



Happiness is Homemade!

Virtual Cooking Class: Holiday Edition

Brought to you by Hy-Vee Dietitian:
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Pear-Pomegranate Salsa (Makes about 3 cups)

All you need:

2 pears, cored and diced
Arils of 1 fresh pomegranate
Half of 1 red onion, finely diced
½ cup chopped fresh cilantro
Splash of fresh lime juice
Tortilla or pita chips



All you do:

1. Combine pears with pomegranate arils, onion, cilantro and lime juice in a bowl. Toss until thoroughly combined. Serve with tortilla or pita chips.
2. Enjoy immediately or store in a sealed container for up to 2 days!

Nutrition facts per serving (1/2 cup): 52 calories, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 218 mg potassium, 12 g carbohydrates, 2 g fiber, 1 g protein

Snowflake Quesadillas (Serves 1)

All you need:

- 2 flour tortillas (10-inch diameter) (plain, multigrain or whole-wheat)
- 1 cup shredded cheese (Mexican, quesadilla, or your favorite cheese blend)
- 3 Tbsp Hy-Vee medium corn and black bean salsa

Optional ingredients:

- Shredded, Rotisserie chicken
- Diced bell peppers and onions



All you do:

1. Fold one plain tortilla in half; then fold into thirds to make one triangle with six layers. Use kitchen shears to cut out a snowflake design; unfold.
2. Heat skillet over medium heat. Very lightly butter the back of uncut tortilla. Lay uncut tortilla in the pan and spread a little cheese, corn and black bean salsa, and more cheese on the tortilla. Lay cut tortilla on top.
3. Cook on one side for 2-3 minutes until golden brown, and then flip carefully and cook on the other side for another minute.
4. Serve hot with extra salsa on the side for dipping, if desired. Enjoy!

Use MyPlate to Plan Your Next Healthy Meal!

- $\frac{1}{4}$ your plate **Protein**. List protein foods:

- $\frac{1}{4}$ your plate **Grains**. List grain foods:

- $\frac{1}{4}$ your plate **Fruits**. List fruits:

- $\frac{1}{4}$ your plate **Vegetables**. List vegetables:

- A serving of **Dairy**. List dairy foods:

