

October

Power Up Your Plate With Pork

October is National Pork Month and a great time to power up your plate with pork. The high quality of protein in pork may help you feel fuller longer, provide you with an excellent source of many B vitamins for energy and may even help you lose weight.

For a healthy and balanced diet, choose lean cuts of pork. To identify lean cuts of pork at the grocery store, look for the word “loin” on the label, such as pork tenderloin or loin chop. Pork tenderloin is just as lean as a skinless chicken breast. An analysis by the U.S. Department of Agriculture found there are six cuts of pork that are considered either extra lean or lean by labeling standards (less than 10g of fat, 4.5g saturated fat, and 95 mg of cholesterol per serving). These include pork tenderloin, pork boneless top loin chop, pork top loin roast, pork center loin chop, pork sirloin roast and pork rib chop.

The U.S. Department of Agriculture recommends that the safe end-point for cooking pork is now 145°F (lowered from 160°F). At 145°F, the pork will be a little pink in color, but is safe to eat. Since today's pork is leaner than ever, the lower cooking temperature results in a juicier, more flavorful meat. Always use a meat thermometer to ensure proper cooking temperature.

Pork is a versatile product that can easily be incorporated into all your meals. Try these simple ideas and remember to choose lean cuts of protein:



At breakfast:

- Make your own healthy breakfast sandwich at home. Start with a light whole wheat English muffin and top with an egg, Canadian bacon (leaner than regular bacon) and low-fat cheese.
- Scramble together eggs, Canadian bacon and veggies and place on a whole wheat tortilla. Serve with your favorite salsa.
- Try *Stick-With-You Sunrise Muffins* (recipe below).

At lunch:

- Substitute pork for chicken in your favorite homemade chicken noodle soup recipe, or substitute pork for beef in your traditional chili recipe
- Top romaine lettuce, spinach or kale with thinly sliced pork tenderloin, black beans, pineapple and one of your favorite citrus fruits.
- Fill a whole wheat wrap with lean pork, avocado, red onion and diced green chiles.

At supper:

- Stir-fry cubed pork loin with your favorite vegetables and serve with quinoa.
- Consider lean pork as a pizza topping; use a whole wheat pizza crust and top with lots of vegetables and 2% shredded cheese.
- Make stuffed peppers using 96%-lean ground pork.

Stick-With-You Sunrise Muffins (Serves 6; 2 muffins each)

Get your day started off with a powerful punch of protein from pork with these simple and delicious muffins:

All you need:

- Hy-Vee olive oil spray
- 6 tablespoons minced green onion
- 9 tablespoons chopped red bell pepper
- Freshly ground black pepper, to taste
- 12 ounces baby spinach leaves
- 8 large eggs and 4 large egg whites
- 3/4 cup skim milk
- 24 slices Amana Canadian bacon
- 4 ounces grated reduced-fat crumbled feta cheese



All You Do:

1. Heat oven to 350 degrees F and arrange rack in middle. Spray muffin pan with olive oil spray.
2. Spray olive oil in a large frying pan and heat to medium. Add onion and bell pepper; season well with freshly ground black pepper and cook until softened, about 1 minute. Add spinach and cook until spinach is well wilted, about 2 minutes
3. In a bowl, scramble eggs and egg whites and mix with skim milk.
4. Place 2 Canadian bacon slices in the bottom of each muffin cup to line it and top with vegetable mixture
5. Divide eggs into muffin cups and divide feta cheese evenly among the cups.
6. Put muffin tin on a baking sheet and bake for about 15 to 18 minutes.

Easy Tip: Prepare multiple muffins and keep frozen. Muffins can be easily microwaved for 1-2 minutes to re-heat for an easy grab-and-go breakfast.

Adapted from the National Pork Board

Cheers to Beers!

Growth of the craft brewing industry in 2012 was 15% by volume and 17% by dollars compared to growth in 2011 of 13% by volume and 15% by dollars. (www.brewersassociation.org)

There are currently more than 100 different categories of beer. A recent report from the global research group Mintel showed that nearly 60% of beer drinkers say they like to try craft or microbrew beers, and 51% would try more if they knew more about them.

Because beer is made using the plant sources barley and hops, it can contain a considerable amount of nutrition; however, the brewing process, ingredients and proportions used can all influence the nutritional content of each beverage.



- **Calories and Macronutrients** - Beer provides fewer calories per ounce than wine and contains both protein and carbohydrates (protein – 4% of total calories; carbohydrates – one-third of total calories).
- **Vitamins and Minerals** - One 12-ounce regular beer contributes a line-up of B-vitamins. The mineral composition of beer (potassium, magnesium and phosphorus) is equal to that of wine; however, beer is the winner when it comes to selenium and silicon content. Selenium aids in the protection against cancer and heart disease. Silicon works to strengthen the connective tissue between bones.
- **Antioxidants** - Like wine, beer also provides health protective phytonutrients called polyphenols, which help defend against cancer.

- Dark beers typically have the most antioxidants and higher iron content when compared to light beers.
- Microbrews have more hops and polyphenols that can play a role in lowering cholesterol.
- Did you know that beer typically contains more protein and B-vitamins than wine?
- The antioxidant content of beer and wine are fairly equal but get their antioxidants from different sources. Wine gets the antioxidant content from grapes, while beer's antioxidants come from the barley and hops.

Moderate intake of any alcoholic beverage (one alcoholic beverage for women daily, two for men) has been shown to increase HDL (good) cholesterol, lower LDL (bad) cholesterol and reduce the risk of blood clotting. One serving of alcohol is defined as: 12 ounces of beer, 5 ounces of wine or 1 to 1-½ ounces liquor. Moderate drinking is also linked with a lowered incidence of gallstones, decreased risk of type 2 diabetes and improved cognitive function in older adults. Beer has been associated with lowering the risk of kidney stones in men, possibly due to beer's high water content and diuretic effect. In addition, substances in hops may also slow the release of calcium from bone that is implicated in kidney stones.

Even if you are not a fan of beer, it is a great way to add flavor to cooking while still getting the essential nutrients.

Lemon-Beer Marinade for Chicken, Beef or Fish

All you need:

- 2-3 tablespoons olive oil
- 2 tablespoons minced garlic
- 1 bunch green onions, chopped
- 1 (12 ounce) bottle beer
- 1 cup packed brown sugar
- 1 orange
- 1 lemon
- 1 lime
- ¼ cup teriyaki sauce
- 1 tablespoon fresh chopped tarragon
- 1 tablespoon chopped fresh parsley

All you do:

1. Heat olive oil in skillet and sauté garlic and green onions until translucent. Add beer, brown sugar, juice from 1 orange, juice from 1 lemon, juice from 1 lime and teriyaki sauce.
2. Simmer for 2 minutes, remove from heat and set aside to cool before using. Add fresh tarragon and parsley before brushing on meat.
3. For chicken, marinate meat for about 45 minutes. Marinate beef for about 1 hour and 30 minutes and fish for about 20 minutes. Discard marinade.
4. Grill meat until recommended internal temperature is reached and enjoy.

Score Big In Your Chili Bowl with NuVal

As temperatures cool down and with football season under way, what better way to score big with your family and friends than with chili? Chili recipes vary greatly among regions of the country, families and individuals, but with the NuVal Nutritional Scoring System at Hy-Vee, you can make sure your chili always scores big when it comes to nutrition.

NuVal is a nutritional scoring system in which each food is given a score based on its overall nutrition. All scores range somewhere from 1-100, and the higher the score, the better the overall nutrition. For example, 80%-lean ground beef gets a score of 26, but if you trade up by using 99% lean ground turkey breast, the ground turkey breast gets a NuVal score of 64. The turkey breast has less fat and less saturated fat than 80%-lean ground beef which helps its score.

You can build your chili up with no-salt-added canned tomatoes and beans. Mrs. Grimes chili beans in chili sauce with salt added get a NuVal score of 50, but if you trade up to Mrs. Grimes chili beans in chili sauce with no salt added, they get a NuVal score of 94!

Tomatoes are the same way. Canned diced tomatoes with added salt range from 48-50 in NuVal scores, but canned tomatoes without added salt score a whopping 82-87!

Don't forget to load your chili up with veggies. Check out some of these fresh vegetables' winning NuVal scores: bell peppers - 94, jalapenos - 100, fresh sliced mushrooms - 96, white or yellow onions - 93, fresh tomatoes - 96. Frozen vegetables can also be mixed into chili before heating. Ever tried adding fruit to your chili? Blueberries score a perfect 100 and you'll be surprised at the flavor they add to your chili. They can also help balance out heat.

Typically toppings like sour cream, shredded cheese and crackers can also be improved. Replacing the sour cream on top of your chili with plain non-fat Greek yogurt creates a shutout win for your chili -taking the NuVal score from 25 all the way up to 93! Green onions score a perfect 100. And regular cheese can be swapped for Cabot 50% reduced-fat sharp cheese for a touchdown trade-up.

Quick Turkey Chili (Serves: 6)

Adapted from www.honeysucklewhite.com

All You Need:



- 1 tbsp. extra-virgin olive oil (optional)
- 1 (19.2 oz.) package Honeysuckle White® 99% Fat Free Ground Turkey
- 2 (14.5 oz each) cans diced tomatoes, no-salt-added, undrained
- 1 (15 oz) can no-salt-added chili beans in chili sauce
- 3 tsp chili powder

All You Do:

1. Heat oil in a large nonstick skillet over medium-high heat. Crumble and cook turkey in skillet until it reaches 165 degrees Fahrenheit. Drain.
2. Stir in tomatoes, chili beans and chili powder. Bring to a boil. Reduce heat; simmer for 5 minutes, stirring occasionally.

Nutrition Facts per serving: Calories 220, Total Fat 4.5g, Saturated Fat 0g, Sodium 90mg, Total Carbohydrate 18g, Dietary Fiber 4g, Sugars 4g, Protein 27g.

To lower the sodium in many of your recipes, don't be afraid to use low-sodium products whenever possible. Low-sodium canned vegetables, like tomatoes, are widely available and offer all the nutrition but significantly less salt than the standard varieties. Try this quick and easy recipe from Hunt's using no-salt-added tomatoes.

Hunt's Tomato and Pesto Chicken (serves 6)

All you need:

- 8 oz dry penne pasta
- 3 cups broccoli florets
- 1 tablespoon olive oil
- 6 (5 oz each) boneless skinless chicken breasts
- 1 can (14.5 oz) Hunt's No Salt Added diced tomatoes, undrained
- 1 can (8 oz) Hunt's No Salt Added tomato sauce
- ½ cup reduced-fat cream cheese
- 1/3 cup basil pesto



All you do:

1. Cook pasta according to package directions, omitting salt and adding broccoli last 2 minutes of cook time.
2. Meanwhile, heat oil in 12-inch nonstick skillet over medium-high heat. Add chicken; cook 5 minutes or until lightly browned on both sides. Add undrained tomatoes and tomato sauce; bring to a boil. Reduce heat to medium-low; cover. Simmer 8 minutes or until chicken is no longer pink in centers (165°F).
3. Remove chicken from skillet; keep warm. Add cream cheese to sauce remaining in skillet; stir until cream cheese is melted completely. Stir in pesto; simmer 2 minutes to thicken slightly. Drain pasta. Add to skillet; mix lightly. Serve chicken with pasta mixture

Store~Wide Gluten~Free Gala

Thursday, October 10th

3:00 p.m. – 6:00 p.m.

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Trade up your fall food favorites

Fall is a time of year in which we transition from the crisp vegetable salads loaded with fresh lettuce, garden-ripe tomatoes and vegetables, to heavier fare like casseroles and soups. Transitioning to fall foods doesn't have to mean you give up on nutrition. Here are a few, new foods to help you enjoy your meal without eating your entire days' worth of salt in one sitting.

Campbell's has recently launched soups for restricted-sodium diets that make it possible to follow a low-sodium diet while enjoying soups and casseroles! Just look at the differences in sodium between these two varieties:



Serving Size: 1 can
Sodium: 140 mg



Serving Size: 1 cup
Sodium: 860 mg



Serving Size: 1 can
Sodium: 60 mg



Serving Size: ½ cup condensed
Sodium: 870 mg

Also new to our shelves are the Hy-Vee brand No Salt Added canned beans. Just look for the bright green label to help guide you. These beans only have 10 mg of sodium per serving compared to up to 530 mg of sodium in the regular version. Some of the varieties available include chili-style beans, dark red kidney beans, black beans, garbanzo beans and pinto beans.



It seems with all these new, lower-sodium products out, you can have your cake and eat it too!

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