

**MADNESS
OF
MARCH**

MARCH 2017



**PUT YOUR BEST
FORK FORWARD**

National Nutrition Month 2017

One bite at a time, one forkful at a time,
one snack/meal at a time.
All of these small changes add up
to forward progress toward a
healthier lifestyle.



AVOCADO TOAST MAKE IT YOUR WAY

👤 1 Serving Total Time: 5 min

ALL YOU NEED

1 Slice whole-grain bread, toasted
1/2 ripe, Avocado from Mexico, mashed

CHOOSE YOUR OWN TOPPINGS

- TROPICAL** ●  Mango + Coconut Flakes
- BERRY BERRY** ●  Strawberry + Blueberries
- CHUNKY MONKEY** ●  Chocolate Chips + Banana
- SPICY EGGS** ●  Fried Egg + Sriracha Drizzle
- SWEET & SALTY** ●  Honey + Bacon
- SURFS UP** ●  Smoked Salmon + Tomato
- POM POMS** ●  Pomegranate Arils + Pineapple
- POWER MELONS** ●  Watermelon + Cantaloupe
- JUST PEACHY** ●  Peaches + Raspberries

Source: AvocadosFromMexico.com

SHAMROCK SHAKE MAKEOVER

Featuring two green foods that will transform this shake into a better for you treat. Halo Top Pistachio Ice Cream is lower in sugar and calories. Uses Stevia, a natural plant-based sweetener, to replace most of the sugar. Matcha, which means “powdered tea,” is a special form of green tea that boasts an impressive array of antioxidants.



ST. PATRICKS DAY SHAKE

👤 1 serving

ALL YOU NEED

1 cup low-fat vanilla bean or pistachio ice cream, such as Halo Top
1/2 cup coconut milk
1-2 tsp Hy-Vee honey
1 tbsp matcha powder, plus extra for dusting
1/2 tsp ground cardamom
2 tbsp thawed coconut whipped topping

ALL YOU DO

1. Place ice cream, coconut milk, honey, 1 tbsp matcha powder and cardamom in a blender. Cover and blend on high until smooth. Top with whipped topping and dust with additional matcha powder.

Nutrition Facts per serving: 240 calories, 8g fat, 6g saturated fat, 80mg cholesterol, 230mg sodium, 49g carbohydrate, 11g fiber, 22g sugar, 12 g protein.

Source: March Balance magazine

PRODUCT SPOTLIGHT



ELLI QUARK

- A spoonable fresh cheese with a creamy texture similar to Greek yogurt, but with a richer, less sour taste.
- Only 80 calories, 14 grams of protein and has no added sugar or artificial sweeteners.
- 5 flavors available- strawberry, vanilla bean, lemon, blueberry, bananas Foster.



GULF SHRIMP

- 3 oz. portion of Gulf shrimp provides: 84 calories, 18 grams protein, 1 gram of fat and vitamin B12 and Selenium.
- Gulf shrimp have a firm texture and natural sweetness from living and feeding in wild, nutrient-rich Gulf waters.



HALO TOP ICE CREAM

- Lower in sugar and calories, higher in protein.
- 6 different flavors to satisfy your sweet tooth.

MARCH DIETITIAN PICK OF THE MONTH

AVOCADO 101

Use these guidelines to pick out your avocados.

- Yields to gentle pressure: eat within a day
- Firm: eat in 2-3 days
- Hard: eat in 4-5 days
- Delay avocado from ripening: refrigerate
- Speed up ripening: place in brown paper bag with apple or banana and fold shut. Check bag daily until avocado is ripened.



5 REASONS TO EAT AVOCADOS FROM MEXICO

- 1 Good Fat. The majority of fat is monounsaturated fat, a naturally good fat for heart health.
- 2 Fiber. Good source of fiber. One-third of an avocado provides 3 grams of fiber.
- 3 Folate. Good source of folate, important for proper brain function and a key nutrient for pregnant women that may help prevent birth defects.
- 4 Lutein. Dark green layer closest to peel has the greatest concentration of carotenoids, including lutein, which helps maintain eye health.
- 5 Easy to use – sliced, diced, smashed, stuffed or whole – for breakfast, lunch, dinner and snacks.

Source: AvocadosFromMexico.com

HOW TO STORE CUT AVOCADOS

- 1 Drizzle with lemon juice or olive oil
- 2 Seal tightly with plastic wrap and refrigerate



FRESH AVOCADO BOATS

👤 4 servings Total Time: 10 min

ALL YOU NEED

2 large ripe avocados from Mexico, halved and seeded
2 tbsp fresh lime juice
1/2 cup loosely packed arugula
1/4 cup chopped pineapple
2 tbsp finely chopped red onion
1 jalapeno pepper, seeded and finely chopped, optional
Hy-Vee sea salt
Lime wedges

ALL YOU DO

1. Sprinkle avocado halves with lime juice. Top with arugula, pineapple, red onion and, if desired, jalapeno pepper. Sprinkle with sea salt.
Serve immediately with lime wedges on side.

*Note: Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeños, wear protective gloves.

Source: Hy-Vee Balance, March issue