

Get Creative with Citrus!

This time of year, we find the number of clementines, oranges, lemons and grapefruits (just to name a few) are so abundant that it seems impossible to figure out what to do with them all. The fact is, citrus is versatile. It's a no-brainer when it comes to enlivening the usual applications — vinaigrettes, salads, desserts — but there's more than meets the eye, especially in the case of unique varieties. Here are some fun ways to bring your favorite dishes to another level of flavor:



1. **Add citrus zest and juice to pesto.**

Blend 2 cups fresh basil, ¼ cup toasted pine nuts, 2 cloves garlic, zest and juice of 1 orange and 1 lemon, ½ teaspoon salt and 1/8 teaspoon pepper in a food processor until the mixture is finely chopped. With the machine running, gradually add ½ cup extra-virgin olive oil until the mixture is smooth and creamy. Transfer to a bowl and stir in ¼ cup shredded Parmesan cheese. Serve over your favorite fish.

2. **Top your favorite meal dishes with gremolata.**

Gremolata is a combination of lemon zest, garlic, parsley and olive oil. Traditionally an addition to Osso Bucco (braised veal shanks), it is also great as a garnish on grilled or roasted lamb, pork chops, beef and even roasted potatoes. Gremolata is best made fresh - it doesn't keep for more than a day - but is also best if it has an hour or so before serving for the flavors to meld. Fortunately it only takes about 5 minutes to make! To prepare, simply combine the zest of one lemon, 2 minced garlic cloves, 2 tablespoons freshly chopped parsley, 1 teaspoon olive oil and a pinch of salt and pepper.

3. **Brighten up ricotta.**

Ricotta cheese has a very mild flavor but with the addition of citrus juice and zest, it comes to life. Stir together 1 cup ricotta cheese, zest and juice of 1 lemon, 1/3 cup shredded Parmesan cheese, ¼ teaspoon salt and a pinch of nutmeg and freshly ground black pepper. Smear on a whole wheat flatbread or pizza crust and top with trimmed and diced asparagus and ½ cup mozzarella cheese. Bake at 450 degrees for 10-15 minutes until golden brown. Finish with more fresh lemon juice and a sprinkle of fresh chopped flat-leaf parsley.

4. **Add color and extra "zip" to sangria.**

Sangria is typically served as a summertime beverage, but this winter version is perfect for entertaining. It's perfumed with clementines and sliced pears, and garnished with fresh pomegranate arils.

Winter Sangria with Citrus & Pomegranate

Makes 10 servings

All you need:

- 1 pear, washed, seeded and sliced
- 4 clementines or 2 tangelos, washed & sliced
- 1 apple, washed, seeded and sliced
- 1 cup pomegranate arils
- 1/4 cup sugar
- 1 cinnamon stick
- 1 bottle red wine
- 3 cups pomegranate juice
- 1 cup orange juice, ideally freshly squeezed
- Hy-Vee ginger ale or club soda for serving
- Ice cubes

All you do:

1. In the bottom of a large glass pitcher or gallon jar, combine sliced fruit and pomegranate.
2. Sprinkle with sugar and toss in the cinnamon stick.
3. Pour the red wine and the fruit juices over the fruit.
4. Stir well, cover and refrigerate overnight or for at least 6 hours.
5. To serve, remove cinnamon stick, and pour over ice into glasses. Top with ginger ale or club soda to taste. Garnish with more pomegranate arils if desired.

Nutrition facts per serving: Calories 158, Total fat 0g, Saturated fat 0g, Sodium 7mg, Cholesterol 0 mg, Carbohydrate 26g, Fiber 1g, Protein 0g

Be a Supplement Savvy Shopper

Supplements can help provide nutrients not consumed in ample amounts from food. One way to know if a supplement is safe is to check *Consumer Reports* for the product you are buying, or look for *USP Verified* on the label. The USP Dietary Supplement Verification Program is a voluntary testing and auditing program that helps dietary supplement manufacturers ensure they are making quality products for consumers. Always make sure to tell your healthcare provider about any supplements you are taking. There are several types of popular dietary supplements:



Multiple Vitamin/Mineral Supplements –A multi-vitamin/mineral supplement can help fill nutrient gaps in our diets. These should not provide more than 100% RDA (recommended daily amount) for most of the nutrients they contain.

Omega-3s/Fish Oil – It is recommended to consume fatty fish such as salmon, tuna, mackerel, etc. two to three times each week. If you don't like fish or do not consume it regularly, an omega-3 or fish oil supplement can be very helpful. It is recommended to consume at least 500 mg of EPA + DHA from an Omega-3 or fish oil supplement.

Individual Vitamins, Minerals and Herbs – There are many situations in which an individual vitamin, mineral or herbal supplement is needed. Below are the most popular individual supplements:

Vitamin C – People who smoke, have inflammatory conditions or have wounds likely need more vitamin C than a healthy individual. Talk with your healthcare provider about your needs.

– There are many conditions that can reduce your ability to absorb B-12. If you are told your level is low, consider a sublingual B-12 to enhance absorption. A Hy-Vee pharmacist or dietitian can help you choose the one right for you.

Vitamin D – If you are told to take vitamin D supplements because your level is low, make sure to take them with food that contains a little fat to enhance absorption.

Folate – Deficiency of folate or folic acid can cause birth defects. Women who may become pregnant should consume 400 mcg of folic acid from a supplement or fortified food in addition to consuming a healthy diet.

Probiotics – Keep probiotics refrigerated for freshness. Patients with inflammatory gastrointestinal diseases may benefit from a product containing *saccharomyces boulardi*. For general health, a product containing lactobacillus and bifidus are recommended in the dosage of 1 – 10 billion CFU. A probiotic can help with the side effects of taking an antibiotic.

There is a wide variety of supplements on the market, and not all of them are necessary. It is important to remember that foods provide us with vitamins and minerals. Consuming a variety of foods and following the MyPlate model can help ensure an adequate diet. For a list of food sources of each vitamin and mineral and for additional supplement questions, please contact your Hy-Vee Registered Dietitian/Nutritionist.

This information is not intended as medical advice. For individual medical advice, please contact a health care provider.

Begin!

The Begin program is a comprehensive 10-week weight management program, that includes three individual sessions with a dietitian for biometrics, measurements and meal planning, plus seven group classes with various topics each week that will be covered. Classes are held Mondays at 12:30 p.m. (starting January 20th). 2014 is the time to Begin a Healthier You! For further information, contact Shannon at 308-381-3678.

RD Pick of the Month: Boom Chicka Pop



5 REASONS TO EAT BOOM CHICKA POP

1. A smart snack for weight loss. Its fiber helps you feel full faster and longer.
2. Only 35 calories per cup for Boom Chicka Pop sea salt popcorn.
3. A whole grain. Eating more whole grains may reduce the risk of diseases, such as stroke or heart disease
4. Zero trans fat, a better choice for heart health
5. Certified gluten-free

Save Your Way to Slim

with my private-label picks for a healthy weight!

If you started a diet the first week in January and were tempted to overeat the second week, you may agree the third week in January, *Healthy Weight Week*, is the perfect time for a sustainable approach to achieving a healthy weight. Occurring on the third week in January since 1982, *Healthy Weight Week* celebrates the non-diet approach to healthy living. During this week we are encouraged to improve our health habits in lasting ways by eating well, fitting physical activity into our day and feeling good about ourselves and others.

Typically, a personalized meal and snack plan that allows for your favorite foods and fits your budget is the most effective approach. Eating well doesn't have to be expensive; wise choices can extend your food dollar. As we mark *Healthy Weight Week*, I invite you to save your way to a slimmer you with some of our weight-friendly Hy-Vee private label picks:

- **Hy-Vee eggs** are an economical, protein-packed addition to any meal or snack.
- **Hy-Vee string cheese** is a portable, portion-controlled mid-afternoon choice to hold you over until dinner.
- **Hy-Vee hummus** can be enjoyed with raw veggies as dippers.
- **Hy-Vee Thick & Chunky Salsa** is a low-calorie condiment for omelets, turkey burgers and more.
- **Hy-Vee frozen fruits** are just as nutritious as fresh; never run out of fruit when you keep frozen fruits in your freezer.
- **Hy-Vee 100 Calorie Greek yogurt** is a lower-carb version of fruity-flavored Greek yogurt.
- **Hy-Vee salad blends** offer you a time-saving shortcut to eating daily salads; simply add lean protein and your favorite salad dressing.
- **Hy-Vee whole wheat pasta** is made from whole grain wheat, offering you a good source of satisfying whole grains.
- **Hy-Vee black or green tea bags** make a calorie-free beverage that will warm you up on a cold winter day.
- ***New* Hy-Vee All-Natural Peanut Butter** is brand-new to store shelves, offering you a natural peanut butter that's a budget-friendly source of satisfying protein and healthy fats.

New to Hy-Vee



There is a new melon in town – the Melorange! Developed to break up the monotony of the “heart of the winter” fruit selection, this melon is super sweet and maintains a firmer consistency once cut. The winter stock is grown in Honduras and Guatemala, but look for this delicious new melon to be grown locally as soon as this summer! Try some today!