



NEW FOODS FOR THE NEW YEAR

What new foods can we expect to see in the supermarket in 2010? With more Americans focusing on health and wellness, many of the new foods combine health and good taste. These foods on the list are proof that healthy foods can and do taste good. Add new tastes, textures and health benefits to your life with the Top 10 New Foods for 2010 from the Hy-Vee dietitians.

1. Earth Grains Thin Buns or Arnold's Select Sandwich Thins: Guilt-less sandwiches with fewer calories and carbs - plus a great source of fiber. A great sandwich choice for diabetes and weight loss. They have a soft texture and subtle whole-grain taste.

2. Chia seeds: Looking for ways to control blood sugar or hunger when trying to lose weight? You must give chia seeds a try! Great source of fiber, omega-3 fat and protein. Easy to use; simply add to yogurt, oatmeal, salads or tomato juice.

3. SlimCado avocado: This avocado has up to half the fat and a third fewer calories than a regular avocado. Another difference is the skin remains green and does not turn black, and yields to gentle pressure when ripe.

4. Cocktail grapefruit: So sweet you can eat without added sugar! For those who find grapefruit too acidic, try the cocktail grapefruit. Not a true grapefruit, they are a cross between a mandarin and pummelo and taste similar to a grapefruit, but are sweeter and less acidic.

5. Frozen vegetables that steam in the bag: Just microwave and eat. Green Giant, Birds Eye and Hy-Vee offer several new sizes and flavors of frozen vegetables that steam right in the bag, including just-for-one-serving size. The veggies are already seasoned, making them super-tasty. No more excuses to not eat veggies.

6. Kashi Heart to Heart Whole-Grain Crackers with Plant Sterols: A new snack cracker your taste buds and heart will love! The added plant sterols may help lower cholesterol. Also low in sodium.

7. Flatout Artisan Fold It Flatbread - 5-Grain Flax variety: A new flatbread product that folds into a sandwich. Each Fold It flatbread contains only 100 calories and 8 grams of fiber, making it a smart sandwich choice for weight loss and diabetes.

8. Barley: Let the old be new. Economical and easy to use. Health benefits include soluble fiber, which may help lower cholesterol and control hunger. Holds its shape well in soups & stews, can be eaten for breakfast instead of oatmeal, or used in pilafs.

9. Dove Miniatures Ice Cream Bars: An ice cream treat to satisfy the sweet tooth for only 60–70 calories. Dark chocolate or milk chocolate.

10. Greek Yogurt: Greek yogurt has an extra-creamy texture. Higher in protein and lower in carbs than conventional yogurt; also contains probiotics. Great substitute for dips and sauces.

NEW FOODS FOR KIDS

Here are a couple of new great-tasting, kid-friendly foods.

1. Jif Omega-3 Peanut Butter: One of kids' favorite foods now has omega-3 fats. An excellent source of omega-3 fats – DHA and EPA.

2. Full Circle Organic Fruit Strips: Kids on-the-go will love this portable fruit snack. Contains 100% vitamin C and only 45 calories per strip. Available in pomegranate, strawberry and wild berry flavors.

WHAT'S HOT! BACK-TO-BASICS

Topping the list for food trends in 2010 is back-to-basics. Cooking and eating more meals at home, stocking your cupboard and pantry with essential ingredients, buying food in bulk and scratch cooking are all a part of the back-to-basics trend. The Hy-Vee dietitians can help make your meals at home easier. Go to hy-vee.com and click meal solutions, click weekly menus to get a new menu each week with recipes and a shopping list.

WHAT'S NEW & EXCITING



FIBER WISE HIGH FIBER PASTA

Looking to lose weight in the new year? Look for fiber-filled foods to help reduce hunger pangs. One serving of Fiber Wise Pasta has 12 grams of fiber, six times more than regular pasta!
www.fiberwise.com

EMERALD COCOA ROAST ALMONDS - DARK CHOCOLATE

Need a chocolate fix? Try cocoa roast almonds from Emerald. Satisfy your chocolate craving and get heart-healthy benefits all from one snack. One-fourth cup serving size gives you 150 calories, only 1 gram sugar, 6 grams protein and a heart-healthy dose of monounsaturated fat and vitamin E.
www.emeraldnuts.com

FLATOUT ARTISAN FOLD-IT FLATBREAD

Feel full longer with your sandwiches. A smart choice for weight loss or diabetes; a new flatbread product that folds into a sandwich. Each Fold It flatbread contains only 100 calories and 8 grams of fiber. Use for cold, warm, grilled or panini sandwiches. www.flatoutbread.com

BEEF STEW WITH PAPRIKA POTATOES

Only 15 minutes prep time for this slow-cooked beef stew
Serves 6

ALL YOU NEED

- 2 lbs Hy-Vee Blue Ribbon beef round roast, cut into 2-inch cubes
- 1/4 cup Hy-Vee all-purpose flour (or 5 tbsp. flour for thicker gravy)
- 1 tsp paprika, divided
- 1/2 tsp pepper
- 1/2 tsp dried thyme
- 1 (10.5-oz) can French onion soup
- 7 medium potatoes, peeled and cut into chunks
- 2 medium onions, sliced
- Chopped fresh parsley (optional)

ALL YOU DO

- Place meat in a 4-quart slow cooker. In a small bowl combine flour, 1/2 teaspoon paprika, pepper and thyme. Sprinkle on meat; toss to coat.
- Add onion soup, potatoes and onions; stir. Cover and cook on LOW 8 to 10 hours or on HIGH 4 to 5 hours, or until beef is tender.
- Sprinkle with remaining paprika and (if desired) parsley, and serve.

Nutrition facts per serving: 500 calories, 50g carbohydrate, 53g protein, 9g fat, 3g saturated fat, 5g fiber, 115mg cholesterol, 260mg sodium

Source: Hy-Vee recipe of the month, Try-Foods International

DO YOU NEED TO LOSE WEIGHT?

Get off the scale and get out a tape measure. If you have too big a belly you are more likely to develop health problems. Women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches may have a higher risk for metabolic syndrome – including heart disease and diabetes. To measure your waist circumference, place a tape measure around your bare abdomen just above your hip bone. Relax, exhale and measure your waist.



BUFFALO CHICKEN FLATBREAD

Serve this flatbread recipe at football bowl parties.

ALL YOU NEED

- 1/2 cup light mayonnaise
- 1/4 cup light sour cream
- 2 tbsp hot sauce, or more to taste
- 1 cup crumbled blue cheese, divided
- 4 Flatout™ Honey Wheat Flatbread wraps
- 2 cups shredded skinless rotisserie chicken breast
- 2 large celery stalks, diced
- Diced fresh tomatoes

ALL YOU DO

- Preheat oven to 350°F. In a medium bowl combine mayonnaise, sour cream, hot sauce and 1/2 cup blue cheese.
- Place flatbreads on 2 baking sheets. Spread one-fourth of the mayonnaise mixture on each flatbread, leaving a 1-inch border. Sprinkle each flatbread evenly with chicken and remaining blue cheese.
- Bake 10 minutes or until flatbreads are crisp and cheese is slightly melted. Remove from oven and sprinkle with celery and tomatoes. Drizzle with additional hot sauce, if desired, and serve.

Nutrition facts per serving: 160 calories, 10g carbohydrate, 12g protein, 8g fat, 3g saturated fat, 1g fiber, 35mg cholesterol, 375mg sodium.

Source: Hy-Vee recipe of the month, Try-Foods International