



For More Information Contact:

Melissa Jaeger, RD, LD

PH: 952-228-2554

Email: mjaeger@hy-vee.com

Parties are often filled with sweet treats that make it challenging to manage your weight during the holiday season. Hy-Vee Savage Registered Dietitian Melissa Jaeger, RD, LD will show you how to create two delicious appetizers perfect to share at any holiday party. Focusing on fruits and veggies in appetizers doesn't have to mean sticking to the traditional fruit and veggie tray – learn how to make delicious Mango Pomegranate Salsa Cups and Shrimp Cucumber Bites! To help you maintain a healthy lifestyle, your Hy-Vee dietitian offers a variety of health services including store nutrition tours, Hy-Vee Healthy Habits Menu Planning Program and our 10-week Begin™ program. For additional information, reach out to your local Hy-Vee dietitian.

Shrimp Cucumber Bites

Serves 14

All you need:

14 raw shrimp, peeled and deveined

1 tbsp olive oil

2 tsp Mrs. Dash Taco Seasoning, divided

1 tsp garlic powder

1 cucumber, sliced

½ lime, juiced

1 cup guacamole (mild or spicy)

Pinch of cayenne pepper or paprika (optional, for garnish)

Cilantro (optional, for garnish)

Salt (optional, to taste)

All you do:

1. Pat dry - peeled and deveined raw shrimp. Toss in olive oil, 1 tsp Mrs. Dash Taco Seasoning and garlic powder.
2. Cook shrimp until they turn pink and tails have curled (internal temperature of 145 degrees F). Once cooked chill shrimp.
3. While shrimp cook, slice the cucumber into thin rounds.
4. Stir 1 tsp Mrs. Dash Taco Seasoning into guacamole. Pipe or spoon guacamole mixture on top of cucumber rounds. Top each with a squeeze of fresh lime juice to prevent browning.
5. Place a single shrimp on top of each cucumber and guacamole round. Garnish with cilantro and a pinch of cayenne pepper or paprika. Season with salt to taste if preferred.
6. Serve immediately.

Recipe: Hy-Vee Seasons magazine



For More Information Contact:

Melissa Jaeger, RD, LD

PH: 952-228-2554

Email: mjaeger@hy-vee.com

Mango Pomegranate Salsa Cups

Serves 30

All you need:

30 wonton wraps

1 cup mango, diced

¼ cup red onion, minced

1/3 cup pomegranate seeds

2 tbsp. fresh cilantro, chopped

1 tbsp. fresh lime juice

Salt (optional, to taste)

Cayenne Pepper (optional, for garnish)

Nonstick cooking spray

All you do:

1. Spray muffin tin cups with nonstick cooking spray (can use regular muffin tin or mini muffin tin).
2. Line each muffin tin with a wonton wrap. Bake at 350 degrees F, until golden, approximately 7-10 minutes.
3. While wonton wraps are baking – combine mango, red onions, pomegranate seeds, cilantro and lime juice in a bowl. Season with salt to taste – if desired. Chill until wonton wraps have cooled.
4. Remove wonton wraps from oven and let cool slightly. Divide salsa amongst baked wonton wraps and garnish with cayenne pepper if desired.

Pro tip: Make the fruit salsa ahead of time and let chill in fridge overnight to allow flavors time to meld together.

Recipe: Hy-Vee Seasons magazine

Dietitian Tips:

- Mangos contain over 20 different vitamins and minerals and one serving (3/4 cup) contains 7% of your daily fiber needs. Fiber helps to fill us up and keep us full longer preventing us from eating in excess.
- A single serving of mangos also contain 15% of your daily value of folate and copper. Folate or folic acid is especially important for pregnant women to help with fetal spinal cord development. Folate also helps to make DNA, other genetic material and is necessary for your cells to divide.
- Mangos (3/4 cup serving) also contain 50% of our daily vitamin C needs. Our bodies need vitamin C to make collagen which is a protein required for wound healing and it helps to improve our absorption of iron and helps our immune system work properly. Vitamin C cannot



For More Information Contact:

Melissa Jaeger, RD, LD

PH: 952-228-2554

Email: mjaeger@hy-vee.com

prevent the common cold or flu but it may help to decrease the severity of symptoms and decrease the longevity of the illness.

- Pomegranates: select a pomegranate that feels heavy for its size. The rind does not have to be perfectly red to be filled with delicious arils. Pomegranates also contain vitamin C and fiber!
- Avocados are a fruit that pair perfectly with crisp cucumber. Filled with heart-healthy fatty acids, fiber and potassium they are an excellent ingredient to incorporate into your diet.
- To help you maintain a healthy lifestyle, your Hy-Vee dietitian offers a variety of health services including store nutrition tours, Hy-Vee Healthy Habits and our 10-week Begin™ program. For additional information, reach out to your local Hy-Vee dietitian.