

### Healthy Halloween Fun

With Halloween just around the corner, now is the perfect time to get the kids together for some spooky, fright-filled baking and cooking. Of course, Halloween is known to be a sugar-laden candy fest, and this is a perfect opportunity to talk to your kids about moderation and healthy eating. Halloween, and all its fabulous chocolaty, gooey, rot-your-teeth sweetness is a once-a-year occasion. Use this opportunity to talk to your kids and explain to them that candy, like many of our other favorite treats, is a “sometimes” food. “Sometimes” foods aren’t foods we eat every day because they don’t give our bodies the nutrients we need to grow and stay healthy. We enjoy “sometimes foods” on occasion, and because we enjoy them only once in a while, it makes them that much more special.

Now, nobody wants to rain on any kid’s candy parade but not all Halloween treats have to be extremely sugar-laden. To keep things kid-friendly and ward off any candy battles, if you are going to offer healthier treats, make up for the lost sugar by upping the fun factor! Here are a few suggestions for a frightfully delicious (and nutritious) Halloween-themed meal that kids and adults can agree upon.

Make *Yummy Mummy Pizzas* on whole grain English muffins and explain to your kids that whole grains help fill their bellies and provide the energy they need to play. Add a few chopped veggies and hide them as you “wrap up” your mummy pizzas with pieces of reduced-fat string cheese.

To get a little more calcium, make *Candy Corn Parfaits* (see below) and mention the importance of dairy and other calcium-rich foods. Dairy and calcium help keep bones strong so they are resistant to falls and injuries.

To help the kids fill half their plate with fruits and vegetables, let them dunk a few fresh vegetables in *Critter Crostini*; research shows that when kids are offered vegetables with an accompaniment (like cheese, dip or salad dressing), they enjoy the vegetables more and will consume a greater quantity and variety of vegetables. Go ahead and give in to their sweet tooth by making *Frozen Banana Ghosts*. Fruit makes a great side dish, dessert or snack, as the natural sweetness can satisfy sweet cravings while also providing important nutrients, like potassium, vitamin C and fiber.



With such a healthy menu, there certainly is room to round out the meal with dessert. This is the perfect opportunity to explain that when the majority of our food choices are healthy, there is room in a balanced and healthy diet for a yummy chocolate treat, like spooky Halloween cupcakes!

Don’t be afraid this Halloween season to let the kids “be kids” and enjoy the sweet holiday. Teach them a few things about moderation and a balanced diet and get them involved in Halloween treat-making. Research shows that kids are more likely to try foods they helped to make, so get their hands involved in something Halloween-themed and fun, but also something nutritious and delicious!

For the full version of the recipes mentioned above, please go to Hy-Vee.com.

## Create-Your-Own Candy Corn Parfaits

Serves 4.

### All you need:

- 4 punch cups
- 1 (20 oz) can Hy-Vee pineapple chunks in juice, drained
- 2 (11 oz each) cans Hy-Vee mandarin oranges in light syrup, drained
- 1 (32 oz) container Hy-Vee light vanilla yogurt

### All you do:

1. Fill one-third of your punch cup with each ingredient.
2. Enjoy! If you are not serving immediately, refrigerate.



## 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. The turkey breast also has more protein per equivalent-size portion.

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](http://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 Hunt's 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, Trans Fat 0g, Cholesterol 55mg, Sodium 90mg, Total Carbohydrate 18g, Dietary Fiber 4g, Sugars 4g, Protein 27g.

## RD Pick of the Month: Hunts No Salt Added Diced Tomatoes



- Canned tomato products are one of the best sources of lycopene, a powerful antioxidant with heart-health benefits.
- Lycopene is better absorbed by the body when tomatoes are processed (canned).
- More potassium per calorie than a banana or orange juice.
- Convenient, low-cost and easy way to eat more vegetables.

### Easy To Use

- Add to hot pasta or rice dishes.
- Mix in guacamole.
- Stir into soups or casseroles.

## What's New at your Grand Island Hy-Vee

The Bakery Department will be introducing a new line of Bakery Fresh 100% whole wheat breads, cocktail buns and hamburger buns! Look for these starting in October!

## What's In Season!

### Fruits

Apples  
Lemons  
Avocados  
Peaches  
Pears  
Plums  
Grapefruit  
Grapes  
Guava  
Nectarine  
Passion Fruit

### Vegetables

Kohlrabi  
Asparagus  
Lettuce  
Green Beans  
Mushroom  
Beets  
Celery  
Collards  
Corn  
Peppers  
Eggplant

### Brussels Sprouts

Okra  
Cabbage  
Onion  
Carrots  
Potatoes  
Spinach  
Squash, Summer  
Kale  
Squash, Winter



# The Big Grape

## Putting the Squeeze on Juvenile Diabetes

**Saturday, October 19<sup>th</sup> at 6:00 p.m. at the St. Fair Exhibition Hall**

Your Grand Island Hy-Vee and KSYZ 107.7/Rock 101.5 proudly present the Big Grape: Putting the Squeeze on Juvenile Diabetes. Every year 15,000 children are diagnosed with diabetes in the U.S. This life-changing autoimmune disease is on the verge of being cured with the incredible support of the Juvenile Diabetes Research Foundation (JDRF). The Big Grape is Central Nebraska's opportunity to make a difference! Join us as we sample award-winning wines from Nebraska wineries along with vineyards from around the world, hors d'oeuvres prepared by Hy-Vee, live music, and a silent and live auction. All proceeds will benefit JDRF. Tickets are available at Customer Service.