



# *HY-VEE COOKING DEMO & RECIPES*

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Presented by OSF Dietetic Interns

Jessica Bahling, Carmen Rabel, Mariah Sano,

Katie Stadick, Whitney Streitmatter, and

Oncology Dietitian Grace Hensold, RDN, LDN



**OSF**  
HEALTHCARE

# AMERICAN CANCER SOCIETY NUTRITION GUIDELINES

- Eat a healthy, balanced diet with an emphasis on plant foods
- Choose whole grains instead of refined grains
- Eat at least 2.5 cups of fruits/vegetables to provide antioxidants
- Limit processed meat and red meat
- Limit time spent sitting and get regular physical activity, 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity, every week
- If you choose to drink, limit alcohol intake - no more than 1 drink for women and 2 drinks for men per day



# SWEET POTATO HASH

## Ingredients:

- 1 Tablespoon extra-virgin olive oil**
- 5 cups peeled and cubed sweet potato**
- 1 cup diced white or yellow onion**
- 1 pound uncooked lean ground turkey**
- breakfast sausage**
- 1 Tablespoon chopped fresh rosemary**
- 1/2 Tablespoon minced garlic**
- 1/4 teaspoon ground black pepper**
- 1/8 teaspoon ground nutmeg**



## Directions:

- 1. Add olive oil to a large skillet on medium-high heat, add potato and onion and sauté for 5-7 minutes, stirring occasionally.**
- 2. Add ground turkey and break into small pieces with spatula, cooking another 3-4 minutes.**
- 3. Add herbs and spices and stir to combine. Continue cooking until turkey is no longer pink.**
- 4. Serve with egg on top, if desired.**

# SWEET POTATO HASH

## Nutrition Facts

**Serving Size:** 3/4 cup

**Servings Per Recipe:** 8

### Amount Per Serving

**Calories** **204**

Total Fat **8g**

Saturated Fat **2g**

Sodium **210mg**

Total Carbohydrate **19g**

Dietary Fiber **3g**

Sugars **4g**

Protein **16g**

### **Tips:**

- 1. Garlic powder can be substituted if you don't have garlic at home**
- 2. Use 1 1/2 teaspoons of dried rosemary in place of 1 Tablespoon fresh rosemary**
- 3. How do you like your egg? Cook it how you love it!**

# AUTUMN CRUNCH PASTA SALAD

## Dressing Ingredients:

2 Tablespoons apple cider vinegar  
2 Tablespoons white wine vinegar  
2-4 Tablespoons granulated sugar  
1/8 teaspoon each: paprika & onion powder  
1/4 cup olive oil  
1/2 Tablespoon poppy seeds

## Salad Ingredients:

1.5 cups Bowtie pasta, dry  
8 cups spinach leaves  
3/4 cup chopped celery  
3/4 cup dried cranberries  
1 can (15 oz) mandarin oranges, drained  
1 large Granny Smith Apple, sliced  
1 teaspoon lemon juice  
1/3 cup pecan halves  
Optional: feta cheese - to taste



## Directions:

1. In a blender or shaker bottle, combine the apple cider vinegar, white wine vinegar, sugar, paprika, and onion powder. Pulse or blend for about 10 seconds. Slowly add in the oil and pulse until just combined. Stir in the poppy seeds.
2. Cook the pasta according to package directions.
3. Drain the pasta once it's cooked through, rinse under cold water, place in a large bowl and immediately toss a few tablespoons of the dressing with the pasta.
4. Chill the dressed pasta in the fridge while preparing remaining ingredients.
5. In a large bowl, combine spinach with the chopped celery, cranberries, mandarin oranges, apples and lemon juice in a large bowl.
6. Pour dressing over the salad and toss. Add in the completely cooled pasta and pecans, toss with the rest of the salad.
7. Add feta cheese, if desired.

# AUTUMN CRUNCH PASTA SALAD



## Nutrition Facts

**Serving Size:** 1 cup

**Servings Per Recipe:** 11

### Amount Per Serving

**Calories** **128**

Total Fat **4g**

Saturated Fat **1g**

Sodium **89mg**

Total Carbohydrate **22g**

Dietary Fiber **3g**

Sugars **13g**

Protein **4g**

## Tips:

1. Add extra pecans to increase healthy fats
2. Pair with grilled chicken breast to increase protein
3. Use whole grain pasta to add fiber

# HARVEST QUINOA BOWL

## **Peanut Dressing Ingredients:**

**1/2 cup smooth peanut butter**  
**2 Tablespoons apple cider vinegar**  
**1 Tablespoon granulated sugar**  
**1 teaspoon reduced-sodium soy sauce**  
**Salt and freshly ground black pepper**  
**1/4-1/3 cup water (until correct consistency)**

## **Quinoa Bowl Ingredients:**

**1 cup cubed butternut squash**  
**5 cups raw Brussels sprouts, trimmed & quartered**  
**1 medium red onion, chopped**  
**1/2 (15 oz) can black beans, rinsed and drained**  
**1 head garlic (about 10 cloves), peeled and minced**  
**1 Tablespoon olive oil**  
**Freshly ground black pepper, to taste**  
**1 cup uncooked quinoa**



## **Directions:**

- 1. Prepare dressing by whisking peanut butter, apple cider vinegar, sugar, and soy sauce in a medium bowl until smooth. Whisk in water (1/4-1/2 cup) until dressing is the consistency of heavy cream; season with salt and pepper.**
- 2. Preheat oven to 400°F and line a rimmed baking sheet with parchment paper.**
- 3. On baking sheet, arrange squash, Brussels sprouts, onion, black beans, and garlic; drizzle on olive oil and season with pepper.**
- 4. Roast vegetables for 30-40 minutes until slightly golden in color. Halfway through baking, turn vegetables to ensure even browning.**
- 5. Cook quinoa as directed according to package directions.**
- 6. To serve, top 1/2 cup cooked quinoa with roasted vegetables, and 1 Tablespoon of peanut dressing.**

# HARVEST QUINOA BOWL

## Nutrition Facts

**Serving Size:** 1 cup (with sauce)

**Servings Per recipe:** 6

### Amount Per Serving

**Calories** 277

Total Fat 8g

Saturated Fat 1g

Sodium 151mg

Total Carbohydrate 45g

Dietary Fiber 7g

Sugars 5g

Protein 11g

### **Tips:**

**1. Top with peanuts to add extra calories**

**2. Add lean meat to add extra protein**

**3. Add Sriracha to peanut sauce to add spice**

# PUMPKIN PEANUT BUTTER DIP

## Ingredients:

**1/2 cup canned Libby's® 100% Pure Pumpkin**

**1/2 cup Dannon® Light and Fit Vanilla Greek yogurt**

**1/2 cup creamy peanut butter**

**1/4 teaspoon ground cinnamon**



## Directions:

**1. Mix all of the ingredients together in a medium bowl.**

**2. Sprinkle dip with cinnamon.**

**3. Serve with your choice of dipper(s): fruit, vanilla wafers, graham crackers, pretzels, etc.**

**4. Store in an airtight container in the refrigerator if not consuming right away.**

**Adapted from:**

**<https://wishesndishes.com/peanut-butter-pumpkin-greek-yogurt-dip/>**

# PUMPKIN PEANUT BUTTER DIP

## Nutrition Facts

**Serving Size:** 1/4 cup

**Servings Per Container:** 6

### Amount Per Serving

**Calories** **146**

**Total Fat** **11g**

**Saturated Fat** **2g**

**Sodium** **100mg**

**Total Carbohydrate** **8g**

**Dietary Fiber** **2g**

**Sugars** **4g**

**Protein** **6g**

### **Tips:**

- 1. Add 1/3 cup dry milk powder to add extra protein**
- 2. Add pumpkin spice to dip to make more spicy**
- 3. Try with natural peanut butter if following a low-sodium diet**

# FALL FRUIT SALAD

## **Ingredients:**

- 2 large sweet apples, chopped (about 2 cups)**
- 2 medium pears, chopped (about 2 cups)**
- 1/2 cup peanuts, shelled**
- 1 teaspoon lemon juice**
- 1 teaspoon ground cinnamon**
- 2 Tablespoons light mayonnaise**
- 2 Tablespoons light vanilla yogurt**



## **Directions:**

- 1. Place all ingredients in a medium bowl and toss to coat.**

# FALL FRUIT SALAD

## Nutrition Facts

**Serving Size:** 1 cup

**Servings Per Recipe:** 4

### Amount Per Serving

**Calories** **185**

Total Fat **9g**

Saturated Fat **1g**

Sodium **127mg**

Total Carbohydrate **25g**

Dietary Fiber **5g**

Sugars **17g**

Protein **4g**

### **Tips:**

- 1. Try any sweet apple like Honeycrisp or Red Delicious**
- 2. Add pecans or walnuts to increase healthy fats and protein**
- 3. Serve as a dessert or as a snack**