



Easter is fast approaching. As you gather with your family, remind yourself the purpose of food is to **fuel** your body, not to entertain your mouth. Enjoying your food is one thing, but using food as an activity and having food out in between meal times are two common no-no's that can lead to over eating during the holidays. Plan activities that don't involve food; then plan separate times for meals. Not only will you likely avoid mindless eating, you will also have the opportunity to enjoy your meals.

Calling all Pizza Lovers!

Source: Nutrition Action Healthletter

Pizza gets a bad rap for being an unhealthy food choice, but when prepared correctly, it can be quite the opposite actually. Pairing a homemade pizza with a salad can offer your family a satisfying, quick and nourishing meal. Even when you are not making the pizza from scratch, making a few alterations when ordering your next pizza can increase its nutrition content while lowering calories and fat. Requesting a whole wheat crust or thin crust, piling on the veggies, asking for half the cheese and adding only one lean meat choice are some tips that can help do just that.

Remember veggies have lots of flavor and fiber (which will make you feel full longer) with few calories and no saturated or trans fats - so pile them on! Bring out the flavor of both your pizza's toppings and crust by grilling it! (See the Recipe section for more information).

Selecting sharper cheese will give you more flavor with less cheese which means less calories and saturated fat. For example, a five-cheese pizza may be thought of as a healthy option, but they can have as many as 25 grams of saturated fat!

Another way to reduce calories and saturated fat (and often sodium also) use ground turkey, chicken or seafood instead of ground beef, pepperoni, sausage, steak or bacon. Also, using one meat versus multiple is a great habit to get into. By loading on the veggies you can still have lots of flavor and feel satisfied with out all the extra calories, saturated fats and sodium. For example a typical take-out multiple-meat pizza (per serving) supplies roughly 1400 calories, 30 grams of saturated fat and 3,000 mg of sodium versus a one-meat pizza with 1050 calories, 20 grams of saturated fat and 2,000 mg of sodium.

When using ground meats (sausage, hamburger, ground turkey or chicken), **drain and rinse** the meat before using. This will reduce the fat content by HALF! (You will turn 80% lean ground beef into 90% lean!)

Use the chart on the next page and read across horizontally to build a fabulous pizza or get creative and pick ideas from each column to build a pizza of your own! When thinking of sauces and toppings to use on your pizza think outside the box. Try some of the innovative ideas below and don't be afraid to try something new.



Pizza Chart!

Crust	Sauce	Veggies	Meat	Cheese
Tomato Basil chicken breast (pounded) -from Hy-Vee fresh meat counter *See recipe below	Muir Glen Fire Roasted (No Salt Added) diced tomatoes (crushed with fork)	fresh spinach leaves yellow bell pepper (diced) mushrooms (sliced) onion (diced)	none	grated parmesan & string cheese
Mama Marys' 100% whole wheat pizza crust	bbq sauce	frozen corn (defrosted) cilantro leaves (chopped) sun-dried tomatoes	grilled chicken breast (cooked & diced)	low-fat blue cheese crumbles
April's Pizza Crust *See Recipe below	marinara sauce -recommend tomato basil or tomato herb-	grape tomatoes (halved) mushrooms fresh basil	Honeysuckle Italian style ground turkey (cooked and drained)	fresh mozzarella (sliced)
Baking Stone Honey 8 Grain & Seed Bread -Cut lengthwise, then each section in half to make 4 pizza boats	olive oil + tomato paste	4 garlic cloves (chopped) 1 red onion (chopped) 2 tomatoes (sliced) 1 chili pepper (sliced)	canned tuna (drained)	sharp white cheddar
LaTortilla Factory Smart Delicious Tortillas -Make a stuffed pizza by using one tortilla for the bottom, put on ingredients and another for the top. OR lay one down spread with mashed black beans and lay another on top, then top with ingredients.	taco sauce	black bean (rinsed and drained) frozen corn (thawed & drained) 2 tomatoes (sliced) black olives (sliced)	grilled chicken breast (diced)	sharp cheddar
Yellow or white corn tortilla -Make a delicious crust for a taco or bbq chicken pizza.	non-fat Greek yogurt (for more flavor can mix salsa with yogurt)	black bean (rinsed, strained & mashed) green peppers (diced) red peppers (diced)	ground turkey (cooked with ½ package of taco seasoning)	monterey or colby jack
Hy-Vee's Whole Wheat English Muffin -Thomasville whole wheat English muffin is another option.	alfredo sauce	fresh spinach leaves tomatoes (sliced) green onion (diced)	canned crab (drained)	fresh mozzarella (sliced)
Whole wheat pita pockets -Either lay flat and build pizza on top OR stuff and bake to make a pita pizza pocket.	olive oil	2 shallots (diced) 1 tomato (sliced) 3 Tbsp scallions (sliced into rounds)	Imitation lobster (or other seafood option)	1 ounce ricotta & 1 ounce shredded parmesan
FlatOut Wraps -Light Italian and Light Tomato are great options.	TABASCO® brand Chipotle Pepper Sauce (sprinkle on crust)	tomatoes (sliced) yellow peppers (diced) red peppers (diced)	turkey chili with beans	sharp cheddar
Whole wheat bread dough (frozen dough is a great shortcut)	3-4 Tbsp pesto	tomatoes (sliced) mushrooms (sliced) artichoke hearts (sliced)	none	feta cheese & fresh mozzarella slices

Recipes

Pizza-fied Chicken (Serves 4)*

All you need:

- 1 cup diced yellow bell pepper
- 1 cup sliced mushrooms
- ¼ cup diced red onion
- 4-5 oz raw boneless skinless lean chicken breast cutlet, pounded to 1/2-inch thickness*
- 1 cup canned crushed tomatoes, no salt added**
- 1 tsp garlic powder, or more to taste
- 1 tsp onion powder, or more to taste

- ½ tsp salt, or more to taste
- ½ tsp black pepper, or more to taste
- ½ cup fresh spinach
- 4 stick light string cheese
- 1 1/3 tbsp Parmesan cheese
- Optional garnishes: crushed red pepper, fresh oregano



All you do:

1. Bring two skillets sprayed with nonstick spray to medium heat on the stove. In one skillet, cook bell pepper, mushrooms, and onion until softened, about 4-6 minutes. In the other skillet, cook chicken until cooked through, about 3 minutes per side.
2. In the mean time, place tomatoes in a small bowl and season to taste with garlic powder, onion powder, salt, and black pepper. Evenly spoon seasoned tomatoes onto each fully-cooked chicken breast in skillet.
3. Place 8 leaves of spinach onto each chicken breast. Spoon vegetable mixture evenly on chicken.
4. Tear string cheese into pieces and place over the spinach. Sprinkle parmesan cheese over each chicken. Cover and continue to cook until cheese softens, 1 -2 minutes.

*Tomato basil seasoned chicken works great with this recipe, and is available in your Hy-Vee fresh meat case. Upon request, they will be happy to pound meat for you.

**Fire roasted Muir Glen diced tomatoes are a fabulous choice. Simply crush with a fork.

Nutrition Facts per serving: 250 calories, 7g fat (2.5 saturated, 0g trans), 105mg cholesterol, 420 mg sodium, 9g carbohydrates, 2g fiber, 1g sugar, 39g protein.

Mushroom and Spinach Mini Pizzas (Yields 8 Mini Pizzas)

Source: www.arnoldbread.com

All you need:

- 4 Arnold 100% Whole Wheat Sandwich Thin rolls, separated
- 5 sun-dried tomatoes packed in oil, save oil and set aside
- 1 cup ricotta cheese
- 8 oz. mushrooms, sliced
- 1 cup fresh spinach leaves, washed and dried
- Ground black pepper, to taste

All you do:

1. Preheat oven to 350 degrees Fahrenheit.
2. Toast Sandwich Thins halves to light brown.
3. In a skillet, heat 1 tablespoon of the oil from the marinated sun-dried tomatoes over medium heat. Add mushrooms and cook until soft and moisture is released, about 5 to 7 minutes. Season with pepper to taste.
4. Meanwhile, pulse sun-dried tomatoes with 2 teaspoons of their oil in food processor until smooth. Add ricotta and pulse again.
5. Spread approximately 2 tablespoons of the sun-dried tomato and ricotta mixture on top of each toasted Sandwich Thins rolls half.
6. Top each pizza with a few baby spinach leaves and divide mushrooms between each pizza. Coat pizza with cooking spray.
7. Place pizzas on a baking sheet and bake for 3 to 5 minutes to heat.

Nutrition facts per serving: 143 calories, 6g fat, 17g carbohydrate, 4g fiber, 17g sugar, 8g protein.

April's Pizza Crust (Makes 2-12" crusts)

All you need:

- | | |
|---|--------------------------------|
| 1 1/3 cups warm water | 2 – 2 ¼ cups all purpose flour |
| 1 pkg active dry yeast (may use quick rise) | 2 tbsp olive oil |
| 1 ½ cups whole wheat flour | 1 tsp salt |



All you do:

1. Stir water and yeast together. Let sit for 5 minutes.
2. Mix flour, olive oil and salt together. Add yeast and water to dry ingredients. Mix on low for 1 minute. Knead for 10 minutes until smooth and elastic.
3. Coat large bowl with cooking spray. Transfer dough to prepared bowl and coat with cooking spray.
4. Cover and let rise until double (1 - 1 ½ hours).
5. Roll dough out into 2 crusts 1/4" - 3/8" thick.

Nutrition facts per serving: 270 calories, 6g fat, 0g trans fat, 200mg sodium, 42g carbohydrate

Crockpot Pizza (Serves 6)*

Source: Mara Dehning (altered)

All you need:

- | | |
|---|---|
| 1 box (13.25) whole wheat rotini noodles | 2 cups sliced mushrooms |
| 4 cups marinara sauce | 1 can Muir Glen Fire Roasted (No Salt Added) diced tomatoes |
| 1 pound Honeysuckle Italian style ground turkey, cooked, drained and rinsed | 1 can low sodium cream of mushroom soup |
| 1 medium onion, chopped | 12 oz shredded gouda cheese (can also use mozzarella) |
| 1 yellow bell pepper, chopped | Optional garnishes: crushed red pepper, fresh basil |

All you do:

1. Layer ingredients in crockpot in the order they are listed; starting with noodles, ending with cheese.
2. Heat on low for 4 hours. Garnish as desired.

Nutrition Facts per serving: 540 calories, 9 g fat; 420 mg sodium, 42g protein.

Facebook



I have started my own Facebook page. I will be posting delicious recipes, nutrition tidbits, store events and sale items. I would love to hear about your healthy lifestyle journey!
Please add me: **"Mankato Hy-Vee Dietitian"** today!

Potato Pizza (Serves 6)*

Source: Mara Dehning (altered)

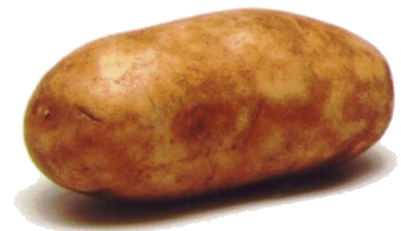
All you need:

- | | |
|---|---|
| 2 potatoes, sliced very thin (delicious with sweet potatoes!) | ½ pound Honeysuckle Italian style ground turkey, cooked, drained and rinsed |
| ¼ cup chopped green onions | 12 oz shredded gouda or mozzarella cheese |
| 2 tbsp olive oil, divided | 2 tbsp plain fat-free Greek yogurt |
| Mama Mary's 100% Whole Wheat Pizza Crust | Optional garnishes: coarsely ground black pepper |
| ½ cup diced broccoli | |

All you do:

1. Briefly sautéed potatoes and green onions in one tablespoon of olive oil.
2. Brush crust with remaining olive oil. Put potatoes and onions on top.
3. Sprinkle with broccoli, turkey and cheese.
4. Put on grill until crust is lightly browned and cheese is melted.
5. Slice and serve with a teaspoon of Greek yogurt on each slice.

Nutrition Facts per serving: 400 calories, 16g fat, 620 mg sodium, 32g carbohydrates, 4g fiber, 28g protein.



Now that it is getting nicer outside, I know I have been craving some grilled foods. One of my favorite foods to grill is Pizza! Yes, you read that correctly, GRILLED PIZZA! Grilling is a delicious (and quick) way to cook pizza. You can grill pizzas made with premade crusts or from dough. This is especially great during the hot, summer months (no need to heat your house up). See the Chinese Chicken Pizza recipe below for detailed instructions on grilling pizza.

Chinese Chicken Pizza (Yields 1-12" Pizza)

Source: www.foodnetwork.com

All you need:

- 1 pizza crust dough
- 2 tbsp olive oil
- ¼ cup hoisin sauce
- 2 skinless, boneless chicken breast, cooked and diced
- 4 scallions, finely sliced
- 2/3 lightly-packed cup cilantro leaves, remove stems before measuring
- ½ red bell pepper, seeds and membranes discarded, sliced into paper-thin strips
- 1 cup mozzarella
- Ground black pepper, to taste



All you do:

1. If using April's homemade recipe, use on half of the dough, and roll the dough out ¼-inch thick into a 12-inch rectangle or circle. Brush both sides with olive oil and set aside until ready to grill.
2. Place dough in center of cooking grate, directly over the heat for one to three minutes, until the crust is well marked and browned.
3. Flip dough and spread hoisin sauce evenly over cooked side of crust. Spread chicken, scallions, cilantro and bell pepper evenly over crust. Sprinkle cheese over the top.
4. Move to indirect heat. (For charcoal: the side of charcoal grill that has no coals. For gas: Turn off burner directly under pizza.)
5. Cover grill and cook for 5 to 10 minutes, or until bottom is well browned and cheese is fully melted.
6. Remove from grill, season with pepper and slice. Serve immediately.

Nutrition Facts per serving: 290 calories, 13g fat (3.5 saturated, 0g trans), 470 mg sodium, 23g carbohydrates, 3g fiber, 20g protein.

Food Goofs/Myths

Source: Nutrition Action Healthletter April 2011

According to the label it is fat free!

Just because a product lists "0 grams fat" or "0 grams sugar" on its Nutrition Facts label, it doesn't mean that the product is fat-free or sugar-free. It *only* means that it has less than 0.5 grams of fat (or sugar) per serving! Manufacturers can "round down" when listing the grams of fat (and sugar) if the product has less than 0.5 grams, making it appear as though the product contains none. So check you labels AND ingredient lists! A gram or partial gram may not seem like a lot but all the "hidden" grams we unknowingly consume can add up quickly!

High-fructose corn syrup (HFC) makes you fat so I avoid it.

Actually regular sugar, evaporated cane juice and even honey are just as much to blame as high-fructose corn syrup. Fructose does raise harmful triglycerides more than glucose does, *but* most sweeteners are about half fructose and half glucose. So if you want to keep your triglycerides in check, you will want to minimize *all* sugars not just HFCs.

If it has vitamins, it must be good for me.

Today vitamins are being added to everything from sugary Hi-C to Wonder Bread. One of the newest trends is to add vitamins to water, sport drinks and even energy drinks. Don't be fooled by their tactics. It is still best to get your vitamins from whole foods and drink water. Remember, just because something states it has vitamins added you still need to consider *what* the vitamins being added to.

Cooking Class

April 19th 5:00 p.m. – 6:00 p.m. - Hilltop

May 5th 4:30 – 5:30 p.m. - Downtown

Come and learn about healthy cooking as you roll up your sleeves and dig in. We will be holding a cooking class designed around healthy cooking and eating. We will be preparing several healthy recipes and learning basic cooking techniques. Join us for an afternoon of fun. RSVP is required by calling or sending an e-mail to agraff@hy-vee.com. Cost is \$7.

RD Approved

Muir Glen Fire Roasted (No Salt Added) diced tomatoes -

Whenever you come across a recipe calling for canned tomatoes consider using this no salt option. Add them to your stews, pasta dishes, burritos or enchiladas, use them as a sauce on your pizza, or bake them on top of your favorite fish or meat to pack your meals with lots of flavor and nutrition with only 30 calories for ½ cup! An excellent source of lycopene and vitamin C, as well as, a good source of potassium, fiber and vitamin A. Click [here](#) for a coupon!



Tomato basil chicken breast - This marinated chicken breast works great for the **Pizza-fied Chicken** recipe below. It also is a delicious lean meat choice to accompany any meal. A lean meat choice doesn't have to be bland. Hy-Vee's fresh meat case has more delicious marinated options: Italian, mesquite (bbq), lemon pepper and butter garlic. *Located in the fresh meat case.*

FlatOuts- Hy-Vee carries four fiber-packed low-calorie flavors of FlatOuts: Light Italian, Light Tomato, Original, Multi-grain with Flax. Each will satisfy your appetite with 8-9 grams of fiber and 7-9 grams of protein with only 90-130 calories! (Remember fiber, protein and fats keep us feeling full longer.)



*Both the Light Italian and Light Tomato make a wonderful crust for an individual pizza. They all can be turned into a delicious lunch by spreading with hummus or laughing cow cheese, adding a lean meat choice, and your favorite veggies.

Baking Stone Honey 8 Grain & Seed Bread -

What is better than fresh homemade bread? Not much, especially when it also happens to be a whole grain choice. Unfortunately, making homemade doesn't always fit into our busy schedules so that is where the Hy-Vee bakery comes in. Slice to make a delicious sandwich, use for a hearty French toast or simply toast and spread with peanut butter for a quick breakfast.



Hy-Vee's 100% Whole Wheat English Muffin - These English muffins not only make a wonderful crust for mini pizzas (see recipe above) but they also add fiber (4 grams) and more protein (adding 6 grams itself) to an ordinary breakfast egg sandwich satisfying your appetite until lunch. It's hard to believe that this wonderful grain choice contributes only 140 calories and 1.5 grams of fat. Top one with a low-fat flavored cream cheese for a quick breakfast.

La Creme Dairy Creamer is a dairy creamer with no trans fats (or partially hydrogenated oils) and taste delicious! It's made of 100% milk, cream, natural flavorings, and rBST- and lactose-free ingredients. So if you have a lactose intolerance you can still enjoy! Click [here](#) to print a coupon! Original, French Vanilla, Hazelnut and Cinnamon Vanilla.



Win a \$25 Hy-Vee Gift Card!

Starting the week of March 6 until Easter (April 22) incorporate one **Meatless Meal** per week and qualify to win a **\$25 Hy-Vee Gift Card!**

Log your meal weekly and submit your "meal log" to me by **May 1** at AGraff@hy-vee.com.

For each week you successfully incorporate at least one meatless meal you will be entered in to the drawing one time.

The more weeks you are able to do this the more chances you have to win!

Be creative and mix up the meatless meals using different protein sources with fish, beans, tofu, eggs, and cheese.

Enjoy trying out some new recipes!

We would love to hear about your favorite recipes!

