

August

Get Outdoors with a Picnic Lunch!

TURKEY, CORN AND SUN-DRIED TOMATO WRAPS

Serves 4.

All you need:

- 1 cup fresh or thawed frozen corn kernels
- 1/2 cup chopped fresh tomato
- 1/4 cup chopped soft sun-dried tomatoes
- 2 tbsp Hy-Vee canola oil
- 1 tbsp Hy-Vee Select red wine vinegar or cider vinegar
- 8 thin slices low-sodium deli turkey (about 8 oz)
- 4 (8-inch) Hy-Vee authentic whole-wheat tortillas
- 2 cups chopped romaine lettuce

All you do:

1. Combine corn, tomatoes, sun-dried tomatoes, oil and vinegar in a medium bowl.
2. Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.



Source: www.hyvee.com/mealsolutions/recipes

August is National Picnic Month – the perfect excuse to enjoy the final days of summer vacation with a fun destination lunch. Planning and packing a picnic meal doesn't have to be a hassle, and just to be sure, here is a checklist of tips and tricks to help you get started.

- ✓ **Plan a menu.** Go for simple, casual foods like sandwiches, raw veggies, fruit and other things that you can eat without utensils. Or try a salad that includes all the food groups in one dish. With a little pre-assembly, you'll be able to eat right away when you arrive at your picnic spot! Bring an assortment of kid-friendly and adult beverages, such as juice and plenty of bottled water. Avoid milk or other drinks that can spoil easily in the heat.
- ✓ **Pack your supplies.** Pack all foods in lightweight, re-sealable containers like plastic food storage bags or Ziploc containers. Also remember to bring: cups and plates; utensils (if needed); corkscrew or bottle opener; napkins; moist towelettes; and a blanket, of course! Opting for disposable service ware will make cleanup a breeze, but reusable dishes are a great way to save waste and go green!

- ✓ **Be food safe.** Don't let food spoilage ruin your perfect picnic! Remember that food can harbor harmful bacteria when not stored at the right temperature, so keep everything cold with re-freezable ice packs, or fill a couple of re-sealable bags with ice cubes, to chill food as it's being transported. If you choose to grill onsite, be sure to cook meats to a proper internal temperature to avoid contamination. If you don't have one already, you can find an affordable meat thermometer at your local Hy-Vee!

Food	Temp (°F)
Ground Meat (Beef, Pork)	160
Poultry	165
Pork	145
Fish & Shellfish	145

How to Pick, Cut and Eat a Watermelon

It's watermelon season! August turns up the heat, and there is nothing better than biting into a fresh slice of watermelon to cool off on a hot summer day. Aside from being totally refreshing, this fruit packs a nutritious punch, too! Watermelon is a good source of several vitamins and minerals, including vitamin C, potassium and vitamin A. Vitamins C and A are both essential for supporting skin health and immune function, while potassium is important for heart health and blood pressure control.

Watermelon is also the best known fresh source of lycopene, a powerful antioxidant and phytonutrient that gives this melon its red color. Yes, watermelons are actually a better source of lycopene than fresh tomatoes!

To maximize nutritional benefits, a watermelon should be picked and prepared at its peak. Follow these simple rules for a foolproof melon experience:

Pick

1. The perfect melon should feel heavy for its size when you pick it up.
2. It should sound hollow when you knock on its rind.
3. Examine the rind to make sure it's not leaking, bruised or soft anywhere.

Cut

1. Wash the melon to avoid dragging contaminants through the flesh.
2. Cut the melon in half, and then into quarters.
3. Make vertical cuts, about 1 ½" apart, all the way down to the rind.
4. On one side make horizontal cuts, about 1 ½" apart. Repeat on the opposite side. Your knife should be at an angle, parallel to the opposite flat side of the melon quarter when making these cuts.
5. Flip the wedge over and let all of the cubes fall into a large bowl.
6. Run your knife along the inside of the rind to release remaining cubes, and repeat each step for the remaining wedges.



WATERMELON FRUIT PIZZA

Serves 8 (2 slices each).

All you need:

1/2 cup low-fat plain yogurt

1 tsp honey

1/4 tsp vanilla extract

2 large round slices watermelon (about 1 inch thick), cut from the center of the melon

2/3 cup sliced strawberries

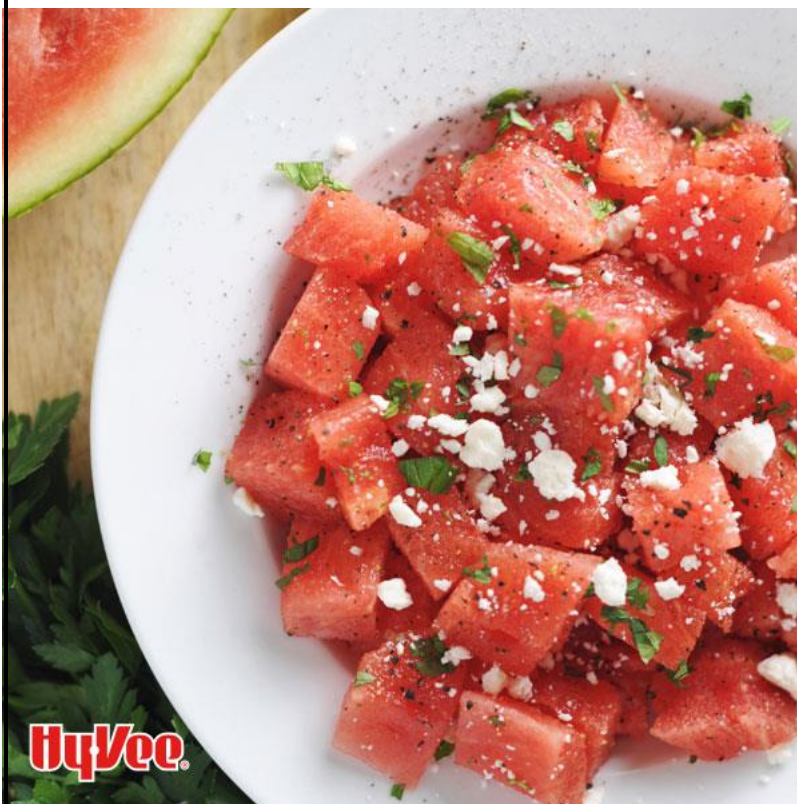
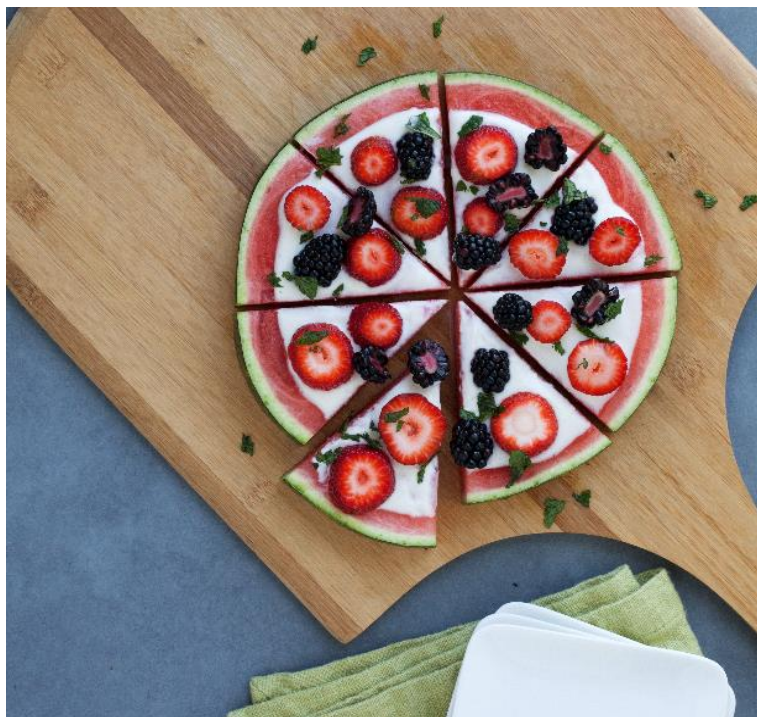
1/2 cup halved blackberries

2 tbsp torn fresh mint leaves

All you do:

1. Combine yogurt, honey and vanilla in a small bowl.

2. Spread 1/4 cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries and mint.



TANGY WATERMELON SALAD

All you need:

4 cups cubed seedless watermelon

2 tbsp Hy-Vee Select olive oil

3 tbsp lime juice

1 tbsp Hy-Vee Select red wine vinegar

Salt and pepper to taste

3/4 cup crumbled feta cheese

1 cup 1-inch-pieces fresh asparagus

1/4 cup coarsely chopped fresh mint or parsley

All you do:

1. Place watermelon cubes in large bowl. Whisk olive oil, lime juice and vinegar in small bowl and pour over watermelon. Toss to coat. Add salt and pepper to taste.
2. Gently stir in feta and mint or parsley. Serve salad immediately.

Source: www.hyvee.com/mealsolutions/recipes

Do Back-to-School Better with Breakfast!

You have probably heard that breakfast is the most important meal of the day, and this couldn't be truer for kids and teens heading back to school in the fall. Eating breakfast as part of a regular routine provides many benefits, with the most important being higher overall nutrient intake which helps kids perform better in school.

Many breakfast foods contain protein and fiber, which are both key nutrients for controlling hunger and preventing overeating. Healthy choices in the morning also provide a golden opportunity to consume calcium, vitamin D, iron and B vitamins, all of which are difficult to make up for when breakfast is skipped. Not to mention, they are extremely important for growth and development! Studies have also shown that skipping breakfast is more likely to lead to weight gain than to prevent it, and that children who eat breakfast have better concentration, more energy and better overall health.

If you are panicking as you imagine squeezing one more thing into a hectic school morning, don't worry! Breakfast on-the-go can be healthy too. Some good protein- and fiber-rich options to have on hand include: Greek yogurt, hard-boiled eggs, nuts, granola bars, dried cereal, oatmeal, whole-grain bread and fresh fruits and veggies. Or try one of the easy recipes below!



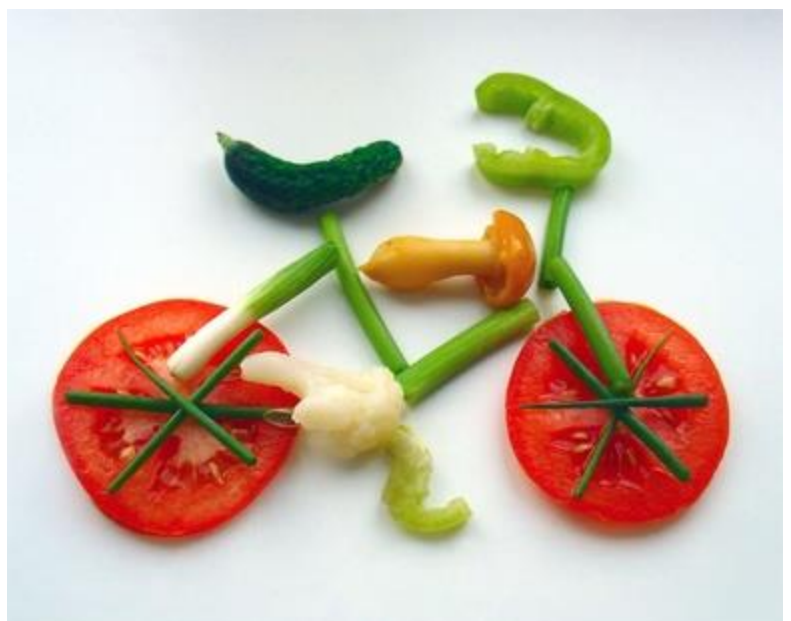
- **Fruit and Nutty Oatmeal.** Make your favorite oatmeal with nonfat or low-fat milk. Top it with a tablespoon of dried fruits and unsalted chopped nuts. Dried fruits with the most fiber are apricots, dates, plums and raisins. Add chia or flax seeds for crunch and even more fiber.
- **Breakfast Bean Burrito.** Scramble one egg, toss in 1/4 cup black beans, and place in the center of a warmed 5-inch whole-grain tortilla. Top with a tablespoon of salsa and wrap it up for a high-fiber treat you can eat on the go.
- **Blackberry Yogurt Breakfast Parfait.** Layer blackberries and low-fat Greek yogurt in a parfait glass or bowl and top with a tablespoon of granola.

Veggie Power!

As children head back to school it's important to make sure vegetables make a regular appearance on their plates. Vegetables are naturally low in calories and pack a nutrient punch with vitamins and minerals including potassium, vitamin C, vitamin A and fiber – just to name a few! Children are often known as picky eaters for their refusal to eat certain, or at times all, vegetables. While some vegetables may take multiple exposures before a child will try the vegetable, there are some great strategies parents can use to help encourage their picky eaters to try something new.

At school, there are always a few rules children are required to follow. Bringing that structure home with food can be helpful as well. One great rule to create in the kitchen is "Don't Yuck Someone Else's Yum."

Words like "ew" and "gross" can be excluded from the



kitchen environment whenever trying new foods or recipes, to help prevent negative feelings toward trying new foods. While children will dislike some foods, encouraging them to use the words “I don’t like that vegetable/dish yet” provides a more positive environment surrounding new foods. In addition, another great rule is the “Rule of 3.” Encouraging a child to try a new vegetable three different ways before it goes on the “I don’t like it yet” list is a great way to expand his or her palate.

Another great way to get children excited about vegetables is to involve them in the entire process. Include children in the meal-planning process by asking them what they would prefer as a vegetable for a snack or meal. Depending on the child’s age, he or she can help with the grocery shopping, cleaning, peeling or cutting of vegetables for a snack or meal.

Children are big on snacking, so it’s important that snacks contribute to their overall nutrition needs. Pairing vegetables with another food group such as fruit or dairy will help increase your child’s vegetable intake at snack time. Keeping pre-cut vegetables paired with dips such as hummus or peanut butter on hand will encourage children to choose these as a healthy snack option.

Setting the example for children is especially important, as they are always looking up to their parents. Parents should encourage trying new foods and allowing children to assist with preparation and cooking as well as eating the vegetables with the children. For an exciting new way to try zucchini, check out this great recipe for Garlic-Parmesan Hasselback Zucchini!

GARLIC-PARMESAN HASSELBACK ZUCCHINI

Serves 4 (1 zucchini each).

Using the hasselback technique—cutting partially into a whole fruit or vegetable every 1/2 inch or so—gives you an easy way to sneak lots of flavor into this healthy zucchini recipe. To bake the zucchini instead of grilling, place in a foil-lined 8-inch-square baking pan and bake at 425 degrees until tender, 25 to 30 minutes.

All you need:

- 1 tbsp Hy-Vee Select extra-virgin olive oil
- 1 tsp finely chopped fresh oregano or 1/2 tsp dried
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 4 small zucchini (about 1 pound total)
- 1/3 cup shaved Parmesan cheese, large pieces broken in half

All you do:

1. Preheat grill to medium-high.
2. Combine oil, oregano, garlic powder, salt and pepper in a small bowl.
3. Make crosswise cuts every 1/2 inch along each zucchini, slicing almost to the bottom but not all the way through. Gently fan the zucchini to open the cuts wider and place a small piece of Parmesan into each cut. Brush the oil mixture over the top.
4. Place the zucchini on a double layer of foil and grill, without turning, until browned and tender, 16 to 18 minutes.





dietitian's pick

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CHOCOLATE COVERED BANANAS

Serves 10

ALL YOU NEED:

- 1 bag dark chocolate chips, melted
- 3 or 4 bananas, sliced
- 1 bag white bean Beanitos chips, crushed

ALL YOU DO:

1. Melt chocolate according to package instructions.
2. Dip banana slices in the melted chocolate and top with crushed Beanitos.
3. Place on a cookie sheet lined with parchment paper and freeze for at least 1 hour.
4. Store in freezer.

Nutrition Facts per serving: 290 calories, 15g fat, 7g saturated fat, 0g trans fat, 0mg cholesterol, 65mg sodium, 41g carbohydrate, 7g fiber, 24g sugar, 6g protein.

Daily values: 0% vitamin A, 6% vitamin C, 4% calcium, 15% iron

Source: Beanitos.com