

## It's Grilling Season

### ALL AMERICAN CLASSIC HAMBURGERS

Serves 4.

*All you need:*

- 1 pound 85% lean ground beef
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 tbsp Hy-Vee Worcestershire sauce
- 1/2 tsp Hy-Vee kosher sea salt
- 1/4 tsp Hy-Vee black pepper
- Several dashes hot pepper sauce

*All you do:*

1. Heat a charcoal or gas grill for direct cooking to medium heat.
2. In a large bowl, combine ground beef, onion, garlic, Worcestershire sauce, salt, black pepper and hot pepper sauce; mix well. Shape ground beef mixture into four 3/4-inch-thick patties.
3. Grill patties for 14 to 18 minutes or until internal temperature reaches 160 degrees, turning once halfway through grilling.



Source: [www.hyvee.com/mealsolutions/recipes](http://www.hyvee.com/mealsolutions/recipes)

From steaks and hamburgers to chicken and seafood, we all love a summer's night grill-out! Good news: You can GRILL YOUR VEGETABLES, TOO. Grilled vegetables are not only delicious, they are quite convenient and portable as they can be cooked on the same surface as your meat. Here are some tips for the next time you put some vegetables on the grill.

#### 1. Coat your vegetables in oil.

Vegetables tend to dry out if they are just placed on the grill over high heat. Throw your washed vegetables in a bowl and pour extra virgin olive oil over them and seasonings if desired.

#### 2. Prevent burning one of these 3 ways.

- You can precook your vegetables and plan for them to be on the grill for just a few minutes.
- Start cooking your vegetables on high heat for 1 to 2 minutes, then move them to lower heat for the rest of their cook time.
- Make a foil packet for your vegetables and place that on the grill. This is very easy to do and makes it possible to grill almost any fruit or vegetables you like.

#### 3. Onions, eggplant, zucchini and other round vegetables are best grilled when cut into rounded pieces.

This shape helps them cook evenly, faster and have a slight crisp.

#### 4. Don't be afraid to use skewers or grill baskets.

These things are ideal for small or chopped vegetables as well as the more delicate and rounded ones, like cherry tomatoes and shallots.

#### 5. Foil packets can be helpful.

Foil packets are also perfect for small, chopped or delicate vegetables. Pull out the size foil you need, lightly coat the surface in extra virgin olive oil and place the vegetables a single layer high. Fold and pinch the edges of the foil packet and cook until the vegetables are tender about 12 to 15 minutes. You may need to increase or decrease the cooking time depending on the type of vegetable you are grilling.

Adapted from Eatingwell.com

## GRILLED ITALIAN VEGETABLES

Serves 4.

*All you need:*

- 1 medium red bell pepper, cut in strips
- 1 medium zucchini, thinly sliced
- 1 small red onion, thinly sliced
- 8 small whole mushrooms
- 3 Roma tomatoes, sliced 1/2-inch thick
- 3 cloves garlic, minced
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 1 tsp dried basil leaves
- 1/2 tsp seasoned salt
- 1/4 tsp dried thyme leaves
- 1/4 cup grated Romano or Parmesan cheese, optional

*All you do:*

1. Preheat grill to medium-high.
2. Place half the bell peppers, zucchini, red onions and tomatoes in center of one sheet of aluminum foil; repeat with remaining vegetables on second sheet of foil. Combine garlic, oil, lemon juice, basil, seasoned salt and thyme in small bowl; drizzle over vegetables.
3. Bring up sides of foil over vegetables; fold down two times. Double fold both ends of foil to seal packet, leaving room for heat circulation inside. Repeat with other packet.
4. Grill, covered, 10 to 12 minutes over medium-high heat.
5. Slide packets off of grill onto baking sheet. Open packets carefully by cutting beside top fold with a sharp knife, allowing steam to escape. Transfer grilled vegetables to plates, and sprinkle with grated cheese, if desired.

Source: adapted from <http://www.reynoldskitchens.com/easy-recipes/recipe-items/grilled-italian-vegetables/>



## NEW POTATOES GRILL PACK

Serves 4.

*All you need:*

- 1 pound new red potatoes
- 2 tbsp Hy-Vee butter, melted
- 2 cloves garlic, minced
- 1/2 tsp seasoning salt
- 1 tbsp chopped fresh rosemary

*All you do:*

1. Preheat grill for direct cooking to medium heat. Fold a 36-by-18-inch piece of heavy foil in half to make an 18-inch square.
2. Scrub potatoes thoroughly with a brush; pat dry. Cut potatoes into uniform 1-inch pieces. Place in center of foil.
3. In a small bowl combine butter, garlic, seasoning salt and rosemary. Drizzle over potatoes. Bring up 2 opposite edges of foil; seal with a double fold. Fold remaining edges to completely enclose potatoes, leaving space for steam to build.
4. Grill potato packet for 35 to 45 minutes or until potatoes are tender, turning packet several times during cooking. Remove packet from grill. Carefully open packet.

Source: [www.hyvee.com/mealsolutions/recipes](http://www.hyvee.com/mealsolutions/recipes)



# Seasonal Produce

Here are some of July's best and freshest produce.

- Crookneck squash
- Tarragon - pairs well with fish and chicken
- Red plums
- Okra
- New potatoes - slightly sweet with creamy texture and thin outer skin
- Raspberries



theyearinfood.com

## July 11 is National Blueberry Muffin Day

### BLUEBERRY CRUMB MUFFINS

Serves 18.

All you need:

- 3 cups Hy-Vee flour
- 1 cup Hy-Vee granulated sugar
- 1 tbsp Hy-Vee baking soda
- 1/2 tsp Hy-Vee salt
- 1/4 tsp Hy-Vee ground nutmeg
- 1/2 cup cold Hy-Vee butter, diced
- 2 Hy-Vee large eggs
- 1 cup Hy-Vee skim milk
- 2 cups fresh or frozen blueberries
- 2 tbsp packed Hy-Vee brown sugar
- 2 tbsp Hy-Vee butter, melted

All you do:

1. Preheat oven to 400 degrees.
2. Line muffin tins with liners or spray with non-stick cooking spray.
3. Combine flour, sugar, baking soda, salt and nutmeg. Cut in 1/2 cup butter. Remove 3/4 cup; reserve for crumb topping.
4. Combine eggs and milk in a small bowl. Add to flour mixture, mixing until just combined; batter should be lumpy. Fill each muffin cup 3/4 full.
5. Combine reserved flour mixture with brown sugar. Add 2 tablespoons melted butter and mix until crumbly. Sprinkle over muffin batter.
6. Bake 12 to 15 minutes or until lightly browned. Cool on wire rack.

**Blueberries Are...**

**LOW IN FAT**  
A one-cup serving contains only **80 calories** and virtually no fat.

**FULL OF DIETARY FIBER**  
A handful of blueberries helps satisfy recommended daily fiber intake.<sup>2</sup>  
Fiber helps keep the body regular, the heart healthy, and cholesterol in check.<sup>4</sup>

**PACKED WITH VITAMIN C**  
One serving delivers almost **25%** of one's daily requirement of vitamin C.<sup>2</sup>  
**Vitamin C** aids collagen formation and helps maintain healthy gums and capillaries and a healthy immune system.<sup>3</sup>

**AN EXCELLENT SOURCE OF MANGANESE**  
**Manganese** plays an important role in bone development and in converting proteins, carbohydrates, and fats into energy.<sup>5</sup>

<http://www.blueberrycouncil.org/healthy-living/blueberry-nutrition/>

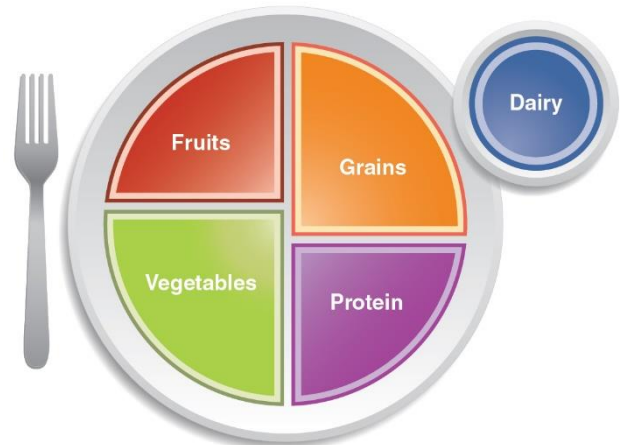
Source: [www.hyvee.com/mealsolutions/recipes](http://www.hyvee.com/mealsolutions/recipes)

# Choosing Healthy Options at Restaurants

Looking over a restaurant menu can be overwhelming. You may not know what you want or which options meet your body's nutrient needs in the best way possible. It is true that you can eat healthy foods while eating out. You just have to know how to choose the right option for your body.

## 1. Look for meals that contain all of the food groups.

Find something that offers protein, grains, fruits, vegetables and dairy. For example a healthy meal could be steak and a baked potato with green beans and a yogurt, fruit mix for desert. Fish/chicken and brown rice/pasta with a salad, orange, and glass of milk would also be a great option. Even a low-sugar fruit smoothie and a turkey-tomato-avocado-Swiss cheese sandwich with whole-grain bread meets these goals.



ChooseMyPlate.gov

## 2. Don't drink unnecessary calories. Choose water or milk

as your beverage instead of soda or juice. Sodas and juices are calorie dense and do not offer many nutrients. Drinking low-fat milk instead supplies your body with many nutrients such as calcium, vitamin D, and riboflavin that sodas and juices cannot.

Water alone or water with lemon, berries or herbs hydrates your body with no added sugar and is even easy on the wallet.

## 3. Restaurants often serve very large portions.

The National Institutes of Health claims that restaurant portions have doubled, and some have even tripled, over the last two decades. The Huffington Post reports that 96% of chain restaurants in the U.S. have entrées that exceed what the USDA recommends for fat, saturated fat and sodium intake. One of the best ways to curb the issue of overconsuming calories and feeling absolutely stuffed is to eat only half or three-quarters of what is served. The remaining portion can be taken home and eaten for lunch the next day. You can even plan to share an entree with someone else and each order a side salad.

[http://www.huffingtonpost.com/2012/05/22/restaurant-portion-size\\_n\\_1534458.html](http://www.huffingtonpost.com/2012/05/22/restaurant-portion-size_n_1534458.html)

<http://www.nhlbi.nih.gov/health/educational/wecan/news-events/matte1.htm>

### Portion Distortion

20 YEARS AGO	TODAY	DIFFERENCE	20 YEARS AGO	TODAY	DIFFERENCE
<p>333 Calories</p>	<p>590 Calories</p>	<p><b>257 MORE CALORIES</b></p>	<p>45 Calories</p>	<p>350 Calories</p>	<p><b>305 MORE CALORIES</b></p>
<p>Lifting weights for 1 HOUR AND 30 MINUTES burns approximately 257 calories* *Based on 130-pound person</p>			<p>Walking 1 HOUR AND 20 MINUTES burns approximately 305 calories* *Based on 130-pound person</p>		
<p>500 Calories</p>	<p>850 Calories</p>	<p><b>350 MORE CALORIES</b></p>	<p>210 Calories</p>	<p>500 Calories</p>	<p><b>290 MORE CALORIES</b></p>
<p>Playing golf (while walking and carrying your clubs) for 1 HOUR burns approximately 350 calories* *Based on 160-pound person</p>			<p>Vacuuming for 1 HOUR AND 30 MINUTES burns approximately 290 calories* *Based on 130-pound person</p>		
<p>500 Calories</p>	<p>1,025 Calories</p>	<p><b>525 MORE CALORIES</b></p>	<p>55 Calories</p>	<p>275 Calories</p>	<p><b>220 MORE CALORIES</b></p>
<p>Housecleaning for 2 HOURS AND 35 MINUTES burns approximately 525 calories* *Based on 130-pound person</p>			<p>Washing a car for 1 HOUR AND 15 MINUTES burns approximately 220 calories* *Based on 130-pound person</p>		

## A few overall guidelines for choosing the best foods at restaurants:

- Choose meats that are baked or grilled instead of fried or battered.
- Look for a French fry alternative that you enjoy. Baked, broiled or mashed potatoes are all great choices.
- For foods that are smothered in cheese or sauces, ask for the sauce on the side and use only some of it to top your dish.

# July 16 is National Fresh Spinach Day

Spinach is a leafy green that offers many nutrients. One cup of spinach meets these daily recommendation amounts: more than 100% of daily vitamin K, 20% of vitamin A, 15% of daily folate, and 11% of vitamin C. It also contains smaller amounts of other nutrients: magnesium, iron and vitamin B6, to name a few. Spinach also has no added sugars, no saturated fats and is less than 10 calories per cup.

<https://supertracker.usda.gov/foodtracker.aspx>

## TURKEY BRUSCHETTA SANDWICH

*All you need:*

- 1 (16 oz) loaf Baking Stone Asiago cheese focaccia
- 8 tbsp prepared tomato bruschetta with garlic and basil, divided
- 6 oz Genoa salami
- 8 oz cracked peppered turkey
- 8 slices Hy-Vee provolone cheese
- 1 cup baby spinach

*All you do:*

1. Preheat broiler to HIGH.
2. Cut focaccia into 4 equal parts; slice each in half. Place on baking sheet. Spread each half with 1 tablespoon bruschetta and top each with one-fourth the salami, turkey and provolone.
3. Broil 5 inches from heat for 2 to 3 minutes or until cheese is melted and edges of bread begin to brown. To serve, top with spinach.



Source: [www.hyvee.com/mealsolutions/recipes](http://www.hyvee.com/mealsolutions/recipes)



## SPRING CHICKEN SOUP

*All you need:*

- 1/2 cup dry orzo
- 3 1/4 cups chicken broth\*
- 1 cup water
- 1 medium yellow summer squash, quartered lengthwise and sliced
- 2 cups chopped cooked chicken\*
- 2 cup loosely packed baby spinach
- 1 cup 1-inch-pieces fresh asparagus
- 1/2 cup chopped fresh herbs, such as basil, parsley and/or thyme
- 4 lemon wedges, for serving

*All you do:*

1. Prepare orzo according to package directions; drain and set aside.
2. In a medium saucepan, bring chicken broth and water to boiling.
3. Stir in squash; simmer for 3 minutes. Stir in chicken, spinach, asparagus, herbs and prepared orzo. Simmer for 2 to 3 minutes or until heated through. Serve with lemon wedges, if desired.

\*See [Slow-Cooked Chicken and Broth Recipe](#)

Source: [www.hyvee.com/mealsolutions/recipes](http://www.hyvee.com/mealsolutions/recipes)

HyVee.

dietitian's pick

# JENNIE-O LEAN GROUND TURKEY

## 5 REASONS TO CHOOSE JENNIE-O LEAN GROUND TURKEY:

1. Jennie-O lean ground turkey has only 170 calories per 4-ounce serving.
2. Endless flavor options! Add a variety of herbs and spices or try brushing with a marinade while grilling.
3. Contains 21 grams of protein and only 2.5 grams of saturated fat per 4-ounce serving to help you meet your daily protein needs without adding extra fat to your diet.
4. Very versatile and can be used to make the perfect grilled burger, tacos, lasagna or lean pizza topping.
5. Turkey burgers can help you meet your daily fruit and veggie intake. Add different fruits and vegetables to your burger to make that perfect combination and nutrition bonus.



## HAWAIIAN TURKEY BURGERS

Serves 4

### ALL YOU NEED:

1/4 cup pineapple preserves  
1/4 cup Hy-Vee® Hickory House KC Kiss BBQ Sauce  
4 Hy-Vee® pre-cut fresh pineapple slices  
1 (16 oz) pkg Jennie-O lean ground turkey,  
93% lean, 7% fat  
4 whole-wheat burger buns, split and toasted  
4 lettuce leaves

### ALL YOU DO:

1. Preheat broiler or grill.
2. Combine pineapple preserves and barbecue

sauce in a small saucepan. Bring to boil over medium heat, stirring often. Set aside 1/4 cup sauce to use as a condiment.

3. Brush both sides of pineapple slices with some of remaining sauce and set aside. Cook burger patties as specified on the package. Always cook to well-done, 165 degrees as measured by a meat thermometer. Brush often with sauce. Broil pineapple for one minute, turning once.
4. Place lettuce leaf on bun bottom. Top with pineapple, patties and bun top. Serve with reserved sauce condiment.

Source: adapted from Jennie-O

Nutrition Facts per serving: 410 cal, 9g fat, 2.5g sat fat, 410mg sodium, 56g carbs, 3g fiber, 33g sugar, 26g protein