

Quad City Hy-Vees and YMCAs
Family Makeover Challenge 2011

WEEK FOUR

	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Breakfast whole grain fruit dairy protein	<ul style="list-style-type: none"> ○ Whole wheat English muffin ○ kiwi fruit ○ skim milk ○ peanut butter 	<ul style="list-style-type: none"> ○ Kellogg's Fiber Plus Antioxidants Cinnamon Oat Crunch cereal ○ blueberries ○ skim milk 	<u>Pizza Wrap-Up:</u> <ul style="list-style-type: none"> ○ whole wheat tortilla ○ string cheese ○ pizza sauce ○ apple slices 	<ul style="list-style-type: none"> ○ whole wheat toast ○ orange segments ○ skim milk ○ Hy-Vee egg 	<u>Egg 'n' Bagel Sandwich:</u> <ul style="list-style-type: none"> ○ whole wheat bagel thin ○ grapes ○ cheese slice ○ Hy-Vee egg 	<ul style="list-style-type: none"> ○ Bear Naked Fit Granola ○ strawberries ○ Greek yogurt 	<ul style="list-style-type: none"> ○ Hy-Vee multigrain frozen waffle ○ banana slices ○ skim milk ○ peanut butter
Snack grain	<ul style="list-style-type: none"> ○ Kashi TLC Honey Almond Flax bar 	<ul style="list-style-type: none"> ○ Whole grain Goldfish crackers 	<ul style="list-style-type: none"> ○ Hy-Vee Cinnamon Harvest Chips 	<ul style="list-style-type: none"> ○ Mini Triscuits 	<ul style="list-style-type: none"> ○ 94% fat-free popcorn 	<ul style="list-style-type: none"> ○ Kellogg's Fiber Plus Antioxidants Cinnamon Oat Crunch cereal 	<ul style="list-style-type: none"> ○ All-Bran Crackers
Lunch whole grain vegetable dairy protein	<ul style="list-style-type: none"> ○ Mini Triscuits ○ Reduced-sodium vegetable & beef soup ○ Hy-Vee light yogurt 	<u>Mini Pizzas:</u> <ul style="list-style-type: none"> ○ whole wheat English muffin halves ○ pizza sauce ○ diced bell peppers ○ shredded mozzarella cheese ○ turkey pepperoni 	<ul style="list-style-type: none"> ○ whole wheat bread ○ carrot sticks ○ skim milk ○ peanut butter ○ reduced-sugar jelly 	<u>Taco Salad:</u> <ul style="list-style-type: none"> ○ Hy-Vee HealthMarket tortilla chips ○ romaine lettuce ○ diced tomato ○ shredded cheese ○ Hy-Vee chili beans ○ light Western dressing 	<u>Leftovers:</u> <ul style="list-style-type: none"> ○ <i>Heart-Smart Vegetable and Beef Stir-Fry</i> ○ mozzarella cheese stick ○ carrot sticks 	<u>Cheesy Quesadillas:</u> <ul style="list-style-type: none"> ○ whole wheat tortilla ○ red pepper strips ○ reduced-fat cheese ○ black beans 	<u>Tuna Melts:</u> <ul style="list-style-type: none"> ○ whole wheat English muffin halves ○ tomato slices ○ shredded Swiss cheese ○ tuna
Snack fruit	<ul style="list-style-type: none"> ○ apple 	<ul style="list-style-type: none"> ○ orange 	<ul style="list-style-type: none"> ○ grapes 	<ul style="list-style-type: none"> ○ kiwi 	<ul style="list-style-type: none"> ○ unsweetened applesauce 	<ul style="list-style-type: none"> ○ banana 	<ul style="list-style-type: none"> ○ pear
Supper whole grain vegetable dairy protein	<ul style="list-style-type: none"> ○ <i>Roasted Pepper Pasta</i> ○ broccoli ○ cantaloupe ○ skim milk 	<ul style="list-style-type: none"> ○ <i>Barbeque Chicken Pizza with Ricotta and Green Peppers</i> ○ lettuce salad ○ apple 	<ul style="list-style-type: none"> ○ butterfly pork chops ○ baby carrots ○ kiwi ○ skim milk 	<ul style="list-style-type: none"> ○ <i>Heart-Smart Vegetable and Beef Stir Fry</i> ○ orange ○ skim milk 	<ul style="list-style-type: none"> ○ <i>Santa Fe Salmon Salad</i> ○ grilled eggplant ○ pear ○ skim milk 	<ul style="list-style-type: none"> ○ New York strip steak ○ peas ○ mango ○ skim milk 	<ul style="list-style-type: none"> ○ grilled chicken breast ○ <i>Brown Rice Pilaf</i> ○ banana ○ skim milk

The Family Makeover Challenge 2011 is presented by the Quad City YMCAs and Hy-Vee stores. *Italicized supper recipes may be found on the back side of the menu and in this week's Hy-Vee HealthyBites menu, available at all Quad City Hy-Vee stores and online at www.hy-vee.com.*

Quad City Hy-Vees and YMCAs *Family Makeover Challenge 2011*

WEEK FOUR

Roasted Pepper Pasta - Serves 8 (1 cup each).

All you need

- 1 (12 oz) package spinach fettuccine
- 2 tsp Grand Selections olive oil
- 1/2 cup chopped onion
- 1 (8 oz) package sliced fresh mushrooms
- 1 (12 oz) jar sweet roasted peppers, drained and chopped
- 1/2 cup prepared pesto
- Hy-Vee sea salt and Hy-Vee black pepper, to taste

All you do

1. Prepare fettuccine according to package directions.
2. Heat olive oil in a large skillet over medium heat. Sauté chopped onion and mushrooms for 5 minutes or until tender. Stir in roasted peppers and cook for an additional 3 minutes or until heated through. Turn off heat.
3. Stir in hot fettuccine and pesto. Season to taste with salt and black pepper.

Nutrition Facts per serving: 270 calories, 9 g fat, 2.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 290 mg sodium, 36 g carbohydrates, 3 g fiber, 4 g sugar, 10 g protein.

Barbeque Chicken Pizza with Ricotta & Green Peppers - Serves 8.

All you need

- 1 cup fat-free ricotta cheese
- 1 (10 ounce) prepared 100% whole wheat pizza crust
- 3/4 cup barbeque sauce
- 1-1/2 cups cooked, shredded chicken breast
- 1-1/2 cups Hy-Vee shredded 2% mozzarella cheese
- 1/2 green pepper, seeded and chopped
- 1 tsp pizza seasoning

All you do

1. Spread ricotta over crust. Combine sauce and chicken in a bowl; microwave on HIGH for 1 minute, or until heated through. Spread chicken mixture over ricotta. Top with cheese and green pepper. Sprinkle with seasoning.
2. Place pizza on baking sheet and bake at 450 degrees for 8 to 10 minutes, or until cheese is melted and golden brown.

Nutrition Facts per slice: 230 calories, 5g fat, 2.5g saturated fat, 0g trans fat, 30mg cholesterol, 560mg sodium, 27g carbohydrates, 3g fiber, 9g sugar, 21g protein.

Heart-Smart Vegetable and Beef Stir-Fry - Serves 4.

All you need

- 2 cups Hy-Vee country-style yolk-free noodles
- 2 cups thawed Hy-Vee Italian blend frozen vegetables
- 6 tbsp Hy-Vee light Italian dressing, divided
- 6 ounces lean, boneless beef sirloin, cut into thin strips
- 2 garlic cloves, finely chopped
- 1 cup halved cherry tomatoes
- 2 tbsp sliced green onion
- Hy-Vee ground black pepper and Hy-Vee salt, to taste
- 2 tbsp Hy-Vee finely shredded Parmesan cheese

All you do

1. Boil frozen noodles in unsalted water in a medium saucepan for 15 minutes. Drain; set aside.
2. Heat a large non-stick skillet over medium-high heat. Toss frozen vegetables with 2 tbsp Italian dressing and cook, stirring frequently, until vegetables are tender, about 5 minutes. Remove vegetables from pan.
3. Add 2 tbsp Italian dressing, beef and garlic to the pan. Cook and stir until beef is browned, about 3 minutes.
4. Stir in noodles, vegetables, cherry tomatoes, green onions and remaining 2 tbsp Italian dressing. Heat through. Season to taste with salt and pepper and sprinkle with Parmesan cheese.

Nutrition Facts per serving: 320 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 270 mg sodium, 39 g carbohydrates, 3 g fiber, 5 g sugar, 16 g protein. Daily Values: 20% vitamin A, 20% vitamin C, 6% calcium, 10% iron.

Santa Fe Salmon Salad - Serves 4 (about 1/2 cup each).

All you need

- 10 ounces fresh salmon
- Juice of 1/2 lime
- Hy-Vee salt and Hy-Vee pepper, to taste
- 1/4 cup Hy-Vee low-fat sour cream
- 1/2 cup Grand Selections black bean and corn salsa
- Chopped fresh cilantro, optional
- 4 green leaf lettuce leaves, optional
- 4 Hy-Vee burrito-sized tortillas, optional

All you do

1. Line a baking sheet with aluminum foil and spray with non-stick cooking spray.
2. Place salmon on baking sheet. Spritz with lime juice and season with salt and pepper. Broil on HIGH for 10 minutes or until salmon begins to flake. Allow salmon to cool slightly.
3. Transfer to a large bowl and gently flake salmon into large pieces. Stir in sour cream, salsa and, if desired, cilantro. Season to taste with additional salt and pepper, if desired.
4. For serving, place 1 lettuce leaf on top of each tortilla. Spoon salmon salad in the center and roll. If needed, use a toothpick to secure.

Nutrition facts per serving: 130 calories, 4.5g fat, 1.5g saturated fat, 0g trans fat, 40mg cholesterol, 240mg sodium, 6g carbohydrates, 1g fiber, 3g sugars, 16g protein. Daily

Brown Rice Pilaf - Serves 7 (1/2 cup each).

All you need

- 2 tsp Grand Selections garlic-flavored olive oil
- 1/2 cup finely chopped onion
- 3/4 cup uncooked Hy-Vee natural long-grain brown rice
- 1 1/2 cups vegetarian vegetable broth
- 1 1/2 cups Grand Selections petite frozen peas, thawed
- 1/4 cup Hy-Vee slivered almonds, toasted
- Hy-Vee sea salt and Hy-Vee black pepper, to taste
- Chopped fresh parsley, optional

All you do

1. Heat olive oil in a large skillet over medium heat. Add onions; cook and stir until soft and translucent, about 7 minutes. Stir in rice; cook and stir until lightly toasted, about 2 minutes.
2. Stir in broth. Bring to boil. Cover, reduce heat to low and simmer for 45 to 50 minutes or until liquid has been absorbed and rice is tender.
3. Stir in peas; heat through. Stir in almonds. Season to taste with salt and pepper. Sprinkle with parsley, if desired.

Nutrition Facts per serving: 150 calories, 4.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 240 mg sodium, 22 g carbohydrates, 3 g fiber, 3 g sugar, 4 g protein.