



# GREEN TO GO HEALTH FAIR



## Breakfast Banana Split

### All you need

- 1 banana
- Vanilla Greek yogurt
- Granola of choice
- Berries of choice

### All you do

1. Cut a split down your banana, lengthwise. Cut the banana into a "V", not in half.
2. Spoon the yogurt into the middle of the banana.
3. Sprinkle on the rest of your desired toppings.

BREAKFAST

## Apple & Nut Butter

### All you need

- 1 medium apple, sliced
- 2 Tbsp. nut butter of choice

### All you do

1. Cut apple into slices and dip in nut butter.

SNACK

## Grilled Cheese with a Twist

### All you need

- 2 slices wheat bread
- 2 tsp margarine
- 1 slice American cheese
- 1/2 pear, thinly sliced
- Optional: thin slices ham or turkey

### All you do

1. Evenly spread 1 tsp of margarine over 1 side of each slice of bread.
2. Place 1 slice of bread, margarine side down, in skillet over medium heat. Top with a slice of cheese, thinly sliced pear, optional meat, and top with remaining slice of bread, margarine-side up.
3. Cook for 2-3 minutes, flip sandwich and repeat.
4. Remove from pan and enjoy!

LUNCH

## Stuffed Pepper Casserole

### All you need

- 4 bell peppers, cored and diced
- 1 lb ground beef
- 1 package of taco seasoning
- 1/2 cup water
- 15oz can black beans, drained & rinsed
- 15oz can corn, drained
- 16oz salsa
- 2 cups Mexican cheese
- 1 cup rice, cooked
- 1 tomato, diced

### All you do

1. Preheat oven to 350 F.
2. Cook ground beef & drain. Add taco seasoning & water to the ground beef, mix, & simmer for 5 minutes. Remove from heat.
3. In a large bowl, combine bell peppers, black beans, corn, salsa, 1 cup cheese, & cooked rice. Add ground beef & mix.
4. Pour mixture into a 9x13 baking dish.
5. Place baking dish in oven for 30 minutes. Remove from oven and top with the remaining 1 cup of cheese. Bake for an additional 5 minutes or until cheese melts.

DINNER OPTION #1

## Loaded Baked Potatoes

### All you need

- 2 (10 oz each) large russet baking potatoes
- 1 tbsp. Hy-Vee butter
- 1 1/2 tsp. grill seasoning
- 1 1/2 c. fresh broccoli florets
- 1 tbsp. water
- 2/3 c. Hy-Vee plain Greek yogurt, divided
- 1/4 c. black beans, drained
- 1/2 c. shredded sharp cheddar cheese, divided

### All you do

1. Make diagonal slices 1/2-inch apart about 3/4 of the way through potatoes. Rub each potato with butter. Sprinkle 3/4 teaspoon grill seasoning over each potato. Place potatoes on microwave-safe plate. Cook for 10 to 12 minutes.
2. Cook broccoli in a vented microwave-safe bowl with water about 2 minutes. To assemble, dollop half the yogurt over each potato. Top each with half the broccoli, beans and cheese.

DINNER OPTION #2



# BUDGET-FRIENDLY NUTRITION SERVICES



At Hy-Vee, we want to help you build healthy habits -- on any budget! See below for some free resources, or reach out to your local Hy-Vee dietitian for more information.



[hy-vee.com/health/hy-vee-dietitians](https://hy-vee.com/health/hy-vee-dietitians)



## Budget-Friendly Store Tour

Your Hy-Vee dietitian will help you navigate the aisles on this pre-recorded store tour featuring the best budget-friendly finds. Learn how to plan meals, shop smarter and compare products for the best value!

Free



## Budget-Friendly Meal Guide

Your Hy-Vee dietitians have put together a guide of budget-friendly meal ideas for breakfast, lunch, dinner and snacks! Plus, learn how you can eat well every day with tips for using MyPlate.

Free



## Budget-Friendly Freezer Meal Workshop

Join your Hy-Vee dietitian in a pre-recorded cooking class where you will prepare 3 family-size freezer-friendly meals that won't break the bank!

Free



= virtual offering

@HyVeeDietitians

