

# Healthy Bites



“Making lives easier,  
healthier, happier”

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NOVEMBER 2013

- Let's Talk Turkey
- Delicious recipes
- Wellness Wednesdays—10% off HealthMarket purchases
- Upcoming events—Annual Holiday Show, Kids' Eat Bright Cooking Class
- New items at Winona Hy-Vee

# Let's Talk Turkey

It's turkey time! Follow Hy-Vee's simple turkey roasting tips below, and you and your guests will be pleasantly pleased with a delicious and juicy golden brown turkey this Thanksgiving. Whether you're a veteran turkey roaster or a first-timer, it's important to always follow food safety guidelines.



**Defrosting your turkey** – Leave the turkey in its original wrapping and place it on a tray in your refrigerator. You should allow five hours per pound defrosting time.

**Cooking a frozen turkey without defrosting** – If you don't defrost your bird, you can cook it in the oven, but don't grill, smoke, microwave or deep-fry a frozen turkey. Cooking time takes longer than when thawed, but follow the USDA guidelines and take the recommended cooking time for a thawed turkey and add 50 percent of that time to the original time. For example, a turkey that should take about five hours to roast if already thawed will take about seven hours and 30 minutes to roast if frozen. Remove the giblet packages during the cooking time by carefully removing with tongs.

## **Roasting times at 325°F for unstuffed turkey\***

8- to 12-pound turkey: 2-3/4 to 3 hours

12- to 14-pound turkey: 3 to 3-3/4 hours

14- to 18-pound turkey: 3-3/4 to 4-1/4 hours

18- to 20-pound turkey: 4-1/4 to 4-1/2 hours

20- to 24-pound turkey: 4-1/2 to 5 hours

*\*For optimum safety, the USDA does not recommend stuffing a turkey. For more even cooking, it is recommended to cook the stuffing separately from the turkey. Use a food thermometer to assure the stuffing reaches a minimum internal temperature of 165° F.*

**Check the temperature** - To make sure the turkey is fully cooked, check the temperature in three places: the breast, the outer thigh and the inside thigh. In every case, the meat should be at least 165°F. If any place is under that temperature, put the turkey back in the oven for another 20 minutes. Shield the breast meat with foil if needed to keep it from overcooking.

**Leftovers** - Once you've sat down at the table, don't forget about the turkey back on the counter. The leftover meat needs to be refrigerated within two hours of cooking.

*For more information on preparing your thanksgiving meal, contact dietitian Alex Economy at (507) 452-5411 or [aeconomy@hy-vee.com](mailto:aeconomy@hy-vee.com).*

## Smoked Turkey Whole-Grain Slider

Serves: 4

### All you need:

- 4 Hy-Vee Bakery Fresh 100% whole-grain cocktail buns
- ¼ cup apple butter, divided
- ¼ pound Di Lusso deli sliced smoked turkey or leftover turkey, divided
- 2 (1 oz each) slices Havarti cheese, halved and divided
- 1 medium apple, such as Granny Smith or Braeburn, cored and thinly sliced
- 4 fresh lettuce leaves



### All you do:

1. Place buns on cutting board and split open. Spread apple butter evenly on top side of each bun.
2. On the bottom bun half without apple butter, place 1 oz. turkey, a half slice of Havarti cheese, one-fourth the apple slices and a lettuce leaf. Repeat for other 3 bun halves.
3. Top each prepared bun bottom with the top half, apple-butter-side down.

Nutrition facts per serving: 230 calories, 8 g fat, 3.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 600 mg sodium, 31 g carbohydrate, 4 g fiber, 15 g sugar, 12 g protein. Daily Values: 40% Vitamin A, 6% Vitamin C, 15% calcium, 15% iron. Source: Adapted from Tri-Foods International

## Sweet Potato and Turnip Mash with Sage Butter

Serves: 6 (about 1/2 cup each)

### All you need:

- 1 pound sweet potatoes, peeled and diced
- 8 oz turnips (about 2 medium), peeled and diced
- 3 large cloves garlic
- 30 fresh sage leaves, divided (12 left whole, the rest cut into strips)
- 2 tbsp Hy-Vee butter
- 1 tsp kosher or sea salt
- 1/2 tsp coarsely cracked pepper



### All you do:

1. Place potatoes, turnips, garlic and 12 sage leaves in a medium saucepan and cover with water. Bring to a boil. Reduce the heat to medium-low, cover and simmer until the vegetables are fork-tender, 12 to 15 minutes. Drain. Return the vegetables to the pan and keep covered.
2. Heat butter in a small skillet over medium-high heat. As it melts and turns lightly brown, add the strips of sage and allow them to crackle and flavor the butter, about 1 minute.
3. Pour the sage and butter over the vegetables and smash with a potato masher. Stir in salt and pepper and serve.

Nutrition per serving: Calories: 88, Fat: 4g, Carbohydrate: 12g, Protein: 2g, Cholesterol: 10mg, Saturated Fat: 3g, Dietary Fiber: 2g, Sodium: 224mg. Source: Adapted from Eating Well, Inc.



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# WELLNESS WEDNESDAYS

*Save 10% OFF on  
all HealthMarket  
purchases every  
Wednesday at your  
Winona Hy-Vee!*





# *Taste of the Holidays*

## Winona Hy-Vee Annual Holiday Show

Date: Thursday, November 7<sup>th</sup>

Time: 4:00 – 7:00 p.m.

Location: Winona Hy-Vee

Please join us as we showcase our holiday offerings for the season!

Take this great opportunity to plan your holiday catering options, party planning, gift ideas and much more. Come and see how Hy-Vee can offer you one-stop shopping this holiday season.



# Little Chefs

## Kids' Eat Bright Cooking Program

Join your Winona Hy-Vee on a cooking adventure featuring bright, colorful fruits and vegetables!

**Wednesday, November 20th**

4:30 – 5:45 p.m.

Winona Hy-Vee Dining Room

Contact Winona Hy-Vee Dietitian Alexandra Economy to register for class at (507) 452-5411 or [aeconomy@hy-vee.com](mailto:aeconomy@hy-vee.com)

Cost: \$5.00 per child

Limit 10 kids

Preferred ages: 5 - 10

# New Items

*DIETITIAN PICKS*

## Larabar ALT (Alternative Protein Bar)

Fruit and Nut Bar

Cinnamon Apple Crisp, Lemon Pound Cake, Pumpkin Pie, Peanut Butter Cookie varieties

*Gluten-Free*

Found in HealthMarket department



## Beanitos—White Bean Chips

Nacho Cheese & Restaurant Style varieties

*Gluten-Free*

Found in HealthMarket department



## QuestBar— Protein bar

High protein, high fiber and low sugar bar.

Peanut butter & jelly, cinnamon roll, strawberry cheesecake and vanilla almond crunch varieties (gluten-free)

Chocolate chip cookie dough, white chocolate raspberry and banana nut muffin varieties (no gluten-containing ingredients)

Found in HealthMarket department



# NuVal™ Trade-Ups for Thanksgiving

<i>If you normally use this...</i>			<i>Try this!</i>		<i>Why?</i>
Ocean Spray jellied cranberry sauce 		Ocean Spray fresh cranberries 		More fiber No added sugar	
Hy-Vee canned green beans 		Hy-Vee canned green beans—no salt added 		Less sodium  <b>A simple swap!</b>	
Bruce's yams 		Yams or Sweet Potatoes 		No added sugar	
Stove Top Stuffing—Chicken (Lower Sodium) 		Stove Top Stuffing—Chicken (Whole Wheat) 		Higher fiber	

***The higher the NuVal™ score, the higher the nutritional value!***