in an airtight container.

Make Ahead Tip: Wrap airtight for up to 2 days, but best the day they are made.

Note: Agave syrup or nectar is the naturally sweet juice extracted from the agave plant. It has a lower glycemic index and is lower in calories than table sugar, but is even sweeter. Use it in moderation when substituting for table sugar.

Nutrition Facts per serving: 100 calories, 6g fat, 2g saturated fat, 0mg cholesterol, 20mg sodium, 10g carbohydrates, 1g fiber, 6g sugars, 2g protein.

Daily values: Iron 4%.



Fall brings an abundance of flavorful, seasonal foods that are packed full of nutrition! October is National Pork Month, Apple Month, Cranberry Month - and October 29 is National Oatmeal Day! Now is the time to take advantage of these flavorful fall foods and the nutrition they provide. Oatmeal is the dietitian Pick of the Month for October, and it is a great pairing with these seasonal fall foods.

National Pork Month – Pork Month was originally started because October was the time most hogs were brought to market. Now the month has evolved into a way to educate consumers on pork production and the nutritional benefits of eating pork. According to the USDA, pork is the world’s most widely eaten meat, making up 42% of meat consumption worldwide. To choose the leanest cuts, look for the words “round” or “loin” in the name. These cuts will contain higher amounts of quality protein and lower amounts of saturated fat. Pork tenderloin contains the same fat content as a skinless chicken breast, and offers a good source of many B vitamins and minerals. The pork tenderloin is not only lean, but it is versatile and flavorful as well! Oatmeal works great as a coating for both tenderloin and pork chops. You can leave the oatmeal whole, or grind it up into a flour for a flavorful twist. Or you can try the recipe below for an easy pork chop sauté; it is a weeknight dinner idea your family will be sure to love.

National Apple Month – More than 2,500 varieties of apples are grown in the U.S. There is sure to be a variety to please even the pickiest eater! The saying “An apple a day keeps the doctor away” has scientific merit.

One study found eating an apple a day helped reduced LDL (bad) cholesterol. Regular apple consumption has also been linked to weight loss, improved gut health, cancer prevention and reduced inflammation. There are many ways to add apples to your daily diet. The easiest way is to wash and eat! Or add chopped apples and a dash of cinnamon to oatmeal before cooking it for a flavorful fall treat. Apples and oatmeal make a great fall combo in bars, cookies and breakfast breads as well. Keep in mind, apples ripen six to 10 times faster at room temperature, so if you want your apples to last longer, store them in the refrigerator.



National Cranberry Month – October is the peak month of harvesting cranberries. Cranberries are grown on vines in bogs, or wet marshy areas. Cranberries are known for their bacteria-blocking compounds that have been linked to the prevention of urinary tract infections. New research is showing these compounds may also be helpful in preventing ulcers and gum disease. Cranberries' rich antioxidant content may help reduce inflammation and increase heart health. Cranberries come in a variety of forms with varying nutrition content. Fresh, frozen, canned, dried and cranberry juice all contain the bacteria-blocking compounds. If fresh or frozen cranberries are too tart for you, make them into a sauce by boiling them with water or low-sugar orange juice just until they pop. Overcooking the cranberries will increase their bitterness. Fresh cranberry sauce is excellent stirred into oatmeal or plain Greek yogurt. Better yet, stir all three together for a creamy fall treat. When choosing dried cranberries or juice, look for ones with no or less added sugar.

Easy Pork Chop Sauté with Cranberries

Serves 4.

All you need:

- 1/4 tsp dried thyme leaves
- 1/4 tsp salt, divided
- 1/4 tsp freshly ground pepper, divided
- 4 boneless pork loin chops, (1 to 1 1/4 pounds), trimmed of fat
- 2/3 cup cranberry juice cocktail or orange juice
- 2 1/2 to 3 tbsp clover or other mild honey
- 2 tsp Hy-Vee canola oil
- 1/4 cup chopped onion
- 1 cup fresh or thawed frozen cranberries, coarsely chopped (see Tip)



All you do:

1. Mix thyme and 1/8 teaspoon each salt and pepper in a small bowl. Sprinkle both sides of pork chops with the thyme mixture.
2. Stir cranberry juice and 2 1/2 tablespoons honey in a 1-cup glass measure until well blended.
3. Heat oil in a large nonstick skillet over medium-high heat until hot but not smoking. Add the chops and cook until browned on both sides, 2 to 3 minutes per side.
4. Push the chops to one side of the pan, add onion to the empty half and cook, stirring, until the onion is soft and beginning to brown, 1 to 2 minutes.
5. Pour half the juice mixture into the pan. Add cranberries. Reduce heat to medium and cook, turning the chops occasionally, until cooked through, 2 to 4 minutes. Transfer the chops to a serving plate and tent with foil to keep warm.
6. Add the remaining juice mixture to the pan. Increase heat to high and cook until the mixture reduces to form a syrupy sauce, about 2 minutes. Season with the remaining 1/8 teaspoon salt and pepper and up to an additional 1/2 tablespoon honey to taste. Spoon the sauce over the chops.

Tip: To make quick work of chopping cranberries, place whole berries in a food processor and pulse a few times until the berries are coarsely chopped.

Nutrition Facts per serving: 277 calories, 10g fat, 2g saturated fat, 83mg cholesterol, 200mg sodium, 21g carbohydrate, 1g fiber, 27g protein.

Daily values: 13% iron.

Oatmeal Around the World

Fun fact: Oatmeal is not just a boring breakfast cereal; it is so much more! In fact, oatmeal is used throughout the world in many other ways than just your typical rolled oats, milk and sugar for breakfast.

Oats have been a staple in many countries for thousands of years. Oats are cheap to grow, process, transport and buy and are packed with nutrients! The soluble fiber found in this grain contribute to lowering cholesterol, preventing high blood pressure, decreasing the risk of developing diabetes and many more health benefits.

In the United States, we typically use old-fashioned oats, quick oats or instant oats. All of these have been cut from the original whole-grain kernels called groats. The difference isn't much except for texture and cooking time. These types of oats make great breakfast cereal and overnight oatmeal recipes. Both types of recipes can be found at hy-vee.com. But remember you don't have to enjoy oatmeal just for breakfast. Your grandmother probably used oatmeal in her famous meat loaf to hold the recipe ingredients together, and your mom probably makes the best apple crisp dessert using oats.

Steel-cut oats are often called Scottish or Irish oatmeal. These kernels are not cut but instead are crushed and ground, creating small broken grain pieces. Steel-cut oats are often prepared in Scotland and Ireland by boiling for a long period of time with milk or water. A great recipe called Overnight Oatmeal using steel-cut oats is available at hy-vee.com.

In Colombia, Avena Colombiana is a creamy and rich oatmeal-based drink made with old-fashioned oatmeal, milk, cinnamon and sugar.

Switzerland makes muesli using oats, other grains, nuts and seeds and adding fresh or dried fruit for a nutritious hot or cold cereal.

Unexpected places you will find oats are in your ice cream, cosmetic products and beer. Remember the groats we discussed earlier? The hull, which is inedible, of the whole oat kernel is used at Quaker Oats in Cedar Rapids, Ia., to provide energy to the University of Iowa. These hulls reduce carbon dioxide emissions by 70,000 tons a year, which is equal to taking 1,200 cars off the road.

Try this savory Indian-inspired oatmeal dish at home!

Savory Curry Cashew Oatmeal

Serves 1.

All you need:

1 cup water

Pinch of salt

1/2 cup old-fashioned rolled oats

3 tbsp golden raisins

2 tbsp toasted chopped cashews

1/4 tsp curry powder



All you do:

1. Bring water and salt to a boil in a small saucepan. Stir in oats, reduce heat to medium and cook, stirring occasionally, until most of the liquid is absorbed, about 5 minutes. Remove from heat, cover and let stand 2 to 3 minutes. Top with raisins, cashews and curry powder.

Overnight oats variation: Combine 1/2 cup old-fashioned rolled oats with 1/2 cup water and a pinch of salt in a jar or bowl. Cover and refrigerate overnight. In the morning, add toppings, as desired. Eat cold or heat up. Makes about 1 cup.

Steel-cut oats variation: Bring 1 cup water and a pinch of salt to a boil in a small saucepan. Add 1/3 cup steel-cut oats, reduce heat to a bare simmer, cover and cook, stirring occasionally, until most of the liquid is absorbed, 15 to 20 minutes. Remove from heat and let stand, covered, 2 to 3 minutes. Add toppings. Makes about 3/4 cup.

People with celiac disease or gluten-sensitivity should use oats that are labeled “gluten-free,” as oats are often cross-contaminated with wheat and barley.

Nutrition Facts per serving: 332 calories, 11g fat, 2g saturated fat, 0mg cholesterol, 160mg sodium, 55g carbohydrates, 6g fiber, 18g sugars, 9g protein.

Daily values: 43% iron.

Oatmeal All Day

Yes, oatmeal isn't just for breakfast anymore. Besides the steamy cup with a plethora of add-ins, oatmeal can be savory, used as a flour substitute and giving a boost to your meat loaf. The health benefits of oatmeal make it a perfect addition to other foods to boost nutrition in baked goods and stuffing.

First a primer on the various kinds of oatmeal: Oatmeal is available in different varieties such as old-fashioned oats, oat groats, steel-cut oats and oat bran. Some quick-cooking varieties include cooking oats and instant oatmeal. The different types of oat products are a result of the kind of processing they undergo, but all retain most of their fiber and nutrient content.

Some of the most prominent nutritional benefits of oatmeal can be summarized as the following:



1. BOOSTS ENERGY

Oatmeal is a carbohydrate and protein-rich source that provides calories and energy. A 2006 study published in the *International Journal of Sport Nutrition and Exercise Metabolism* found consuming a low-glycemic meal, such as oatmeal, three hours prior to a run gives you better endurance than a high-glycemic meal. Foods such as oatmeal tend to cause a slow rise in glycemic levels, which is ideal for increasing fat-burning during exercise.

2. SUPPORTS WEIGHT LOSS

Oatmeal is an appetite suppressor that can be an integral part of any weight loss diet. Cholecystokinin, a hunger-fighting hormone, is increased with the oatmeal compound beta-glucan. A 2009 study published in the journal *Molecular Nutrition and Food Research* found satiety increased as a result of eating foods containing beta-glucan.

3. PREVENTS DIABETES

Oatmeal's low-glycemic index is beneficial when it comes to reducing the risk of diabetes. This helps the stomach empty its contents slowly, which affects blood sugar levels and has a positive effect on our insulin sensitivity. A 2006 study published in *The American Journal of Clinical Nutrition* found a diet that produces a low-glycemic response is associated

with less insulin resistance and a lower prevalence of type 2 diabetes than a diet that produces a high-glycemic response.

4. BOOSTS HEART HEALTH

Foods rich in whole oat sources of soluble fiber have been linked to good heart health. Oatmeal contains both calcium and potassium, which are known to reduce blood pressure numbers. A 1999 study published in *The American Journal of Clinical Nutrition* found whole-grain consumption was associated with a reduced risk of coronary heart disease due to its soluble fiber.

5. REDUCES COLON CANCER

A high-fiber diet can be beneficial when it comes to reducing the risk of colorectal cancer. Its soluble fiber and insoluble fiber can help speed up the passage of food and waste, which prevents constipation. This is what promotes good colon health. A 2011 study published in the *BMJ* found total fiber intake, as well as fiber from whole grains and from cereals, was strongly associated with a reduction in colon cancer.

EatingWell Energy Bars

Serves 12

All you need:

- 1 cup Hy-Vee lightly salted dry-roasted peanuts, coarsely chopped
- 1/2 cup crispy brown rice cereal
- 1/2 cup old-fashioned oats
- 1/3 cup raw pumpkin seeds or sunflower seeds
- 1/4 cup Hy-Vee dried blueberries
- 6 Hy-Vee dried apricots, diced
- 3 tbsp Hy-Vee mini chocolate chips
- 5 tbsp brown rice syrup or light corn syrup



All you do:

1. Preheat oven to 325 degrees. Line the bottom and sides of an 8-inch-square baking pan with foil and coat with cooking spray.
2. Combine peanuts, rice cereal, oats, pumpkin (or sunflower) seeds, blueberries, apricots and chocolate chips in a large bowl. Drizzle with syrup and gently stir until thoroughly combined. Spread in the prepared baking pan. Coat another piece of foil with cooking spray and place on the bar mixture, sprayed-side down. Place another pan on top and press firmly to compress the mixture. (Pressing before baking helps the bars hold together after baking.) Remove top pan and foil.
3. Bake until just beginning to turn golden at the edges, 20 to 24 minutes (metal pan) or 30 to 35 minutes (glass pan). Cool in the pan on a wire rack for 10 minutes.
4. Carefully lift the baked square out of the pan by holding the edges of the foil and place on a cutting board, leaving the foil underneath. Cut in half, then cut each half crosswise into 6 bars. Let cool completely before lifting the bars off the foil.

Make Ahead Tip: Store airtight between sheets of wax paper for up to 1 week. Or individually wrap in plastic and freeze.

Nutrition Facts per serving: 167 calories, 9g fat, 2g saturated fat, 0mg cholesterol, 30mg sodium, 19mg carbohydrates, 2g fiber, 9g sugars, 5g protein.

Daily values: 11% Iron.



dietitian's pick

QUAKER OLD FASHIONED OATS

FIVE REASONS TO CHOOSE QUAKER OATS:

1. Made with only one ingredient: 100% whole-grain rolled oats.
2. Helps you meet current recommendations of making half your grains whole grains.
3. One serving contains 5 grams of protein and 4 grams of fiber to help keep you full longer!
4. Top cooked oatmeal with nuts, fresh fruit and you have a quick and easy on-the-go breakfast!
5. Oatmeal isn't just for breakfast; try it in savory side dishes or even as your entrée.



DILLED SALMON CAKES

Serves 6

ALL YOU NEED:

SALMON CAKES

- 2 quarts water
- 1 lemon, halved
- 1/2 tsp salt, divided
- 16 oz fresh salmon, skin and bones removed
- 3/4 cup uncooked Quaker old fashioned oats
- 1/3 cup Hy-Vee skim milk
- 1/3 cup liquid egg substitute with yolk or 1 egg, lightly beaten
- 1 tbsp finely chopped onion
- 1 tbsp finely chopped fresh dill

SAUCE

- 1/2 cup Hy-Vee light plain nonfat yogurt
- 1/3 cup chopped seeded tomato
- 1/3 cup chopped English seedless cucumber
- 1 tbsp finely chopped onion
- 1 tbsp finely chopped fresh dill

ALL YOU DO:

1. Bring water, lemon halves and 1/4 teaspoon salt to a rolling boil in a large pot. Add salmon, reduce heat and simmer for 8 to 10 minutes or until salmon reaches 145 degrees.
2. Remove salmon from water and lay flat on paper towel. Gently pat dry with second paper towel.
3. In small bowl, combine yogurt, tomato, cucumber, 1 tablespoon onion and 1 tablespoon fresh dill. Cover and refrigerate while making salmon cakes.
4. Meanwhile, flake salmon in a medium bowl. Stir in oats, skim milk, egg substitute, 1 tablespoon onion, 1 tablespoon dill and remaining 1/4 teaspoon salt. Let stand 5 minutes. Shape into 6 oval patties.
5. Lightly spray large nonstick skillet with cooking spray. Cook salmon cakes over medium heat 3 to 4 minutes on each side or until golden brown and internal temperature reaches 165 degrees. Serve with sauce.

Nutrition Facts per serving: 250 calories, 10g fat, 3g saturated fat, 0g trans fat, 65mg cholesterol, 290mg sodium, 1g carbohydrate, 1g fiber, 3g sugar, 25g protein. Daily values: 10% vitamin A, 10% vitamin C, 8% calcium, 8% iron.

Source: <http://www.quakeroats.com/cooking-and-recipes/dilled-salmon-cakes.aspx>