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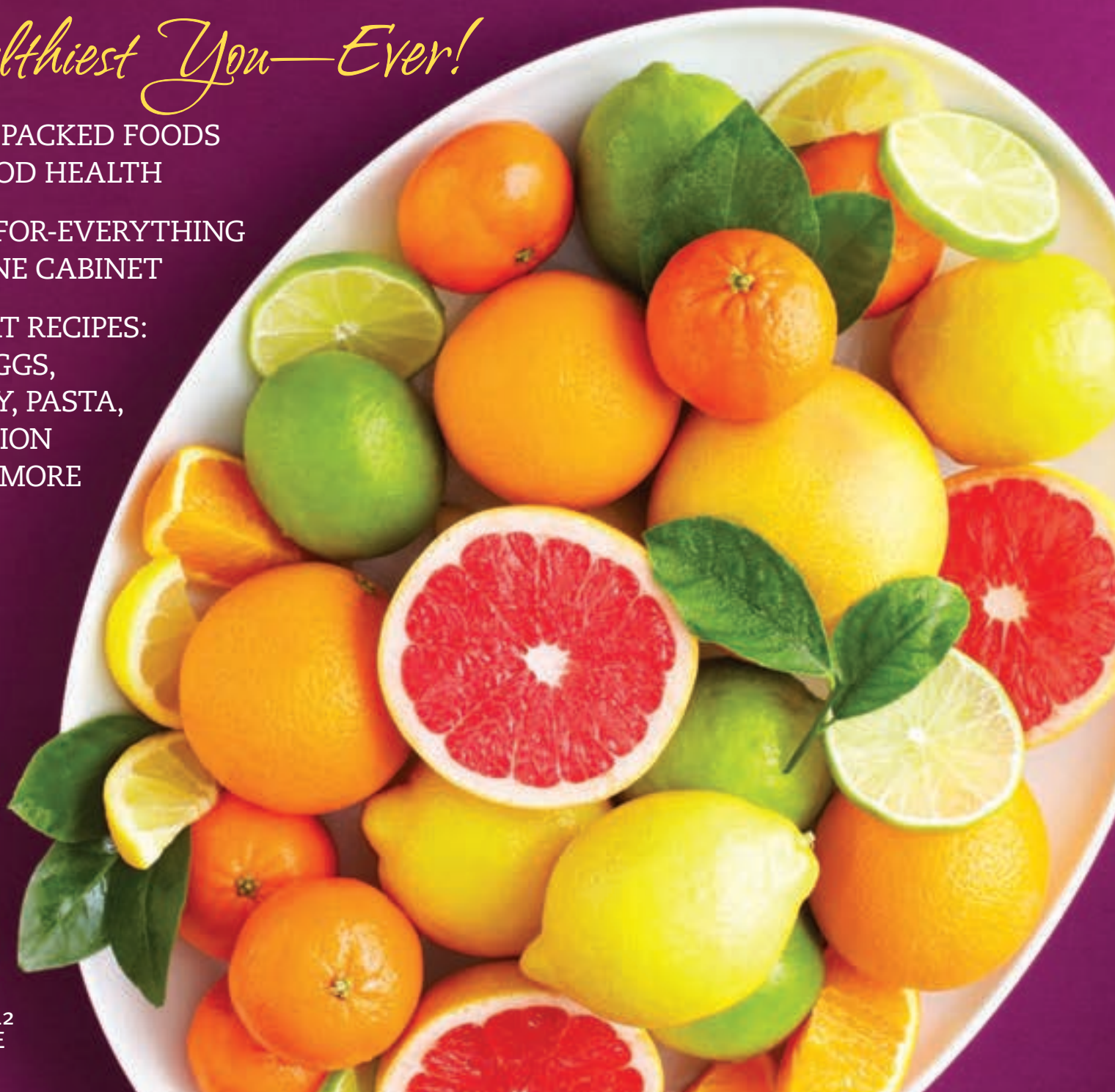
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# Good- For-You Foods



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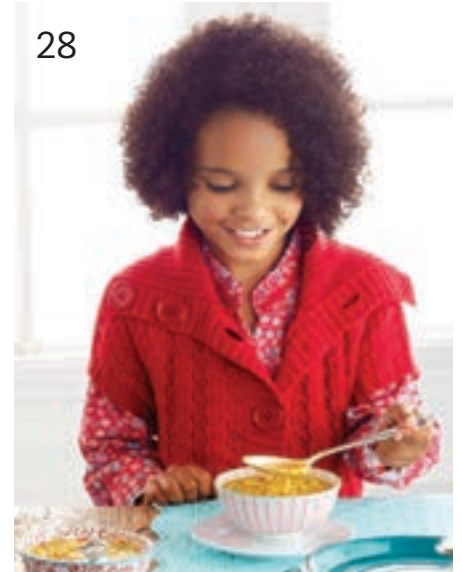
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# seasons

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Celebrating 5 years of memorable stories, recipes, decorating, gardening and more. Watch for special birthday features in the next four issues.



# Letter

## Dear Hy-Vee Friends,

I always wanted to go into the health care industry, but never knew what aspect I wanted to study. I've been extremely blessed and pleased with my choice to become a Hy-Vee pharmacist. I've had the opportunity to make an immediate impact on the lives of my patients. Every day I am allowed the flexibility and autonomy to make a difference in their health needs.

Being a pharmacist involves much more than simply dispensing medication. It allows me to be an integral part of the overall health care team. I have the ability to assist my patients and their physicians and insurance companies in determining the best courses to take in the treatment of medical problems.

As a pharmacist, my patients have immediate access to me to discuss any questions or concerns. In the process, I have gained many meaningful relationships within my community.

Among the customers I've been able to help, a woman named Neva stands out. When she needed help deciding which Medicare drug plan would be best for her, I prepared some information. But she could not get out to the pharmacy, so I took the material to her house to explain it to her after I got off work. We did our business, then we spent an hour visiting about her late husband and all the traveling they did. I really enjoyed my evening with her. People like Neva make my job so enjoyable.

As you read through this issue of *Hy-Vee Seasons*, you'll discover more about our medical services in "Prescription for Good Health," page 20. Your well-being is also the topic of the story "Healthy @ Hy-Vee," page 58, which encourages all of us to eat better, engage in physical activities and develop strong social lives. There are also stories about foods, and recipes, with an emphasis on good nutrition. Reading through the following pages will be time well spent. Here's my prescription: Relax and enjoy.

Tracey Bennett, Hy-Vee Pharmacist  
Perry, Iowa









# Amazing Super Foods

*When it comes to making your body stronger, certain foods have “super powers.” Including these natural foods in your daily diet provides an array of health benefits—and they’re super tasty. Whether you’re fending off a cold, trying to lower cholesterol or reducing the risk of cancer, count on these foods to pack a powerful punch.*

TEXT MARIA GIFFORD PHOTOGRAPHY ADAM ALBRIGHT AND TOBIN BENNETT

Though you may have heard of super foods, you may wonder what they are. These are the fruits, vegetables, lean meats and other foods that not only taste fresh and delicious, but are also highly nutritious. Rich in the powerful nutrients that your body needs, these foods naturally offer an array of disease-fighting substances that keep you healthy.

By eating super foods, you can fuel your immune system with infection- and disease-fighting power. The immune system is a network of cells, tissues and organs that work together to defend the body against such invaders as germs and infectious substances that cause disease. Studies show a number of links between super foods and the effects they have on the immune system to protect against health problems. According to the U.S. Food and Drug Administration, certain super foods have the ability to reduce risks of heart disease, cancer, stroke, high blood pressure, osteoporosis and birth defects.

A popular media term today, super foods entered the language almost 100 years ago as scientists discovered that some foods are nutrition winners and others losers. Dietitians, food scientists and other professionals now prefer the term “functional foods” for nourishment offering significant health benefits.

## GET HEALTHY, NATURALLY

The scientific side of super foods may sound complicated, but making them a part of your diet is simple. Most of these natural, unprocessed fresh fruits and vegetables, lean meats, low-fat dairy and hearty whole grains are readily available at Hy-Vee. Generally, these nutritious choices can be found by shopping along the outer walls, or perimeter, of your local store.

“Natural, whole foods give your body the nutrients that are needed to stay healthy and fight disease,” says dietitian Amanda

Devereaux of the Hy-Vee in Johnston, Iowa. “Eating these foods every day can help you feel energized and upbeat.”

A diet of naturally healthful super foods beats out a diet of high-fat, high-calorie, sugary foods. “Eating a diet of unhealthy processed foods can leave you feeling sluggish because you don’t get the nutrition needed to keep going,” Amanda says. Instead, put foods such as barley, quinoa and other ancient grains in your diet.

Each food group has super foods to pick from, and all of them are good-tasting and easy to include in meals and snacks. While all provide something healthful, some boast extra benefits.

## CITRUS SUPERSTARS

One group of super foods that offers particularly strong health benefits are citrus fruits, especially tangerines, oranges and grapefruit. These fruits contain powerful disease-fighting antioxidants and phytonutrients.

“Citrus fruits are excellent sources of vitamin C, which boosts the immune system,” Amanda says. “They’re also packed with nutrients that can help heal wounds, lower cholesterol, fight colds and flu, decrease inflammation, plus reduce risk of cancers.”

Tangerines are high in pectin, a soluble fiber that reduces the cholesterol in blood and can aid weight loss by providing a full feeling. Oranges are a good source of folate, which helps form healthy new cells and provides energy for your body. Pink grapefruit has a high concentration of lycopene, the pigment that gives the fruit its color. Lycopene supplies antioxidants, which guard against cell damage that promotes heart disease and cancer. Check with your doctor or pharmacist about drugs that may interact harmfully with grapefruit juice.

Citrus is just the start, of course. In the pages that follow are 30 more super foods. All are good for your body.





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# 30 Foods for a Better Body

Eat regularly from this variety of beneficial super foods, which support good health, clear thinking and stronger bodies. All of these fruits, vegetables, nuts and other foods are rich in nutrients.

**1. Spinach** is a nutritional powerhouse, bursting with folic acid, vitamins C and K, iron, carotenoids and bioflavonoids. It also has a good dose of lutein, a weapon against cataracts and macular degeneration.

**2. Chia seeds** are a plant source for omega-3 fatty acids, which are good for heart and artery health. They are also high in antioxidants, fiber and minerals.

**3. Broccoli** is an excellent source of vitamins A and C. It also has vitamin K to build bones, and fiber to help with weight control and healthy digestion.

**4. Kiwi**, one of the most nutrient-dense fruits, is loaded with antioxidants, potassium, vitamin A and a full day's supply of vitamin C. It's a good source of fiber and one of a few fruits that provide vitamin E, an important antioxidant.

**5. Berries**, especially blueberries, pack a powerful nutritional punch in tiny packages. Loaded with antioxidants and phytonutrients, berries are low in calories yet high in fiber and water.

**6. Dark chocolate** (with 70 percent cacao or more) lowers bad cholesterol (LDL) and increases good cholesterol (HDL).

**7. Skim milk** is a fat-free dairy food that's rich in calcium and high in protein, potassium and vitamin D. Bone health experts call a glass of skim milk a "complete nutrition" food.

**8. Sweet potatoes**, in bright orange, are high in vitamins A and C, plus calcium and potassium. To cut back on fat and sodium, a baked sweet potato with few or no toppings is a good choice with dinner.

**9. Green tea** contains catechins, the powerful antioxidants that target free radicals which damage DNA and contribute to cancer and heart disease. Green tea may inhibit the growth of cancer cells.

**10. Tomatoes** have a higher concentration of lycopene than any fruit or vegetable. Being amply supplied with this vital cancer-fighting antioxidant also provides the bright color. Interesting to know: Cooked tomatoes are higher in lycopene than fresh tomatoes.

**11. Eggs** offer quality protein along with 12 vitamins and minerals—including choline, which is good for brain development and memory. Eggs are a nutritious, versatile, economical super food.





**12. Fat-free Greek yogurt** has double the protein and half the sugar of regular yogurt. Because it has less lactose than regular yogurt, it's also easier to digest. Look for Greek yogurt with probiotics—cultures that improve digestive health.

**13. Nuts** are high in protein and are loaded with heart-healthy fats, disease-fighting antioxidants and lots of fiber. To keep fat intake down, choose nuts in the shell. Taking time to shell them slows down eating and helps with portion control.

**14. Beans** are loaded with insoluble fiber—to help lower cholesterol—as well as soluble fiber, which is filling and aids healthy digestion. Beans are low in fat while high in protein, carbohydrates, magnesium and potassium.

**15. Peppers**—mild, hot or super hot—contain phytochemicals that have strong disease-fighting antioxidants. Peppers of all colors and flavors are among the richest sources of vitamins A and C.

Continued on page 8





Continued from page 7

**16. Cinnamon** may help regulate blood sugar levels after meals, which may reduce the amount of fat stored. It may also have antioxidant effects, decrease inflammation and fight bacteria.

**17. Squash**—especially butternut—has more beta-carotene than cantaloupe or mangoes. That's a plus in the fight against cancer, heart disease and cataracts. Winter squash has good amounts of fiber as well.

**18. Avocados** are high in monounsaturated fat—the good fat that works to lower cholesterol and improve heart health. Avocados are also rich in beta-sitosterol, a natural substance also shown to lower cholesterol.



# 30 Foods for a Better Body

**19. Pomegranate juice** is believed to have super-antioxidant powers that fight breast, lung and prostate cancers, and also helps prevent osteoporosis, protect arteries, slow Alzheimer's disease, prevent dental plaque and lower blood pressure and cholesterol.

**20. Acai berries** are grapelike fruits from the acai palm tree, native to South American rainforests. Acai juice contains powerful antioxidants, anthocyanins (pigments that provide color) and flavonoids that may help prevent heart disease and fight cancer.

**21. Salmon**, a favorite choice of the American Heart Association because of heart-healthy omega-3 fatty acids, is also low in calories, has a good amount of protein, is a good source of iron and low in saturated fat.

**22. Cranberries** contain polyphenols and anthocyanins—both compounds that provide antioxidant and anti-inflammatory protection against infectious diseases, heart disease and some forms of cancer.

**23. Apples** have soluble and insoluble fiber, good for maintaining weight, lowering cholesterol and preventing heart disease and stroke. They have vitamin C and quercetin, the antioxidant that boosts exercise endurance by making oxygen more available to lungs.

**24. Oatmeal**, with a special strand of fiber known as beta-glucan, lowers cholesterol, protects the heart and boosts the immune system. It's also rich in magnesium, which reduces the risk of type 2 diabetes.

**25. Barley** is a rich source of soluble and insoluble fiber. It also contains tocotrienols, which help lower cholesterol and reduce risk for heart disease.

**26. Ginger** is thought to be a super spice with numerous health benefits—such as eliminating heartburn, relieving nausea, numbing pain, reducing inflammation and fighting cancer.

**27. Edamame**, or boiled green soybeans, have been called the “wonder veggie” because of their super-nutritional value. The beans are a healthful substitute for protein sources that are high in cholesterol and saturated fat.

**28. Quinoa** (pronounced *keen-wa*) is a most healthful grain because of its high protein, fiber and iron. With good amounts of zinc, vitamin E and selenium, it helps with weight control and in lowering risks for diabetes and heart disease.

**29. Buckwheat**, a super-healthful whole grain, is high in fiber, protein and magnesium. It produces a relaxing effect as it naturally lowers blood pressure and reduces cholesterol.

**30. Kale**, a member of the cabbage family, has more nutrients than any other green leafy vegetable. Packed with antioxidant properties, it is low-fat, has no cholesterol and is beneficial in warding off cancers and heart disease.





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## 10 Ways to Build Up Your Immune System

Your body will thrive if you are eating plenty of super foods.  
But you need to take other steps for a healthier life, too.

**1** **Exercise regularly.** Being physically active helps manage weight, prevent disease, strengthen muscles and improve your mood.

**2** **Get adequate sleep each night.** Refreshing sleep is critical for a healthy immune system, metabolism, memory, learning and vital functions.

**3** **Stress less.** Keeping stress levels in check benefits the immune system by protecting the body from excess fatigue that leads to illness. Discover natural ways to relax and rejuvenate, then set aside time each day for your health.

**4** **Eliminate toxins where you can.** Such environmental toxins as tobacco smoke increase risks for heart disease and cancers. Antioxidants—especially vitamins C and E—reduce the effects of toxins on your body.



5 **Eat plenty of good-tasting fruits and vegetables.** Benefit from their natural vitamins, minerals, fiber and antioxidants.

6 **Practice moderation.** Drinking limited amounts of alcohol may have health benefits. But if you don't drink, don't start. If you choose to drink, do so responsibly.

7 **Think zinc!** This mineral plays a vital role in immune-system health.

8 **Drink plenty of water.** Your body depends on it. Follow the "8 by 8" rule: Drink at least eight 8-ounce glasses of water—each day.

9 **Eat a balanced diet every day.** Include a variety of healthful foods. You'll feel your best, have plenty of energy and be better able to fight colds, flu and other diseases.

10 **Get adequate vitamin C.** It's essential for supporting growth and development and to absorb iron for healthy blood.



## Every sip is soothing

Ah, the power of a such a tiny bag to banish the intrusions, the annoyances, the stresses of the day. Thanks, Lipton. I needed that cup of escape.



Lipton Tea Bags: select varieties 10 ct. to-go or 22 to 100 ct. \$3.28

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*Full of flavor and healthfulness,  
the allure of garlic  
is powerful.*



# Garlic

Wherever you go around the world, the familiar, enticing aroma of garlic can instantly transport you home. Raw, chopped or pressed—garlic is the not-so-secret ingredient of many distinctive dishes. This tasty herb has powerful abilities to improve your health as well.

TEXT JENNIFER RUISCH PHOTOGRAPHY TOBIN BENNETT

Stand over a simmering pot of spaghetti sauce and let the soothing fragrance of garlic take you back to a thousand delicious meals gone by...the hole-in-the-wall pizzeria where you had your first date...your grandmother's kitchen on spaghetti night...the café you visited on your trip to Tuscany. Garlic is a welcome reminder that something mouthwatering is about to be served.

The aromatic flavor of garlic ranges from mild to intense, and this herb is a critical ingredient that adds dimension to numerous dishes—from chicken to bread to potatoes to hummus—in countless savory recipes. It awakens ordinary foods, allowing diners to enjoy them in new, delicious ways. A bland dish becomes lively; a lively dish becomes spectacular.

Sometimes called the “stinking rose,” garlic belongs to the Allium class of vegetables that includes onions, chives, leeks and scallions. Garlic, which is easy to grow and can be cultivated year-round in any temperate climate, accounts for more than 400 varieties grown worldwide. Much of the garlic produced in the U.S. is grown in Gilroy, California, which calls itself “The Garlic Capital of the World.”

All garlic falls into two categories: hardneck and softneck. Both types have the same nutritional properties. Most garlic in American markets is softneck garlic, specifically artichoke garlic, which is very easy to grow and stores well.

The distinctively familiar taste of garlic as well as its nutritional value is contained in the cloves—from 10 to 20 in each bulb—huddled tightly together and bound by thin papery skin and a root.

## THE WONDER DRUG

Belief in its health benefits is one reason that garlic has been cultivated worldwide for thousands of years. Today we are catching up on that knowledge. Research confirms many health benefits of garlic, including that it acts as a natural antibiotic.

On contact, garlic can destroy such viral infections as chicken pox, measles, mumps, rabies and scarlet fever. One study shows that the vapors from nearby crushed garlic may kill bacteria up to eight inches away in just a few hours.

The National Cancer Institute reports that “preliminary studies suggest that garlic consumption may reduce the risk of developing several types of cancer.” Studies show that garlic reduces the size of tumors and helps white blood cells defend against and kill cancerous cells. According to demographic surveys, populations known to have above-average consumption of garlic show lower incidences of many types of cancer.

Garlic, also known to control fevers, is used as a remedy for colds, coughs, sore throats and flu. This favorite kitchen herb is a good source of manganese, vitamin B6, vitamin C and selenium.

## MORE HEALTH BENEFITS

Amber Jaeger, dietitian at a Dubuque, Iowa, Hy-Vee says, “Garlic may help lower total cholesterol and increase HDL (good) cholesterol, which helps reduce the risk of heart disease.”

Garlic may play a role in preventing blood clots and reducing plaque buildup in arteries. “It acts as an anticoagulant and has a



thinning effect on the blood,” Amber says. People taking blood-thinning medications should avoid eating large amounts of garlic. Talk to your doctor if you have any concern about this.

#### WHAT TO BUY & HOW TO USE

For maximum nutritional benefits, it's best to consume fresh, preferably organic, garlic. Hy-Vee carries fresh garlic year-round. Amber says, “Garlic in flake, powder or paste form has less desirable flavor and fewer health benefits compared to fresh.”

When buying, avoid bulbs that are shriveled or have begun to sprout. “Look for plump cloves with unbroken skins,” Amber says. “Give the bulb a slight squeeze to make sure it's plump and firm but not damp.” Bulb size has little to do with quality.

How much garlic should you eat? “Recommendations vary from half a clove to five per day,” Amber says. “I recommend consuming at least half a clove once a day with meals for heart-health benefits.”

Adding garlic to the menu is easy. Amber suggests cutting the tip off a clove then rubbing the clove on toast for garlic bread. For garlic-mashed potatoes, add softened cloves to just-cooked potatoes, then whip them together. Finely mince cloves to release full flavor, then add to vinaigrettes to drizzle on salads and vegetables. Or roast whole cloves with a pan full of assorted root vegetables for a mellow, sweet taste.

And don't let garlic breath be a concern; simply counteract it

#### FROM CHEF CURTIS STONE



“Chop garlic with a pinch of salt. The salt will help *absorb the garlic juices*, and the abrasive grains help break down the garlic more easily.”

by munching fresh parsley. Or consider garlic supplements. Amber recommends a powder form of garlic because oil alone doesn't contain the same disease-fighting components of raw. Again, check with your doctor to make sure supplements will be helpful.

#### STORAGE HOW-TO

Store bulbs in a cool, dark place. Brown paper bags and garlic keepers are handy. “Whole garlic bulbs should stay fresh about a month when stored properly,” Amber says. “Once the bulb is split open, shelf life is reduced to just a few days.”

After garlic is peeled, it can be frozen, although doing so reduces both flavor and nutritional value. Peeled garlic cloves store well in wine or oil in the refrigerator. Never store garlic in oil at room temperature because botulism bacteria can form.

*When looking for fresh garlic,  
pick out firm, tight and  
heavy dry bulbs.*





### CURTIS STONE'S FETTUCCHINE BOLOGNESE

*Hearty and overflowing with fresh herbs and vegetables, this offers a garden taste along with beef and pasta. Garlic adds to the savory blend.*

Serves 6.

#### Bolognese Sauce:

- 2 tablespoons olive oil
- 1 onion, finely diced
- 1 fennel bulb, finely diced
- 1 large carrot, peeled and finely diced
- 2 celery stalks, finely diced
- 6 garlic cloves, finely chopped
- 1 tablespoon fennel seeds
- 3 thyme sprigs
- 8 ounces white mushrooms, sliced
- 1 pound 85%-lean ground beef
- 2 teaspoons kosher salt, plus more to taste
- ½ teaspoon freshly ground black pepper, plus more to taste
- 1 cup dry red wine
- 9 fresh very ripe tomatoes (about 2¾ pounds), diced
- 1 (15 ounce) can tomato sauce
- 1 cup chicken broth

#### Fettuccine:

- 1¼ pounds fresh fettuccine
- Kosher salt and freshly ground black pepper, to taste
- ¾ cup fresh basil, torn into pieces
- 1 wedge Parmigiano-Reggiano cheese

#### Prepare Bolognese sauce:

Heat heavy medium pot over medium heat.

Add oil and onions and sauté until onions are tender, about 3 minutes.

Add fennel, carrot, celery, garlic, fennel seeds and thyme and sauté until vegetables are tender and pale golden, about 15 minutes.

Add mushrooms and cook until they are tender, about 5 minutes.

Add beef, 2 teaspoons salt and ½ teaspoon pepper and cook, breaking up beef so no clumps form and until beef is no longer pink, about 5 minutes.

Add wine and cook until it has almost completely reduced, about 8 minutes.

Add tomatoes and their juices, tomato sauce and broth. Bring sauce to a simmer.

Cover pot and reduce heat to medium-low. Simmer very gently, stirring occasionally, until tomatoes are very tender, about 1 hour. Uncover and continue simmering, stirring occasionally, until sauce has reduced and thickened slightly, about 1½ hours longer.

Season sauce to taste with salt and pepper.

#### Prepare fettuccine and serve:

Just before serving, cook fettuccine in large pot of boiling salted water until al dente, stirring constantly, about 3 minutes.

Lift pasta from water and transfer it to sauce; reserve pasta water.

Using carving fork, toss pasta well to combine with sauce and season to taste with salt and pepper, adding a little of reserved pasta water, if necessary, to thin out sauce.

Twirl some pasta around carving fork, then point fork prongs perpendicularly into center of pasta serving bowl. Allow pasta to fall off prongs, forming swirled mound of pasta on each plate. Repeat with remaining pasta.

Mix some of basil into remaining sauce in pot, then spoon sauce over pasta.

Sprinkle remaining basil over each bowl of pasta, then grate Parmesan over and serve.

*Nutrition facts per serving:* 590 calories, 16 g fat, 5 g saturated fat, 0.5 g trans fat, 120 mg cholesterol, 1350 mg sodium, 73 g carbohydrates, 9 g fiber, 11 g sugar, 31 g protein. Daily values: 80% vitamin A, 80% vitamin C, 20% calcium, 45% iron.





### CURTIS STONE'S CHICKEN CACCIATORE

*The taste of chicken comes alive when allowed to mingle with such distinctive flavors as garlic, pancetta, mushrooms, olives, herbs, ripe tomatoes and a dry white wine.*

Serves 4.

2 tablespoons olive oil  
 1½ pounds boneless skinless chicken thighs (6 to 8)  
 ½ teaspoon kosher salt, plus more to taste  
 ¼ teaspoon freshly ground black pepper, plus more to taste  
 3 ounces sliced pancetta, coarsely chopped into about ½-inch pieces  
 8 ounces cremini mushrooms, quartered  
 1 small red bell pepper, diced  
 ½ onion, thinly sliced  
 4 garlic cloves, minced  
 2 large thyme sprigs  
 1 fresh bay leaf  
 ½ teaspoon dried oregano  
 ¼ teaspoon dried hot red pepper flakes  
 ½ cup dry white wine  
 1¼ pounds fresh very ripe tomatoes (about 5 medium)  
 ¾ cup chicken broth  
 6 pitted Kalamata olives, coarsely chopped

1 tablespoon chopped fresh flat-leaf parsley leaves

1 tablespoon thinly sliced fresh basil leaves  
 ¼ cup freshly grated Parmesan cheese

Heat heavy large frying pan over medium-high heat and add oil to the pan.

Season both sides of chicken with ½ teaspoon salt and ¼ teaspoon black pepper.

Cook chicken until it is pale golden brown, about 3 minutes per side. Transfer chicken to a medium bowl.

Reduce heat to medium and add pancetta to same pan. Sauté until golden, about 3 minutes. Using slotted spoon, transfer pancetta to a small bowl.

Add mushrooms to pan and sauté until they become tender and golden, about 5 minutes.

Add bell pepper and onion and sauté until they are tender, about 5 minutes.

Add garlic, thyme, bay leaf, oregano and red pepper flakes and sauté until garlic softens, about 1 minute.

Add wine and simmer until it is reduced by half, stirring to scrape up browned bits on bottom of pan, about 1 minute.

Add tomatoes and their juices, chicken stock and olives. Bring to a simmer, then reduce heat to medium-low.

Return chicken and its accumulated juices to pan, nestling chicken into sauce. Gently simmer uncovered until tomatoes melt into sauce and sauce thickens slightly, about 40 minutes.

Remove thyme stems and bay leaf. Stir in parsley and basil.

Spoon chicken and sauce onto plates. Sprinkle with reserved sautéed pancetta and Parmesan cheese and serve.

Complementary Pairings:

Wine: Pinot Grigio

Bread: Ciabatta Baking Stone Bread

Cheese: Parmesan

*Nutrition facts per serving:* 450 calories, 23 g fat, 7 g saturated fat, 0 g trans fat, 160 mg cholesterol, 1140 mg sodium, 13 g carbohydrates, 2 g fiber, 6 g sugar, 42 g protein. Daily values: 40% vitamin A, 90% vitamin C, 15% calcium, 20% iron.



## PREPARING GARLIC

Recipes often call for sliced, minced, chopped or pressed garlic. First, you must separate cloves from the bulb.

Peel off as many papery layers from the bulb as possible, then separate the number of cloves needed.

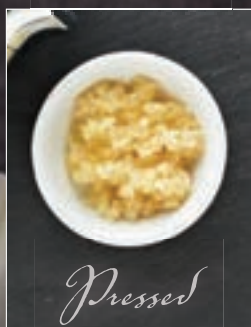
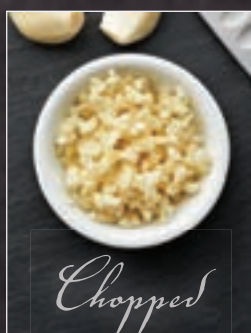
To remove papery peel from a clove, slice off the root end. Lay the clove flat-end down on a stable surface and place the broad, flat side of a knife on top. Keeping clear of the sharp edge, press down firmly. The papery peel should slip right off. Then slice, chop or mince for the recipe.

**To slice:** Cut widthwise slices with a small sharp knife.

**To chop:** Use a chef's knife in a rocking motion to chop through a small mound of sliced garlic.

**To mince:** Use a chef's knife as for chopping, except chop much finer. Or use a garlic press, see *below*. One clove equals about ½ teaspoon minced garlic.

**To press:** Place individual cloves (with or without skins) in a garlic press, close and squeeze to produce finely minced garlic with juices intact. A press squeezes out garlic while leaving papery skin behind; just pluck it out and discard.



## ROASTED GARLIC

Here's how to oven-roast garlic to bring out its sweet and nutty—almost buttery—flavor and creamy texture.

1. Peel away the papery dry outer layers of skin from a garlic bulb, leaving skins of cloves intact. Using a sharp knife, cut off only about ½ inch of the pointed top of the bulb, leaving the bulb intact while exposing individual cloves.

2. Place garlic bulb cut end up in a custard cup, a garlic baker or on a double-thickness of foil. Drizzle with olive oil, then season with salt and pepper. Cover with foil or lid or bring foil up around bulb and fold edges, loosely enclosing while allowing steam to build. Roast at 400°F about 25 minutes or until cloves feel soft when pressed. Cool before handling.

3. When garlic is cool enough to handle, squeeze the base of the bulb with your fingers to loosen individual cloves. Then squeeze each clove to release the paste from the skin. Discard skins. Place paste in a bowl and mash with a fork or the back of a spoon until smooth.

4. For appetizers, spread garlic paste on toast or crackers. For dishes, swirl the paste into butter to drizzle or dollop on roasted vegetables, mashed potatoes, soups or pan sauces. Or mix the paste with olive oil to toss with hot cooked pasta.



*The pungent flavor  
of garlic becomes  
obvious only after  
it is crushed.*



## DINNER IS SERVED

Preparing dinner is a snap with the Aroma Rice Cooker. It holds up to 16 cups of rice and can keep it warm for up to 12 hours. This versatile machine can also steam vegetables or meat as well as make soups and stews. It's a busy cook's new best friend.

Aroma Rice Cooker 1.5 Lt. \$34.99



### **GARLIC SHRIMP WITH SAVORY BROWN RICE**

*Marinate the shrimp while you prepare the remaining ingredients. Slowly cooking smashed garlic cloves in oil adds sweet, mellow notes, delivering wonderful flavor to this impressive dish.*

*Serves 4 (1 cup rice and about 7 shrimp each).*

2 cups Hy-Vee instant brown rice  
1 cup Hy-Vee apple juice  
1 cup plus ½ cup Hy-Vee reduced-sodium chicken broth, divided  
6 cloves garlic, divided  
1 pound large shrimp  
(26 to 30 count per pound)  
2 tablespoons Hy-Vee olive oil, divided

¼ teaspoon Hy-Vee salt  
¼ cup dry white wine  
1½ teaspoons Hy-Vee cornstarch  
⅛ teaspoon Hy-Vee red pepper flakes  
Lemon wedges, optional  
¼ cup chopped fresh thyme, optional

Prepare brown rice according to package directions using apple juice and 1 cup broth in place of water called for on package. Meanwhile, mince 4 garlic cloves; set aside. Peel and devein shrimp. Rinse; pat dry and place in medium bowl. Toss with minced garlic, 1 tablespoon oil and salt. Cover and marinate at room temperature 20 minutes.

For sauce, combine ½ cup chicken broth, wine, cornstarch and red pepper flakes; set aside. In a wok or large skillet, heat remaining 1 tablespoon oil over medium-low heat.

Smash remaining 2 cloves garlic and add to wok. Cook and stir until garlic is light golden, 4 to 7 minutes. Remove garlic, finely chop and set aside. In same wok, cook shrimp in garlic-infused oil over medium-high heat until shrimp are pink, about 3 minutes. Push shrimp away from center of wok. Add sauce to hot wok. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Push shrimp into sauce and stir to coat. Fluff rice with fork and stir in reserved finely chopped garlic. Serve shrimp over rice. If desired, squeeze a lemon wedge over each serving and sprinkle with thyme.

*Nutrition facts per serving: 330 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 240 mg cholesterol, 1270 mg sodium, 29 g carbohydrates, 1 g fiber, 8 g sugar, 29 g protein. Daily values: 6% vitamin A, 2% vitamin C, 10% calcium, 4% iron.*



## SIX WAYS TO GARLIC

Garlic is widely available in several forms. Use this quick guide to get familiar with what to buy and how to use it.

**BULBS** There is no flavor equivalent for fresh garlic. When recipes call for a clove of garlic, select a whole bulb from the produce section. Bulbs typically yield 10 cloves or more. At home, extract a clove at a time.

**PASTE** Find garlic paste in tubes in the produce section near fresh herbs. Use it as sandwich spread and to flavor soups, pastas and dips.

**POWDER** Ground from dehydrated garlic cloves, garlic powder is used in place of salt or dry rubs for meats. Also sprinkle it on fries or stir into vegetable dips. To substitute powder for fresh in recipes, use  $\frac{1}{8}$  teaspoon of garlic powder for each 1 clove of fresh garlic.

**OIL** Drizzling garlic-infused olive oil on pasta or seafood boosts flavor. To make garlic oil, combine 1 cup of extra-virgin olive oil and 4 tablespoons of crushed fresh garlic in a pan. Warm over low heat for about 15 minutes. Remove from heat and strain through a fine-mesh sieve into a glass jar. Cover and refrigerate to store.

**MINCED** Finely chopped fresh garlic is referred to as minced garlic. The smaller the mince, the more pungent the flavor. One clove of garlic usually yields about  $\frac{1}{2}$  teaspoon of minced garlic.

**CLOVES** Find cloves raw, roasted, pickled and marinated. Jarred, whole cloves packed in oil are ready to use. Removed from a fresh bulb, whole cloves will keep about 3 to 10 days.



Garlic Cloves 2 oz.  
2/\$1.00

*Bulbs*

*Paste*

*Powder*

*Oil*

*Cloves*

*Minced*





# Prescription *for* Good Health

---

*Ask a Hy-Vee pharmacist a question and you'll discover that these caring professionals are a source for answers and help when you need it. These knowledgeable men and women are equipped to play an indispensable role in your health care.*

TEXT ELAINE COOPER, R.N.  
PHOTOGRAPHY TOBIN BENNETT



# Rx

PATIENT NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

It's typical for customer letters to cross the desk of Bob Egeland, vice president of Hy-Vee Pharmacy. Many of the letters are testimonials describing how medical screening services through store pharmacies have had profound, positive impacts—even saving lives.

"We do what we do to make people's lives healthier," Bob says, calling the letters "heartwarming." During the last 15 years, he has seen a shift in the vision of pharmacists. While dispensing medications remains the primary responsibility of pharmacists, pharmacy schools are also preparing students to develop and promote wellness programs. The goal is simple: Help customers improve overall health. Education goes far beyond merely filling prescription orders, as important as that is.

The shift in thinking has led to the expansion of services that Hy-Vee provides. These now include:

- Programs that address high blood pressure, diabetes, high cholesterol and smoking cessation.
- Immunizations for flu, shingles, pneumonia and human papillomavirus (HPV).
- Screenings and diagnostics for liver enzyme, thyroid, osteoporosis and anemia.
- "Brown bag" prescription reviews. Customers are encouraged to gather all the prescription drugs they are taking

and have a Hy-Vee pharmacist check for any negative interactions among them.

- Assistance in navigating insurance claims.
- Weight-management programs that include input from a pharmacist and a dietitian.
- Hy-Vee Pharmacy Solutions, a specialized service, offers medications for such serious illnesses as cancer,

multiple sclerosis, rheumatoid arthritis and other diseases. Prescriptions can be arranged for pickup through a local Hy-Vee pharmacy or medications can be mailed to the patient. Counseling is available at pharmacies or through Hy-Vee Pharmacy Solutions.

Hy-Vee pharmacists will even deliver medications to a patient's home. "That does single us out," Bob says. "It differentiates us from the other pharmacies." And with a staff of over 1,000 pharmacists, Hy-Vee is the largest employer of pharmacists in the Midwest.

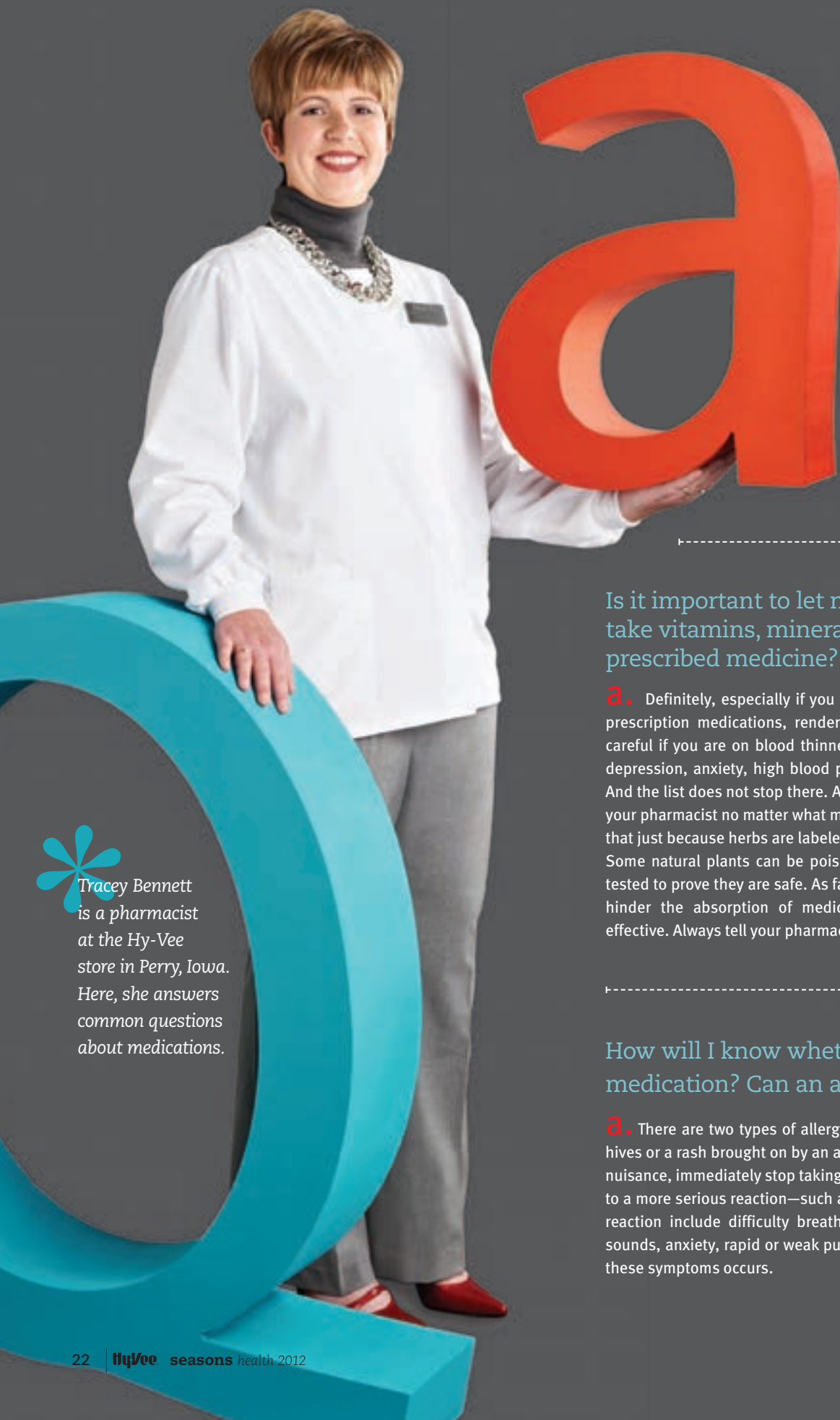
When customers approach a pharmacist, they engage with such professionals as Tracey Bennett of the Hy-Vee Pharmacy in Perry, Iowa. Tracey wants her customers to take full advantage of the breadth of her expertise and training. "We are not too busy to answer questions," she says.

It may take a few moments before a pharmacist is available to provide information. For concerns that take more than a few minutes, Tracey says, "We are more than happy to make appointments for consultation."

For sensitive, private topics, Tracey takes patients to a quiet area to answer any of their concerns. Many Hy-Vee pharmacies have private consulting rooms. In the last five years, consulting rooms have been expanded to accommodate several family members who may need instruction about taking care of their loved one's needs. Also, the secluded rooms provide privacy for such personal matters as checking weight, taking measurements or having blood drawn for a diabetes test. As is true of all Hy-Vee services, customer concerns come first.

DATE: \_\_\_\_\_





Tracey Bennett  
is a pharmacist  
at the Hy-Vee  
store in Perry, Iowa.  
Here, she answers  
common questions  
about medications.

Is there a problem taking over-the-counter (OTC) medications with my prescription ones?

**a.** Sometimes there are problems. For example, if you take a blood-thinner such as Coumadin or warfarin, you cannot take high doses of nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin or ibuprofen. If you are on blood pressure medication, you should avoid certain OTC decongestants, cold medications and cough suppressants because they can increase blood pressure. For patients who are concerned about taking antibiotics along with OTC medicines, there is usually no problem taking them together.

Is it important to let my pharmacist know if I take vitamins, minerals or herbs while on my prescribed medicine?

**a.** Definitely, especially if you take herbs, which sometimes interfere with prescription medications, rendering the meds less effective. Be especially careful if you are on blood thinners or antiseizure drugs, or medications for depression, anxiety, high blood pressure, heart disease, diabetes or cancer. And the list does not stop there. All herbal supplements should be reported to your pharmacist no matter what medications you take. It's important to realize that just because herbs are labeled "natural," not all herbal products are safe. Some natural plants can be poisonous; and not all herbal supplements are tested to prove they are safe. As far as vitamins and minerals, they sometimes hinder the absorption of medication, which makes the medication less effective. Always tell your pharmacist which supplements you take.

How will I know whether I am allergic to a medication? Can an allergy be a serious problem?

**a.** There are two types of allergic reaction: rash and anaphylaxis. Although hives or a rash brought on by an allergic reaction are usually little more than a nuisance, immediately stop taking the medication. The initial reaction can lead to a more serious reaction—such as anaphylaxis. Signs of this life-threatening reaction include difficulty breathing or swallowing, high-pitched breathing sounds, anxiety, rapid or weak pulse or nausea. Call 911 immediately if any of these symptoms occurs.



I get most medications at the Hy-Vee Pharmacy, but sometimes I stop at another pharmacy chain. Is it important to have all my prescriptions filled at the same pharmacy?

**a.** Yes! A doctor may write a prescription that may interact negatively with another drug you are currently taking. Complicating that situation, you may be taking medications prescribed by more than one doctor. Pharmacists in a chain of stores use a common database, which they can check for potential interactions and harmful side effects. When you use a Hy-Vee Pharmacy, all your information is stored in one system that is shared among all locations in eight states.

When I feel better after being on an antibiotic for a few days, I sometimes stop the medicine early. Doesn't it make sense to keep leftovers in case there is another round of illness?

**a.** You should always finish the entire course of antibiotics prescribed by your doctor—to ensure that the infection has been eliminated. By stopping mid-treatment, only weak bacteria are destroyed; stronger ones can survive and develop a resistance to the drug, which allows drug-resistant strains to develop. Also, the next time you need an antibiotic, you may have an infection caused by a different bacteria, and the leftover antibiotic may prove ineffective. Antibiotics are produced to treat specific strains of bacteria.

Are there any foods or alcoholic beverages that I should avoid while taking prescription medicines?

**a.** Yes. If you take medication to control cholesterol, avoid drinking large amounts of grapefruit juice. Patients taking blood thinners should avoid vegetables high in vitamin K. Limit these vegetables to one serving per day: kale, spinach, turnip greens, collards, Swiss chard, parsley and mustard greens. Also consume no more than three servings per day of broccoli, Brussels sprouts, green-leaf lettuces, endive or Romaine lettuce. Patients taking Flagyl (metronidazole), an antibiotic, should avoid alcohol while taking the drug and for three days after finishing the medication. For patients taking any sort of sleeping aid or narcotic pain medicine, alcohol will increase drowsiness; this combination should be avoided.

I like to store prescription meds in the bathroom cabinet because that's the most convenient location. Is that a good place?

**a.** A better place to keep medicine is in a kitchen cabinet or somewhere that is out of the reach of children. A bathroom medicine cabinet is often very humid, which may affect the stability of medications. Wherever you store medicines, keep them where kids can't get into them.

## Be Certain

With rushed meals the order of the day, are you certain you're getting enough of the necessary nutrients your body requires? Put that worry to rest by taking One A Day multivitamins.



Aleve: select varieties  
80, 100 or 130 ct. \$7.99

One A Day Vitamins: select varieties  
50 to 160 ct. \$6.98





## EMERGENCY TRAVEL KITS

An emergency arises when you are traveling. Are you ready? By taking along an emergency kit, you will be. Store everything in zip-close plastic bags in a travel tote with handles. Clearly label the tote.

in zip-close plastic bags in a travel tote with handles. Clearly label the tote.	Family with Athletes	Family with Young Kids	Adults Only	Add As Needed
Battery-powered radio, flashlight	✓	✓	✓	
Blanket(s)	✓	✓	✓	
Nutrition bars, water	✓	✓	✓	
Specialty nutrition food and/or drinks	✓	✓	✓	
First aid kits (bandages, pain relievers, etc.)	✓	✓	✓	
Rain gear	✓	✓	✓	
Motion sickness medication	✓	✓	✓	
Personal supplies (personal hygiene, toiletries, sunscreen)	✓	✓	✓	
Prescribed medications	✓	✓	✓	
Elastic bandages	✓			
Medical devices (blood pressure cuff, glucose meter, epinephrine pen, etc.)				✓
Instant heat and cold packs	✓			✓
Children's thermometer		✓		
Diapers		✓		
Incontinence supplies				✓
Notebook and pencil/pen	✓	✓	✓	
Games/cards	✓	✓	✓	
Copies of important documents (IDs, birth certificates, passports, home insurance, medical policies and licenses)	✓	✓	✓	
Spare keys to home and car	✓	✓	✓	
Contact numbers for emergency services, family, neighbors, physicians	✓	✓	✓	
Photos of family members and pets	✓	✓	✓	



## GRAB-AND-GO EMERGENCY KITS

Professionals trained in managing natural disasters and emergencies warn that few of us are prepared for unexpected catastrophes. A disaster could change everything in moments.

“Be prepared to take care of yourself and members of your family for the first 72 hours—that’s three days—following a disaster,” says Phil May of the Federal Emergency Management Agency (FEMA).

The emergency kits on these pages are just a starting point. Begin building your emergency kit this week and add more every week or two until the kit is complete. Also, develop an emergency plan for your household. Learn what you need at [www.ready.gov](http://www.ready.gov).







# THE COMPLETE MEDICINE CABINET

The next time an unexpected medical emergency happens in your home, be prepared. Stock your home medicine cabinet starting with these products:

## Cuts, Scrapes and Burns

- Hydrogen peroxide
- Antibiotic cream
- Hydrocortisone cream
- Rubbing alcohol
- Burn Gel (silver sulfadiazine, *not shown*)
- Cotton swabs, cotton balls, Q-tips
- Gauze, medical tape
- Multisized bandages

## General Comfort

- Pain reliever/fever reducer (ibuprofen or naproxen)
- Children's pain reliever chews
- Antacid
- Decongestant (for adults only)
- Cough expectorant and/or suppressant
- Anti-diarrheal medication
- Saline spray
- Antihistamine
- Ice/heat pack
- Muscle balm
- Sunscreen
- Lip balm
- Eye drops
- Dental floss

## Tools

- Oral or ear thermometer
- Tweezers
- Scissors, nail clippers
- Pediatric measuring spoon or syringe (*not shown*)

Neosporin Antibiotic Ointment  
.26 or .5 oz. \$3.77







Robitussin or Dimetapp: select varieties  
4 oz. \$4.99



Mucinex Fast Max Multisymptom  
Cough & Cold Liquids: select varieties  
6 oz. \$9.99



Tums Items: select varieties  
60 to 150 ct. \$3.99



Crest Pro Health Toothpaste  
4.10 to 8 oz.; Fixodent 1.4 or 1.6 oz.;  
or Oral B and Crest Pro Health Rinse  
458 or 500 ml. \$2.99



Vicks Nyquil or Dayquil Twin Packs  
10, 24 oz. or 48 ct. \$9.99



Band-Aid First Aid Items: select varieties  
8 to 80 ct. \$2.28



Afrin Nasal Spray Items: select varieties  
15 or 20 ml. \$5.49



Sensodyne Toothpaste: select varieties  
4 or 4-3 oz. \$4.77

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**New Kleenex Cool Touch™ tissue**  
is the only tissue that actively releases a cool  
sensation to soothe a sore nose on contact.

**Kleenex**

Kleenex Cool Touch Facial Tissue  
50 or 69 ct. 3/\$5.00

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“Steady & adequate  
amount of vitamin  
intake is all part of  
being healthy  
& nourished.”

— John Probst, RPh  
Pharmacist/Manhattan Beach, CA



50% Off Nature Made Fish Oil, Flaxseed,  
CoQ10 and Cholest Off 30 to 300 ct.

**NATURE MADE® VITAMINS:**  
Heart Health varieties - 50% OFF

Proud Partner of  
**FamilyDoctor.org**

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SAFELY MADE. PURELY MADE.™



## Feel Better—Now

You ache. It may be your head, back, muscles, joints. Advil will put it behind you so you can get on with your day. For more than 25 years, millions have turned to Advil for fast relief.

Advil: select varieties  
40 or 50 ct. \$4.99



Kellogg's Special K meal bars or shakes:  
select varieties 4 or 6 ct. or 9.5 oz. \$5.98



Centrum Caltrate: select varieties  
60, 80 or 100 ct. or 8 oz. \$6.99



Citracal: select varieties 60 to 200 ct.  
\$9.88



Powerbar, Irongirl Performance Bars  
1.58 to 2.3 oz. or Ironman Sports Drink  
20 oz. 10/\$10.00



Promax Protein Bars: select varieties  
1.5 to 2.7 oz. 4/\$5.00



Dole Smoothie Shakers: select varieties  
4 oz. 3/\$5.00



Kashi Cereals: select varieties  
10.4 to 17.5 oz. 2/\$6.00



*Big, hearty meals in a bowl are one of the easiest ways to provide your family with the essential nutrients they need. Try making your own homemade stock or one of the satisfying soup recipes that follow for a perfect winter meal that warms you through and through.*

TEXT JILL JOHNSON AND LOIS SMITH PHOTOGRAPHY ADAM ALBRIGHT

# SOUP SEASON





#### BLAST FROM THE PAST!

If these two young ladies look familiar, you may have seen them on the cover of Hy-Vee Seasons, Holiday 2009. We're looking back at past issues a lot these days because this is the 5th anniversary of the magazine's first issue.





Soup is that wonderful soul-warming food filled with wholesome ingredients and fantastic flavors—the epitome of comfort. Cooks love familiar combos, beef and vegetables or chicken and noodles. Favorite recipes can be made or adapted to include ingredients on hand or what's in season.

This time of year the produce aisle is packed with humble riches that add flavor and nutrients to any soup. Root veggies abound—carrots, potatoes, parsnips and leeks—as well as celery, cabbage, kale, collards and other hearty greens. But the real secret is not in the produce aisle. It's your soup's foundation.

### TAKE STOCK IN SUPERIOR FLAVOR

The most savory, flavorful recipes start with the homemade equivalent of liquid gold—soup stock. An aromatic, intense stock requires only a handful of items and a few hours of simmering. Make large batches. Use part now, freeze part for later.

For chicken stock, choose bony chicken pieces such as backs, necks and wings. Cutting the wings at the joints to expose the bone will enhance the flavor. Add to a large, heavy stockpot, and toss in carrots, stalks of celery, sliced onion, garlic cloves, sprigs of fresh Italian parsley or other herbs, a bay leaf and about a tablespoon of peppercorns. For beef stock, start with meaty beef soup bones, such as beef short ribs. Add vegetables and herbs, as is done for chicken stock. If you're making a vegetable stock, omit the meat and boost the amount of veggies.

Fill the pot with cool water, covering ingredients with about 2 inches, and slowly bring it to a simmer. This gradual heating allows a more gentle infusion of flavors. Simmer the stock for 3 to 4 hours, then strain by ladling mixture through a colander lined with 100-percent-cotton cheesecloth. Discard the bones, vegetables and seasonings. Use this stock as a base for soups.

### SUPER HEALTHY BOOST

Soup is a powerful weapon to defend healthy bodies and restore ailing ones. Antioxidants in vegetables boost the immune system to ward off colds and flu, and potentially to protect from cancers

and heart disease. Besides being loaded with vitamins, vegetables help maintain the body, produce energy and promote health. Alexandra Economy, registered dietitian at the Winona, Minnesota, Hy-Vee, points out, "Soup is a great way to get more vegetables into your diet." She even encourages using frozen vegetables, which are just as nutritious as fresh.

Toss a handful of cooked beans, barley or lentils, some pasta and diced meat into your stock along with veggies for a hearty main dish. These ingredients offer complete protein, as do low-fat meat and dairy products, providing all the essential amino acids. A hearty main dish, soup is also a source for complex carbohydrates. You can get these wholesome carbs from legumes, corn, potatoes, barley, brown rice and whole grain pasta. Such earthy foods satisfy appetites and supply energy for your body.

If you don't have time to make your own stock, using ready-made broth—beef, chicken or vegetable—will prove a valuable shortcut. For the most healthful option, choose lower-sodium products, and once you add the broth to the pot, taste before adding any seasoning. The same goes for using lower-sodium canned tomatoes and beans. Be sure to rinse and drain the beans, which will lower sodium content.

### ENHANCE FLAVOR AND RICHNESS

A slick way to add richness and body to a vegetable or bean soup without using cream or a thickener is to blend or puree the mixture. If you prefer a few chunks, blend half of the mixture. If you're making a chowder that calls for cream, replace part of the cream with milk or plain yogurt to cut some of the fat.

Whether you purchase soup or make your own, punch up the flavor and texture with a few simple additions at serving time. A squeeze of lemon brightens chicken noodle soup. A dash of bottled hot pepper sauce spices up a meat soup. Salted, roasted sunflower kernels add pleasing crunch to pureed soups. Fresh snipped herbs, chunks of avocado, chopped green onion, a spoonful of pesto or a dollop of yogurt are also great ways to arouse everyday soups while keeping them healthful.

#### FROM CHEF CURTIS STONE



*"To give your soup a velvety texture without the addition of cream, puree some of the soup and its tender cooked vegetables, then return the puree to the soup. Broccoli, carrots, squash and cauliflower, as well as beans, work great."*



10% Off Healthy Steps Gadgets



### CAULIFLOWER-CHEESE SOUP WITH PUMPERNICKEL CROUTONS

Thick, creamy, homey and comforting, each bowl has the appeal of mac-and-cheese with only a fraction of the fat and carbs. This soup is very high in vitamins A and C, and is also high in calcium.

Serves 6 (about 1 cup soup each plus croutons).

**4 (1-inch-thick) slices Hy-Vee Baking Stone Pumpernickel Flute**

Hy-Vee nonstick cooking spray

1 garlic clove, halved

6 cups cauliflower florets (1 medium head)

1 cup chopped carrots

1 cup chopped celery

1½ cups Hy-Vee low-sodium chicken broth

3 cups Hy-Vee skim milk

6 tablespoons Hy-Vee all-purpose flour

1½ cups Hy-Vee shredded sharp cheddar cheese

Hy-Vee salt, optional

Hy-Vee ground black pepper, optional

Preheat oven to 350°F. For Pumpernickel Flute croutons, spray slices of the bread with

nonstick cooking spray. Rub with cut side of garlic clove. Cut bread into cubes. Place on a baking sheet. Bake about 15 minutes or until toasted.

Meanwhile, in a large saucepan, combine cauliflower, carrots, celery and broth. Bring to boiling. Reduce heat; cover and simmer 12 to 15 minutes or until vegetables are tender.

In a medium bowl, stir together milk and flour; stir into cauliflower mixture. Cook and stir over medium heat until thickened and bubbly. Remove from heat. In a food processor, blender or with an immersion blender, blend soup until partially pureed. Return to saucepan; add cheese and season to taste with salt and pepper. Cook 2 to 3 minutes more or until cheese melts. Serve with prepared Pumpernickel Flute croutons.

Nutrition facts per serving: 260 calories, 10 g fat, 5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 540 mg sodium, 31 g carbohydrates, 4 g fiber, 10 g sugar, 16 g protein. Daily values: 80% vitamin A, 80% vitamin C, 40% calcium, 8% iron.





## **BLACK BEAN SOUP WITH SWEET POTATOES AND KALE**

*Black beans, sweet potato, kale and tomato meld their rich flavors, deep colors and powerful antioxidants in this semispicy soup. To tame the heat, serve with Pretzel Bread crostinis topped with creamy sun-dried tomato spread.*

*Serves 6 (about 1 cup each plus 2 crostinis with spread).*

- 1** tablespoon Grand Selections olive oil
- 1** medium onion, chopped
- 2** cloves garlic, finely chopped
- 1** (6 ounce) can Hy-Vee tomato paste
- 1½** teaspoons ground cumin
- ½** teaspoon Hy-Vee crushed red pepper flakes
- 3** cups vegetable broth
- 2** (15 ounces each) cans Hy-Vee black beans, drained and rinsed

- 1** medium sweet potato (about 8 ounces), peeled and cut into ½-inch cubes
- 2** cups packed chopped baby kale
- 12** (¼-inch-thick) slices Hy-Vee Baking Stone Pretzel Bread
- Hy-Vee** butter-flavored nonstick cooking spray
- 3** ounces Hy-Vee ⅓-less-fat cream cheese, softened
- 3** tablespoons chopped, drained, oil-packed sun-dried tomatoes
- 1** tablespoon chopped fresh chives

In a Dutch oven, heat olive oil over medium heat. Add onion and garlic; cook about 5 minutes or until onion is tender. Stir in tomato paste, cumin and crushed red pepper flakes. Add vegetable broth, black beans and sweet potatoes; stir and bring to boiling over medium-high heat. Reduce to medium-low

heat; cover and simmer 15 minutes. Stir in kale. Simmer, uncovered, 10 minutes more.

Meanwhile, spray both sides of bread with butter-flavored nonstick cooking spray. Place on a baking sheet. Bake at 375°F for 10 minutes or until crisp. Cool. Combine softened cream cheese, sun-dried tomatoes and chives. Spread on Pretzel Bread crostinis. Serve with soup.

*Nutrition facts per serving: 320 calories, 7 g fat, 2.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 1170 mg sodium, 53 g carbohydrates, 12 g fiber, 10 g sugar, 14 g protein. Daily values: 190% vitamin A, 70% vitamin C, 15% calcium, 25% iron.*







### FIESTA CORN CHOWDER WITH CHICKEN

The bold flavor of Asiago bread nullifies the need for added cheese. Chipotle seasoning blends vary, so adjust the amount in this low-calorie soup to your liking.

Serves 6 (about 1 cup plus 1 toast).

6 (¾-inch-thick) slices Hy-Vee Baking Stone  
Asiago Cheese Flute

Hy-Vee nonstick cooking spray

1½ teaspoons chipotle seasoning, divided

3 cups frozen Hy-Vee cut corn

1½ cups Hy-Vee reduced-sodium chicken broth

½ cup chopped roasted red pepper

6 sliced green onions

1 (4 ounce) can Hy-Vee chopped green chilies

½ teaspoon Hy-Vee dried oregano

½ teaspoon Hy-Vee salt

2 cups Hy-Vee skim milk

2 tablespoons Hy-Vee cornstarch

2 cups chopped, cooked chicken

1 tablespoon chopped fresh cilantro, plus  
additional for garnish, optional

Avocado slices, optional

Preheat oven to 375°F. Spray both sides of bread  
slices with nonstick cooking spray. Place on

a baking sheet. Sprinkle ½ teaspoon chipotle  
seasoning over slices. Bake 10 minutes or until  
golden; set aside.

In a large saucepan, combine corn, chicken broth,  
red pepper, green onions, green chilies, remaining  
chipotle seasoning, oregano and salt. Stir together  
milk and cornstarch until well blended; add to  
saucepan. Bring to boiling over medium-high heat.  
Reduce heat and simmer, uncovered, for 10 minutes,  
stirring occasionally. In a food processor, blender  
or with an immersion blender, blend soup until  
partially pureed. Return to saucepan; stir in chicken  
and 1 tablespoon cilantro; heat through. If desired,  
garnish with avocado slices and additional cilantro.  
Serve with prepared Asiago Cheese Flute toast.

Nutrition facts per serving: 280 calories, 4 g fat,  
1.5 g saturated fat, 0 g trans fat, 45 mg cholesterol,  
800 mg sodium, 38 g carbohydrates, 2 g fiber,  
10 g sugar, 22 g protein. Daily values: 35% vitamin A,  
45% vitamin C, 15% calcium, 4% iron.



Weight Watchers Cheese: select varieties  
6.5 to 12 oz. \$3.49



Breton Crackers: select varieties  
7 to 8.8 oz. 2/\$6.00



Bush's Variety Beans: select varieties  
15 to 16 oz. \$0.98



Campbell's Slow Kettle Soups:  
select varieties 15.3 oz. \$2.98



New York Texas Toast Croutons: select  
varieties 5 oz. \$1.69



Swanson Flavor Boost: select varieties  
2.82 to 3.95 oz. \$2.98



Pompeian Olive Oil: select varieties  
16 oz. \$3.99



Uncle Ben's Long Grain and Ready Rice:  
select varieties 4.33 to 15.8 oz. 2/\$3.00



# You gotta taste this soup.™



Progresso Soup: select varieties 18 to 19 oz. \$1.68

General Mills Fiber One and Protein Bars  
4.10 to 7.10 oz. 2/\$5.00



Gluten Free Larabar: select varieties  
1.6 to 1.8 oz. 10/\$10.00

**HyVee**  
EMPLOYEE OWNED

## TOP HEALTHY SOUPS

Using the NuVal Nutritional Scoring System, you will find good soups at Hy-Vee. Though soup selections vary from store to store, every Hy-Vee offers soups with high NuVal scores, which are generally high in essentials, including protein and fiber, while containing low amounts of sodium and fat. See the list, *below*, for deliciously healthful options. NuVal scores are shown in parentheses.

1. **AMY'S LENTIL VEGETABLE SOUP\*** (65) Nine vegetables. Lentils supply protein, fiber, folic acid and trace minerals.
2. **CAMPBELL'S SELECT HARVEST LIGHT MINESTRONE WITH WHOLE GRAIN PASTA** (52) Ten vegetables. Contains quality protein and fiber.
3. **CAMPBELL'S SELECT HARVEST LIGHT SAVORY CHICKEN WITH VEGETABLES** (48) Eight vegetables. Good low-fat protein.
4. **PROGRESSO LIGHT SOUTHWESTERN-STYLE VEGETABLE** (45) Eight vegetables. High in fiber, vitamin A and iron.
5. **CAMPBELL'S CREAM OF MUSHROOM** (44) Mushrooms supply selenium, copper, potassium and vitamin D.
6. **HY-VEE HOMESTYLE LITE VEGETABLE AND NOODLE** (40) Low in fat, rich in vitamins and antioxidants.
7. **PROGRESSO LIGHT CREAMY TOMATO BASIL** (40) Low-calorie tomatoes provide vitamin C and antioxidants.
8. **CAMPBELL'S CHUNKY HEARTY BEAN AND HAM** (39) Beans and ham make it protein-rich. Carrots add vitamin A.
9. **PACIFIC ORGANIC CREAMY BUTTERNUT SQUASH SOUP\*** (39) Butternut squash is a top source of vitamin A.
10. **HY-VEE CREAM OF BROCCOLI** (38) Broccoli is rich in vitamin C, fiber and antioxidants.

\* Located in the HealthMarket section  
at Hy-Vee.







### 8-VEGETABLE CHICKEN SOUP

This mineral-rich slow-cooker chicken soup contains barley, a nutritious ancient grain with a pleasing texture similar to al dente pasta.

Serves 10 (about 1½ cups each).

- 2 cups chopped cabbage
- 1 (14.5 ounce) can Hy-Vee diced tomatoes, undrained
- 1 medium onion, chopped
- 1 cup chopped carrots
- 1 cup chopped celery
- ½ cup pearl barley
- 1 Hy-Vee bay leaf
- 1½ teaspoons fresh thyme or ½ teaspoon Hy-Vee dried thyme
- 1 teaspoon Hy-Vee salt

- ½ teaspoon Hy-Vee black pepper
- 2 boneless, skinless chicken breasts (about 1¼ pounds total)
- 6 cups Hy-Vee reduced-sodium chicken broth
- 1 cup frozen shelled edamame
- 1 cup frozen Hy-Vee cut green beans
- 1 cup chopped zucchini
- Hy-Vee Baking Stone Shepherd's Bread, optional

In a 4- or 5-quart slow cooker, combine cabbage, tomatoes, onion, carrots, celery, barley, bay leaf, thyme, salt and black pepper. Place chicken breasts on top of vegetable mixture. Pour in broth. Cover and cook on HIGH for 4 to 5 hours or LOW for 8 to 9 hours. Remove chicken; stir in edamame, green

beans and zucchini. Use 2 forks to shred chicken into bite-size pieces. Return chicken to slow cooker. Cover and cook on HIGH heat for 20 to 30 minutes or until vegetables are tender. Remove bay leaf. Serve with Shepherd's Bread, if desired.

Nutrition facts per serving: 150 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 35 mg cholesterol, 750 mg sodium, 16 g carbohydrates, 4 g fiber, 5 g sugar, 16 g protein. Daily values: 60% vitamin A, 30% vitamin C, 6% calcium, 8% iron.



# OVEN FRESH



Baking Stone Fresh  
Honey 100% Whole Grain and  
Seed Batard 20 oz. \$3.99

Baking Stone Bread from Hy-Vee now comes in 24 varieties, ranging from single-serve French Demi Rolls to a Pumpernickel Batard that is a dark and surprisingly mild combination of rye and wheat flours.

If a hearty soup is on the menu, there's no better accompaniment than a Honey 100% Whole Grain and Seed Batard. Our bakers prepare this bread with a base of whole wheat flour and an abundance of great grains, including oats, flaxseed, sunflower seeds, corn and millet. We lavish each loaf with molasses and honey, and offer it fresh from the oven.

Not ready for a bowl of soup? Smother a slice of Honey 100% Whole Grain and Seed Batard with a peach-honey butter. Every mouthful is a remarkable taste sensation of nutritious, crunchy grains.





The higher the score,  
the better the nutrition.

LOW FAT



21  
NuVal®

LIGHT



91  
NuVal®

Find NuVal® scores on items at your local **HyVee**.




*Traditional Chinese food offers full flavor  
and bright color from fresh ingredients. Whether  
you make Chinese at home, dine out or buy takeout, this  
international cuisine promises good taste and health benefits.*

TEXT LISA WATERMAN GRAY AND COURTENAY WOLF PHOTOGRAPHY KING AU AND TOBIN BENNETT

# *Chinese at Home*





With stir-fry techniques that transform the simple into the sublime, the Chinese have given the world a favorite cooking style. Their approach relies on quickly seared meat or seafood, vegetables so fresh they crunch and subtle spice combinations. High heat seals in the flavors; quick cooking preserves the nutrients. These techniques are easy to learn and packed with healthful benefits. Homemade Chinese fits our busy American lifestyles.

### CHINESE AT HOME

Cooking a main dish often takes 10 minutes or less—add some time to prep ingredients and you can go from fridge to dinner table in under 30 minutes. You can cut that time down more by purchasing precut veggies, available in the fresh produce department at your local Hy-Vee, and asking a service meat specialist to slice meat, fish or chicken into thin strips for quick searing.

Fresh seasonal foods characterize Chinese dishes. Bok choy, Chinese cabbage, broccoli and carrots contribute snap as well as flavor. White radishes, snow peas, green onions, celery and red and yellow peppers add texture and color. Garlic, ginger and spices add subtle flavor punches—minus calories. The bonus? This rainbow of colorful vegetables and spices offers a powerful serving of health benefits—from fighting cancer to warding off heart disease, stroke and diabetes.

“Many Chinese dishes are full of vegetables worked right in with the entrée,” says Hy-Vee dietitian Amanda Jochum of Omaha, Nebraska. “Broccoli, carrots and celery are often used and they cook quickly, which preserves their nutritional values.” Small pieces of meat, fish or chicken seared with spices also increase the flavor quotient while maintaining healthful portion control.

### TO WOK OR NOT TO WOK

The Chinese steel wok with its curved sides is the perfect pan for quick searing. Heat is concentrated on the bottom, but allows the cook to move ingredients up the cooler sides to avoid overcooking. If you’re new to stir-frying and don’t own a wok, substitute a large deep skillet. As you stir-fry, keep the ingredients moving.

Make sure you have everything chopped and laid out near the stove before you begin. Start by preheating your wok, then pour a little canola or peanut oil in the bottom and turn up the heat to high. Avoid extra virgin olive oil; it smokes at a relatively low heat.

Many cooks put in aromatic spices and onions first to enhance the flavors, then add meat or chicken. (Fish cooks quickly. If using, toss it in near the end.) Once the meat is cooked, pull it to the wok’s cooler sides and keep adding ingredients, stirring frequently. Add vegetables based on how long they take to cook. Broccoli, carrots and others that take extra time go in first and later come the fast cookers such as pea pods and leafy greens. If using garlic, add midway to avoid burning. Flavors will meld and deepen. Sauces are usually made in the pan at the end. Or add a purchased sauce. Serve with noodles or over rice.

### CHOOSING INGREDIENTS

Chinese stir-frying is a particularly healthful cuisine if you follow a few basic suggestions. Go easy on the oil. Less than one tablespoon will usually do the trick.

Choose your protein sources carefully. Lean, skinless chicken breasts and lean cuts of beef or pork add flavor without extra fat, important for those working to reduce cholesterol numbers.

Skip deep-fried sides. “Lots of dishes are not deep-fried and can be made with very healthful protein options,” Amanda says. “Cook brown rice and use reduced-sodium soy or teriyaki sauce.”

Aim for healthy sauces. Low-sodium soy cuts salt content by as much as half. Hoisin sauce, an option made from soybean paste, garlic, vinegar, chili peppers and spices, offers tantalizing flavors without adding extra fat. Another favorite taste enhancer is oyster sauce. While it may sound odd to Midwesterners, it brings out the subtle essence of the ingredients without a hint of its shellfish origin. If you’re looking for authentic Chinese flavor in your stir-fries, these sauces will help you get there.

That’s it—a few simple steps to an exceptional, healthful meal that takes minutes to prepare. Once you master stir-frying, you can vary the flavor profiles. Not fond of ginger and garlic? Leave them out. Love Mediterranean flavors? Try substituting Italian spices and serve over whole wheat pasta. Fond of curry? Add Indian spices and serve with aromatic brown basmati rice. Create your own favorites. You can’t go wrong with this tried-and-true technique.



*Beef Sirloin, Soy Sauce, Dry Sherry, Hoisin Sauce,  
Ginger, Garlic, Red Pepper Flakes, Bell Pepper,  
Brown Rice = Savory Flavor + Sweetness + Mixed Textures*

Serves 4 (1 cup beef plus 1 cup rice each).

12 ounces beef sirloin

3 tablespoons Hy-Vee reduced-sodium  
soy sauce, divided

1 teaspoon Hy-Vee cornstarch

3 tablespoons dry sherry\*

2 tablespoons prepared hoisin sauce

2 tablespoons water

1 tablespoon grated fresh ginger or

½ teaspoon Hy-Vee ground ginger

2 cloves garlic, minced

1 teaspoon Hy-Vee granulated sugar

¼ teaspoon crushed red pepper flakes

1 tablespoon Hy-Vee canola oil, divided

3 red, yellow and/or green bell peppers,  
cut into bite-size chunks

4 cups hot cooked Hy-Vee brown rice

Trim fat from meat. Thinly slice meat across  
the grain into bite-size strips. Toss beef with  
1 tablespoon soy sauce and cornstarch; set  
aside for 10 minutes.

Meanwhile, for sauce, in a small bowl stir  
together remaining 2 tablespoons soy sauce,  
sherry, hoisin sauce, water, ginger, garlic,  
sugar and crushed red pepper; set aside.

In a wok or large skillet, heat 2 teaspoons oil  
over medium-high heat. Add beef strips to hot  
wok. Stir-fry for 2 to 3 minutes or until meat  
is slightly pink in center. Push meat from  
center of wok. Add remaining oil to center  
of hot wok. Add bell peppers; stir-fry for 2 to  
3 minutes or until peppers are crisp-tender.

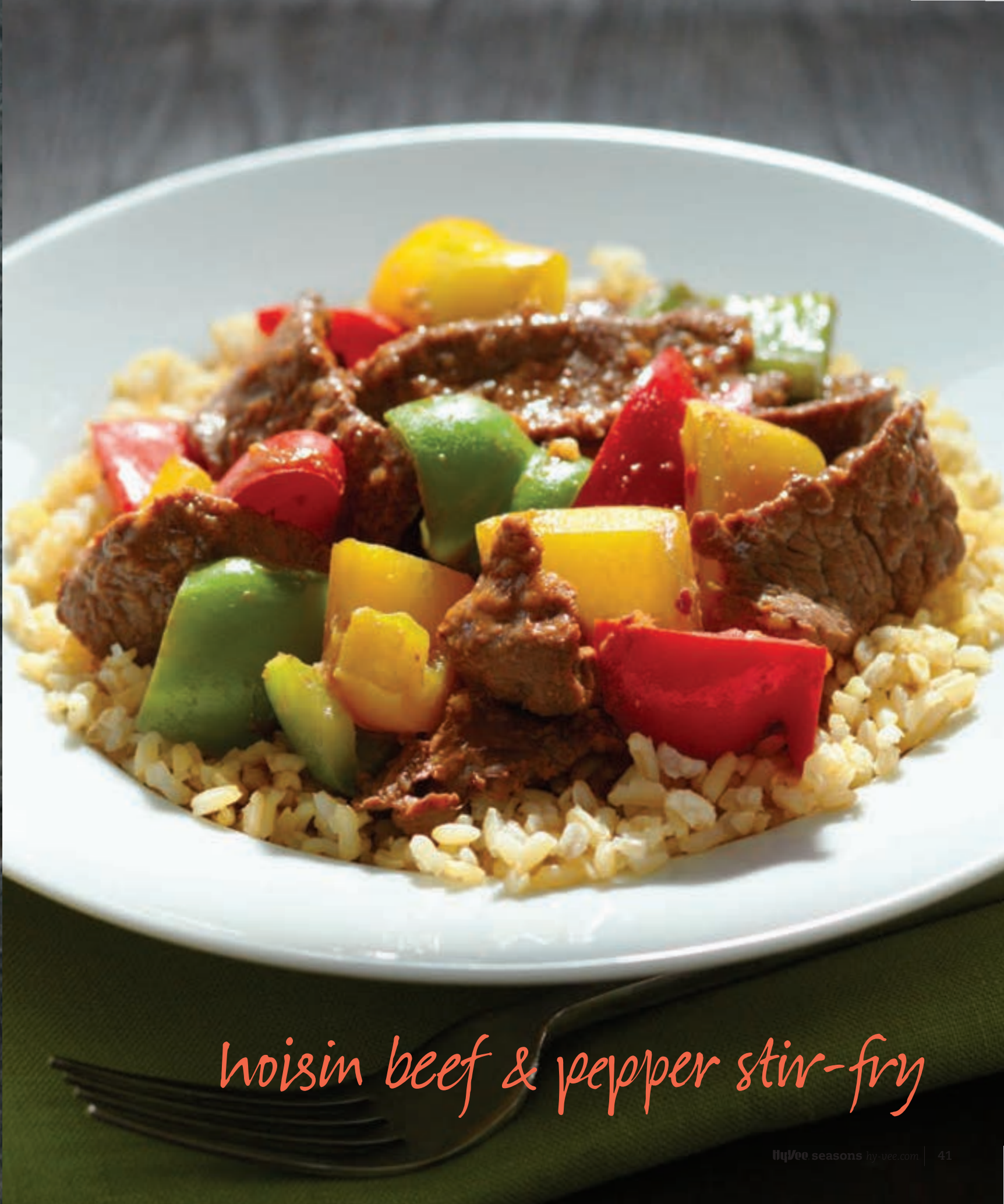
Push peppers from center of wok. Add sauce  
mixture to center of hot wok. Cook and stir  
until thickened and bubbly. Push beef and  
peppers toward center of wok; cook and stir  
1 minute more or until heated through. Serve  
over hot rice.

\*Note: Consult with a wine-and-spirits expert  
at your local Hy-Vee for a good dry sherry to  
use. Avoid anything labeled "cooking sherry,"  
as it is generally inferior and may be  
preseasoned in ways that won't enhance the  
flavors in your stir-fry.

*Nutrition facts per serving:* 500 calories, 18 g fat,  
6 g saturated fat, 0 g trans fat, 70 mg cholesterol,  
800 mg sodium, 58 g carbohydrates, 5 g fiber,  
8 g sugar, 24 g protein. Daily values:  
8% vitamin A, 120% vitamin C, 6% calcium,  
15% iron.

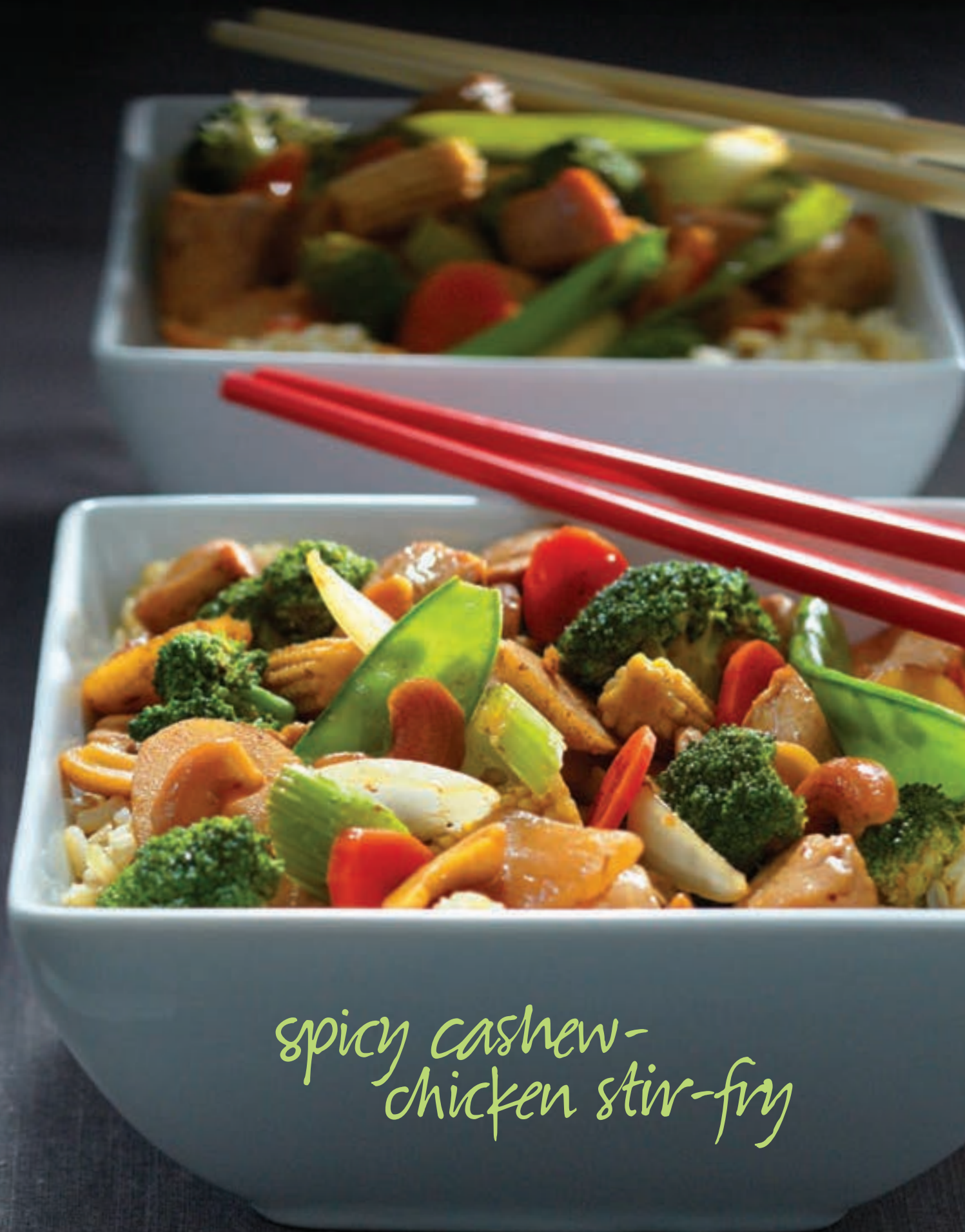






*hoisin beef & pepper stir-fry*





*spicy cashew-  
chicken stir-fry*



*Chicken, Thai Red Chili Paste, Garlic, Broccoli, Cashews,  
Pea Pods, Water Chestnuts, Baby Corn, Brown Rice =  
Spicy Flavor + Snappy Textures*

Serves 6 (1½ cups chicken plus ⅓ cup rice each).

1 (14 ounce) package Just Bare skinless,  
boneless chicken breast halves,  
cut into 1-inch pieces  
3 tablespoons Hy-Vee low-sodium  
soy sauce, divided  
Dash ground white pepper  
⅓ cup Hy-Vee reduced-sodium  
chicken broth  
2 tablespoons packed Hy-Vee brown sugar  
1½ tablespoons Thai red chile paste  
4 cloves garlic, minced  
2 tablespoons Hy-Vee canola oil, divided  
1 stalk celery, bias-sliced ½-inch thick  
2 medium carrots, thinly bias-sliced  
1 cup broccoli florets  
¾ cup Hy-Vee lightly salted cashews  
1½ cups snow pea pods  
1 medium white onion, coarsely chopped  
1 (8 ounce) can Hy-Vee sliced  
water chestnuts, drained  
½ cup canned baby corn, optional  
4 cups hot cooked Hy-Vee brown rice

Toss together chicken, 1 tablespoon soy sauce and white pepper in a medium bowl; set aside. Meanwhile, for sauce, combine broth, brown sugar, remaining 2 tablespoons soy sauce, chili paste and garlic; set aside.

Heat 1 tablespoon oil over medium-high heat in a wok or very large skillet. Add chicken and stir-fry until chicken is no longer pink, 3 to 5 minutes. Push chicken from center of wok. If necessary, add remaining 1 tablespoon oil to hot wok. Add celery, carrots, broccoli and cashews to wok; stir-fry for 2 minutes. Add snow peas and onion; stir-fry 1 minute more or until vegetables are crisp-tender. Push vegetables from center of wok.

Stir sauce; add to center of wok. Cook and stir until bubbly. Push chicken and vegetables toward center of wok. Add water chestnuts and, if desired, baby corn. Cook and stir 1 minute more or until heated through. Serve over hot rice.

Nutrition facts per serving: 430 calories, 14 g fat, 2.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 630 mg sodium, 53 mg carbohydrates, 8 g fiber, 10 g sugar, 25 g protein. Daily values: 80% vitamin A, 70% vitamin C, 6% calcium, 20% iron.







*Chicken, Garlic, Mushrooms, Water Chestnuts, Onions, Wine Vinegar, Baby Lettuce Leaves, Sweet Soy Dipping Sauce= Asian Flavors + Crunchy Lettuce Fun*

Serves 4 (3 lettuce wraps each).

2 teaspoons Hy-Vee canola oil

1 pound ground chicken

3 cloves garlic, minced

1 cup chopped oyster and/or  
shiitake mushrooms

½ cup chopped canned Hy-Vee  
water chestnuts

¼ cup chopped green onions

3 tablespoons Hy-Vee lite soy sauce

3 tablespoons packed Hy-Vee brown sugar

¾ teaspoon rice wine vinegar

12 lettuce leaves (baby, Boston or Bibb)

Sweet Soy Dipping Sauce or Hoisin Dipping  
Sauce, for serving

In a large skillet, heat oil over medium-high heat. Cook chicken and garlic until chicken is brown. Stir in mushrooms, water chestnuts and green onions; cook 2 minutes more.

Combine soy sauce, brown sugar and vinegar; add to skillet. Cook and stir for 2 minutes.

Fill each lettuce leaf with about ⅓ cup chicken mixture. Serve with Sweet Soy Dipping Sauce or Hoisin Dipping Sauce.

Nutrition facts per serving: 240 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 90 mg cholesterol, 580 mg sodium, 18 g carbohydrates, 2 g fiber, 13 g sugar, 25 g protein. Daily values: 15% vitamin A, 10% vitamin C, 4% calcium, 10% iron.





# chicken lettuce wraps + dipping sauces

## SWEET SOY DIPPING SAUCE

Serves 12 (1 tablespoon each).

- ¼ cup Hy-Vee honey
- 3 tablespoons Hy-Vee lite soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons Hy-Vee ketchup
- 1 tablespoon Hy-Vee lemon juice
- 1 teaspoon Thai red chili paste or garlic chili sauce
- ½ teaspoon sesame oil

Combine all ingredients in a small bowl. Let stand at room temperature for 1 hour to allow flavors to blend.

Nutrition facts per serving: 30 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 180 mg sodium, 7 g carbohydrates, 0 g fiber, 7 g sugar, 0 g protein. Daily values: 0% vitamin A, 2% vitamin C, 0% calcium, 0% iron.

## HOISIN DIPPING SAUCE

Serves 12 (1 tablespoon each).

- 1 teaspoon Hy-Vee canola oil
- 2 cloves garlic, finely chopped
- 2 teaspoons chopped fresh ginger
- ⅔ cup prepared hoisin sauce
- 2 tablespoons Hy-Vee lite soy sauce

Heat oil in a small skillet over medium-high heat. Cook and stir garlic and ginger until fragrant, about 30 seconds. Stir in hoisin sauce and soy sauce. Remove from heat, transfer to a small bowl and let stand at room temperature for 1 hour to allow flavors to blend.

Nutrition facts per serving: 35 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 560 mg sodium, 9 g carbohydrates, 0 g fiber, 6 g sugar, 0 g protein. Daily values: 0% vitamin A, 0% vitamin C, 0% calcium, 0% iron.

## HY-VEE CHINESE FOOD

From 2004 to 2010, *Chinese Restaurant News* named Hy-Vee Chinese Express among the Top 100 Chinese Restaurants/Chains in the U.S. for overall excellence or for healthy menu. Customers may dine in, take out, purchase prepackaged meals or choose catering.

“We use very high-quality food but we also emphasize service and cleanliness,” says Kwok Chow, Hy-Vee Chinese Department Supervisor. “Great customer service is one of our top priorities, which is why we have an open kitchen design to allow for customer interaction.” Most chefs have many years of cooking experience. In addition, they’re trained in customer service, food safety and consistency.

Chinese Express uses no trans fat oil in its breaded or deep-fried foods, no MSG, and less-sodium soy sauce during the last two years. “We’re the only Chinese restaurant in the U.S. that does this,” Kwok says.

Health-conscious customers appreciate that more stir-fried meats and vegetables are on the menu. Fresh sushi is available in 32 locations, and tofu is offered in some stores. Several stores also serve natural brown rice.

“We have Szechuan, Hunan, some Cantonese and Mandarin style [dishes] and we do change them a little bit to satisfy what most of our customers want,” Kwok says. “And they can always expect fast and friendly service when they stop in.”





Serves 8 (1 cup each).

2 skin-on, bone-in chicken breasts  
(about 2 pounds total)  
2 (32 ounces each) containers Hy-Vee  
reduced-sodium chicken broth  
1 large stalk celery, roughly chopped  
½ large carrot, roughly chopped  
½ large onion, roughly chopped  
1 tablespoon Szechuan sauce  
1 teaspoon Hy-Vee soy sauce  
1 teaspoon ground ginger  
2 cups thinly sliced carrots  
3 stalks celery, bias sliced  
1 bunch green onions, thinly sliced  
1 tablespoon Hy-Vee canola oil  
1 cup cooked Hy-Vee brown rice

To make broth, simmer chicken breasts, broth, roughly chopped celery, chopped half carrot, chopped half onion, Szechuan sauce, soy sauce and ginger in a large stock pot for about 30 minutes or until chicken is cooked through. Skim and discard foam from pot occasionally. Remove from heat, allow to cool slightly, remove chicken and

## *Chicken, Carrots, Szechuan Sauce, Ginger, Green Onions, Brown Rice = Slight Zing in Flavor*

strain broth through a fine-mesh sieve into a second stock pot or large heat-resistant bowl. Discard celery, carrots and onions. Cover and refrigerate broth.

Cover and refrigerate chicken until it is cool enough to handle. Remove meat from skin and bones; discard skin and bones. Shred chicken and add to broth.\*

To make soup, bring broth to boiling over medium-high heat, stirring occasionally. Add thinly sliced carrots, sliced celery and green onions. Simmer 2 minutes or until vegetables are brightly colored and crisp-tender.

Meanwhile, heat oil in a large skillet or wok over medium-high heat. Using a spatula, pack

rice into the pan about ¼- to ½-inch deep. Fry until crisp and light brown, about 5 minutes; turn over rice, in pieces, to brown the other sides. Drain on a plate lined with paper towels.

To serve, ladle soup into individual serving bowls. Garnish each bowl with several pieces of fried rice.

\*Test kitchen tip: Use broth immediately, refrigerate for up to 3 days or freeze in a freezer-tight container for up to 6 months.

Nutrition facts per serving: 170 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 45 mg cholesterol, 730 mg sodium, 12 g carbohydrates, 2 g fiber, 3 g sugar, 20 g protein. Daily values: 110% vitamin A, 8% vitamin C, 4% calcium, 6% iron.



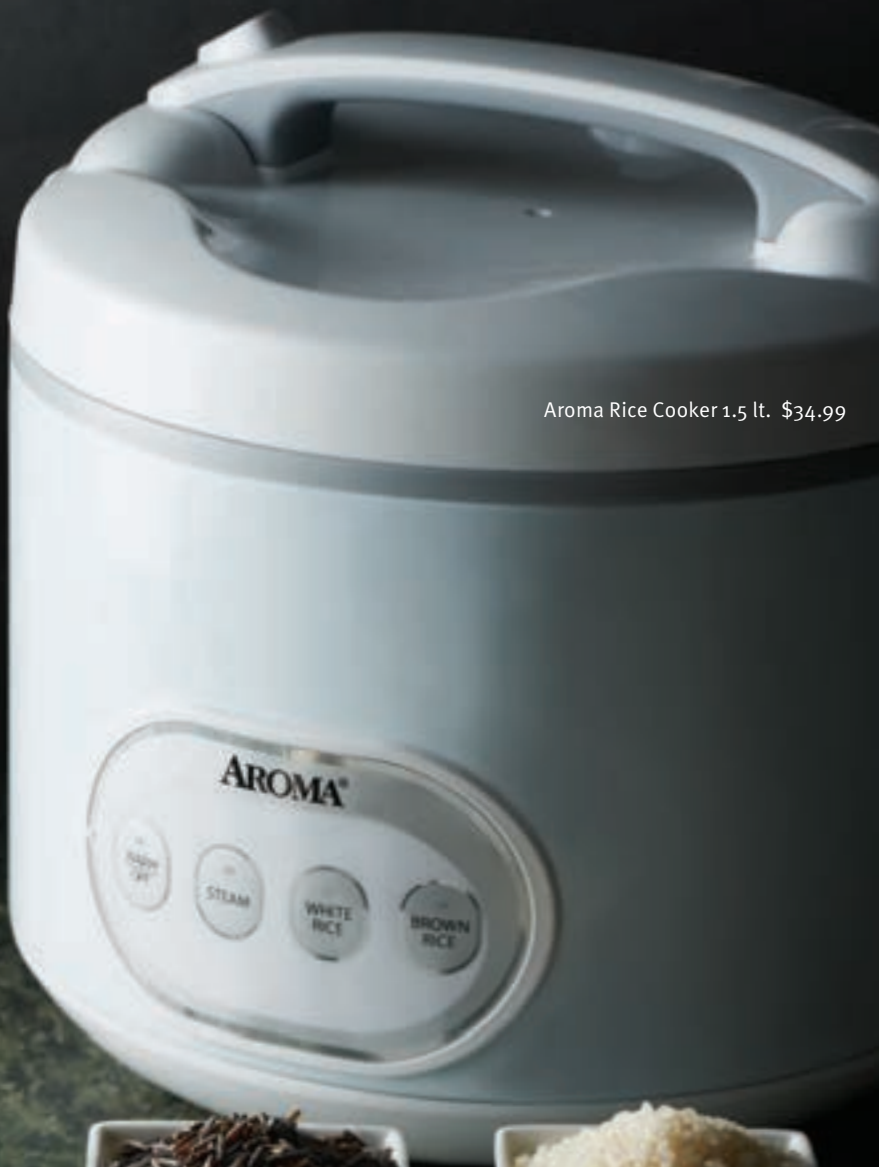
*sizzling rice soup*



## RICE 101

Rice is quite easy to prepare, particularly using a rice cooker. Follow manufacturers directions for amounts, settings and times. To make on the stove top, rinse rice before adding to water in a saucepan. For most rice varieties, use one part uncooked rice to two parts water. Bring to boiling, then cover and simmer until tender. Rice can also be steamed over very low heat.

Refrigerate leftover rice, in tightly sealed containers, up to 1 week or freeze for 6 months. To reheat, combine 1 cup of cooked rice with 2 tablespoons of water in a steamer. Cover and heat for 4 to 5 minutes. Or place in a covered microwave-safe dish and reheat on high for 1½ minutes.



Aroma Rice Cooker 1.5 Lt. \$34.99



### *extra-long grain*

- no significant flavor
- simmer for 20 minutes, until water is absorbed



### *wild*

- high-protein chewy, nutty and smoky
- one cup rice to 3 to 4 cups water
- simmer 45 to 60 minutes



### *American koshinikari*

- short-grain with 94% carbohydrates
- 1 cup rice to 1¼ cups water
- simmer 20 minutes
- often used in sushi



### *medium/long grain brown*

- slightly nutty
- simmer for 40 minutes



### *short grain/arborio*

- firm, creamy, chewy and starchy
- good for risotto
- do not rinse
- simmer for 20 minutes



### *basmati*

- longer grain, fragrant
- wash well in cold water 2 to 3 times before cooking
- Simmer 14 minutes
- white or brown



Uncle Ben's Brown Rice 2 lb. \$3.29



Just Bare Boneless Skinless Split Chicken Breast 14 oz. \$3.99



Greenline Trimmed Green Beans 12 oz. \$2.88



Fresh Zucchini per lb. \$0.88



Cut 'N Clean Kale 10 oz. \$1.99



Celestial Seasoning Tea: select varieties 18 or 20 ct. \$2.49



Cascadian Farm Organic Edamame 10 oz. \$2.18





Healthy Choice Dinners or Cafe  
Steamers: select varieties  
9.5 to 12.5 oz. 4/\$10.00



Healthy Choice Steaming or  
Select Entrees: select varieties  
8 to 9.9 oz. 2/\$4.00



Egg Beaters: select varieties  
15 or 16 oz. 2/\$5.00



Hebrew National Hot Dogs: select  
varieties 11 or 12 oz. \$3.49



Healthy Choice Soups: select varieties  
14 or 15 oz. 2/\$3.00



Healthy Choice Fresh Mixers or Marie  
Callender's Creations: select varieties  
6.49 to 7.95 oz. 2/\$5.00



Hunt's Tomatoes: select varieties  
14.5 oz. 5/\$5.00



Hunt's Tomato Sauce: select varieties  
8 oz. 3/\$1.00

# Healthy Choice

*A healthy twist on your **take-out** favorites.*



*Add a flash of fresh flavor to your **stir fry**.*







*Makes Asian at home as easy as:*

- 1** *cooking the chicken*
- 2** *combining with your choice of sauce*
- 3** *serving over rice*



Banquet Boxed Chicken: select varieties  
12 to 15 oz. \$2.29



Kid Cuisine Dinners: select varieties  
7 to 10.6 oz. \$2.18



Banquet Family Entrées: select varieties  
24 to 28 oz. \$2.29



Hunt's Ketchup 24 oz. \$0.99



Wolf Brand Chili: select varieties  
15 oz. 2/\$3.00



La Choy Bipacks and Creations: select varieties 42 or 43.5 oz. \$2.98



ACT II Popcorn: select varieties  
6 or 8 pk. 2/\$5.00



Swiss Miss Pudding: select varieties  
6 pk. \$2.29





# good eggs

*Versatile and quick to prepare, eggs pack a superior nutritional punch. Concerned about cholesterol? The latest scientific findings encourage you to keep them in your diet. Enjoy their natural goodness by sampling one of our fresh takes on familiar recipes.*

TEXT LOIS WHITE PHOTOGRAPHY ADAM ALBRIGHT AND TOBIN BENNETT



Go ahead. Crack open an egg for breakfast, lunch or even dinner. It's a healthful way to eat and one of the most economical sources of high-quality protein.

"Take leftovers out of your fridge and throw together an omelet," says Andrew Kintigh, a Hy-Vee chef in Ankeny, Iowa. He suggests turning a weeknight meal into a family-fun activity where everyone fixes their own omelets. "It's a tasty way to work in more veggies, leftover cooked meats, that last bit of spinach or even condiments that you've been collecting."

Eggs are a true convenience food, taking only minutes to cook, says Deanna Bottorff, a Hy-Vee dietitian in Maryville, Missouri. "Just whip up an egg with a fork in a coffee mug, cook it in the microwave for about 30 seconds, and it's good to go."

At just 75 calories each, eggs contain 13 essential vitamins and minerals as well as protein, carbohydrates and fat. They are also a good source of vitamin D, which plays an important role in calcium absorption that aids in forming and maintaining strong bones. Yolks are an excellent source of choline, a vitamin-like substance that promotes memory and brain development. Choline intake during pregnancy may be a key factor in preventing birth defects and developing infant memory functions. Lutein and zeaxanthin, essentials for eye health, are also found in the yolks of eggs.

## A FLOCK OF HEALTH BENEFITS

Recent headlines regarding eggs and cholesterol may have overstated the concerns. Sure, each egg yolk packs about 200 milligrams of cholesterol (two-thirds of the American Heart Association's daily recommended limit of 300 milligrams), but a recent Harvard Medical School study suggests that eating eggs in moderation as part of a low-fat diet shouldn't raise risk of heart disease. Other studies have shown that moderate regular egg consumption may even help prevent strokes, blood clots and heart attacks. "Balance the cholesterol you take in by eating a vegetable protein, such as beans, for one of your meals," says Deanna.

A diet that includes protein-rich eggs will help meet weight loss and fitness goals. A study comparing overweight and obese people who ate either a bagel or egg breakfast found that the egg eaters' appetites were satisfied longer—and they ate fewer calories during the rest of the day.

## MAKING THE GRADE

Most eggs sold at Hy-Vee come from Iowa egg producers. Iowa is the leading egg-producing state in the nation, generating about 15 billion eggs a year. Egg farmers are committed to producing the freshest, most wholesome eggs. Laying hens are fed nutritionally balanced feed and placed in controlled environments to ensure high-quality egg production. After eggs are collected, washed and sanitized, they are candled, which means they are passed over high-intensity lights to reveal any internal or external characteristics or defects in the eggs, without breaking them.

Based on the quality of the shells, whites and yolks, eggs are then graded AA, A or B—with Grade AA being the highest. Only eggs packed in official USDA plants and sampled by certified graders can bear the USDA grade shield on cartons. USDA grading is a voluntary service offered to processing plants that meet federal equipment, facility, sanitary and processing requirements.

## LOOKS AREN'T EVERYTHING

Eggs present consumers with choices: white versus brown shells, pale yellow versus deep orange yolks. Have you wondered whether, for example, one type makes a better cake or omelet than another? There's little difference in quality or flavor. In general, hens with white feathers and white ear lobes lay white eggs; those with red feathers and red lobes lay brown eggs. Yolk color depends on diet. Hens fed yellow cornmeal lay yellow-yolk eggs. If they eat marigold petals, egg yolks will be orange.

## BUYING AND STORING EGGS

When buying eggs, open the carton and look to make sure none are cracked. Get them home as quickly as possible, then store them in the original carton in the coldest part of the fridge—not the door. Cold keeps eggs fresh and prevents any bacteria from growing; keeping them in cartons prevents them from absorbing odors from other foods. Use eggs within three to four weeks of purchase.

Refrigerate hard-boiled eggs in the shell up to one week. Once peeled, use them immediately. Egg whites can be refrigerated, tightly covered, up to four days, or frozen up to six months. Yolks can be refrigerated up to two days, although storing them in a freezer is not recommended.



### HERBED BAKED EGGS

*This elegant breakfast—or dinner—is a delightful marriage of eggs and herbs. Bubbly as it comes from the broiler, the eggs are soft and creamy. You'll be so glad you tried this.*

Serves 1.

2 tablespoons heavy cream

½ tablespoon Hy-Vee butter

3 Hy-Vee large eggs

1 teaspoon chopped fresh chives

½ teaspoon chopped fresh thyme

½ teaspoon chopped fresh rosemary

Hy-Vee salt, optional

Hy-Vee ground black pepper, optional

Preheat broiler and position rack about 4 inches away from broiler. In an individual gratin dish or ramekin, combine heavy cream and butter; set on heavy baking

sheet. Broil for 3 minutes or until cream and butter are bubbly.

Meanwhile, in a small bowl, crack eggs, leaving yolks intact. Add eggs to hot cream mixture and top with chives, thyme and rosemary. Sprinkle with salt and pepper, if desired. Place back under broiler for 4 to 6 minutes or until whites are cooked but still soft. The eggs will continue to cook once removed from the oven. Allow to rest for 1 minute. Serve hot.

Nutrition facts per serving: 370 calories, 31 g fat, 15 g saturated fat, 0.5 g trans fat, 615 mg cholesterol, 230 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar, 20 g protein. Daily values: 30% vitamin A, 2% vitamin C, 10% calcium, 15% iron.



Mariposa Fresh Oregano, Basil  
1 ct. or Rosemary 0.50 oz. \$1.98





Hy-Vee Egg Substitute  
16 oz. \$1.99

### SPINACH, BACON AND HAVARTI STRATA

*Though French or Italian bread and cheddar cheese are common ingredients in homemade stratas, making this recipe with Baking Stone Honey Whole Grain and Seed Bread and Havarti cheese invests the dish with livelier textures and taste.*

Serves 8.

- 1 (20 ounce) loaf Hy-Vee Baking Stone Honey Whole Grain and Seed Bread, cut in ½-inch cubes
- 1 large red bell pepper, seeded and coarsely chopped
- 1 cup chopped onion
- 4 cloves garlic, minced
- 3 cups lightly packed fresh baby spinach
- 8 ounces Hy-Vee turkey bacon, cooked and crumbled
- 4 ounces Havarti cheese, shredded, divided
- 18 Hy-Vee large eggs
- 1 teaspoon Hy-Vee salt
- ½ teaspoon Hy-Vee ground nutmeg

- ½ teaspoon cayenne pepper
- ¼ teaspoon ground white pepper
- 3 cups Hy-Vee skim milk

Preheat oven to 350°F. Coat a 9×13-inch baking dish with nonstick cooking spray. Spread half of cubed bread on bottom of dish. Set aside. Coat a large skillet with nonstick cooking spray. Add bell pepper, onion and garlic to skillet. Cook over medium-high heat until vegetables are tender, 6 to 8 minutes. Add spinach and cook until wilted, about 2 minutes. Add crumbled bacon to vegetables. Spread half of vegetable mixture evenly over bread cubes in dish. Sprinkle with half of cheese. Layer with remaining bread cubes and vegetable mixture.

In a medium bowl, whisk together eggs, salt, nutmeg, cayenne pepper and white pepper.

Stir in milk. Pour egg mixture evenly over ingredients in dish.

Refrigerate overnight. Allow to sit at room temperature for 30 minutes before baking. Bake, uncovered, for 60 minutes. Sprinkle with remaining cheese and bake 10 to 15 minutes more or until cheese is melted and knife inserted near center comes out clean. Let stand for 10 minutes before serving.

*Nutrition facts per serving: 500 calories, 23 g fat, 9 g saturated fat, 0 g trans fat, 520 mg cholesterol, 1230 mg sodium, 42 g carbohydrates, 5 g fiber, 10 g sugar, 32 g protein. Daily values: 40% vitamin A, 60% vitamin C, 30% calcium, 20% iron.*



# Deviled Eggs

It starts with an egg—that most satisfying naturally packaged food. After hard-boiling it, cut the plump white gem in half lengthwise and remove the yolk. Now the fun starts. Keep it simple, spice it up a little or try something daring! Your call.

Place six egg yolks in a bowl then mash lightly with a fork. Thoroughly mix in dressings and condiments. Stir in chopped ingredients and/or seasonings. Spoon a mound of yolk mixture in each egg half. Or fill a pastry bag fitted with a star tip and pipe in the filling. Top with garnishes.

## BASIC DEVILED EGG

3 tablespoons mayonnaise  
1 teaspoon stone-ground mustard  
Paprika, for garnish

## DECADENT EGG

2 tablespoons Hy-Vee light mayonnaise  
Pinch of cayenne  
1 tablespoon minced shallots  
1 tablespoon minced celery  
½ tablespoon chopped parsley  
½ tablespoon Hy-Vee Dijon mustard  
1 tablespoon Grand Selections olive oil  
2 strips cooked bacon, minced  
2 ounces imitation crab meat, chopped  
2 tablespoons chopped chives  
Lemon peel, for garnish

## PESTO EGG

3 tablespoons Hy-Vee finely shredded  
Parmesan cheese  
2 tablespoons Hy-Vee plain low-fat yogurt  
1 teaspoon crushed basil leaves  
½ teaspoon Hy-Vee garlic powder  
Basil leaves, shredded, for garnish

## CRUNCHY PICKLE EGG

1 green onion, white and green parts,  
finely chopped  
2 tablespoons Hy-Vee light mayonnaise  
2 teaspoons Hy-Vee dill pickle relish  
½ teaspoon Hy-Vee yellow mustard  
Chopped green onions, for garnish

## SHRIMP EGG

3 tablespoons Hy-Vee light mayonnaise  
1 tablespoon finely chopped onion  
½ teaspoon fresh lime juice  
½ teaspoon Hy-Vee yellow mustard  
¼ teaspoon ground cumin  
4 cooked medium shrimp, peeled and  
finely chopped  
Chopped fresh cilantro, for garnish

## MAPLE-BACON EGG

3 tablespoons Hy-Vee light mayonnaise  
2 teaspoons Hy-Vee light maple syrup  
3 slices Hy-Vee applewood-smoked bacon,  
chopped, fried until crisp and drained  
Smoked paprika, for garnish







#### **AVOCADO EGG**

1 medium avocado, diced small  
3 tablespoons Hy-Vee light mayonnaise  
2 teaspoons freshly squeezed lemon juice  
1/8 teaspoon Hy-Vee garlic powder  
1/8 teaspoon cayenne pepper  
Avocado pieces, for garnish



#### **CURRIED EGG**

2 tablespoons plus 2 teaspoons  
Hy-Vee light mayonnaise  
1 teaspoon Hy-Vee Dijon mustard  
1 1/2 teaspoons curry powder  
Hy-Vee freshly cracked black pepper,  
for garnish



#### **SMOKY EGG**

4 tablespoons Hy-Vee light mayonnaise  
2 tablespoons drained, finely chopped  
sun-dried tomatoes in oil  
1 1/2 teaspoons smoked paprika  
Hy-Vee salt, optional

#### **APPLE EGG**

1 shallot, diced  
1/2 green apple, diced  
1 1/2 teaspoons Grand Selections olive oil  
1 teaspoon chopped fresh parsley  
2 tablespoons Hy-Vee light mayonnaise  
1/2 teaspoon Hy-Vee Dijon mustard  
Diced apple, for garnish

#### **SALMON-WASABI EGG**

3 tablespoons Hy-Vee light mayonnaise  
1 shallot, finely chopped  
1 teaspoon wasabi paste  
1 teaspoon finely chopped fresh dill  
2 ounces smoked salmon, thinly sliced

#### **CREAMY DILL EGG**

3 tablespoons Hy-Vee nonfat  
evaporated milk  
1 1/2 tablespoons Hy-Vee light mayonnaise  
1 teaspoon Hy-Vee Dijon mustard  
1 teaspoon fresh chopped dill  
Fresh dill sprigs, for garnish





# Kick-Start the Day

Energize your morning with a hearty plate of Jimmy Dean Sausage and scrambled eggs. Choose from several varieties of premium pork sausage, ready-to-cook turkey sausages or Heat 'N Serve patties that you can enjoy in seconds from a microwave oven. Good morning!



Jimmy Dean Sausage:  
select varieties  
2.2 to 16 oz. \$2.98



Hillshire Farm Ultra Thins:  
select varieties 8 or 9 oz.  
\$3.48



State Fair Corn Dogs and  
Mini Corn Dogs: select  
varieties 8, 13 or 16 oz.  
2/\$5.00



Ball Park Meat Franks:  
select varieties  
12.8, 14 or 16 oz. \$1.97



Land O'Frost Wrap or Sub Kits: select  
varieties 16.2 or 24 oz. \$5.99

Reser's Main Street Bistro's:  
select varieties 20 oz. \$4.49

Flatout Wraps or Foldit Flatbreads:  
select varieties 5, 6 or 7 oz. 2/\$5.00

Land O'Frost Premium Lunch Meats:  
select varieties 10 or 16 oz. \$3.99

## That's a Wrap!

Preparing a hearty egg breakfast has never been easier. Scramble eggs in a skillet, toss in veggies, herbs and cheese. Fold mixture in a Flatout wrap. Quick and easy.



## THE VERSATILE EGG

"You can perk up a cooked egg simply by sprinkling it with flavored sea salt," says Andrew Kintigh, a Hy-Vee chef in Ankeny, Iowa. He suggests using white truffle, merlot or lemon-twist sea salt. However you cook your eggs, they're incredibly good for you anytime.

**BOILING:** Place eggs in a single layer in a saucepan. Fill the pan with water to barely cover the eggs. Bring to boiling, then simmer for 4 to 8 minutes, depending on how soft or firm you like the yolks. To peel cooked eggs, transfer them to an ice bath to stop the cooking. When cool enough to handle, remove each egg from the water, tap firmly on a countertop, roll to crack the shell and peel.

- How to serve: Serve soft-boiled in eggcups with only the tip of the shell removed. Dip pieces of buttered toast into the yolk. Eating hard-boiled eggs and fruit within 45 minutes of completing a workout helps you refuel.

**POACHING:** Fill a large skillet half full with water, add 1 teaspoon of vinegar and a dash of salt. Bring to boiling; reduce heat to simmering. One at a time, break an egg into a small custard cup then gently slip the egg into the simmering water. Use a slotted spoon to keep multiple eggs separate until the whites are completely set and the yolks look glazed but are still soft. Cook for 3 to 5 minutes, depending on how firm you want the yolks.

- How to serve: Place on an English muffin or serve on a mound of hash brown potatoes or salad greens.

**BAKING:** Preheat oven to 350°F. Carefully crack eggs into individual greased muffin cups or ramekins, being careful to keep the yolks intact. Season as desired then bake for 10 to 15 minutes, until the whites are set and the yolks remain soft.

- How to serve: Partner with bacon, sausage, ham or pieces of thick-sliced sourdough toast.

**FRYING:** Heat butter or oil in a nonstick skillet over medium heat. Crack eggs, one at a time, into a custard cup, then carefully slide each egg into the hot skillet. Reduce heat to low; cook about 3 minutes, until whites are firm and yolks just begin to thicken. Remove eggs from skillet for sunny-side-up (an intact, soft yolk). For eggs over easy (lightly set yolks) or over hard (fully cooked yolks), turn over eggs with a spatula and continue cooking for 30 seconds to 1½ minutes.

- How to serve: Serve with breakfast potatoes, toast or as huevos rancheros with refried beans, salsa and warm whole-wheat tortillas.

**SCRAMBLING:** Break eggs into a bowl, then whisk to thoroughly blend white and yolks. Melt butter in a hot skillet. Pour the eggs into the skillet. As eggs begin to set, lift around the edge with a spatula to let the uncooked portion flow beneath. Cook for 4 to 5 minutes, just until glossy and moist.

- How to serve: Serve plain or mix with flavorful add-ins—shredded or crumbled cheese, diced meats or chopped onion and sweet bell pepper.



"My top choice is *fresh organic eggs* from free-roaming chickens. Nothing beats the rich orange color of their yolks and the true egg flavor they impart to dishes."





# HEALTHY@HY-VEE



*A regular, brisk walk will lower cholesterol, help manage weight and improve your mood.*



*Hy-Vee has a goal to help make Iowa the #1 state in overall health and well-being. As that is being achieved, there's a larger goal: Increase healthful living in all the states served by Hy-Vee.*

TEXT STEVE COOPER PHOTOGRAPHY TOBIN BENNETT

Compared to other states, Iowa is not doing badly in the overall health of its population. It was among the top 10 states in 2009 and top 20 in 2010. But that isn't good enough. So the Iowa Healthiest State Initiative (HSI) was launched.

Spearheaded by Iowa governor Terry Branstad, Hy-Vee Chairman and CEO Ric Jurgens, Wellmark CEO John Forsyth and other business and community leaders, the goal of the HSI is to make Iowa the healthiest state by 2016. Success is measured by the Gallup-Healthways Well-Being Index. Iowa was 19th among states in the 2010 poll, the last year with complete results available.

Since 2008, index pollsters have been questioning 1,000 Americans daily—more than 350,000 a year—assessing perceptions of their health. But physical health is just one aspect of the survey. There are also questions about each person's perceptions of his or her mental and social well-being. These questions align with the World Health Organization position that health is about more than disease and illness.

Jumping to number one in the poll won't be easy. There isn't a huge gap between states ranked from 5th to 25th, says Bruce Middlebrook, director of communications for Healthways. But overtaking the top 5 states will be challenging.

"States like Hawaii and Florida consistently score so high on the questions that it's going to be difficult to overtake them," he said.

How can Iowa raise its rank? HSI leaders will rely on a range of programs and approaches, rather than just one aspect of fitness.

"We're not trying to get everyone into shape for a triathlon," says Helen Eddy, Hy-Vee assistant vice president for health and wellness. "We hope people will get involved in a range of activities that will improve their lives, including walking groups, biking or gardening—which is great because it encourages a complete range of movement. Anything that gets a person moving is good. Some will go on RAGBRAI [a long-distance biking event] or even compete in a triathlon, but those types of events aren't for everyone."

Where new programs are needed, they will be started. Where beneficial programs are already going, they will be encouraged.

A high bar has been set for the challenge. Goals include having at least 60,000 participants in Iowa, 100,000 participants in the eight states where Hy-Vee operates and 8,000 participants among Hy-Vee employees.

The kickoff event for HSI, a one-kilometer Start Somewhere

Walk, was a success. More than 291,000 Iowans turned out for the walk in early October.

## BLUE ZONE PROJECT

Blue Zone communities are key to HSI. The term was coined by *New York Times* best-selling author Dan Buettner to describe a city where people live longer, happier lives when compared to average communities around the world. He focused his study on five exceptional cities worldwide, including Loma Linda, California. Buettner winnowed down what he learned into nine common characteristics that the cities held in common.

Called the "Power 9" by Buettner, these traits include daily physical activity, smarter eating and healthy engagement with family, friends and others. For an overview of Buettner's list, see "The Power of Nine," page 60.

In Iowa, Governor Branstad has issued an HSI challenge that 10 cities or towns commit to making themselves Blue Zone communities, meaning that they embrace the nine characteristics and put them into practice.

The Blue Zone program was tested two years ago in Albert Lea, Minnesota, where people began to walk more, eat more naturally healthful foods and increase their levels of social activity. As a result, residents gained an average of 3.2 years in life expectancy, and dropped 49 percent in health care costs for city employees.

As part of the effort, the Albert Lea Hy-Vee opened a Blue Zone checkout lane and gave it a prime spot near the store entrance and exit. Instead of loading the checkout shelf with candy bars, gum and sweet treats, this special lane features such healthful snacks as granola bars, carrots, dried fruits and flavored water.

## BLUE ZONE KITCHEN

Making a few easy changes in the kitchen can improve the diet of an entire household. To show how, Hy-Vee store dietitians will offer customer seminars on how to develop a Blue Zone Kitchen.

"The way you arrange your kitchen and the types of dinnerware you use can make a difference," Helen says. "You may have 12-inch dinner plates. Just using 10-inch plates instead will make a difference. And where do you put healthful snacks? They should be the ones out and within easy reach so you grab them first when hungry. Put the chips and less healthful choices up in the cabinets."



## MORE PROGRAMS FOR YOUR HEALTH MENU



### CHOOSE MYPLATE

In addition to using smaller plates, eating the right foods is critical. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn about the federal Department of Agriculture MyPlate program. Discover easy strategies for eating more healthful vegetables, fruits and whole grains, and fewer highly

processed foods that lead to weight gain.

"MyPlate is very easy to understand and helps with portion control," Helen says.

Plating meals in the kitchen before setting them on the table is a positive part of the strategy. It helps control the temptation to overload on fatty foods. Instead of serving family-style, which encourages large portions and second helpings, serve filled plates.

### HEALTH AND WELLNESS FORUM

Launched last summer, this Hy-Vee online forum lets consumers submit health-related questions to store dietitians. To access the forum, go to [www.hy-vee.com/health/health-wellness-forum](http://www.hy-vee.com/health/health-wellness-forum).

A team of dietitians fields questions on such topics as vegetarian diets, gluten-free eating, diabetes and diet, vitamins, exercise, organic foods, pregnancy and babies, cooking small meals and food safety. Try the service and get your own question answered.



### WALKING IT OFF

Walking is a significant part of the Iowa Healthiest State Initiative. Participants are encouraged to create or join walking teams.

These can be a few people from your neighborhood, work mates or any type of group. Together, teammates can root one another on to success.

The organization Live Healthy America (LHA) has promoted walking for weight loss and fitness since 2002. Hy-Vee has partnered with LHA in the past and will now use it to further the HSI goals. Since LHA began, walkers have shed more than 500,000 pounds while covering about 20 million miles.

To participate, form a team of two to 10 walkers and elect a captain. Sign teams up at [www.livehealthyiowa.org](http://www.livehealthyiowa.org) (residents of other states may sign up teams at [www.livehealthyamerica.org](http://www.livehealthyamerica.org)). Teams will have an online tracking page where they can map progress in miles walked and weight lost.

### BEYOND IOWA

The list above covers only part of what will be happening. Outside of Iowa, Hy-Vee leaders are already stepping up to promote the concept in other states.

"Our stores in other states have already issued a challenge to Iowans about what we are doing," Helen says. "They say, 'Heck, we'll take you on.' They understand that helping people improve their health is about all of us, wherever we live."

*Extra Dessert Delights Gum*

**SO MUCH LIKE  
APPLE PIE  
YOU'LL ASK FOR  
THE RECIPE**

*Delicious dessert flavor in a 5-calorie stick*



Wrigley Extra weight management: select varieties 3 pk. \$1.88

Wrigley Extra weight management: select varieties 15 pc. \$0.78

## THE POWER OF NINE

One of the core concepts in the Healthiest State Initiative is the "Power 9," developed by Dan Buettner, author of *Blue Zones, Lessons for Living Longer from the People Who've Lived the Longest*. Buettner says these "nine little things" are the distilled wisdom of cultures noted for the longevity of their people.

1. **Move naturally.** Walking is as good as running.
2. **Stop at 80 percent.** Eat only until you are 80 percent full. Make meal portions smaller.
3. **Eat your vegetables.** Up your intake of veggies, nuts, grains.
4. **Drink a little wine.** In moderation, wine helps the adult body guard against viruses, disease and daily stress.
5. **Find your purpose.** Pursue meaning in life. Using your gifts and passions, engage with others in this quest.
6. **Slow down.** Embrace the Sabbath as a day of rest or set aside a regular time to disengage from hectic modern life.
7. **Embrace the spiritual.** Participate actively in a church, spiritual center or other altruistic group.
8. **Put family first.** Worldwide, people who spend regular time with family are generally happier.
9. **Find your tribe.** We all like to be with people who share our interests and passions. Find that group, join it and meet often with those like-minded friends.





Special K Cereal: select varieties  
12 to 19.5 oz. 2/\$6.00



Special K Bars and Crackers:  
select varieties 3.8 to 8 oz. 2/\$5.00



Activia 4 pk. and Dannon Kids  
4, 6 or 8 pk. 2/\$4.00



Smartwater 1L 10/\$10.00



Dannon Light & Fit 4 pk. 2/\$3.00



Coke Mini Cans: select  
varieties 8 pk. 7.5 oz. cans \$3.48



Bertolli Pasta Sauce 15 or 24 oz.  
or Ragu Pasta Sauce 45 oz. \$2.48



Campbell's Select Harvest Soups  
18.6 to 19 oz. \$1.88



# TEAM UP FOR GOOD HEALTH

Helping Midwesterners get fit and stay healthy has been a longtime concern for Hy-Vee leadership. A key partner in this endeavor is Live Healthy America (LHA), a wellness program helping people since 2002. Over the last decade, LHA has encouraged more than 130,000 people to shed excess pounds by joining teams that walk it off.

Teams of two to 10 adults support each other in a program called the "100-day Wellness Challenge." Through the LHA website, the progress of each team is tracked and members can see how many miles they have walked and how close they are to meeting their fitness and weight goals.

There's also a program called "Lifestyle Challenge" that encourages competitors to eat more



healthful foods, reduce stress, get adequate sleep and make other positive changes.

For 2012, LHA hopes to reach 100,000 participants in the 8 states where Hy-Vee operates, including:

- 60,000 participants in Iowa
- 8,000 participants from the Hy-Vee family

For information about LHA programs and resources, go to [www.livehealthyamerica.org](http://www.livehealthyamerica.org). You will be able to access recipes, workout videos, fitness plans and other information.









# SMART FAST FOOD

*Nutrition bars have emerged as a huge market in recent years. Deciphering which ones are best for your specific goals can be confusing—unless you know what to look for.*

TEXT KRISTI THOMAS, R.D. AND ELAINE COOPER, R.N. PHOTOGRAPHY ADAM ALBRIGHT

Your day started out busy and the fast pace never stopped. Lunchtime is a distant memory and your stomach is starting to growl. So what can quell that need for sustenance?

Satisfy your hunger with one of the numerous nutrition bars on the market. A chewy, filling whole-grain bar plus a piece of fruit and maybe two ounces of nuts will give you a quick and satisfying meal, says Sue Kidd, registered dietitian at Hy-Vee in Olathe, Kansas.

“We’re all in such a hurry. That’s where nutrition bars come into play,” Sue says. For occasional replacement for a regular meal, or for a snack, these convenient bars have their place in a healthy diet.

The most nutritious bars are the ones that have at least 10 grams of protein, at least three grams of fiber and approximately 25 to 35 grams of carbohydrates. A bar should not contain more than one gram of saturated fat, Kidd says. However, there are four categories of bars and nutrition varies among them. They are:

- Energy bars. Favored by athletes, bars are generally high in carbohydrates for increased energy.
- Meal-replacement bars. Intended for dieters, the best bars offer a nutritious low-cal meal.
- Protein bars. For building muscle, these bars are a convenient source of added protein.
- Whole food bars. These contain significant amounts of fiber. Make sure protein levels are also high.

Purchase bars or make them at home to suit your taste, see pages 64-65, 68-69.

Some meal-replacement bars have higher levels of protein (20 to 30 grams) and higher fiber (5 grams). “High fiber and protein equals high satiety,” Sue says.

Depending on a person’s weight and activity level—as well as any health conditions, such as diabetes—nutritional needs vary. Fortunately, there are many types of nutrition bars, making it possible to find the right one for your needs. Sue has one piece of universal advice: Avoid bars that have a long list of ingredients “that you can’t pronounce. The fewer ingredients, the better it’s going to be for you. Period.”

Reading nutrition labels is necessary to find the right bar for you. Here are the essentials to look for:

**Protein:** Nutrition bars can have up to 45 grams of protein. This level is needed by athletes right after an intense workout to replenish wear and tear on tissues. For an average, moderately active adult weighing 150 pounds, protein needed is about 54 grams per day. Higher levels of protein can be a strain on the kidneys, so don’t overeat. Lower levels (10 to 23 grams) of protein are about right for meal replacement bars. Kidd recommends avoiding bars containing artificial flavor or colors.

**Carbohydrates:** Bars high in carbohydrates (35 to 45 grams) are a definite plus for the very active. Carbs before a workout give an energy boost for the body, while carbohydrates eaten within 20 minutes after exercise help replace the energy stored in the body. Higher levels should be avoided by those with diabetes.

*continued on page 66*





Fast days call for fast meals.  
What should you do? Enjoy this  
**tasty, sweet chew**  
of fruit, nuts and chocolate.

#### FRUIT AND NUT PROTEIN BARS

*Sweet, moist dates mixed with cocoa and protein powder create a fudgy, brownielike consistency without the addition of flour. This meal replacement bar is loaded with nuts.*

Serves 8.

1 (8 ounce) box chopped pitted dates  
½ cup Hy-Vee vanilla whey protein powder  
¼ cup Hy-Vee cocoa powder  
3 tablespoons water  
1 cup walnuts or cashews  
½ cup unsalted sunflower seeds

In a food processor, combine dates, protein powder, cocoa powder and water. Cover and process until combined. Add walnuts and sunflower seeds; pulse once or twice until combined. Spray an 8-inch square baking pan with cooking spray. Press mixture evenly and firmly into pan. Cut into 8 (2×4-inch) bars. For convenience and portability, wrap bars individually with plastic wrap. Store in refrigerator for up to 1 week.

Nutrition facts per serving: 240 calories, 13 g fat, 1.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 10 mg sodium, 29 g carbohydrates, 5 g fiber, 21 g sugar, 8 g protein. Daily values: 0% vitamin A, 0% vitamin C, 6% calcium, 8% iron.



### CHEWY ALMOND ENERGY BARS

Prior to mixing ingredients, oats and almonds are gently roasted to heighten flavor. Almond butter and honey hold it all together, while tangy apricots, cherries and raisins keep this bar moist.

Serves 8.

$\frac{3}{4}$  cup Hy-Vee old-fashioned rolled oats  
 $\frac{3}{4}$  cup Hy-Vee sliced almonds  
 $\frac{1}{2}$  cup chopped Hy-Vee dried apricots  
 $\frac{1}{2}$  cup Hy-Vee dried cherries  
 $\frac{1}{4}$  cup Hy-Vee raisins

$\frac{1}{4}$  cup Hy-Vee honey  
 $\frac{1}{4}$  cup Hy-Vee nonfat dry milk powder  
2 tablespoons almond butter

Preheat oven to 350°F. Mix and spread oats and almonds evenly in a shallow baking pan. Toast for 8 to 10 minutes or until almonds are light brown, stirring once. In a food processor, combine apricots, cherries, raisins, honey, nonfat dry milk powder and almond butter. Cover and pulse 3 times to combine. Add toasted oats and almonds; cover and pulse until blended and mixture

sticks together. Spray an 8-inch baking pan with nonstick cooking spray. Press mixture firmly and evenly into pan. Cut into 8 (2×4-inch) bars. For convenience and portability, wrap bars individually with plastic wrap. Store in refrigerator for up to 1 week.

Nutrition facts per serving: 210 calories, 8 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 25 mg sodium, 32 g carbohydrates, 4 g fiber, 21 g sugar, 6 g protein. Daily values: 10% vitamin A, 0% vitamin C, 8% calcium, 8% iron.

Need a quick hit of carbs  
to power your day?  
**Grab an energy bar.**  
Off you race, knowing you're  
fueled to win.



Hy-Vee Quick or Old Fashioned  
Oats 42 oz. \$1.88





Blue Diamond Almonds: select varieties  
6 oz. 2/\$5.00



Clif Kids Zbar, Crunch, Zfruit or  
Crispy Rice: select varieties  
.48 to 7.62 oz. \$2.98



Nutella Hazelnut Spread 13 oz. \$3.28



Old Orchard Healthy Balance,  
100% Blends and Cranberry Naturals:  
select varieties 64 oz. \$1.99



Hy-Vee Dried Fruits, Snacks and Trail Mix  
6 to 9 oz. 3/\$5.00



Naked Juice: select varieties  
15.2 oz. 2/\$5.00



Truvia All Natural Sweetener  
80 ct. and 9.8 oz. \$5.99



Bob's Red Mill Steel Cut Oats  
24 oz. \$2.98

continued from page 63

**Fiber:** Eating enough fiber lowers the risk for both heart disease and diabetes. Women should consume more than 20 grams per day, while men should ingest over 30 grams per day. If you eat a fiber nutrition bar with five grams, you've upped your daily intake quickly and deliciously.

**Total Fat and Saturated Fat:** Fats, although necessary, are high in calories. Healthful bars have zero trans fat and low saturated fats (1 to 2 grams). The lower the fat percentage, the better. High amounts can increase risk for heart disease, high blood pressure and some cancers. Avoid bars with partially hydrogenated oils.

**Sugar Alcohols and Sugars:** Any ingredient that ends with "ose" is a sugar. Any sugar including honey and corn syrup adds calories with little nutrition. Consider that 5 grams of sugar equals one level teaspoon.

**Calories:** The amount of energy available for your body to burn—or turn into fat—is counted in calories. If you require 2,000 calories per day, a nutrition bar of close to 500 calories fulfills nearly one-fourth of your entire day's recommended intake. Your requirements are determined by your weight, levels of activity and other factors. Check with your doctor for advice on calorie intake.

## NUTRITION BY THE NUMBERS

Nutrition-bar labels make recommendations for persons who need an "average" 2,000 calorie/day diet. Check with your doctor about your specific needs.

Nutrition Facts	
Serving Size	1 bar (80 g)
Amount	% Daily Value
<b>Calories</b>	
<b>Fat</b>	
Saturated	
Trans	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Carbohydrates</b>	
Fiber	
Sugars	
<b>Protein</b>	
Vitamin A	
Vitamin C	
Calcium	
Iron	

- **SERVING SIZE:** To make calculations of your nutritional intake, you must start from the serving size.
- **AMOUNT AND % DAILY VALUE:** The amount of nutrients by weight that you are eating and the percentage of your daily nutritional requirements this amount will fulfill.
- **CALORIES:** Percent of daily amount of energy your body needs to burn—or turn into fat.
- **FAT:** Total percentage should be as low as possible. High amounts are a health risk.
- **CHOLESTEROL:** You should consume less than 200 mg per day.
- **SODIUM:** Eat less than 2,300 mg per day, or 1,500 mg if you are 51 or older or unhealthy. Sodium raises blood pressure.
- **TOTAL CARBOHYDRATES:** An athlete may need 50 grams, someone with diabetes should consume less than 25.
- **FIBER:** Recommended daily intake is 25 to 30 grams of fiber.
- **SUGAR:** There is no Daily Value recommended for sugar. Avoid foods that list sugars among the first five ingredients.
- **PROTEIN:** 15 grams is considered a good meal.
- **VITAMIN A, VITAMIN C, CALCIUM AND IRON:** Essential for a healthy diet. However, avoid megadoses of the fat-soluble vitamins (A, D, E or K). Excessive amounts can cause toxicity.



# PLANTERS NUT-RITION

Loaded with healthful nuts, ingredients for this line of convenient bars are chosen to increase your intake of specific good-for-you nutrients.



Planters or Snackwells Bars: select varieties 6.15 to 8.10 oz. 2/\$4.00



Snackwell's or 100 Calories Cookies and Snacks: select varieties 3.70 to 7.75 oz. 2/\$4.00



Crystal Light: select varieties 10 or 12 qt. 2/\$5.00



Kraft Philadelphia Soft Cream Cheese: select varieties 8 oz. \$2.48



Kraft Refrigerated Ready to Eat Jell-O Temptations: select varieties 11.75 to 13.80 oz. 2/\$5.00



Planters Trail Mix: select varieties 5 or 6 oz. 3/\$5.00



Oscar Mayer Turkey Bacon 11.5 or 12 oz. 2/\$5.00



Oscar Mayer Deli Fresh Family Size Lunch Meats: select varieties 16 oz. \$5.68





## OUR FAVORITE MIX-UPS

Put together healthful bars for adults and kids with these easy-to-make bars. Simply combine the ingredients listed and you can increase fiber intake, fuel a workout or offer a child something good to eat and good for the body. To make these, follow the instructions, *opposite*.

### HIGH-FIBER BAR

Old-fashioned oats + Brown rice syrup + Sunflower nut butter + Unprocessed wheat bran + Vanilla whey protein powder + Chopped walnuts + Chopped prunes

Nutrition facts per serving: 290 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 40 mg sodium, 34 g carbohydrates, 5 g fiber, 13 g sugar, 10 g protein. Daily values: 2% vitamin A, 0% vitamin C, 4% calcium, 6% iron.

### ADULT FITNESS BAR

Quick oats + Pure maple syrup + Cashew butter + Pepitas + Chia seeds + Vanilla whey protein powder + Dried goji berries

Nutrition facts per serving: 270 calories, 13 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 15 mg sodium, 26 g carbohydrates, 4 g fiber, 11 g sugar, 11 g protein. Daily values: 2% vitamin A, 2% vitamin C, 6% calcium, 15% iron.

### KIDS' BAR

Crisp brown rice cereal + Agave nectar + Natural peanut butter + Wheat germ + Nonfat dry milk powder + Dark chocolate chips + Raisins

Nutrition facts per serving: 310 calories, 14 g fat, 4 g saturated fat, 0 g trans fat, 0 mg cholesterol, 105 mg sodium, 41 g carbohydrates, 5 g fiber, 28 g sugar, 8 g protein. Daily values: 2% vitamin A, 2% vitamin C, 6% calcium, 6% iron.





# FIT-FOR-YOU BARS

Choose ingredient options, one from each of the seven categories *below*, to custom-make a nutrition bar that suits your taste. Mix all ingredients together using an electric mixer or food processor. Press evenly into an 8- or 9-inch pan sprayed with nonstick cooking spray. Refrigerate to firm bars. Makes 16.

## 1. GRAIN *(2 cups)*

- OLD-FASHIONED OATS
- QUICK OATS
- CRISP BROWN RICE CEREAL
- GRANOLA

## 2. SWEETENER *(¾ cup)*

- HONEY
- AGAVE NECTAR
- BROWN RICE SYRUP
- PURE MAPLE SYRUP

## 3. NUT BUTTER *(1 cup)*

- NATURAL PEANUT BUTTER
- ALMOND BUTTER
- CASHEW BUTTER
- SUNFLOWER NUT BUTTER

## 4. SEEDS OR WHEAT PRODUCT

*(1 cup of any, except ¼ cup chia seeds)*

- GROUND FLAXSEED
- WHOLE SESAME SEEDS
- UNPROCESSED WHEAT BRAN
- WHEAT GERM
- PEPITAS (PUMPKIN SEEDS)
- CHIA SEEDS

## 5. POWDERED PROTEIN *(1 cup)*

- VANILLA WHEY PROTEIN POWDER
- NONFAT DRY MILK POWDER

## 6. NUTS OR CHIPS *(1 cup)*

- CHOPPED WALNUTS
- ALMONDS
- CASHEWS
- SUNFLOWER NUTS
- DARK CHOCOLATE CHIPS
- CAROB CHIPS

## 7. DRIED FRUIT *(1 cup)*

- RAISINS
- DRIED CHERRIES
- DRIED CRANBERRIES
- DRIED GOJI BERRIES
- CHOPPED DRIED APRICOTS
- CHOPPED DATES
- CHOPPED PRUNES
- CHOPPED FIGS



Sun-Maid Raisins 1.5 oz.  
6 pk. \$1.77

7

6

5

3

1



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# Next Issue



## **SPRING**

Our old friend the sun is returning to shine its warmth and chase away the long, cold winter. Time to slice open a melon for a snack out on the patio. Look for stories about food, outdoor living and fun when the Hy-Vee Seasons Spring 2012 issue arrives at stores in March. You can sign up for free home delivery by visiting our website at [www.hy-vee.com/seasons](http://www.hy-vee.com/seasons).





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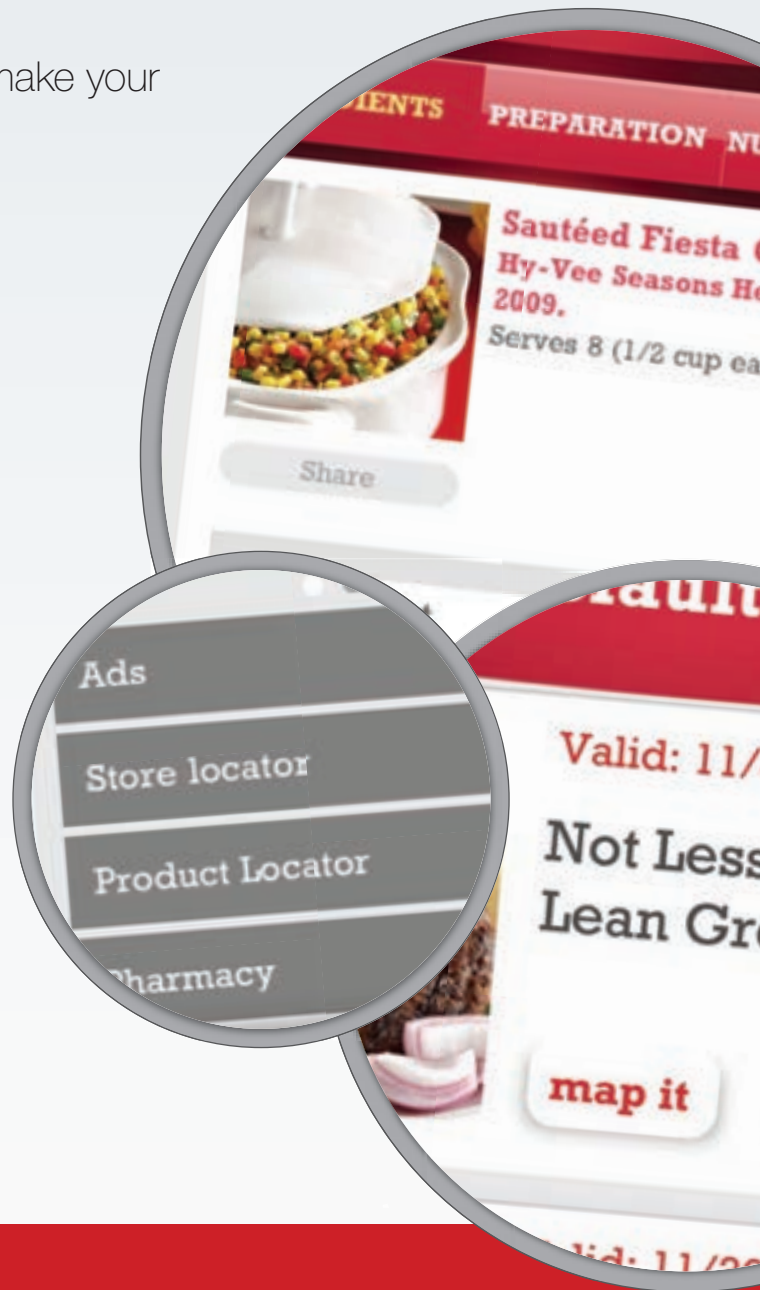
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