



For More Information Contact:

Melissa Jaeger, RD, LD

PH: 952-228-2554

Email: mjaeger@hy-vee.com

Melissa Jaeger, RD, LD would like to help you create easy recipes for the family to enjoy using pantry staples! Your Hy-Vee dietitian team is here to help you live your healthiest lifestyle. For more information on Hy-Vee dietitian services reach out to Melissa Jaeger, RD, LD today.

Southwest Tuna Wrap

Serves 4

All you need:

- 2 cans Hy-Vee tuna in water, drained
- 1 (5.2-oz) container plain Greek yogurt
- 1 tsp lime zest
- 3 tbsp lime juice
- 1 tsp ground cumin
- 1 clove garlic, minced
- ½ red onion, diced
- Salt and pepper to taste
- ¼ tsp cayenne pepper (optional)
- 5 sprigs cilantro, chopped (optional)
- 4 whole-wheat tortillas
- 1 (15-oz) can Hy-Vee no-salt-added black beans, drained and rinsed
- 1 (15-oz) can Hy-Vee no-salt-added corn, drained and rinsed
- 1 cup baby spinach
- 1 avocado, peeled, pitted and sliced

All you do:

1. Mix together the tuna, Greek yogurt, lime zest, lime juice, cumin, garlic, red onion, salt and pepper. Add in optional cayenne pepper or cilantro if desired.
2. Lay tortillas flat and spread tuna mixture along the center of the tortillas. Top with black beans, corn, spinach and avocado.
3. Fold up the bottom of the tortillas and roll up tightly. Cut in half to serve and enjoy immediately.

Beef and Sweet Potato Skillet

Serves 4

All you need:

- 2 tbsp olive oil or canola oil
- 1 (1-lb) package lean ground beef
- 2 large sweet potatoes, peeled and diced, about 3 cups
- ½ red onion, chopped
- 1 tsp garlic powder
- 1 tsp ground cumin
- ½ tsp salt + additional to taste
- ½ tsp ground cinnamon
- ¼ tsp black pepper + additional to taste



For More Information Contact:

Melissa Jaeger, RD, LD

PH: 952-228-2554

Email: mjaeger@hy-vee.com

- ½ tsp crushed red pepper flakes (optional)
- 1 (15-oz) can Hy-Vee no-salt-added diced tomatoes, undrained
- 1 cup spinach, packed
- 1 lime juiced
- Cilantro, for garnish (optional)
- 1 avocado, peeled, pitted and sliced

All you do:

1. Heat oil in a large skillet over medium-high heat. Add ground beef and cook until no longer pink (165 degrees), about 5 to 7 minutes; season with salt and pepper to taste if desired. Remove beef from skillet; set aside and keep warm.
2. Reduce heat to medium and add sweet potatoes and onion to same skillet. Cook until onion softens, about 3 to 5 minutes. Stir in garlic powder, cumin, salt, cinnamon, black pepper and crushed red pepper flakes (optional). Add canned tomatoes and stir to combine. Cover; cook 7 to 10 minutes or until potatoes are tender, stirring occasionally.
3. Once the potatoes are tender, stir in cooked ground beef and spinach. Cook 2 to 3 minutes to until heated through and spinach begins to wilt. Remove from heat and stir in lime juice and chopped cilantro, if desired. Top with sliced avocado just before serving.

Recipe link: <https://www.hy-vee.com/recipes-ideas/recipes/beef-and-sweet-potato-skillet>