

Baked Veggie Crunchers

Serves 8 *Source: Stacy Mitchell, RD, LD, Bettendorf Hy-Vee Dietitian*

Ingredients

- 1 cup flour
- 2 eggs, lightly beaten
- 1 cup crushed All Bran garlic and herb crackers
- 1/2 cup grated Parmesan cheese
- 1 large zucchini, sliced into half-inch strips
- 1/2 jicama, peeled and cut into thin sticks
- 1 large red bell pepper, seeded and sliced into half-inch strips

Preparation

Preheat oven to 425°F.

Set up three shallow dishes on the counter: Place about a cup of flour in one dish. In the next dish, beat the eggs. In the last dish, combine cracker crumbs with grated cheese.

Coat the veggies in flour, then egg mixture, then breadcrumb mixture, pressing to set coating.

Spray non-stick cooking spray over breaded veggies. Halfway through baking, toss veggies and continue to bake until golden brown and crispy, about 15 minutes.

Serve immediately.

Nutrition facts per serving: Calories: 140, Carbohydrate: 20g, Cholesterol: 55mg, Dietary Fiber: 4g, Fat: 4g, Protein: 6g, Saturated Fat: 1.5g, Sodium: 140mg, Sugar: 3g, Trans Fat 0g

After-School Delight

Serves 30 *Source: Stacy Mitchell, RD, LD, Bettendorf Hy-Vee Dietitian*

Ingredients

- 1/2 cup Hy-Vee creamy peanut butter
- 1/4 cup Hy-Vee instant nonfat dry milk powder
- 1/4 cup Hy-Vee flake coconut
- 1/3 cup Hy-Vee rolled oats
- 1/4 cup wheat germ
- 2 tbsp Hy-Vee honey
- 1/4 cup crispy rice cereal

Preparation

Combine peanut butter, milk powder, and coconut in a medium bowl. Stir in oats, wheat germ and honey until thoroughly combined. Shape into 30 (1-inch) balls. Roll in rice cereal. Chill thoroughly before serving. Store remaining balls in the refrigerator. If desired, drizzle with melted chocolate or roll in your favorite cereal.

Nutrition facts per serving: Calories: 800, Carbohydrate: 7g, Cholesterol: 0mg, Dietary Fiber: 1g, Fat: 5g, Protein: 3g, Saturated Fat: 1.5g, Sodium: 50mg, Sugar: 4g, Trans Fat 0g

Fresh Fruit Salsa with Cinnamon Chips

Serves 8 Source: www.Hy-Vee.com

Ingredients

2 kiwis, peeled and diced
1 Golden Delicious apple, peeled and diced
1 pkg (8-oz) fresh raspberries
1 pt fresh strawberries, hulled and quartered
3 tbsp Hy-Vee strawberry preserves

Preparation

In a large bowl, combine kiwi, apple, raspberries, strawberries and strawberry preserves. Cover and chill for 15 minutes. Serve with chilled fruit mixture with Hy-Vee Harvest cinnamon chips.

Pineapple Sherbet

Serves 6 Source: *Stacy Mitchell, RD, LD, Bettendorf Hy-Vee Dietitian*

Ingredients

1 can (20-oz) crushed pineapple with juice
2 cups frozen raspberries, thawed
1 quart low fat buttermilk

Preparation

Combine all ingredients and place in a blender or food processor. Puree until smooth. Pour into a freezer-safe dish and place in the freezer. Freeze until firm, at least 2 hours. Eat and enjoy

Nutrition facts per serving: Calories: 110, Carbohydrate: 23g, Cholesterol: 5mg, Dietary Fiber: 2g, Fat: 1g, Protein: 3g, Saturated Fat: 0g, Sodium: 85mg, Sugar: 19g, Trans Fat 0g

Chips 'N' Tilapia

Serves 4

All you need:

1 cup crushed Hy-Vee baked cheddar and sour cream potato chips
4 (3- to 4-oz each) fresh tilapia fillets
1 cup buttermilk

All you do:

1. Preheat oven to 375°F.
2. Place crushed chips in a medium bowl.
3. Dip tilapia fillets into buttermilk; drain off excess buttermilk, then roll fillet in crushed chips. Place fillets on a greased baking sheet.
4. Bake 20 to 25 minutes or until fish flakes easily with a fork.

Nutrition facts per serving: Calories: 180, Carbohydrate: 9g, Cholesterol: 45mg, Dietary Fiber: 1g, Fat: 6g, Protein: 22g, Saturated Fat: 2g, Sodium: 190mg, Sugar: 1g, Trans Fat 0
Daily nutritional values: 0% vitamin A, 10% vitamin C, 2% calcium, 2% iron

Pomegranate Blueberry Cupcakes

Serves 24 cupcakes *Source: Stacy Mitchell, RD, LD, Bettendorf Hy-Vee Dietitian*

Ingredients

1 Hy-Vee white cake mix
1 ¼ cup pomegranate and blueberry juice
6 ounces non-fat blueberry yogurt
1 egg
1 cup frozen blueberries, thawed.
¼ cup chia seeds, ground

Preparation

Preheat oven to 350 degrees. In a mixing bowl, combine all ingredients.
Divide batter among paper-lined cupcake pan cups, filling each cup about half full.
Bake for 20 to 25 minutes. Cool cupcakes before removing from pan.

Nutrition information per serving: Calories: 110; Carbohydrate 22g; Cholesterol 10mg; Fiber 1g; Fat 2g; Protein 2g; Saturated Fat 1g; Sodium 150mg; Sugars 13g; Trans Fat 0g

Chicken Alfredo Pizza

Serves 8 | *Source: Hy-Vee Dietitians*

Ingredients

1 (10-oz) Boboli thin 100%-whole wheat pizza crust
¾ cup Ragu light Parmesan Alfredo sauce
1 cup diced Tyson boxed grilled chicken slices
1/3 cup frozen Hy-Vee chopped spinach, thawed, drained
1 cup Hy-Vee finely shredded part-skim mozzarella cheese
1 Roma tomato, thinly sliced

Preparation

Remove pizza crust from package and place on 10-inch round pizza pan.
Spread Alfredo sauce on crust, to within 1 inch of edge of crust.
Over Alfredo sauce, layer chicken, spinach, cheese and tomato.
Bake at 425° for 10 to 12 minutes.

Daily nutritional values: 15% vitamin A 6% vitamin C 25% calcium 2% iron
Nutrition information per serving: Calories: 200 Carbohydrate: 20g Cholesterol: 25mg
Dietary Fiber: 1g Fat: 7g Protein: 13g Sodium: 80mg

Apple Pie Pancakes

Serves 2 *Source: Stacy Mitchell, RD, LD, Bettendorf Hy-Vee Dietitian*

Ingredients

1 cup Fiber One® pancake mix
2/3 cup water
½ cup Hy-Vee apple pie filling

Preparation

In a large bowl, stir together all ingredients.

Place batter in a snack-size plastic bag. Push all batter to one end and cut a small opening on the edge of the bag.

Heat a lightly oiled griddle over medium-high heat. Squirt pancake batter into the shape of a letter of your choice. Cook until bubbles form in the cake and bottom is golden brown. Flip. Cook the other side until golden.

Nutrition facts per serving: Calories: 240, Carbohydrate: 3.5g, Cholesterol: 25mg, Dietary Fiber: 6g, Fat: 3.5g, Protein: 6g, Saturated Fat: 0.5g, Sodium: 470mg, Sugar: 13g, Trans Fat 0g

