

## Five Ways to Eat Sweet Potatoes

Sweet potatoes are in peak season, so now is the perfect time to add them to your grocery cart and your weekly menu. Choose potatoes that feel firm with smooth skin. Store them in a cool, dark place.

Sweet potatoes earn a perfect NuVal score of 100 because of their high nutritional value. In fact, one medium sweet potato provides over 100 percent of the daily value of vitamin A. They are also high in vitamin C with 30 percent of the daily value, and a good source of fiber with four grams.

Believe it or not, covering them with butter, brown sugar and marshmallows is not the only way to serve them. Instead, here are five healthy recipe suggestions for sweet potatoes:

1. **Warm soup.** Sweet potatoes act as a natural thickener in soup recipes because of their starch content. Try the recipe for *Sweet Potato & Black Bean Chili* for a new twist on an old favorite.
2. **Festive holiday side dish.** Utilize your slow-cooker as you prepare for holiday guests with this recipe for *Glazed Sweet Potatoes and Apples*.
3. **Roasted root vegetables.** Chop an assortment of root vegetables (sweet potatoes, parsnips, carrots, rutabagas) into bite-sized pieces, drizzle with olive oil and sprinkle with your favorite herbs or spices. Roast in a 450-degree oven for approximately 45 minutes or until the vegetables are fork-tender.
4. **Homemade fries.** If you love ordering sweet potato fries in a restaurant, then try cooking some of your own at home. Slice the sweet potato into sticks, toss with olive oil and a sprinkle of salt, then bake on a cookie sheet for about 25 minutes in a 425-degree oven.
5. **Simple swap.** Substitute sweet potatoes in almost any recipe that calls for white potatoes. Try them mashed or baked.

## Sweet Potato & Black Bean Chili

### All you need

- 1 tbsp plus 2 tsp Hy-Vee Select extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tbsp Hy-Vee chili powder
- 4 tsp Hy-Vee ground cumin
- ½ tsp ground chipotle chile
- ¼ tsp salt
- 2 ½ cups water
- 2 (15 oz each) cans Hy-Vee black beans, rinsed
- 1 (14 oz) can Hy-Vee diced tomatoes
- 4 tsp lime juice
- ½ cup chopped fresh cilantro

### All you do

1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

# Keep the Peanuts, Lose the Butter

November is Peanut Butter Month and what a great time to try a different take on traditional peanut butter. Powdered peanut butter is all the rage right now. Simply put, powdered peanut butter is made by pressing peanuts to remove most of the fat and oil, while leaving all the slow-roasted peanut taste. For those who are weight-conscious or watching their fat and calorie intake, powdered peanut butter has about 85% less fat and about 45 calories per serving verses 190 calories in traditional peanut butter.

Versatile is the word when it comes to powdered peanut butter. It can be used in smoothies, baked goods, as a dip for favorite fruits or vegetables, blended into yogurt or oatmeal and of course on a peanut butter and jelly sandwich. Take it along the next time you are camping, hiking or traveling. Simply add water to the powdered peanut butter to get the consistency and thickness of traditional peanut butter.

For a tasty treat try adding two tablespoons of powdered peanut butter to a chocolate instant pudding mix, then follow the directions on the back of the pudding box. The treat will be reminiscent of a chocolate peanut butter cup. With autumn in full swing, try a delicious pumpkin peanut butter dip, great with apple slices or pretzels. Enjoy Peanut Butter Month with a new spin on an old favorite.

## Pumpkin Peanut Butter Dip

Serves 8

All you need:

- 1 (15 oz.) can pumpkin
- 1 (5.3 oz.) container plain Greek yogurt
- $\frac{3}{4}$  cup powdered peanut butter
- $\frac{1}{2}$  cup stevia, Splenda or sweetener
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp pumpkin pie spice

All you do:

1. Place all ingredients in a small bowl.
2. Stir until smooth and creamy.
3. Keep refrigerated and serve chilled.
4. Serve with apple slices or pretzels.

## Diabetes-Friendly Dishes: Fitting in Holiday Favorites

Holiday traditions and delicious food go together like mashed potatoes and gravy! So what's a person with diabetes to do? Your Hy-Vee registered dietitian has solutions. Simple ingredient substitutions and simple cooking techniques are all you need to save calories and carbohydrates throughout the season. These little changes add up to success managing your diabetes while you enjoy the best of food, family and friends at the holidays.

Try these tips and side dish recipes to keep your favorites on the table as you enjoy the holiday season with diabetes.

Your Hy-Vee dietitian's tips & tricks –

1. Use measuring cups as serving utensils. Think of them as a tool that gives you control and information about how much is on your plate.
2. Assess the buffet before you start filling your plate. Then select only those foods you truly enjoy and keep MyPlate™ in mind as a guide for balance and variety. This saves calories and carbohydrates from foods that don't give you enjoyment, and saves room for those that do.
3. Simply choose a smaller plate. You'll automatically reduce your portion sizes and trick your brain into thinking you're eating abundantly when you see a beautiful, full – yet smaller – plate of your favorites.

### Roasted Almond Sweet Potatoes

*California almonds enhance the flavor and texture of this naturally sweet Thanksgiving side dish. Enjoy this dish in place of candied sweet potatoes and save about 30 grams of carbohydrate, and 120 calories, per ¾-cup serving.*



Serves: 6 (¾ cup = 1 serving)

#### **All you need:**

4 medium sweet potatoes, peeled and cut into 1-inch-thick cubes

3 tablespoons Hy-Vee Select olive oil

4 large garlic cloves, minced

1/3 cup fresh thyme leaves, plus 6 thyme springs for garnish

½ teaspoon kosher salt (optional)

½ cup slivered California almonds

#### **All you do:**

1. Preheat oven to 425 degrees Fahrenheit.
2. In a large mixing bowl, combine cubed sweet potatoes, olive oil, garlic, thyme and salt, if desired, and toss. Arrange potato slices into a single layer on a heavyweight rimmed baking sheet or in a 9-by-13-inch baking sheet. Place on the top rack of the oven and roast until tender and slightly browned, about 40 minutes.
3. On another baking sheet, spread out the slivered almonds in a single layer. Place in the oven and toast just until they become aromatic, about 8 minutes. Remove from oven and remove from baking sheet to allow to cool.
4. To serve: Place roasted sweet potato mixture in a serving bowl. Top with toasted almonds and serve.
5. Source: adapted from Almond Board of California
6. Nutrition Facts per serving: 180 calories, 11 gm fat (1 gm sat fat, 7.5gm monounsaturated), 0 mg cholesterol, 18 grams carbohydrate, 3.7 gm fiber, 3.6 gm protein, 207mg sodium

## Creamy Garlic Mashed Cauliflower

*Rich and creamy, mashed cauliflower in place of mashed potatoes saves you 16 grams of carbohydrate, the same amount as a standard slice of bread, and 65 calories, per generous ¾-cup serving.*

Serves: 4 (¾ cup = 1 serving)

### All you need:

- 8 cups cauliflower florets (approximately 1 large head of cauliflower)
- 4 cloves garlic, peeled and crushed
- 1/3 cup non-fat buttermilk
- 4 tsp Hy-Vee select extra-virgin olive oil, divided
- 1 tsp Hy-Vee butter
- ½ tsp salt
- Freshly ground black pepper, to taste
- Snipped fresh chives, for garnish

### All you do:

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12-15 minutes. (Alternately, place florets and garlic in a microwave-safe bowl with ¼ cup water, cover and microwave on HIGH power for 3-5 minutes or until soft.)
2. Place the cooked cauliflower and garlic in food processor. Add buttermilk, 2 tsp olive oil, butter, salt and pepper. Process until smooth and creamy.
3. Transfer to serving bowl. Drizzle remaining olive oil over top and garnish with chives. Serve hot.

Source: [www.eatingwell.com](http://www.eatingwell.com)

Nutrition Facts per serving: 107 calories; 7 gm fat (1 gm saturated, 4 gm monounsaturated), 3 mg cholesterol, 10 gm carbohydrate, 4 gm fiber, 5 gm protein, 339 mg sodium. 150% daily value vitamin C.

## Sizzled Green Beans with Crispy Prosciutto and Pine Nuts

*This recipe dresses green beans up for the holidays with prosciutto, pine nuts and lemon zest. These ingredients add rich flavor with 1/3 fewer calories from fat and 2/3 less sodium compared with creamy green bean casseroles.*

Serves: 8 (¾ cup = 1 serving)

### All you need:

- 2 pounds green beans, trimmed
- 2 ½ tsp Hy-Vee Select extra virgin olive oil, divided
- 2 ounces prosciutto, thinly sliced and cut into ribbons
- 4 cloves garlic, minced
- 2 tsp minced fresh sage
- ¼ tsp salt, divided
- Freshly ground black pepper, to taste
- ¼ cup toasted pine nuts\*
- 1 ½ tsp freshly grated lemon zest
- 1 tsp fresh lemon juice

### All you do:

1. Bring a large pot of water to a boil. Add beans, return to a boil and simmer until crisp-tender, 3-4 minutes. Drain.
2. Heat ½ tsp oil in a large nonstick skillet over medium heat. Add prosciutto; cook, stirring, until crispy, 4-5 minutes. Drain on paper towel.
3. Wipe out the pan; heat remaining 2 tsp oil over medium heat. Add the beans, garlic, sage 1/8 tsp salt and several grinds of black pepper. Cook, stirring occasionally, until the beans are browned in places, 3-4 minutes. Stir in pine nuts, lemon zest and the prosciutto. Season with lemon juice, the remaining 1/8 tsp salt and pepper.

\*Any toasted nut desired may be substituted for the pine nuts.

Source: adapted from [www.eatingwell.com](http://www.eatingwell.com)

Nutrition Facts per serving: 100 calories, 5 gm fat (1 gm saturated, 2 gm monounsaturated), 6 mg cholesterol, 10 gm carbohydrate, 4 gm fiber, 5 gm protein, 264mg sodium

## UPCOMING HY-VEE EVENTS

**HOLIDAY GLUTEN FREE COOKING, NOVEMBER 14<sup>TH</sup> 4-6PM- FREE**

**LOCATED IN THE HY-VEE CLUB ROOM**

The stuffing is out. No more pumpkin pie. Forget the turkey gravy. And, green bean casserole – a dim memory of your pre-gluten-free days. What else are you missing out on because of celiac disease? But wait! You don't have to! We are having a gluten-free holiday event for you to come sample our holiday favorites; best part is they are all gluten-free! We will have products, gluten-free lists and recipes. There is no charge for attendance, so come and try some of your favorites you never thought you could have again! Please stop by or call customer service to sign up to attend the event. This is a stop-in event as you do not have to be here right at the beginning nor stay until the end.

### Kids in the Kitchen

Thursday, November 20<sup>th</sup> at 4-5pm Here at Hy-vee

**5\$.** This kids in the kitchen we will be making some holiday treats. This hands-on class is a great way for children (ages 5-10) to explore the kitchen and learn about nutrition and food safety. Please sign up at Customer Service 24 hours in advance.