School Days

with AveraNow

inside HyVee®

Easy Weekday Meals.
Hy-Vee Dietitian Approved.

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Hy-Vee and AveraNow work hard to keep you healthy with nutritious foods and convenient care when sickness strikes. Part of a healthy lifestyle is finding balance, and sometimes weeknight mealtimes can tip you over the edge.

Here's our guide to some easy, nutritious meals to keep you going all week long.

Meals and Snacks

Black Bean and Chicken Tostada

Nectarine Walnut Salad

Harvest Minestrone

Apricot-Lemon Chicken

Chipotle Salsa Steak

Easy Asian Stir Fry

Apple Snackwich

BONUS Lunches to Go

Recipe Shopping List

Seasonings, Sauces, Staples

- ☐ Curry powder
- ☐ Lemon juice
- ☐ Lemon rind
- ☐ Apricot spread (such as Polaner All Fruit)
- ☐ Cumin
- ☐ Cilantro (optional)
- ☐ Stir-fry sauce
- ☐ Newman's Own light cranberry walnut dressing
- ☐ Four cups reduced-sodium organic chicken broth
- ☐ Salt
- ☐ Pepper
- ☐ Cooking spray
- ☐ Extra virgin olive oil
- ☐ Creamy peanut butter

Meat

- ☐ Four (6-ounce) skinless, boneless chicken breast halves
- ☐ Grilled chicken breast strips
- ☐ Two-pound beef top round steak

Grains

- ☐ Corn tortillas
- ☐ One box small pasta
- ☐ Granola

Fruits and Vegetables

- ☐ Two avocados
- ☐ One onion
- ☐ Carrots
- ☐ One (28-oz.) can Italian-style crushed tomatoes
- ☐ One package frozen cut green beans
- ☐ Two medium limes
- ☐ One package (16 ounces) frozen Asian vegetable blend
- ☐ One bulb garlic
- ☐ One (5 oz) bag Hy-Vee spring mix lettuce
- ☐ One nectarine
- ☐ Hy-Vee dried cranberries
- ☐ One apple

Dairy

- ☐ Nonfat plain Greek yogurt

Proteins

- ☐ 1 (15-oz.) can Hy-Vee kidney beans
- ☐ Sesame seeds (optional)
- ☐ Hy-Vee walnuts, toasted

Other

- ☐ Chipotle salsa
- ☐ Mini chocolatte chips
- ☐ Raisins

Black Bean and Chicken Tostada

Ingredients

- 1 (8-inch) corn tortilla
- ½ cup salsa
- 3 ounces grilled chicken, cut into strips
- ¼ avocado, sliced
- 1 tablespoon nonfat plain Greek yogurt

Directions Yield – 1 tostada

1. Preheat broiler.
2. Place tortilla under broiler until slightly brown and crisp.
3. Top with salsa, chicken, avocado and Greek yogurt.

Nutrition

- 340 calories
- 14g fat
- 3g saturated fat
- 0g trans fat
- 23g carbohydrates
- 8g fiber
- 32g protein

Nectarine Walnut Salad

Ingredients

- 1 (5 oz) bag Hy-Vee spring mix lettuce
- 1 cup shredded rotisserie chicken
- 1 nectarine, pitted and thinly sliced
- 2 tablespoons Hy-Vee dried cranberries
- ¼ cup Newman's Own light cranberry walnut dressing
- 2 tablespoons Hy-Vee walnuts, toasted

Nutrition

- 285 calories
- 27g carbohydrate
- 4g fiber
- 11g fat
- 1g saturated fat
- 21g protein
- 400mg sodium

Directions

Yield – 2 entrees (4 side salads)

1. Toss first four ingredients in a salad bowl.
2. Before serving top with dressing and toasted walnuts.

Harvest Minestrone

Ingredients

- 1 tablespoon olive oil
- 1 cup each chopped onion and carrot
- 4 cups reduced-sodium chicken broth
- 1 (28-oz.) can Italian-style crushed tomatoes
- 1 (15-oz.) can kidney beans, drained and rinsed
- 1½ cups frozen cut green beans
- 2 cups cooked ditalini or small pasta

Directions Yield – 8 servings

1. Heat oil over medium heat in large stockpot.
2. Add onion and carrots. Cook, stirring occasionally, about five minutes or until onions are translucent.
3. Add chicken broth, crushed tomatoes and salt and pepper to taste; stir to combine. Bring to boiling.
4. Add kidney beans and green beans. Reduce heat to medium-low. Cover and cook 10 minutes or until beans are tender, stirring occasionally. Stir in pasta; cook until heated through.

Nutrition

- 153 calories
- 23g carbohydrate
- 6g protein
- 3g fat
- 5g fiber
- 13mg cholesterol
- 429mg sodium

Apricot Lemon Chicken

Ingredients

- 1 teaspoon curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray
- 1/3 cup apricot spread (such as Polaner All Fruit)
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 2 teaspoons grated lemon rind

Directions Yield – 4 servings

1. Combine first three ingredients in a small bowl; rub mixture over chicken.
2. Place a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Cook chicken six minutes on each side or until done. Remove chicken from pan and keep warm.
3. Add apricot spread, lemon juice and 2 tablespoons water to pan, stirring until smooth. Cook over medium heat one minute. Spoon sauce over chicken; sprinkle with lemon rind. Serve over a bed of fresh greens and fresh cut vegetables.

Nutrition

- 245 calories
- 2g fat
- 0.6g saturated fat
- 39.4g protein
- 14.5g carbohydrate
- 0.3g fiber
- 402mg sodium

Chipotle Salsa Steak

Ingredients

- 1-1/2 cups prepared chipotle salsa
- 2 medium limes, peeled, grated and reserved, juiced
- 1 beef top round steak, cut ¾- to 1-inch thick (1 pound)
- 3 tablespoons chopped fresh cilantro
- Tortillas, warmed (optional)
- ½ teaspoon ground cumin

Directions Yield – 4 servings

1. Combine salsa, lime peel and juice, and cumin in small bowl. Place beefsteak in food-safe plastic bag. Pour 3/4 cup salsa marinade over steak; turn steak to coat. Close bag securely and marinate in refrigerator six hours or overnight. Cover and reserve remaining marinade in refrigerator for sauce.
2. Remove steak from marinade; discard marinade. Place steak on grill over medium, ash-covered coals. Grill 3/4-inch thick steak eight to nine minutes (1-inch thick steak 16 to 18 minutes) for medium-rare doneness, turning occasionally. (Do not overcook.)
3. Meanwhile stir 3 tablespoons cilantro into reserved marinade. Carve steak into thin slices. Serve with sauce and tortillas, and garnish with cilantro, if desired.

Nutrition

- 190 calories
- 5g fat
- 2g saturated fat
- 698mg sodium
- 7g carbohydrate
- 27g protein

Easy Asian Stir-Fry

Ingredients

- 1 lb beef top round, or top sirloin steak, cut ¾-inch thick, or flank steak
- ¾ cup prepared stir-fry sauce, divided
- ¼ cup water
- 2 teaspoons olive oil, divided
- 3 cloves garlic, minced, divided
- 2 teaspoons sesame seeds (optional)
- 1 package (16 ounces) frozen Asian vegetable blend (such as broccoli, carrots and sugar snap peas)

Directions Yield – 2–4 servings

1. Cut beefsteak lengthwise in half, then crosswise into 1/8-inch-thick strips. Place beef and ¼ cup stir-fry sauce in food-safe plastic bag; turn beef to coat. Close bag securely and marinate in refrigerator 30 minutes to two hours.
2. Heat large nonstick skillet over medium heat until hot; add vegetables and water. Cover and cook seven to eight minutes or until crisp-tender, stirring occasionally. Remove vegetables; keep warm.
3. Remove beef from marinade; discard marinade. Heat 1 teaspoon oil in same skillet over medium-high heat until hot. Add half of beef and garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining oil, beef and garlic.
4. Return vegetables and beef to skillet. Stir in remaining ½ cup stir-fry sauce; cook and stir one to two minutes or until heated through. Garnish with sesame seeds if desired.

Nutrition

- 305 calories
- 8g fat
- 61mg cholesterol
- 1,952mg sodium
- 22g carbohydrate
- 33g protein

Kid's Corner

Some Assembly Required

Apple Snackwich

Yield – 2 servings

Ingredients

- 1 apple, variety of your choice
- 2 tablespoon creamy peanut butter, divided
- 2 teaspoons granola
- 2 teaspoons mini chocolate chips
- 2 teaspoons raisins

Directions

1. Wash and core apples.
2. Slice top and bottom off, discard; slice apple crosswise into four slices.
3. Spread ½ tablespoon peanut butter on each slice, then top each with ½ teaspoon of granola, mini chocolate chips and raisins.
4. Sandwich two slices together.

Lunches to Go

Cucumber slices with ranch dip, whole-grain pita bread with tuna or chicken salad, milk, and chocolate pudding

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Applesauce cup, corn chips, chili in thermos, shredded cheese and fruit snacks

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Baby carrots, whole-grain mini bagel with sliced Canadian bacon, lettuce and tomato, milk, and oatmeal cookie

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Seedless grapes, whole-grain tortilla chips with cheese, bean dip, salsa and Rice Krispy treats bar

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Peaches, whole-grain crackers, cottage cheese, milk and flavored rice cakes

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Vegetable soup in thermos, SunChips®, string cheese, milk and fruit leather

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Small banana, whole-grain tortilla with peanut butter/nut butter, milk and butterscotch pudding

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