

Dietitian Newsletter



OAKDALE-NOVEMBER 2016

IN THIS ISSUE

Hello Hy-Vee Shoppers!

Happy November! It seems like yesterday the leaves were just starting to change color. Time is flying by, but we still have several exciting events planned for this month, including our holiday themed Gluten Free Gala. Also, in honor of National Diabetes month we have 2 free events at the store! All the details are below! We are also continuing to develop our Hy-Vee Fresh program, which if you have not heard, you can now pick up in the store at any time. We have 3 recipes to choose from each week along with our pre-order option that will continue online. And lastly we are continuing to stay busy with our Freezer Meal Workshops!! Something so great about coming home to a delicious smelling meal from the slow cooker! We hope to see you at one of our upcoming events! ☺

- Jena & Mary

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Make sure to "like" our
Oakdale Hy-Vee Dietitian
Facebook Page



Dietitian Pick of the Month: Dannon Oikos Triple Zero Yogurt

5 REASONS TO CHOOSE DANNON OIKOS TRIPLE ZERO YOGURT

1. Great source of protein. Protein aids in maintaining muscle mass and helps with both satiety and weight loss.
2. Low in sugar. Zero added sugar and no artificial sweeteners.
3. Variety. There are 10 delicious flavors sure to please everyone!
4. Convenience. It is the perfect snack if you are in a hurry and need something on the go!
5. Less lactose. This may be helpful for people who are mildly lactose intolerant.



dietitian's pick
**DANNON® OIKOS®
TRIPLE ZERO YOGURT**



GLUTEN FREE GALA

The holidays can be fun, but also stressful when you have food allergies or intolerances. At our Gluten-Free Gala, taste gluten-free holiday foods, try new recipes, talk to vendors, and get tips from the dietitians and chef.



**Wednesday
November 9th,
2016**

**4:00 to 7:00
p.m.**

Oakdale Hy-Vee

**No registration
needed. Event is**

FREE!



**WELLNESS
WEDNESDAY**

Take advantage of
10% off in the
HealthMarket every
Wednesday!

Hy-Vee Fresh

November Meal Kit Schedule & Links
2016



Meals for the Week of November 7

1. Saffron Shrimp and Gnocchi
2. Enchilada Stuffed Peppers with Turkey & Quinoa
3. Steak with Blue Cheese Risotto and Broccoli



Meals for the Week of November 14

1. Lemon Pepper Salmon with Crispy Potatoes and Tomato-Green Bean Sauté
2. Spicy Caramel Apple Pork Chops with Butternut Squash
3. Sesame Beef Stir Fry with Basmati Rice



Meals for the Week of November 21

1. Balsamic Glazed Steak with Garlic-Parmesan Broccoli & Roasted Potatoes
2. Caprese Chicken with Parmesan Baked Zucchini
3. Seafood Zuppetta with Couscous



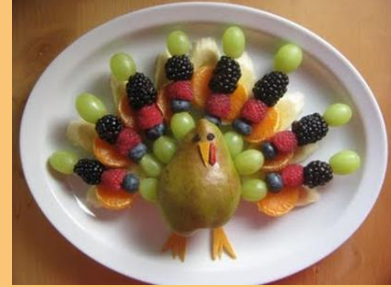
Meals for the Week of November 28

1. Steak with Blue Cheese Risotto and Broccoli
2. Creamy Avocado Chicken Pasta
3. Sweet-and-Sour Pork over Bulgur Wheat



[Click Here for Pre-Order](#)

Oakdale Lil Chefs



Thanksgiving Style

Get your little pumpkins cooking at Oakdale Hy-Vee!

In this class, your kids will make 4 different Thanksgiving themed recipes:

- Turkey Fruit Tray
- Gobble Me Up Pumpkin Spice Muffins
- Apple Pie Bites
- Turkey Trail Mix to go



Tuesday, November 22nd

5:30 to 6:30 p.m.

Pre-register online at:

<http://www.oakdalehy-vee.eventbrite.com>

Questions: contact Mary or Jena at 651-714-3160 or 1462dietitianmailgroup@hy-vee.com

HyVee[®]



Freezer Meal Workshop

Thursday, November 3rd at 6:00 p.m.

We are making:

Easy Chicken Pot Pie

Cheesy Tortellini

Mozzarella Stuffed Turkey Pesto Meatballs

Cheesy Chicken Tater Tot Casserole

Chicken Noodle Soup Slow Cooker

Turkey Black Bean Chili



6 freezer friendly recipes prepped in 1.5 hours

Each meal serves 4 to 6

\$100.00 (covers groceries, space, cooking utensils, storage bags, and clean-up)

To register: www.hy-vee.com, choose Oakdale location and event calendar

We shop, you prep, we clean up!

OAKDALE HY-VEE
7180 10th Street North
Oakdale, MN
651-714-3160

Jena and Mary,
dietitians

1462dietitianmailgroup@
hy-vee.com



Slow Cooker Freezer Meal Workshops

Wednesday, November 16th at 6:00 p.m.

Old Fashioned Pot Roast, Salsa Verde Chicken
Pepper Steak, Ham and Cheese Potato Hot
Dish, Creamy Mushroom Pork Chops, Mexican
Shredded Pork Loin.



**6 slow cooker meals
prepped in 1.5 hours**

**Each meal serves 4 to
6**

\$100.00 (covers groceries,
space, cooking utensils, storage
bags, and clean-up)

**To register: www.hy-vee.com, choose
Oakdale location and
event calendar**

**We shop, you prep,
we clean up!**

**Oakdale
Hy-Vee**

7180 10th Street North
Oakdale, MN
651-714-3160

Jena and Mary,
dietitians



HyVee® Junior Chefs



Kids Cooking Class

Do you have a child at home that likes to cook and learn about food? Join your Oakdale Hy-Vee dietitian in a monthly Junior Chefs cooking class! Kids will learn how to follow recipes, prepare ingredients, cook, and try new foods. They will work in small groups preparing 3 to 4 recipes and eat everything they make.

Recommended Age: 8-14 years old

Where: drop-off and pick-up in the Oakdale Hy-Vee event room across from the bulk section and behind the deli. Parents will get a 10% off coupon to save on groceries.

Cost: \$15 per class

Sign up: pre-registration by going to our **event calendar** at www.hy-vee.com, select Oakdale location or

<http://www.eventbrite.com/o/oakdale-hy-vee-10756449746>

2016 Class Dates & Themes

- **Welcome Thanksgiving:** Tuesday, November 15 (5:00-6:30 p.m.) or Saturday, November 19 (10:00-11:30 a.m.)
- **Celebrating the Holidays:** Saturday, December 10 (10:00-11:30 a.m.) or Tuesday, December 13 (5:00-6:30 p.m.)



Contact Us Jena Pape, RD, LD & Mary Brunner, MS, RD, LD
1462dietitianmailgroup@hy-vee.com
(651) 714-3160





Eating Healthy with Diabetes

Grocery Store Tours

Take a dietitian-led walking tour of the store, aisle-by-aisle. During the tour you'll learn how to read food labels, calculate carbohydrate servings, and make healthier meal choices.

We are offering two convenient times:

**Thursday, November 9th
11:00 a.m. or 5:00 p.m.**

[Pre-Register Here](#) & Meet at
Dietitians Office day of

Eating Healthy with Diabetes

Presentation

Take a virtual tour of the store, led by the dietitian. During the presentation you'll learn how to read food labels, calculate carbohydrate servings, and review different food examples to make better food choices.

We are offering two convenient times:

**Monday, November 14th
11:00 a.m. or 5:00 p.m.**

[Pre-Register Here](#)
Meet in the Wine Tasting Room.

Both events are FREE. To register, go to www.hy-vee.com by using the event calendar for the Oakdale location.

For more information contact: Mary or Jena @ 651-714-3160 or 1462dietitianmailgroup@hy-vee.com



Yogurt's Hidden Gem – Probiotics

The human digestive system is naturally inhabited by billions of bacteria that are collectively called the microbiome. Most of the bacteria resides in the lining of the human gut, which contains about three pounds of bacteria. The balance of beneficial and harmful bacteria is vital for immune health, and can be thrown out of balance by a wide range of circumstances. These include antibiotic use, poor diet, excess alcohol intake, stress and disease. In circumstances like these, beneficial bacteria can decrease in number, allowing harmful competitors to thrive. Beneficial bacteria aid in absorption of nutrients, fight against infections and help with digestion. Poor gut balance can cause digestive problems including gas, diarrhea and constipation. Emerging research is showing healthy individuals tend to have a more diverse makeup of bacteria compared to people with certain diseases. Research is being done studying the link between gut bacteria and almost every disease in the body. While the evidence is still forming, there appears to be a link between certain cancers, obesity, inflammatory and intestinal diseases and bacteria makeup of the gut.

A diet containing probiotics and a wide variety of plant foods that are low in sugar and saturated fat may help create a more diverse microbiome. Dannon® Oikos® Triple Zero yogurt is the dietitian pick for November, and is a great source of beneficial probiotics, plus it contains prebiotics as well. Prebiotics act as food for the beneficial bacteria in the gut. Chicory root is the prebiotic source in Oikos® Triple Zero yogurt, and is naturally sweet, but provides no calories. The main sweetener in the yogurt is stevia, a natural plant-based sweetener. Other sources of prebiotics include fibrous plant foods, especially leeks, artichokes, asparagus, bananas, legumes and oatmeal.

There are many other probiotic products on the market with claims for potential health benefits, many of which only have preliminary research to support at this time. The following foods contain probiotics.

- ❖ Yogurt
- ❖ Kefir (fermented dairy product, consistency of liquid yogurt)
- ❖ Sauerkraut
- ❖ Fermented foods, such as mirin and tempeh
- ❖ Look for “live and active cultures” logo

World Health Organization states that probiotics must remain alive for duration of shelf life and be in amounts high enough for beneficial effect for product to claim probiotic effect

Adding Oikos® Triple Zero yogurt to your daily diet is a delicious way to increase your probiotic intake. It comes in many delicious flavors including Banana Crème, Chocolate, Coconut Crème, Coffee, Strawberry, Salted Caramel and more. In addition, each single serving size container boasts 15 grams of filling protein, making this a great addition to your breakfast or afternoon snack. Use the plain Triple Zero yogurt to make this Raspberry Yogurt with Dark Chocolate, a perfect sweet ending to any day.

Raspberry Yogurt with Dark Chocolate

Serves 1 (about 1/2 cup).

All you need:

1/4 cup raspberries, divided
1 container vanilla Oikos® Triple Zero Greek yogurt
1/2 tsp Hy-Vee honey
1 tsp grated dark chocolate

All you do:

1. Mash 2 tablespoons raspberries with yogurt and honey. Top with the remaining 2 tablespoons raspberries and a sprinkle of chocolate.

Nutrition Facts per serving: 160 calories, 1.5g fat, 1g saturated fat, 5mg cholesterol, 65mg sodium, 22g carbohydrates, 8g fiber, 8g sugars, 16g protein.

Daily values: 1% Iron.



NAVIGATING HOLIDAY FARE WITH GREEK YOGURT

With colder weather and seasonal indulges on the horizon, being careful to not sabotage yourself into a calorie coma can be a difficult task to navigate. Remember the old saying the "freshman fifteen?" During this time of year I find myself referring to the "holiday five!" Feel-good foods more often than not leave us feeling bloated and guilty. To keep a healthy regime this holiday season, try using Greek yogurt as an alternative in your holiday cooking.

Greek yogurt has become an overwhelmingly popular snack for those trying to follow a healthy diet. But do you know what makes it better? Greek yogurt goes through a different straining process that actually takes three times the amount of milk used to make regular yogurt. The end result leaves us with two times the amount of protein than that found in regular yogurt. Greek yogurt is a great way to get a portion of your 3 cups of daily dairy that is recommended for adults by the USDA. Dairy is the primary source of calcium in the American diet and helps us to build bones and teeth, but also maintain bone mass throughout our lifespan. This creamy, thick treat can also be used to make healthy swaps in your kitchen!



Cheesy Potato Casserole

Serves 10 (about 3/4 cup)

All you need:

- Hy-Vee canola oil cooking spray
- 2 pounds red potatoes, diced
- 1 cup Hy-Vee low-fat milk
- 2 tbsp cornstarch
- 8 oz Hy-Vee sharp Cheddar cheese, shredded (about 2 cups)
- 1 cup nonfat Greek yogurt
- 1 medium onion, chopped
- 1/2 tsp plus a pinch of salt, divided
- 1/2 tsp freshly ground pepper
- 2 cups crushed unsweetened corn flakes

All you do:

1. Preheat oven to 350 degrees. Coat a 9-by-13-inch (or similar-size) baking dish with cooking spray.
2. Place potatoes in a large pot, add water to cover and bring to a boil. Immediately drain and rinse with cold water; drain well. Return to the pot.
3. Meanwhile, whisk milk and cornstarch in a large saucepan. Bring to a boil over medium-high heat, whisking often until bubbling and thickened enough to coat the back of a spoon, 2 to 4 minutes total. Remove from the heat and stir in Cheddar, yogurt, onion, 1/2 teaspoon salt and pepper until combined. Pour the sauce over the potatoes and mix well. Spread evenly in the prepared pan.
4. Sprinkle the casserole with corn flakes. Using short bursts, coat the corn flakes with cooking spray; sprinkle with the remaining pinch of salt. Bake until browned and bubbling at the edges, about 1 hour. Let cool for 20 minutes before serving.

Nutrition Facts per serving: 233 calories, 8g fat, 5g saturated fat, 25mg cholesterol, 396mg sodium, 30g carbohydrates, 2g fiber, 5g sugars, 11g protein.

Daily values: 19% vitamin C, 22% calcium, 25% iron.

When asked to bring an appetizer or dessert to your next holiday gathering, choose Greek yogurt and put a positive, healthy twist on it. Here are some helpful substitutions:

- 1 cup buttermilk = 2/3 cup Greek yogurt + 1/4 cup buttermilk
- 1 cup butter = 1/4 cup Greek yogurt + 1/2 cup butter
- 1 cup of oil = 3/4 cup Greek yogurt
- 1 cup of sour cream = 1 cup Greek yogurt
- 1 cup mayonnaise = 1 cup Greek yogurt
- 1 cup cream cheese = 1 cup Greek yogurt

Here are additional recipe ideas using Greek yogurt:

- Cheesy Potato Casserole (see recipe below)
- Layered Taco Dip
- Dill or Ranch dips with cut up veggies
- Spinach and Artichoke Dip
- Pumpkin Pie Greek Yogurt Dip

Remember: Consuming 500 extra calories a day, can lead to one extra pound per week! With nine weeks between Halloween and New Year's, don't let the holidays sabotage all your hard work and efforts of the rest of the year!

To help get you started, try this delicious favorite, Cheesy Potato Casserole!



Make Ahead Tip: Prepare through Step 3; cover and refrigerate for up to 1 day. Let the casserole stand at room temperature while preheating the oven. Proceed with Step 4.

Snacks to Save the Day!



Being prepared for snacks home or away can be difficult. Snacking has several benefits such as preventing overeating at our next meal, allowing an opportunity to provide our bodies with important nutrients, assist with blood sugar control and give us satisfaction and enjoyment. Next time you grab a snack, think like a dietitian with these recommendations.

Diabetic or not, we really all should be eating diabetic-friendly snacks. A good snack is carb smart and is paired with a protein. When searching for the perfect carb-smart snack, keep fiber in mind. Fiber helps fill up our stomachs, curbing our cravings. A perfect example of this is apple juice vs. an apple. In comparison, one cup of apple juice and one medium apple have the same amount of carbs, about 20 grams. On the other hand, a cup of apple juice has no fiber and an apple has 4 to 5 grams of fiber, making it a good source of fiber and providing you something that will really make a difference in your stomach.

What do you pair your apple with? Ideally, a good protein source. Protein also contributes to filling up your stomach. We should be shooting for at least 5 grams of protein in a snack. Great examples of this include a hard-boiled egg, a cheese stick or 2 tablespoons of nut butter; they all provide us with 6 to 8 grams of protein.

When on the lookout for that perfect snack, your Hy-Vee dietitians have 5 suggestions to include: Snacks that are between 100 and 200 calories, low in added sugar, around 15 to 20 grams of carbohydrates, at least 3 grams of fiber and 5 grams of protein. The perfect snack would fit within these parameters. Aim for a snack that fits three of the five suggestions. If the package says 1 serving but doesn't fit within these parameters, try splitting the package or choosing something different.

Make your snack save the day with these simple tips and tricks. A good rule of thumb is to always be prepared. As dietitians we rarely leave the house without a snack. This allows you plenty of time to scout out the best options that fit within your lifestyle. Granola bars or a trail mix are affordable and easy to throw in a purse or bag and take with you. Watch out for high-carb, high-calorie bars, and make sure you include a protein source in your trail mix such as almonds!

You're starving and you forgot your snack - what do you do? Fear not, we can help! The best option would be to stop at a Hy-Vee Convenience Store; many stores have dietitian picks, fruit and cheese cups and our homemade energy bites. Other appropriate convenience store snacks are fresh fruit/vegetables, yogurt/yogurt drinks, popcorn, cheese and beef sticks, nuts/seeds, oatmeal and milk.

At home there are a variety of temptations for snacking – for example, the kids' leftover Halloween candy or the cookies your neighbor brought over last night. Stop and think first: Are you feeling real hunger? If yes, foods with more nutrition will leave you feeling more satisfied longer. Do some refrigerator and cupboard searching and prepare yourself a better-for-you snack. Try hummus and veggies, a light multi-grain English muffin and Greek yogurt cream cheese, or this great recipe for Apples with Cinnamon Almond Butter!

Apple with Cinnamon Almond Butter

Serves 1

All you need:

- 1 medium apple
- 1 tbsp smooth almond butter
- Pinch of ground cinnamon

All you do:

1. Core apple and cut into 8 slices. Spread each slice with a little almond butter and sprinkle with cinnamon.

Nutrition Facts per serving: 193 calories, 9g fat, 1g saturated fat, 0mg cholesterol, 38mg sodium, 28g carbohydrates, 6g fiber, 20g sugars, 4g protein.

Daily values: 4% iron.



Diabetes Prevention and Pre-Diabetes

During the month of November, Hy-Vee Registered Dietitians want to educate our customers on diabetes, especially about prevention, since it is National Diabetes Month.

A frequently asked question is "How can I prevent diabetes?" Luckily, research has been done to help us better understand how we can help prevent this disease. Weight loss, diet changes and physical activity all play a role in preventing or delaying diabetes and the many complications that go along with it, including heart disease, stroke, kidney disease, blindness and other health problems. According to the Centers for Disease Control and Prevention (CDC), modest weight loss and regular physical activity can help prevent or delay type 2 diabetes.

It is estimated that 86 million Americans have pre-diabetes. Pre-diabetes occurs when blood sugar levels are higher than the normal range but not high enough to be diagnosed with type 2 diabetes. An exact cause for pre-diabetes has not yet been determined, but excess body fat, especially in the abdomen, and low amounts of physical activity are two key factors. To manage pre-diabetes, try to reduce your body weight by seven percent. It doesn't seem like a lot of weight, but it is a step in the right direction. Also, try to get at least 30 minutes of exercise five times a week.

Following a balanced diet and eating frequently throughout the day can help with weight loss and blood sugar control. Besides sweets, glucose comes from carbohydrates. It is important to understand that not all carbohydrates are bad! They play an important role in our health by providing us with energy.

The Hy-Vee Dietitian Pick of the Month for November is Dannon® Oikos® Triple Zero Yogurt. Not only is it packed full of probiotics, but it also has other health benefits, making it a great option for someone trying to prevent diabetes, or someone living with pre-diabetes. It has zero fat, zero added sugar and zero artificial sweeteners.

Hy-Vee Registered Dietitians are great resources to help you develop a healthy eating plan, as well as make important lifestyle changes. Start or continue your healthy regimen with this easy Tuna and Bok Choy Packets recipe today.

Tuna and Bok Choy Packets

Serves 4 (3 to 4 ounces fish and 2 pieces of bok choy).



All you need:

- 1/4 cup horseradish mustard
- 1/4 cup finely chopped parsley, divided
- 2 tbsp water
- 1/4 tsp freshly ground pepper
- 2 baby bok choy, trimmed and quartered lengthwise
- 1 tbsp Hy-Vee Select extra-virgin olive oil
- 1 to 1 1/4 pounds tuna, wild salmon, mahi-mahi or cod, skinned if desired, cut into 4 portions

All you do:

1. Preheat oven to 475 degrees.
2. Combine mustard, 3 tablespoons parsley, water and pepper in a small bowl. Toss bok choy, oil and 2 tablespoons of the mustard sauce in a large bowl.
3. Cut four 20-inch sheets of foil. Arrange 2 bok choy quarters in the center of each piece, top with a portion of fish and 1 tablespoon of the remaining sauce. Bring the short ends of foil together, fold over and pinch to seal. Pinch the side seams together to seal the packets and place on a large baking sheet.
4. Bake the packets until the fish is opaque in the center, about 15 minutes (depending on thickness). When opening a packet to check for doneness, be careful of the steam. Serve, sprinkled with the remaining 1 tablespoon parsley.

Nutrition Facts per serving: 201 calories, 7g fat, 1g saturated fat, 46mg cholesterol, 258mg sodium, 5g carbohydrates, 2g fiber, 2g sugars, 30g protein.

Daily values: 114% vitamin A, 63% vitamin C, 18% iron

Managing Diabetes with Carbohydrates

November is Diabetes Awareness Month. Did you know that one in 11 Americans have diabetes or that someone is newly diagnosed with diabetes in the U.S. every 23 seconds? We also know that 86 million Americans are at risk of developing diabetes. There is no better time than now to prepare yourself for the upcoming holidays and to learn healthy eating strategies for lifelong behavior change to prevent, delay or manage diabetes. Managing diabetes is about controlling blood sugar levels. One method of meal planning to control blood sugar levels involves counting carbohydrates. To better understand carbohydrate counting (aka: carb counting) one must learn what foods have carbohydrates and their portion sizes.



Foods that contain carbohydrates and recommended to be counted:

- Dairy: milk and yogurt
- Grains: bread, pasta, cereal, crackers, oatmeal, rice
- Starchy vegetables: potatoes, corn, peas
- Vegetable proteins: Beans (any variety), soy products
- Dessert foods/beverages: Regular soda, juice drinks, cakes, cookies, candy
- Fruit: Fresh, canned, frozen and juice-based

To figure out how much carbohydrates packaged foods contain, look to the food nutrition facts panel. First check serving size, followed by total carbohydrates. Foods that do not have a food label will require an estimation of how much carbohydrate is in it. When planning meals as a diabetic, 1 serving of a carbohydrate food equals about 15 grams.

A few food examples with approximately 15 grams of carbohydrates:

- 1 tennis ball of fresh fruit
- 1 slice of bread
- ½ cup cooked oatmeal
- ¼ of a large baked sweet potato
- 1 cup milk (skim to whole)
- ½ cup cooked beans (ex: black, kidney, etc.)



The amount of carbohydrates one needs will vary on the individual. A great place to start is 15 to 30 grams at snacks and 45 to 60 grams at meals. A person's carbohydrate amount will depend on many factors; an individual's activity level and prescribed medications will influence how many carbohydrates your body can handle to keep your blood glucose in a healthy range.

Animal-based proteins (ex: chicken, eggs, fish, beef, etc.), healthy fats (ex: nuts, seeds, oils, etc.), and non-starchy vegetables (ex: lettuce, tomatoes, mushrooms, broccoli, cauliflower, peppers, etc.) have either no carbohydrates or contain little carbohydrate. These foods, especially non-starchy carbohydrates, should always be included on your food plates. However, it's generally easier to not focus on including these foods in your carb counting.

Whether you are a diabetic needing more assistance to manage your blood sugar, pre-diabetic or have never had your glucose measured, your local Hy-Vee dietitian is available to help you better understand. Call to ask about a complimentary store tour or, if you haven't had your glucose levels checked, ask to set up a biometric screening today. Try this recommended fall favorite recipe, Chicken Enchilada-Stuffed Spaghetti Squash, and remember, we are just a phone call away!

Chicken Enchilada-Stuffed Spaghetti Squash

Serves 4 (1/2 stuffed squash half)

All you need:

- 2 (8 oz each) boneless, skinless chicken breasts
- 1 (2 1/2 to 3 pound) spaghetti squash, halved lengthwise and seeded
- 1 1/4 cups red enchilada sauce, divided
- 1 medium zucchini, diced
- 1 cup Hy-Vee shredded pepper Jack cheese

All you do:

1. Position racks in upper and lower thirds of oven; preheat to 450 degrees.
2. Place chicken in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to low and gently simmer until an instant-read thermometer inserted into the thickest part registers 165 degrees, 10 to 15 minutes.
3. Transfer the chicken to a clean cutting board and shred with 2 forks. Transfer to a large bowl.
4. Meanwhile, place squash cut-side down in a microwave-safe dish and add 2 tablespoons water. Microwave, uncovered, on HIGH until the flesh is tender, about 10 minutes. Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400-degree oven until the squash is tender, 40 to 50 minutes.
5. Use a fork to scrape the squash from the shells into the large bowl. Place the shells on a broiler-safe pan. Stir 1 cup enchilada sauce, zucchini, 1/2 teaspoon pepper and 1/4 teaspoon salt into the squash and chicken. Divide the mixture between the shells; top with the remaining 1/4 cup enchilada sauce and cheese.
6. Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes. To serve, cut each shell in half.

Nutrition Facts per serving: 408 calories, 22g fat, 11g saturated fat, 136mg cholesterol, 426mg sodium, 20g carbohydrates, 4g fiber, 7g sugars, 34g protein.

Daily values: 22% vitamin A, 32% vitamin C, 28% calcium.

