



HOLIDAY BRUNCH

The holidays mean two things for most people – family/friends and food! At some point during the holidays, many of us either attend or host a holiday brunch. Brunch can be just as festive, fun and healthy as other holiday meals.

Keep it simple.

Include a grain, fruit and protein. To really keep it simple, try to prepare as many dishes as you can the day prior. The cranberry-almond granola can be made up to two months prior; just store in an airtight container.

Keep it healthy.

Serving a balanced brunch will help keep calories in check. Protein sources, such as a yogurt parfait, will help promote a feeling of fullness without overdoing the calories. Also try to include extra nutrients into your holiday brunch by using fresh or dried fruit and whole grains. Go light on the sugar by using spices like cinnamon, nutmeg, vanilla and fruits.

Make it fun.

Set out ingredients for a holiday breakfast bar and have your family and guests prepare their own holiday dish using their favorites. Oatmeal, yogurt parfait and pancake bars are a fun way to host a brunch. Offer festive holiday containers and even colorful mix-in ingredients.

Dietitian Recipe of Month

CRANBERRY-ALMOND GRANOLA

Serves 19 (1/2 cup each) | Active time: 10 minutes | Total time: 2 hours (with cooling)

ALL YOU NEED:

2/3 cup frozen unsweetened apple juice concentrate, thawed

1/2 cup Grand Selections maple syrup

1/3 cup almond oil or Hy-Vee canola oil

1/4 cup packed Hy-Vee dark brown sugar

1 tbsp Hy-Vee ground cinnamon

1/2 tsp salt, or to taste

5 cups Hy-Vee rolled oats (not quick-cooking)

1 cup toasted wheat germ

1 cup Hy-Vee whole almonds, coarsely chopped (4-1/2 ounces)

1/2 cup Hy-Vee sunflower seeds (2 ounces)

1 cup Hy-Vee dried cranberries, divided

ALL YOU DO:

1. Position racks in top and bottom of oven; preheat to 325°F. Coat 2 rimmed baking sheets with cooking spray.
2. Whisk apple juice concentrate, syrup, oil and sugar in a medium saucepan. Bring to a simmer over medium-high heat, stirring occasionally. Remove from heat; stir in cinnamon and salt. Mix oats, wheat germ, almonds and sunflower seeds in a large bowl. Stir in the juice mixture; toss to coat. Spread on the prepared baking sheets.
3. Bake for 15 minutes, stirring once or twice. Reverse sheets top to bottom and back to front. Bake, stirring frequently, about 15 minutes more. Transfer to wire racks; stir in dried cranberries. Let cool completely.

To make ahead: Store airtight for up to 2 months.

Nutrition facts per serving: 263 calories; 11g fat (1g sat, 6g mono); 0mg cholesterol; 37g carbohydrate; 12g added sugars; 6g protein; 5g fiber; 66mg sodium; 223mg potassium. Nutrition bonus: Magnesium (21% daily value). Carbohydrate servings: 21/2. Exchanges: 1 starch, 11/2 other carbohydrate, 11/2 fat. Source: adapted from Eating Well, Inc.

WHAT'S NEW & EXCITING



HEARTLAND BERRY FARMS ARONIA CONCENTRATE

This 100%-pure all-natural concentrate contains just one ingredient: aronia berries. Aronia berries are a leading anthocyanin and antioxidant superfruit. In fact, it takes seven pounds of aronia berries to make just one bottle of Heartland Berry Farms concentrate. Just one tablespoon equals the antioxidant equivalent of consuming 15 servings

of the average fruit or vegetable. Mix one to two tablespoons in juice, tea, water or smoothies every day - or become a superfruit mixologist and make the holiday drink of your choosing.



SILK CHOCOLATE MINT AND SEASONAL NOG SOYMILK

Perfect for holiday entertaining - soymilk in delicious holiday flavors of chocolate mint and seasonal nog. Each serving of chocolate mint and seasonal nog is free of saturated fat, dairy, lactose, eggs and casein. Chocolate mint has only 45 calories per serving. Cheers to your health!



HOLIDAY PRETZEL CRISPS - DARK CHOCOLATE & PEPPERMINT AND WHITE CHOCOLATE & PEPPERMINT

Thin, crunchy all-natural pretzel snacks dipped in creamy white chocolate and real dark chocolate, sprinkled with peppermint candy pieces for a delightful holiday treat. Great for holiday snacking or entertaining or as a gift.

Dietitian Pick of the Month CABOT 50% REDUCED- FAT SHARP CHEDDAR CHEESE

Did you know?

1-ounce serving Cabot Cheddar	Regular	50% Reduced-Fat
Calories	110	70
Fat	9 g	4.5 g
Sodium	180 mg	170 mg

- Made with 1.5% milk, reducing fat by 50% and 40 fewer calories per ounce.
- Melts easily; substitute for cheese in your favorite holiday recipes
- Lactose-free naturally.
- Free of gluten.
- Allow Cabot cheddar cheese to come to room temperature before serving; texture, flavor and aroma will be richer.
- Wine-pairing suggestions - Sauvignon Blanc white wine or Dry Rose red wine.
- Food-pairing suggestions – crusty bread, pecans, dried apricots, pears, vegetables

HOLIDAY CRANBERRY GRANOLA APPLE PARFAIT

Serves 2

ALL YOU NEED:

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|-------------------------|---|
| 1 Honeycrisp apple | 2 (6 oz each) containers Hy-Vee vanilla Greek yogurt, divided |
| 1 tsp Hy-Vee honey | ½ cup prepared Cranberry Almond Granola, divided (see recipe on front page) |
| 1/8 tsp Hy-Vee cinnamon | |

ALL YOU DO:

1. Core and dice Honeycrisp apple. In small bowl, combine apple, honey and cinnamon. Set aside.
2. In 2 parfait glasses, alternately layer yogurt, apple mixture and granola; repeat layers.

Nutrition facts per serving: 340 calories, 6 g fat, 0 g saturated fat, 10 mg cholesterol, 110 mg sodium, 54 g carbohydrate, 6 g fiber, 40 g sugar, 19 g protein. Daily values: Vitamin A 2%, Vitamin C 10%, Calcium 20%, Iron 6%.

DID YOU KNOW?

Three Cooking Temps for Meat

The U.S. Department of Agriculture (USDA) updated cooking temperature recommendations. Cook meat to the minimum internal temperature listed below, using a food thermometer. Not only will the dish be safe to serve, but melt-in-your-mouth tender and delicious.

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| 145°F for all steaks, roasts and chops (with a 3-minute rest) and for most seafood. | 160°F for all ground meat except poultry. |
| | 165°F for all poultry. |