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Presentation: Healthy Food Demo, April 26, 2011; HyVee Dietitian Karen Hanson

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The presentation, conducted by Karen Hanson, dietitian at HyVee, was to demonstrate how to reinvent salads in a healthy way. The first salad she made was an orzo pasta salad with chicken breast, fresh tomatoes, feta cheese and scallions. She made a salad dressing with red vinegar, lemon and extra virgin olive oil. During this demonstration she discussed how to chose olive oil, the basics of vinegars and how to use fresh herbs. She also pointed out this salad was a safe choice to take to picnics since it did not contain mayonnaise. She also discussed basic cooking techniques for the pasta and the chicken. In addition, she discussed how to make your own salad dressing and demonstrated create your own salad bar in your refrigerator at home. Also discussed was HyVee’s NuVal system, which is their new food-rating guide. Each food has been rated by this system from one to one hundred with the higher the number being the healthier food choice. She also discussed her role as a dietitian for HyVee and her job responsibilities. This presentation offered good information on basic how-to for creating new, healthy and innovative salads.