RIPE & READY
pril showers lead to May flowers, but they also bring delicious produce. Learn about Hy-Vee’s efforts to offer the freshest, locally sourced produce, page 10, or how to grow your own, page 82.

Just as you receive, give back to the planet we call “home” this month, as we celebrate the 50th anniversary of Earth Day, a worldwide movement to promote environmental protection. See what Hy-Vee along with local communities are doing to be helpful environmental stewards, page 68.

Additionally, find recipes to help you perform a dietary spring cleaning, page 102, body-toning walking routines, page 96, and more ways to help you spring forward into a healthier life.
DISCOVER ALL THE DELIGHTFUL DUOS

NO SWEETENERS  ○  NO SODIUM  ○  NO CALORIES

30% LESS CALORIE CONTENT

CREAM OF THE CROP
Picking a favorite Hy-Vee Bakery Fresh pie can be hard. And our bakers don’t make it any easier with this fine selection of tempting cream pies. Take your pick from: chocolate cream, banana cream, lemon meringue, coconut meringue, and French silk. All of these culinary creations boast the creamy texture and out-of-this-world taste you’d expect from a Hy-Vee Bakery Fresh pie!

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WHAT’S NEW AND NOTEWORTHY IN YOUR WORLD AND AT HY-VEE

DREAMWORKS TROLLS WORLD TOUR
Find special Trolls themed items at Hy-Vee to mark the release of the new movie—in theaters April 10.

LAY’S POPPABLES
Available flavors: Sea Salt, Sea Salt Vinegar, White Cheddar, Jalapeno and Honey BBQ.

TRIX TROLLS CEREAL
Fruit-flavored corn puffs with marshmallows and color swirls.

OREO Trolls Oreos feature green- or pink-colored creme and glitter.

LAFY TAFFY
A range of fruity flavors, edible glitter and a joke on every wrapper.
4 ON THE FLOOR
STOP IN AT HY-VEE TO CHECK OUT THE LATEST AND GREATEST PRODUCTS FROM VARIOUS DEPARTMENTS.

WINE & SPIRITS
Captain Morgan Rum

Ahoy, Captain! Prepare to set sail through a range of flavors, including Original Spiced Rum, Pineapple Rum and the newly released Orange-Vanilla Teqila Rum.

MEAT & SEAFOOD
Shrimp Skewers

Break out the barbecue and break away from the routine. These shrimp skewers will make a seafood lover out of anyone!

PRODUCE
Bushel Boy Tomatoes on the Vine

Discover the look and smell of summer tomatoes—in tomatoes grown in Minnesota greenhouses and ripened on the vine for best taste.

BAKERY
Mini Gourmet Cupcakes

Available in these flavors: Wedding Cake, Raspberry Lace, Mocha Espresso, Red Velvet, Chocolate, Confetti, Caramel Sea Salt and Peanut Butter Cup.

Now Trending
EASTER PARADE
BRIGHTEN UP A CHILD’S EASTER MORNING WITH A BASKET FULL OF GOODIES BEYOND CANDY.

1. EASTER POPP! PALS pop a ball from their mouths when squeezed.
2. THOMAS THE TRAIN is back—and ready to connect with other trains.
3. BARBIE RAINBOW COVE DOLL offers glamour and fun.
4. EASTER EMOJI EGGS put some emotion into traditional plastic eggs.
5. ANIMAL ADVENTURE PUDDLE JUMPERS are snuggle buddies: rabbit, raccoon, chick or lamb.
6. EASTER NECKLACE BUNNY KIT is a crafty necklace project to satisfy the creative urge in kids.
7. RAINBOW WEAVE BASKETS feature the brightest colors of the Easter season.
8. Toy Buckets spotlight Star Wars, Frozen, Toy Story and other Disney motion pictures.
9. EASTER JUMP ROPE ensures bunnies aren’t the only ones doing the hop.
10. HOT WHEELS are raring to take a spin around the race track.
11. EASTER PLUSH BASKETS. Think of a basket and stuffed animal. Choice of lamb or stuff.

BRIGHTEN UP A CHILD’S EASTER MORNING WITH A BASKET FULL OF GOODIES BEYOND CANDY.

Now Trending
EASTER PARADE
BRIGHTEN UP A CHILD’S EASTER MORNING WITH A BASKET FULL OF GOODIES BEYOND CANDY.
EASTER FEATURE
Serve up a delightful dessert this Easter with a custom cake from the Hy-Vee Bakery. Whatever the occasion, Hy-Vee’s talented cake designers can bring your vision to life. Simply walk in or call to schedule a time to discuss what you’d like. Whether it’s a cake to highlight a birthday, hobby, or more, Hy-Vee has you covered!

Two round chocolate cake layers are frosted before a tube is inserted through the center.

Portions of white cake rounds are split, wrapped around the tube, then layered with frosting.

Carrot top and daffodils are cut from edible wafer paper and sprayed with food coloring.

Additional portions of cake are covered with decorated fondant and trimmed in frosting.

Hoppin’ Around
See how this charming cake is made. Hy-Vee cake designer Sara Vanderheyden walks you through the steps in our video at HSTV.com.

Watch and learn at HSTV.com today!
Hy-Vee’s fresh produce is unmatched. Plus, whip up a tilapia or steak dinner in a snap.

10 BEST IN FRESH
20 EASTER EASE
28 SPRING CHILL
33 101 CARROTS
36 FAST & FAMILY-FRIENDLY TILAPIA 5 WAYS
44 GRILL UP THE FLAVOR: SIMPLE STEAK DINNERS
52 HY-VEE CHEESE: BEST IN CLASS
58 WASTE NOT

BETTER OLIVES, BETTER OIL.

Out of more than 600 olive varieties, we have chosen 11 of the best to delight your taste buds.

The Recipe is Simple.

NEW Taste Range

Bertolli Olive Oil select varieties 25.5 or 25.5 fl. oz. 7.99

Bertolli Olive Oil

Hy-Vee SEASONS | hy-vee.com
COLOR, VARIETY AND FRESHNESS! THAT’S WHAT YOU’LL FIND EVERY TIME YOU VISIT THE HY-VEE PRODUCE DEPARTMENT. HY-VEE PARTNERS WITH EXCEPTIONAL GROWERS TO BRING YOU THE BEST IN FRESH, WHETHER IT’S FRUITS, VEGETABLES OR HERBS. HERE ARE 10 REASONS TO SHOP PRODUCE AT HY-VEE.

1. **BEST IN FRESH** because Hy-Vee sets high standards for growers and suppliers. Only the freshest best produce gets stocked.

2. **SEASONAL PROMOTIONS** announce spring, summer, fall or winter. Think sweet berries, juicy peaches, crisp apples and cute clementines.

3. **HY-VEE HOMEGROWN** produce, at peak flavor when it arrives, is highlighted for being grown within 200 miles of the store.

4. **GET-TO-KNOW SIGNS** offer tips, such as how to grill peaches or store tomatoes, and introduce the farmers who produce your food.

5. **PRODUCE EXPERTS** are on site continually, making sure produce is stocked and beautifully displayed. They also help customers find items or will share hints, such as how to shuck ears of fresh sweet corn.

6. **WELL-ESTABLISHED BRANDS** such as Dole bananas or Driscoll’s berries reassure customers of consistent quality.

7. **WIDE VARIETY OF CHOICES,** especially with herbs, carrots, salad greens, apples and pears, when in season—options to suit taste preferences.

8. **ON-SITE DIETARY ADVICE** from Hy-Vee dietitians who can explain the health benefits of produce, provide recipes and assist you as needed.

9. **ORGANIC OPTIONS** grown without chemical pesticides are available.

10. **CONVENIENCE** with Hy-Vee’s complete line of Short Cuts fruits and vegetables—all washed and precut.

Luscious berries. Vibrant asparagus. Fragrant herbs. Your Hy-Vee Produce Department strives to offer the widest variety and the highest quality year round!
WE HAVE THE BRANDS

DOLE
As the world’s largest producer of fruits and vegetables, Dole provides ready-to-go salad kits and greens, among other fruit.

STEMILT GROWERS
This family-owned company supplies Hy-Vee with Washington cherries and apples, among other fruit.

DRISCOLL’S
This California-based company sells exceptionally sweet fresh strawberries, blackberries, blueberries and raspberries.

CANTAGOLD
CANTALOUPE
Super sweet and incredibly fresh! CantaGold cantaloupe takes on tropical flavor. Available at Hy-Vee during winter months.

BUSHEL BOY
Red, ripe, juicy tomatoes are available at Hy-Vee year round from Bushel Boy Farms in Owatonna, Minnesota.

RIPE ‘N READY
This partnership of family farming operations supplies Hy-Vee with peaches, plums and nectarines—all bursting with sweet, juicy goodness.

OUR MISSION IS TO PRODUCE HEALTHY, FRESH QUALITY PRODUCE FOR THE LOCAL COMMUNITY.
—BEAVER CREEK PRODUCE

IN THE STORE

ROMAN TEIG,
PERISHABLES MANAGER AT HY-VEE IN OMAHA, NEBRASKA, was named a Retail Produce Manager of the Year by the United Fresh Produce Association. The award honors 25 of the industry’s top retailers for their commitment to fresh produce, innovative merchandising, community service and customer satisfaction. Just as growers diligently tend to fields to bring Hy-Vee their tastiest crops, Roman most enjoys bringing a wide selection of the freshest best produce to his customers. “We hand-touch every piece of produce that comes in multiple times to make sure it meets our standards of quality and freshness,” says Roman.

IN THE FIELDS

INNECHEN’S TOMATOES
BLUE GRASS, IOWA, AND MILAN, ILLINOIS
Fresly plucked off the vine from inside a greenhouse, Innechen’s tomatoes—yellow, grape, cherry and heirloom—are harvested from late March through October. Tomatoes are grown in ideal conditions, giving Hy-Vee customers the opportunity to enjoy tomatoes year round.

BEAVER CREEK PRODUCE
PERRY, IOWA
A visit to a hydroponic greenhouse during a Disney World vacation inspired Mike and Tim Phelan to bring the idea to their Century Family Farm. Some fresh pickings they supply to Hy-Vee include a variety of lettuces and greens, fragrant herbs, crunchy cucumbers and vine-ripened tomatoes.

SCHWEIZER ORCHARDS
ST. JOSEPH, MISSOURI
A host of garden-fresh veggies, including peppers—from sweet bells to spicy jalapeños—are hand-picked daily throughout the season on this family farm. “We pick and pack our produce to transport to stores within 24 hours so the freshest produce is available,” says owner Cory Schweizer.

OUR PEOPLE KNOW PRODUCE

Our mission is to produce healthy, fresh quality produce for the local community.
—BEAVER CREEK PRODUCE

Roman Teig, Perishables Manager at Hy-Vee in Omaha, Nebraska, was named a Retail Produce Manager of the Year by the United Fresh Produce Association. The award honors 25 of the industry’s top retailers for their commitment to fresh produce, innovative merchandising, community service and customer satisfaction. Just as growers diligently tend to fields to bring Hy-Vee their tastiest crops, Roman most enjoys bringing a wide selection of the freshest best produce to his customers. “We hand-touch every piece of produce that comes in multiple times to make sure it meets our standards of quality and freshness,” says Roman.

Innichen’s Tomatoes, Blue Grass, Iowa, and Milan, Illinois. Freshly plucked off the vine from inside a greenhouse, Innichen’s tomatoes—yellow, grape, cherry and heirloom—are harvested from late March through October. Tomatoes are grown in ideal conditions, giving Hy-Vee customers the opportunity to enjoy tomatoes year round.

Beaver Creek Produce, Perry, Iowa. A visit to a hydroponic greenhouse during a Disney World vacation inspired Mike and Tim Phelan to bring the idea to their Century Family Farm. Some fresh pickings they supply to Hy-Vee include a variety of lettuces and greens, fragrant herbs, crunchy cucumbers and vine-ripened tomatoes.

Schweizer Orchards, St. Joseph, Missouri. A host of garden-fresh veggies, including peppers—from sweet bells to spicy jalapeños—are hand-picked daily throughout the season on this family farm. “We pick and pack our produce to transport to stores within 24 hours so the freshest produce is available,” says owner Cory Schweizer.

Our mission is to produce healthy, fresh quality produce for the local community.
—Beaver Creek Produce

Seasons | April 2020

12
FRUITS

- **BLACKBERRIES/RASPBERRIES** Choose bright, clean, uniform-colored unwashed berries in the refrigerator 2 to 3 days.

- **CANTALOUPE** Choose fragrant melons, heavy for their size and intact.

- **BANANAS** Choose full, plump, bright yellow bananas with stems intact.

- **PEACHES** Choose plump, dry, deep blue berries with whitish ripe fruit in airtight container in refrigerator for up to 5 days.

- **PLUMS** Choose fragrant fruit that yields a bit when pressed in airtight container in refrigerator for up to 5 days.

- **RHUBARB** Choose stalks, leaves removed, in the refrigerator up to 2 weeks.

- **WATERMELON** Choose firm, fragrant tomatoes that are heavy for their size.

- **GRAPEFRUIT** Choose firm, unblemished fruit that gives to slight pressure.

- **AVOCADOS** Choose firm, unblemished fruit that gives to slight pressure.

- **LEMONS/LIMES** Choose firm, deep-color fruit with thin, fine-texture peel.

- **EGGPLANT** Choose firm skin.

- **ORANGES/MANDARINS** Choose firm, thin-skinned fruit that yields to slight pressure.

- **PINEAPPLE** Choose ripe fruit at room temperature several days.

- **PLANTAINS** Choose small, smooth, firm fruit with flattened sides.

- **QUINCES** Choose fragrant, solid, smooth fruit free of bruises.

- **BROCCOLI** Choose bright green sprouts with compact dark bunches that have small to medium leaves.

- **CABBAGE** Choose fresh leaves, wrapped in plastic, in the fridge up to 5 days.

- **KALE** Choose dark bunches that have small to medium leaves.

- **CELERY** Choose firm, crisp stalks with green leaves.

- **TURNIPS** Choose small, firm turnips that are heavy for their size.

- **RUSSET POTATOES** Choose firm potatoes with no green or soft skin.

- **POTATOES** Choose firm potatoes with no green or soft skin.

- **SMALL POTATOES** Choose firm potatoes with no green or soft skin.

- **BUTTER PUMPKINS** Choose small pumpkins that are heavy for their size.

- **PUMPKINS** Choose small pumpkins that are heavy for their size.

- **CORN** Choose closed tips.

- **GARLIC** Choose unwashed in airtight container in fridge for 5 days.

- **GINGER** Choose unwashed in damp paper towel in plastic bag in refrigerator up to 5 days.

- **GREEN BEANS** Choose crisp, bright-color, slender beans.

- **LEEKS** Choose unwashed in airtight container in fridge up to 3 days.

- **SPINACH** Choose unwashed in plastic bag in the refrigerator up to 3 days.

- **SALAD GREENS/LETTUCES** Choose unwashed in airtight container in the refrigerator up to 3 days.

- **RADISHES** Choose unwashed in the refrigerator for up to 5 days.

- **LEMONS/LIMES** Choose unwashed in airtight container in refrigerator up to 5 days.

- **CELERY** Choose unwashed in airtight container in refrigerator for 1 week.

- **GREEN BEANS** Choose unwashed in airtight container in refrigerator for up to 5 days.

- **CUCUMBERS** Choose unwashed in airtight container in fridge for 5 days.

- **LETTUCE** Choose unwashed in airtight container in fridge for up to 3 days.

- **ONIONS** Choose unwashed in airtight container in refrigerator up to 3 days.

- **SPINACH** Choose unwashed in airtight container in refrigerator up to 3 days.

- **PEAS** Choose unwashed in airtight container in refrigerator up to 3 days.

- **BELL PEPPERS** Choose firm, bright, uniform-color berries with unwashed in refrigerator up to 5 days.

- **MUSHROOMS** Choose firm, bright, uniform-color berries with unwashed in refrigerator up to 5 days.

- **GREEN BEANS** Choose firm, bright, uniform-color berries with unwashed in refrigerator up to 5 days.

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Roasted Carrot Hummus

HANDS ON: 20 minutes
Total Time: 30 minutes plus cooling time
Serves: 6

1 Tbsp. extra-virgin olive oil
3 medium carrots, cut into 1½-in. pieces
1 large clove garlic
3 Tbsp. fresh lemon juice
1 (15-oz.) can Hy-Vee no-salt-added garbanzo beans
1 Tbsp. fresh honey
1 tsp. ground cumin
1 Tbsp. lime juice
1 tsp. salt
1 tsp. za’atar seasoning
½ tsp. kosher salt
½ tsp. black pepper

1. PREHEAT oven to 400°F. Line a rimmed baking pan with parchment paper. Cut thick carrots lengthwise in half; place in a baking pan with parchment paper. Cut 1 large clove garlic and 3 Tbsp. fresh lemon juice; reserve. Place beans and 2 Tbsp. reserved liquid, carrots, remaining 3 Tbsp. oil, lemon juice, garlic and remaining ½ tsp. za’atar seasoning and salt until coated. Arrange carrots on prepared pan. Roast for 35 minutes or until caramelized. Remove carrots on prepared pan. Roast for 30 to 35 minutes or until caramelized. Remove from oven; cool to room temperature.

2. DRAIN beans; reserve liquid. Rinse beans; drain well. Place beans, remaining 1 Tbsp. lime juice, 1 Tbsp. honey, 1 Tbsp. salt, 1 tsp. za’atar, 1 tsp. cumin and 1 Tbsp. lemon juice in a food processor. Cover and process until smooth. Add additional bean liquid, if needed, for desired consistency. Serve dip topped with 1 tsp. za’atar seasoning and parsley, if desired.

3. ARRANGE Fruit on a large serving platter. Serve immediately or cover and refrigerate up to 4 hours. Garnish with additional mint, if desired.

Per serving: 120 calories, 0.5 g fat, 2 g saturated fat, 0 mg cholesterol, 0 mg sodium, 25 g carbohydrates, 4 g fiber, 4 g added sugar, 2 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 5%, Potassium 6%.
Live Real Farms
Milk Blends
select varieties
64 fl. oz.

DISCOVER PLANTS
MADE MEATIER
50% PLANT PROTEIN
50% ANGUS BEEF

DISCOVER PLANTS
MADE MEATIER

Learn more at raisedandrooted.com

Enjoy the great taste of all our Dairy + Almond flavors.

Learn more by visiting www.liverealfarms.com

Naturally blended like springtime and sunshine.
The protein power of dairy blended with the nutty goodness of almonds.
A purely perfect blend.

Live Real Farms
19% Blends
select varieties
64 fl. oz.

Lactose Free
Easter Egg

Order your premade holiday meal in-store, by phone or online at hy-vee.com at least 48 hours before pick-up time.

HONEY-GLAZED SPIRAL HAM FEAST
- Serves 12
- Hy-Vee honey-glazed spiral ham (18-20 lb.)
- Three large sides of mashed potatoes
- Four large sides of your choice
- 32 oz. of beef or turkey gravy
- 24 dinner rolls
Price: $169.99 (only $14.17 per person)

THE MAIN EVENT!

Pick up a delicious heat-and-eat Easter meal from Hy-Vee and make it your own with simple fix-ups: glaze for the meat, mashed potato add-ins and savory roll toppings.
MORE MEAL PACK OPTIONS

Turkey, prime rib and ham star in delicious heat-and-eat spreads to feed a crowd.

APPLEWOOD PIT HAM MEAL
- Serves 8
- CarveMaster® Applewood pit ham (4-6 lb.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 16 oz. of beef or turkey gravy
- 12 dinner rolls
Price: $89.99

BROWN SUGAR SPIRAL HAM MEAL
- Serves 8
- Savory brown sugar spiral ham (8-10 lb.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 16 oz. of beef or turkey gravy
- 12 dinner rolls
Price: $89.99

GREEN BEAN CASSEROLE
- Serves 8
- Butterball® turkey (10-12 lb.)
- Hy-Vee honey-glazed spiral ham (18-20 lb.)
- Three large sides of mashed potatoes
- Four large sides of your choice
- 32 oz. of beef or turkey gravy
- 24 dinner rolls
- One Cheesecake Factory Bakery® dessert
- One gourmet pie
Price: $269.99

DELICIOUS SIDES AT HY-VEE

DESSERT? YES!
Choose a scrumptious pie or other dessert to end the meal on a sweet note.

French Silk Pie
Banana Cream Pie
Apple Pie

CROWD’S CHOICE GOURMET HAM & TURKEY
- Serves 12
- CarveMaster® Applewood pit ham (4-6 lb.)
- Hy-Vee honey-glazed spiral ham (18-20 lb.)
- Three large sides of mashed potatoes
- Four large sides of your choice
- 32 oz. of beef or turkey gravy
- 24 dinner rolls
- One Cheesecake Factory Bakery® dessert
- One gourmet pie
Price: $269.99

TURKEY BREAST BUNDLE
- Serves 8
- Jennie-O® boneless turkey breast (1-1.5 lb.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 16 oz. of beef or turkey gravy
- 12 dinner rolls
Price: $79.99

TURKEY PARTY PLEASER
- Serves 8
- CarveMaster® Applewood pit ham (4-6 lb.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 16 oz. of beef or turkey gravy
- 12 dinner rolls
Price: $89.99

PRICE: $89.99

PRIME RIB PARTY PICK
- Serves 8
- Hormel® USDA Select prime rib (5-6 lb.)
- Two large sides of mashed potatoes
- Two large sides of your choice
- 16 oz. of beef or turkey gravy
- 12 dinner rolls
Price: $149.99

PRICE: $149.99

PRICE: $89.99

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PRICE: $89.99
GIVE IT A SPIN
Personalize the meal pack with quick, easy fix-ups to rolls, potatoes and ham. These flourishes will have guests asking, “What’s your recipe?”

HY-VEE ROLL FIX-UPS

PARMESAN-HERB ROLLS
Preheat oven to 350°F. Open two slits in each of 12 Hy-Vee Bakery jumbo honey butterflake dinner rolls; place in muffin cups. Combine 6 Tbsp. melted Hy-Vee salted butter, 2 minced garlic cloves and 2 Tbsp. chopped oregano; drizzle in roll slits. Sprinkle with ¼ cup grated Parmesan cheese. Bake for 8 minutes or until warm. Serves 12.

HONEY-ORANGE BUTTER SPREAD
Beat together 1 cup softened Hy-Vee salted butter, 2 Tbsp. Hy-Vee honey, 1 tsp. orange peel and 1 Tbsp. fresh orange juice with an electric mixer until combined. Transfer to a serving dish. Serve as a spread with 12 Hy-Vee Bakery jumbo honey butterflake dinner rolls. Serves 12 (1 Tbsp. each).

PECAN STICKY ROLLS

SPRING FRESH CENTERPIECES

Jelly beans
Fresh peeled carrots
Fresh asparagus

3 ways to fill a vase
Fresh ways to fill a vase

SPRING FRESH
Cut the stem ends of a tulip bouquet from Hy-Vee Floral, then place flowers in a vase of water. Set that vase in a larger clear glass vase, then line up colorful fresh produce to signal a burst of spring, such as trimmed asparagus spears or carrots (cut tops off). Or fill the space between the vases with rainbow-hue jelly beans.

EASY HAM GLAZES

SWEET RED CHILI-BOURBON GLAZE
Combine 1½ cups Culinary Tours sweet Thai-style chili sauce, ¼ cup Hy-Vee honey, 1 Tbsp. soy sauce, seasoned rice vinegar and 2 tbsp. grated fresh ginger in saucepan. Bring to simmer. Stir in 1 cup Jack’s Fresh White® honey; cool. Brush glaze on ham during last 20 minutes of baking; brush on remainder before serving. Makes 1 cup.

APPLE-BOURBON GLAZE
While together 1 (12-oz.) jar Hy-Vee apple jelly, 4 Tbsp. brown sugar, 3 Tbsp. Hy-Vee vanilla and 1½ tsp. Hy-Vee ground cinnamon in saucepan. Bring to simmer. Simmer uncovered, stirring occasionally, until reduced to 1 cup. Brush glaze on ham during last 20 minutes of baking; brush remaining glaze on ham before serving. Makes 1 cup.

ROOT BEER GLAZE
Combine 1 (12-oz.) can root beer, 1½ cups packed Hy-Vee brown sugar, ½ cup Hy-Vee light corn syrup, 2 Tbsp. Hy-Vee Dijon mustard, ½ tsp. white pepper and ¼ tsp. ground allspice in saucepan. Bring to boil; reduce heat. Gently boil 20 minutes or until reduced to 1 cup. Brush glaze on 10-lb. ham during last 20 minutes of baking and before serving. Makes 1 cup.

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Combine 1½ cups Culinary Tours sweet Thai-style chili sauce, ¼ cup Hy-Vee honey, 1 Tbsp. soy sauce, seasoned rice vinegar and 2 tbsp. grated fresh ginger in saucepan. Bring to simmer. Stir in 1 cup Jack’s Fresh White® honey; cool. Brush glaze on ham during last 20 minutes of baking; brush on remainder before serving. Makes 1 cup.

APPLE-BOURBON GLAZE
While together 1 (12-oz.) jar Hy-Vee apple jelly, 4 Tbsp. brown sugar, 3 Tbsp. Hy-Vee vanilla and 1½ tsp. Hy-Vee ground cinnamon in saucepan. Bring to simmer. Simmer uncovered, stirring occasionally, until reduced to 1 cup. Brush glaze on ham during last 20 minutes of baking; brush remaining glaze on ham before serving. Makes 1 cup.

ROOT BEER GLAZE
Combine 1 (12-oz.) can root beer, 1½ cups packed Hy-Vee brown sugar, ½ cup Hy-Vee light corn syrup, 2 Tbsp. Hy-Vee Dijon mustard, ½ tsp. white pepper and ¼ tsp. ground allspice in saucepan. Bring to boil; reduce heat. Gently boil 20 minutes or until reduced to 1 cup. Brush glaze on 10-lb. ham during last 20 minutes of baking and before serving. Makes 1 cup.
STOCK UP & SAVE ON THESE SPRING FAVORITES

EASTER CUPCAKES WITH CHOCOLATE FROSTING

SERVINGS: 2 dozen Cupcakes • TIME: 15-18 mins bake time

INGREDIENTS:
- Cupcakes:
  - 2 cups 4 cups flour
  - 1½ tsp baking powder
  - 1½ tsp baking soda
  - 3 tsp salt
  - 3 cups granulated sugar
  - 12 eggs
  - 2 cups vegetable oil
  - 3 cups buttermilk

- Chocolate Frosting:
  - 1 cup chocolate chips
  - 3 oz chopped semi-sweet chocolate
  - 1 cup milk
  - 3 cups powdered sugar
  - 2-3 tbsp milk

DIRECTIONS:
- Cupcakes:
  1. Preheat oven to 350°F.
  2. Line two 12-cup pans with paper liners, set aside.
  3. In a medium bowl, mix flour, baking powder, baking soda, and salt.
  4. In a separate bowl, mix sugar, oil, eggs, and buttermilk.
  5. Add dry ingredients to wet ingredients.
  6. Bake for 15-18 minutes or until a toothpick comes out clean.

- Chocolate Frosting:
  1. In a glass bowl over a saucepan, melt chocolate chips and chopped chocolate.
  2. Stir in milk and mix until smooth.
  3. Add powdered sugar, 2-3 tbsp milk, and mix until smooth.
  4. Frost cupcakes, then refrigerate before serving.

For more tempting recipes, visit www.ghirardelli.com

WHEN YOU BUY $15 in participating General Mills Items

Look for participating General Mills products in April weekly ads. See store for details, including participating varieties of each advertised product. Only at Hy-Vee. © General Mills.
SPRING
CHILL

LIGHTEN UP— IT’S SPRING! PUT THE HEAVY STUFF BACK ON THE SHELF AND ENJOY A CRISP, REFRESHING PITCHER DRINK INVIGORATED WITH YOUR CHOICE OF WHITE WINE FROM HY-VEE.

Tropical Mango Sangrias

Total Time 5 minutes, plus chilling
Serves 10 (8 oz. each)

1 (750-ml.) bottle sweet white wine
1 cup coconut rum
1 (16-oz.) bag Hy-Vee frozen mango chunks
1 cup fresh raspberries
1/4 cup fresh mint leaves
Ice
2 (12-oz.) cans Hy-Vee Lime-flavored sparkling water

1. COMBINE wine and rum in a large pitcher. Add mango, raspberries and mint. Cover and refrigerate for 4 hours or overnight. Before serving, add ice and top with sparkling water. Stir gently to combine.

Per serving: 150 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 10 g carbohydrates, 2 g fiber, 0 g sugar (0 g added sugar), 7 g protein. Daily Values: 0% Vitamin D, 2% Calcium, 0% Iron, 0% Potassium.
Muddle ¼ cup sliced strawberries, 2 oz. simple syrup, and 2 Tbsp. fresh mint in a cocktail shaker. Add 2 oz. fresh lime juice, 1½ oz. vodka and ice. Cover and shake well. Strain mixture into an ice-filled 12-oz. cocktail glass. Top with ¼ cup Santa Margherita Pinot Grigio. Garnish with additional fresh mint and sliced strawberries, if desired. Serves 1.

## Pom-Orange Spritzer
Combine 2 oz. Bombay Sapphire gin, 1 oz. fresh lemon juice and 1 oz. simple syrup in an ice-filled cocktail shaker. Cover and shake well. Strain mixture into a tall glass on ice. Garnish with orange slices and fresh blackberries, if desired. Serves 1.

## French 75
Combine 2 oz. Bombay Sapphire gin, 1 oz. fresh lemon juice and 1 oz. simple syrup in a cocktail shaker. Add 2 oz. fresh lime juice, 1½ oz. vodka and ice. Cover and shake well. Strain mixture into a tall glass on ice. Garnish with orange slices and fresh blackberries, if desired. Serves 1.

## Strawberry Pinot Grigio Mojito
Muddle 5 oz. sliced strawberries, 2 oz. simple syrup, and 2 Tbsp. fresh mint in a cocktail shaker. Add 2 oz. fresh lime juice, 1½ oz. vodka and ice. Cover and shake well. Strain mixture into an ice-filled 12-oz. cocktail glass. Top with ½ cup Santa Margherita Pinot Grigio. Garnish with additional fresh mint and sliced strawberries, if desired. Serves 1.
101 CARROTS

This root vegetable isn’t just for wily rabbits. It has a sweet, earthy taste that complements many dishes and provides plenty of health benefits.

Brimming with nutrients, carrots are especially rich in beta carotene, a type of antioxidant. When ingested, beta-carotene converts to vitamin A, which is essential for skin and eye health, as well as a strong immune system.

BUY
Shop for bunches with green tops attached. Ideal tops are bright green and lively, while the carrot should be firm, bright orange and smooth—no deep cracks or splits. If buying packaged carrots, check that they are plump, firm and fresh.

STORE
Snip the greens 1 to 2 inches from the top of the carrot before storing. Place carrots in a plastic bag in the refrigerator up to two weeks.

PREP
Peel off a thin layer of skin on mature carrots. For older carrots with a hard, fibrous core, remove it by cutting the carrot lengthwise, then cut along each side of the core.

HOW TO EAT

Raw
Cut carrots into julienne strips for a quick salad topper, or cut lengthwise to serve with hummus for a simple, healthful snack.

Sautéed
For a tasty side dish, cut carrots into coins and place in a medium saucepan with butter and olive oil. Cook on medium heat for 12 to 15 minutes, stirring occasionally.

Roasted
Place 3 medium carrots, peeled, halved lengthwise and cut into thirds, on a baking sheet; drizzle with olive oil. Roast for 45 minutes, stirring halfway through.

Sources:
hsph.harvard.edu/nutritionsource/vitamin-a/
ncbi.nlm.nih.gov/pmc/articles/PMC3936685/

My favorite thing to do with cut carrot tops is to make a chimichurri sauce. Simply blend the carrot tops with extra virgin olive oil, red wine vinegar, garlic and fresh oregano.

—Alex Strauss
Chef, Hy-Vee, West Des Moines, Iowa

pro tip: GO GREEN

My favorite thing to do with cut carrot tops is to make a chimichurri sauce. Simply blend the carrot tops with extra virgin olive oil, red wine vinegar, garlic and fresh oregano.

—Alex Strauss
Chef, Hy-Vee, West Des Moines, Iowa
Carrot Cake Snack Bars

Hands On 20 minutes
Total Time 1 hour plus cooling
Serves 20

Hy-Vee nonstick cooking spray
1 cup golden raisins
1 cup Hy-Vee 100% orange juice
2 cups Hy-Vee all-purpose flour
1 Tbsp. pumpkin pie spice
2 tsp. Hy-Vee baking soda
1 tsp. Hy-Vee salt
3 cups shredded carrots or
1 (10-oz.) pkg. shredded carrots
¾ cup Hy-Vee granulated sugar
½ cup Hy-Vee packed light brown sugar
2 tsp. Hy-Vee vegetable oil
4 tsp. Hy-Vee vanilla extract, divided
4 Hy-Vee large eggs
2 (8-oz.) pkg. Hy-Vee cream cheese, softened
1 cup Hy-Vee powdered sugar
¾ cup Hy-Vee chopped pecans
Fresh orange zest, for garnish

1. PREHEAT oven to 350°F. Line a 9×13-in. baking pan with foil; extend foil over edges of pan. Spray foil with nonstick spray; set aside. Combine raisins and orange juice in a small bowl. Microwave on HIGH 1 minute. Let stand until raisins are soft; do not drain.

2. COMBINE flour, pumpkin pie spice, baking soda and salt in a medium bowl; set aside. Beat carrots, granulated sugar, brown sugar, oil and 2 tsp. vanilla in a large mixing bowl. Beat in eggs one at a time. Stir in flour and raisin mixtures. Pour batter into prepared pan. Bake 30 to 35 minutes or until toothpick inserted near center comes out clean. Cool cake in pan on a wire rack.

3. FOR FROSTING, place cream cheese and remaining 2 tsp. vanilla in a medium mixing bowl. Beat with an electric mixer on medium until light and fluffy. Gradually beat in powdered sugar until well combined.

4. SPREAD bars with cream cheese frosting. Sprinkle with pecans and orange zest. To serve, use foil to lift uncut bars out of pan. Place on a cutting board; cut into bars. Store, covered, in refrigerator up to 5 days.

Per serving: 310 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 60 mg cholesterol, 340 mg sodium, 43 g carbohydrates, 1 g fiber, 31 g sugar (24 g added sugar), 4 g protein.

Daily Values: Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%

Slash prep time by shredding carrots in a food processor instead of with a hand grater.

Simply almond™
All natural. Made with simple ingredients. Non-GMO.
### BBQ Tilapia Sandwiches

**Total Time**: 30 minutes  
**Serves**: 4

**Hy-Vee nonstick cooking spray**  
4 (6-oz.) tilapia fillets, halved lengthwise  
2 Tbsp. Hy-Vee tartar sauce  
½ tsp. Hy-Vee salt  
1 cup crushed oven-baked plain potato chips  
1 Tbsp. finely chopped fresh dill  
4 slices Hy-Vee Deli sharp Cheddar cheese  
1½ cups Hy-Vee shredded lettuce  
1 ½ cup sliced red onion  
1 cup Hy-Vee dill pickle slices  
1 cup bottled honey-barbecue sauce

1. **PREHEAT** broiler. Spray a rimmed baking pan with nonstick spray; set aside.

2. **PAT** fish dry; arrange on prepared baking sheet. Brush fish with tartar sauce; sprinkle with salt. Combine chips and dill. Gently press mixture evenly on top of each fillet. Broil on high 4 in. from heat for 6 to 8 minutes or until fish flakes easily when tested with a fork (145°F).

3. **REMOVE** fish from oven; keep warm. Place buns, cut sides up, on a baking sheet. Broil for 30 seconds or until golden brown. Remove bun tops from baking sheet. Place cheese slices on bun bottoms. Return to oven and broil for 30 seconds or until cheese begins to melt.

4. **TO ASSEMBLE**, top cheese with shredded lettuce, fish fillets, red onion slices, dill pickle slices and honey barbecue sauce. Add bun tops.

**Per serving**: 420 calories, 15 g fat, 6 g saturated fat, 75 mg cholesterol, 1,050 mg sodium, 42 g carbohydrates, 0 g fiber, 13 g sugar (0 g added sugar), 33 g protein.  
**Daily Values**: Vitamin D 20%, Calcium 15%, Iron 15%, Potassium 10%

### Italian Tilapia Sandwiches

Prepare as directed above, except for crumb coating. Combine 2 Tbsp. melted Hy-Vee salted butter, ½ cup Hy-Vee Italian-seasoned panko bread crumbs and 1 cup Hy-Vee grated Parmesan cheese. For brush-on and serving sauce, combine 1 cup Hy-Vee mayonnaise, 2 Tbsp. fresh lemon juice, 1 tsp. finely chopped fresh Italian parsley and 1 minced garlic clove. Season to taste with salt and pepper. Use 2 Tbsp. sauce to brush on fish then coat with crumb mixture. Assemble sandwiches with serving sauce, cherry tomato slices and chiffonade basil.

**Total Time**: 30 minutes  
**Serves**: 4

**Hy-Vee nonstick cooking spray**  
4 (6-oz.) tilapia fillets, halved lengthwise  
2 Tbsp. Hy-Vee salt  
1 cup crushed oven-baked plain potato chips  
1 Tbsp. finely chopped dill  
4 slices Hy-Vee Deli sharp Cheddar cheese  
1½ cups Hy-Vee shredded lettuce  
1 ½ cup sliced red onion  
1 cup Hy-Vee dill pickle slices  
1 cup bottled honey-barbecue sauce

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RAISED WELL
Pristine natural ponds, combined with cutting-edge aquaculture technology, contribute to producing high-quality Rainforest tilapia, offered at your local Hy-Vee. Ponds are solar dried and maintain a proper mineral balance to help fish stay healthy. Tilapia are fed a plant-based diet with a precise slow-feeding schedule that allows them to thrive in a stress-free environment with recommended levels of oxygen.

TASTES GREAT
Tilapia once had a poor reputation for its muddy flavor, but new farming techniques have improved the quality of this inexpensive freshwater fish and now prized for its clean, mild taste and moist, firm flesh.

NUTRITIOUS
Tilapia fillets are low in fat and high in protein—23 grams in a 4-ounce serving. It has no saturated fat, but take note of the breading or sauce that often accompanies tilapia, as well as the cooking technique. Tilapia contains various vitamins and minerals, including selenium, which helps with metabolism and thyroid function.

SIMPLE TO FIX
Butter, lemon juice and simple seasonings are all that’s needed to bring out the natural sweetness of firm, flaky tilapia. Options include spices, such as garlic powder, lemon pepper seasoning or chili powder, as well as fresh herbs such as chopped fresh parsley.

BAKE
Preheat oven to 400°F. Combine 2 Hy-Vee large eggs, 2 Tbsp. Hy-Vee 2% reduced-fat milk and 4 tsp. Hy-Vee Dijon mustard in a dish. Combine 1 cup Hy-Vee panko crumbs, 1 tsp. finely chopped That’s Smart! red bell pepper, 1 tsp. each Hy-Vee salt and black pepper in second dish. Dip (2½-oz.) tilapia fillets into egg mixture, then crumbs mixture. Bake 10 to 12 minutes or until fish reaches 145°F.

PAN-FRY
Cut fillets in half, separating thin and thick portions. Sprinkle both sides with kosher salt; set aside at room temperature 5 minutes. Pat fish dry. Heat 2 Tbsp. Hy-Vee canola oil in a nonstick skillet over medium-high heat. Cook fish in hot oil for 2 to 3 minutes on each side. Drizzle with Hy-Vee lemon juice and simple seasonings as desired and serve with lemon wedges.

GRILL
Preheat a charcoal or gas grill. Grill tilapia fillets with a seasoning blend or breading according to package directions. Lightly grease an air fryer basket. Air-fry fish, in batches, 14 to 16 minutes or until fish reaches 145°F, turning once halfway through. When turning fish, spray fillets with Hy-Vee nonstick cooking spray to increase crispiness. (Do not overcook air fryer basket.) Drizzle with hot sauce before serving.

AIR-FRY
Preheat air fryer to 350°F. Coat tilapia fillets with a seasoning blend or breading according to package directions. Lightly grease an air fryer basket. Air-fry fish, in batches, 14 to 16 minutes or until fish reaches 145°F, turning once halfway through. When turning fish, spray fillets with Hy-Vee nonstick cooking spray to increase crispiness. (Do not overcook air fryer basket.) Drizzle with hot sauce before serving.

TILAPIA
A variety of flavor pairings and cooking methods make this versatile, mild-tasting fish an excellent way to add more seafood to your diet.

FRESH TILAPIA TASTES BEST WHEN COOKED WITHIN TWO DAYS OF PURCHASE. OR FREEZE TILAPIA UP TO 1 YEAR, ACCORDING TO THE USDA.

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Fish & Chips
See how to make this savory beer battered fish & chips recipe, along with the Mole Tilapia Tostadas, page 41, at hy-vee.com

Watch and learn at HSTV.com today!

4

Beer-Battered Fish & Chips
Hands On: 30 minutes
Total Time: 50 minutes
Serves 4 (2 Tostadas each)
½ (28-oz.) bag Hy-Vee frozen thick-cut skin potato fries
Hy-Vee vegetable oil for deep-fat frying

Fish & Chips

Matt vinegar, for serving
Chopped fresh parsley, for garnish

1. DEEP-FRY or bake potato fries according to pkg. directions. Spread on a wire rack set in a rimmed baking pan; keep warm in a 200°F oven.
2. PREHEAT a large non-stick skillet to medium-high. Add vinegar to skillet and bring to a simmer. Remove skillet from heat and add potatoes. Toss to coat with vinegar. Let stand at room temperature for 15 minutes.
3. HEAT vegetable oil in a grill pan to medium-high. Fry fish, 3 pieces at a time, in hot oil until golden brown and fish reaches internal temperature of 145°F; drain on paper towels. Transfer fish to a rimmed baking pan, keep warm in a 200°F oven.
4. FOR SLAW, combine sour cream, garlic and remaining ½ tsp. lime juice. Stir in cabbage, corn, finely chopped cilantro and jalapeño. Season to taste with salt and black pepper. Serve with lime wedges. For batter, whisk together remaining 1 cup flour, baking powder, cinnamon and ½ tsp. salt. Let stand at room temperature for 15 minutes.
5. FOR SLAW, combine sour cream, garlic and remaining ½ tsp. lime juice. Stir in cabbage, corn, finely chopped cilantro and jalapeño. Season to taste with salt and black pepper.
6. FOR MARINADE, whisk together canola oil, 2 Tbsp. lime juice, cocoa, ancho chile powder, cinnamon and ½ tsp. salt and black pepper. Add to bag. Seal bag; stir to distribute marinade. Let stand at room temperature for 15 minutes.
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What hosts need most
Pick up all of your entertaining needs
**KNOW YOUR STEAK**

Selecting the right cut, size and USDA Prime or Choice beef ensures a delicious steak. Hy-Vee’s knowledgeable butchers can help you choose the steak that’s right for you. A good guide for how much to buy: Eight ounces uncooked steak yields six ounces cooked steak.

**T-BONE/PORTERHOUSE STEAK**

This cut features a T-shaped bone. It’s the most flavorful cut of beef, tender steaks—most New York strip and tenderloin steaks are connected by a T-shaped bone. It’s usually cut 1½ to 1¾ in. thick.

**BEST METHOD:** Grilled over direct heat and finish cooking over indirect heat to desired doneness.

**NEW YORK STRIP STEAK**

This meaty, well-marbled cut is cut from the small end of the short loin and goes by other names such as Kansas City steak or strip steak. It’s usually cut 1½ to 2 in. thick.

**BEST METHOD:** Grilled over direct or indirect heat. This lean cut absorbs marinades and dry rubs well. Use for kabobs or sandwiches.

**FLANK STEAK**

This lean, flavorful cut has very little fat and is similar to tri-tip steak. An economical cut and 1½ in. thick.

**BEST METHOD:** Grill over direct or indirect heat. Keep cut to about 1 in. thick. This lean cut absorbs marinades and dry rubs well. Use for kabobs or sandwiches.

**MARBLING 101: WHITE STREAKS OF FAT WITHIN THE CUT THAT PROVIDE BUTTERY TEXTURE AND REMARKABLE FLAVOR.**

Choose a cut with a generous amount of marbling to ensure a juicy and flavorful steak. Prime Reserve steaks boast superior marbling for exceptionally good flavor. Only the top 8% of beef earn the Prime label. Choice Reserve steaks boast superior marbling for exceptionally good flavor. Only the top 8% of USDA Choice beef meets Hy-Vee’s requirements.

**KNOW YOUR MEAT**

- **TENDERLOIN (FILET MIGNON)**
  - Juicy and flavorful, it ranges in thickness from 1 in. for boneless cuts to 2 in. for cowboy Bone-In steaks.

**TENDERLION**

- **TOP SIRLOIN STEAK**
  - This lean, juicy cut from the sirloin area has very lean flavor and is similar to tri-tip steak. An economical cut and 1½ in. thick.

**BEST METHOD:** Grill over direct or indirect heat. This lean cut absorbs marinades and dry rubs well. Use for kabobs or sandwiches.

**MARBLING 101: WHITE STREAKS OF FAT WITHIN THE CUT THAT PROVIDE BUTTERY TEXTURE AND REMARKABLE FLAVOR.**

- **ANGUS RESERVE**
  - Leaner with less marbling overall, our Angus beef has ample flavor and offers economical value for any meal or occasion.
Beef Suppers

1 (8-oz.) pkg. baby bella mushrooms, ½ tsp. Gustare Vita balsamic glaze, plus 2 tsp. Hy-Vee packed dark brown sugar
3½ Tbsp. Hy-Vee unsalted butter, divided
13 (1 sandwich each)
1 hour 10 minutes
20 minutes

Hands On: Mushrooms

Onions and
with Balsamic
Sandwiches

1. MELT ⅔ cup lightly packed arugula
½ cup bottled roasted red peppers,
1½ (4-oz.) pkg. fresh herb-and-garlic
toscano bread, toasted
2 Tbsp. butter in a large nonstick
skillet over medium heat. Add onions;
cook over medium heat for 25 to 30 minutes or
to halfway through. Transfer steaks to a clean
cutting board. Loosely cover with foil;
let rest for 5 minutes.
4. GRILL steaks for 8 to 12 minutes or until
medium-rare doneness (130°F), turning
halfway through. Transfer steaks to a clean

Sesame-Orange Beef Kabobs

Hands On: 20 minutes
Total Time: 20 minutes plus marinating time
Serves 4

1 (1-lb.) Hy-Vee Choice Reserve
boneless beef top sirloin steak, 1½ to 1½ in. thick
⅓ cup bottled Asian toasted sesame
saled dressing
⅓ cup fresh orange juice
2 Tbsp. chopped fresh cilantro
1 tsp. Hy-Vee crumbled red pepper
1 (1-B.) container Hy-Vee Short Cuts
summer squash coins
1 small red onion, cut into ½-in.

Green onions slices, for garnish
Toasted sesame seeds, for serving
Grilled orange wedges, for serving

1. PAT steak dry. Cut steak into 1-to
1½-in. cubes. Place beef cubes in a
large resealable plastic bag.
2. COMBINE salad dressing, orange
zest and juice, cilantro and crushed
carrots; seal bag and refrigerate
until grilling time. Pour
remaining mixture over beef.
3. PREHEAT a charcoal or gas grill
for direct cooking over medium
hearth. Meanwhile, drain beef; discard

STEAKS

NEW YORK
SKEWERS

30 minutes before
grilling to prevent
burning.

High Steaks

Check out our how-to
on the delicious, multi-
flavored steak sandwich
to impress anyone.

Pro tip: EVEN CUTS

Skeins are an ideal kabob
choice because it is lean, has
a bit more favor and stays together
on the skewer. Cutting meat in uniform
1- to 1½-inch square chunks ensures even
cooking.™ —Zach Stadler
Meat Market Manager
Hy-Vee, Kansas City, Missouri

chew—perfect for
sandwiches.

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**HOW TO GRILL THE PERFECT STEAK**

Thick steaks can be intimidating to grill. Get it right on the first try (and every try after that) by following this easy grilling guide. The steak below is a thick cowboy ribeye, the same cut used for the Grilled Garlic-Herb Ribeye Steaks, page 45.

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### PREP

**CHOOSE** a well-marbled steak that’s at least ¾ in. thick. Good marbling means the steak has well-distributed fat throughout, which adds lots of flavor and makes it tender and juicy.

**TRIM** exterior fat to ½ in. to prevent flare-ups. Pat steak dry, then season as desired and let stand at room temperature for 20 minutes to ensure that it cooks evenly.

**TOASTING TORTILLAS** While the steak is resting, toast the tortillas on the grill for 15 to 30 seconds per side.

---

### GRILL

**PREHEAT** charcoal or gas, 225°F to 250°F for indirect grilling over medium-high heat and 500°F to 550°F for direct grilling over high heat and medium-high heat. Sear steaks over direct heat. Move steak to indirect heat and grill to desired doneness.

**MOVE** steaks to indirect heat and grill to desired doneness. Use tongs to move steak to prevent piercing and losing juices.

### Finish

**INSERT** an instant-read thermometer into the thickest part of the steak away from bone and fat. Check for a temperature that will complement the meat and enhance your meal, go with our chili-flavored crushed tortillas or black bean and pepper strips. I prefer to use extra virgin olive oil, divided.

**FINISH** using indirect heat.

---

### Recipes

**Grilled Beef Fajitas**

**FINISH** using indirect heat.

---

**TIPS FROM OUR PROS**

LEARN HOW TO RAISE THE STEAKS AT YOUR NEXT DINNER.

- For grill lines like you see in fine restaurants, place the steak on the grill at a 45-degree angle. Cook for a quarter of the time, then rotate the steak 90 degrees. Repeat on the other side, then flip and grill.

- Justin Tesene
  Hy-Vee, West Omaha, Nebraska
  4 minutes before flippings.

- Kevin Solma
  Hy-Vee, Sioux Falls, South Dakota

“The cowboy ribeye is my favorite cut. The bone really gives it extra flavor. For a side that will complement the meat and enhance your meal, go with our chili-flavored crushed tortillas or black bean and pepper strips. I put them in a grill pan and place on the grill about a minute after flippings.”

---

**Meat Manager**

Hy-Vee, Omaha, Nebraska

“Use an instant-read thermometer...
YOUR MUST-HAVE SUMMER GRILLING FLAVORS!

VISIT MCCORMICK.COM FOR GRILLING RECIPES!

PREMIUM SAUCE COLLECTION

PASSION MAKES IT PERFECT. BARILLA MAKES IT PERFETTO.

Reimagined premium flavors and textures as distinct as the regions of Italy that inspired them.
Look no further than the Hy-Vee cheese counter for a diverse selection of artisan cheeses and passionate experts like Kathy Scheer, a Certified Cheese Sensory Evaluator—a highly respected title held by only 45 specialists in the world. Learn more about Kathy’s expertise and what makes Hy-Vee’s cheese counter stand out.

HY-VEE CHEESE: BEST IN CLASS

Four years ago, Kathy Scheer made a career switch that landed her at the Hy-Vee cheese counter in New Hope, Minnesota. She immediately immersed herself into training classes that Hy-Vee offered while working with artisan cheeses. “The more I learned, the more fascinated I became about the traditions, the history, the stories and the processes of cheesemaking,” says Kathy.

Just one year after passing a comprehensive exam to become an American Cheese Society CCP, Kathy earned the title of Certified Cheese Sensory Evaluator, currently held by only 45 cheese specialists worldwide. This is what she says about cheese:

Q: WHAT TRENDS HAVE YOU NOTICED WITH CHEESE?
A: Specialty cheeses, especially when produced locally, are popular. Smoky flavors, herbs and all kinds of peppers are used by cheesemakers.

Q: DO YOU HAVE A SENTIMENTAL ATTACHMENT TO ANY CHEESE?
A: The first time I tasted Deer Creek’s Robin, a traditionally made Colby, it reminded me of the Colby I enjoyed as a child—firm, curdy texture with sweet buttery taste and slightly salty finish.

Q: WHAT DO YOU RECOMMEND TO A CHEESE NEWBIE?
A: Try a different cheese every time you shop; sample from each family, then zero in on a couple families to really explore. If you’re not a fan at first taste, taste again! The first taste primes your palate, the second and even third taste will differ in texture, aroma and flavor.

Q: WHAT’S MOST SURPRISING ABOUT CHEESE?
A: People who are lactose intolerant may think they have to give up all cheese. Not the case! Naturally aged cheese is lactose-free.

Q: WHAT ARE CUSTOMERS MOST INTERESTED IN?
A: Everyone loves a good story and every cheese has a good story. I tell customers how a cheese is made, then they want to try it. It’s my way to help customers learn and appreciate cheese.

Kathy Scheer holds some of the award-winning artisan cheeses available at Hy-Vee, top to bottom: Redhead Creamery Tipsy Tilsiter cheese, Shepherd’s Way Farms Log, Jeff’s Select Gouda, Backwards St. James Tomme-style cheese, Felix cave-aged Blue, Redhead Creamery Garlic Cheddar (smoked), Redhead Creamery St. Anthony cheese.

200+

In addition to carrying imported and American artisan cheeses, your Hy-Vee Deli offers jams, honeys and charcuterie—including local foods. For the freshest cuts of cheese, our experts cut the portion you want when you want it, cutting from loaves and wheels that range from 4 to 85 pounds. As a bonus, you can taste samples as they cut. The cheese pros are there to answer questions and offer suggestions.

WHITE WINE & CHEESE

Kathy Scheer shares a few fantastic pairings.

JARLSBERG
Buttery, nutty Jarlsberg pairs well with sparkling wines, such as Prosecco.

GOUDA
Goat’s milky, fruity notes come out with an unoaked Chardonnay.

GOAT CHEESE
Tangy goat cheese goes well with bright acidity of Sauvignon Blanc.

BLUE CHEESE
Soft, semi-firm Cheddar matches up well with dry, semi-sweet Chenin Blanc.

AGED CHEDDAR
Soft, semi-firm Cheddar matches up well with dry, semi-sweet Chenin Blanc.

HAVARTI
Buttery Havarti stands up to an herbaceous Sauvignon blanc.

MUENSTER
Smooth, mild-tasting Muenster pairs nicely with dry Riesling.

The freshness of white wine, its performed notes and the combination of sweetness and acidity suit many cheeses. For more wine and cheese pairings, visit hy-vee.com
SEASONAL PRODUCE
Fruits and veggies—grapes, berries, peppers, tomatoes, cucumber, radishes, asparagus, carrots and melons—add pops of color.

CONDIMENTS & MORE
Take it over the top with small pots of honey, jam or chutney; olives; Peppadew peppers; and dried apricots or cranberries.

SOMETHING CRUNCHY
Breadsticks, assorted crackers, and crostini add crunch, as do nuts, such as almonds, pecans and pistachios.

Charcuterie of the Month
Columbus Italian dry salami, made with select cuts of pork, cracked black pepper, burgundy wine and a signature blend of spices, adds distinctive richness and aroma.

CALIFORNIA CHEESES
The Golden State is second in the nation in cheese production. This month, look for these impressive California cheeses at your Hy-Vee.

- COWGIRL CREAMERY RED HAWK CHEESE
  A triple-cream, washed-rind cheese—good for cheese boards.

- SIERRA NEVADA ORGANIC JACK
  An ultra-creamy cheese that’s ideal for snacking or melting.

- RICO IRRISI COTIJA, QUESO FRESCO OR OAXACA CHEESE
  Add a salty bite to tacos and burritos with Cotija. Crumble creamy, mild Fresco into a salsa or salad. Melt Oaxaca in quesadillas.

- VALLEY FORD ESTERO GOLD
  Melt this creamy, buttery cheese in pasta or polenta or shred it on a salad.

- POINT REYES ORIGINAL BLUE
  Crumble this creamy-texture blue on a salad or serve alongside a steak.

- BELLWETHER CARMODY CHEESE
  Indulge in this sweet, buttery cheese with caramel notes on hearty raisin bread with a drizzle of honey.

- FISCALINI BANDAGE-WRAPPED CHEESE
  Serve this firm, crumbly, sweet cheese with fresh or dried fruits and nuts.

- MARIN FRENCH PETITE CAMEMBERT
  Pair this melty, tangy cheese with asparagus in an omelet.

- FISCALINI PURPLE MOON
  Savor this Cabernet-soaked Cheddar in an omelet.

Boska Cheese Knives
Stainless-steel knives to cut cheese precisely. Find these, along with boards, trays and more at Hy-Vee.

SERVING TOOLS
Set out cheese knives plus small serving spoons for jams and spreads. For a smart finish, label cheeses with tags, or write in chalk on a slate.

ENTERTAIN LIKE A PRO
Cheese expert Kathy Scheer advises customers to choose cheeses with varying textures and flavors, then build the board as follows:

FIRST, THE CHEESE
Kathy recommends wedges of Brie as well as blue cheese, mozzarella and Cheddar. Leave a couple wedges whole for guests to cut portions.

NEXT, CHARCUTERIE
Serve a mix of aged, dried meats—prosciutto, salami, speck and coppa. Allow about 2 ounces charcuterie per person.

SEASONAL PRODUCE
Fruits and vegetables—grapes, berries, peppers, tomatoes, cucumber, radishes, asparagus, carrots and melons—add pops of color.

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Fruits and vegetables—grapes, berries, peppers, tomatoes, cucumber, radishes, asparagus, carrots and melons—add pops of color.

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Columbus Italian dry salami, made with select cuts of pork, cracked black pepper, burgundy wine and a signature blend of spices, adds distinctive richness and aroma.

SEASONS | hy-vee.com
The T. Marzetti Company
Family of Products

The T. Marzetti Company product family includes many of your favorite products like Marzetti® produce salad dressings and dips, New York Bakery® frozen breads, Olive Garden® salad dressings, Reames® frozen egg noodles, Sister Schubert’s® frozen dinner rolls and Flatout® deli flatbread.
Imagine buying a week’s worth of groceries and throwing a little more than a third of it away. It’s what the average American is doing, as the U.S. Department of Agriculture (USDA) found that 40 percent of all food produced never makes it to anyone’s plate. And at the same time, one in eight Americans struggles to put enough food on the table. Help make a difference when it comes to food waste and improve your food experience along the way. Get the most out of the food you buy, then get creative. Turn crusts into croutons, veggie trimmings into stocks, rinds or peels into tasty snacks—the possibilities are endless. Here are a few of our favorite ways to take advantage of the leftovers.

**Waste Not**

RINDS, SEEDS, CRUSTS AND PEELS! USE THESE COMMON THROWAWAYS FOR DELICIOUS EATING!

**5 WAYS TO REDUCE FOOD WASTE**

1. **PLAN AHEAD**
   Before you head to the store, consider what meals you’d like to prepare and when, so you know the quantities to buy.

2. **STORE SMARTLY**
   Add days to the shelf life of your produce by using airtight bags or containers.

3. **USE YOUR FREEZER**
   Extend shelf life of fruits, vegetables and seafood as well as Bakery Fresh bread.

4. **GET CREATIVE**
   Repurpose commonly discarded food items like bread crusts, rinds, peels and more.

5. **COOK ONCE, SERVE TWICE**
   Reserve Monday night’s roasted chicken leftovers for quesadillas or pizza later in the week.

**apricot-almond bread pudding**

Combine 4 cups ¾-in. cubes dried Hy-Vee Bakery bread, ½ cup chopped Hy-Vee dried apricots and 5 Tbsp. Hy-Vee sliced almonds in a greased 1½-qt. soufflé dish. Whisk together 2 Hy-Vee large eggs, 2 cups Hy-Vee whole milk, ½ cup Hy-Vee granulated sugar, 3 Tbsp. melted Hy-Vee salted butter and 2 Tbsp. brandy, pour over bread mixture. Bake, uncovered, at 350°F for 45 to 55 minutes or until knife inserted comes out clean. Cool. Serve with whipped cream. Serves 8.

**margherita toasts**

Top Hy-Vee Bakery Panino Toscano bread slices with mozzarella cheese and tomatoes. Broil until cheese melts. Drizzle with Gustare Vita balsamic glaze and fresh basil.

**Source:** fao.org/save-food/resources/keyfindings/en/
Spray a white rack with Hy-Vee nonstick cooking spray; place peels in a rimmed pan. Cut the peels of 3 large oranges into ¼-in.-wide strips. Bring 1½ cups water to a boil; reduce heat. Simmer, uncovered, 25 to 30 minutes or until very soft and slightly translucent. Drain. Heat 1½ cups Hy-Vee apple cider vinegar, ¼ tsp. black peppercorns in a saucepan until salt dissolves. Add pepper. Bring to boil; reduce heat. Gently simmer, uncovered, 25 to 30 minutes or until very soft and slightly translucent. Transfer peels to prepared rack; cool 10 minutes. Toss with 3 Tbsp. Hy-Vee poppy seed salad dressing. Serves 3.

Preheat oven to 400°F. Cut 1 (2-lb.) peeled butternut squash into ½-in. slices. Toss with 2 Tbsp. Gustare Vita olive oil. Place in large rimmed baking pan. Top with 2 slices fresh rosemary and 4 halved garlic cloves. Roast 40 minutes or until tender; turn once. Drizzle with 2 Tbsp. melted Hy-Vee salted butter. Serves 6.

Watermelon Wedge Salad

Preheat oven to 300°F. Line a rimmed baking pan with parchment paper. Clean pulp from ½ cup winter squash seeds in a large bowl of water. Rinse and drain seeds separately in a sieve. Pat dry. Toss with 1 tsp. Southwest-lime seasoning blend and ¼ tsp. fine sea salt. Spread on prepared pan. Roast 15 minutes or until lightly golden and slightly crisp, stirring once. Cool before serving. Serves 4 (2 Tbsp. each).

Preheat oven to 300°F. Line a rimmed baking pan with parchment paper. Cut 1 (3-in.) cinnamon stick, ¼ tsp. whole cloves and 1 (3-in.) star anise into ¼-in.-wide strips. Boil in water 10 minutes; drain. Heat ½ cup Hy-Vee granulated sugar, 1 cup water and 1½ tsp. vanilla bean until sugar is dissolved. Add peels. Bring to boil; reduce heat. Gently simmer, uncovered, 25 to 30 minutes or until very soft and slightly translucent. Makes 1 pint.

Spray a white rack with Hy-Vee nonstick cooking spray; place peels in a rimmed pan. Cut the peels of 3 large oranges into ¼-in.-wide strips. Bring 1½ cups water to a boil; reduce heat. Simmer, uncovered, 25 to 30 minutes or until very soft and slightly translucent. Drain. Heat 1½ cups Hy-Vee apple cider vinegar, ¼ tsp. black peppercorns in a saucepan until salt dissolves. Add pepper. Bring to boil; reduce heat. Gently simmer, uncovered, 25 to 30 minutes or until very soft and slightly translucent. Transfer peels to prepared rack; cool 10 minutes. Toss with 3 Tbsp. Hy-Vee poppy seed salad dressing. Serves 3.

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Watermelon Rind Pickles

Heat ½ cup water, ½ cup Hy-Vee apple cider vinegar, ½ cup Hy-Vee granulated sugar, 1 tsp. kosher salt, 1 (3-in.) cinnamon stick, ½ tsp. whole cloves and 1 tsp. whole black peppercorns in a saucepan until salt and sugar are dissolved. Discard cinnamon stick. Peel watermelon skin; cut pulp from rind, leaving a thin layer. Cut into strips. Toss with 2 Tbsp. Gustare Vita olive oil, 1 tsp. salt-free Southwest-lime seasoning blend and ¼ tsp. fine sea salt. Spread on prepared pan. Roast 15 minutes or until lightly golden and slightly crisp, stirring once. Cool before serving. Serves 4 (2 Tbsp. each).

Spray a white rack with Hy-Vee nonstick cooking spray; place peels in a rimmed pan. Cut the peels of 3 large oranges into ¼-in.-wide strips. Bring 1½ cups water to a boil; reduce heat. Simmer, uncovered, 25 to 30 minutes or until very soft and slightly translucent. Makes 1 pint.

Roasted Butternut Squash

Preheat oven to 300°F. Line a rimmed baking pan with parchment paper. Cut 1 (3-in.) cinnamon stick, ¼ tsp. whole cloves and 1 (3-in.) star anise into ¼-in.-wide strips. Boil in water 10 minutes; drain. Heat ½ cup Hy-Vee granulated sugar, 1 cup water and 1½ tsp. vanilla bean until sugar is dissolved. Add peels. Bring to boil; reduce heat. Gently simmer, uncovered, 25 to 30 minutes or until very soft and slightly translucent. Makes 1 pint.

Roasted Squash Seeds

Preheat oven to 300°F. Line a rimmed baking pan with parchment paper. Cut 1 (3-in.) cinnamon stick, ¼ tsp. whole cloves and 1 (3-in.) star anise into ¼-in.-wide strips. Boil in water 10 minutes; drain. Heat ½ cup Hy-Vee granulated sugar, 1 cup water and 1½ tsp. vanilla bean until sugar is dissolved. Add peels. Bring to boil; reduce heat. Gently simmer, uncovered, 25 to 30 minutes or until very soft and slightly translucent. Makes 1 pint.

Roasted Chicken

Place carcass and trimmings in 5-qt. stockpot. Add 2 stalks celery with leaves; 2 carrots; 1 yellow onion, chopped; 1 halved, unpeeled garlic head; 4 sprigs each parsley and thyme; 3 sprigs sage; 2 Hy-Vee dried bay leaves; 1 tsp. kosher salt and 10 black peppercorns. Cover with 7 cups cold water. Slowly bring to boil; reduce heat. Simmer, covered, to 1½ hours. Strain; discard solids. Refrigerate up to 3 days or freeze for up to 6 months. Makes 7½ cups.

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Roasted Butternut Squash

Preheat oven to 400°F. Cut 1 (2-lb.) peeled butternut squash into ½-in. slices. Toss with 2 Tbsp. Gustare Vita olive oil. Place in large rimmed baking pan. Top with 2 slices fresh rosemary and 4 halved garlic cloves. Roast 40 minutes or until tender; turn once. Drizzle with 2 Tbsp. melted Hy-Vee salted butter. Serves 6.
 brochure
apple salad with dijon vinaigrette

Cook fl orets from 3 lb. fresh broccoli stalks in boiling salted water 3 to 5 minutes. Drain. Toss with 2 Tbsp. Gustare Vita garlic-flavored olive oil, 6 slices crisp-cooked and crumbled bacon, ¼ cup shredded Parmesan cheese and ½ tsp Hy-Vee crushed red pepper. Serve hot.

broccoli-bone-boiled bean soup

Place ham bone in stockpot; cover with 7 cups water. Bring to boiling; reduce heat. Simmer 1 hour. Remove bone and liquid from pot. When cool, cut meat off bone; coarsely chop. Discard bone. Heat 1 Tbsp. olive oil in same pot. Add 1 chopped white onion, 5 chopped medium, red-skinned potatoes, 4 sliced carrots and 3 garlic cloves, minced. Cook 2 to 3 minutes. Stir in ham stock, 2 (15-oz.) cans drained and rinsed Hy-Vee great Northern beans, 1 tsp. Hy-Vee dried thyme leaves and 2 Hy-Vee dried bay leaves. Bring to boiling; reduce heat. Simmer 10 minutes. Place 2 cups mustard on a slice of Hy-Vee Bakery Italian bread. Layer 1 oz. mozzarella cheese, 3 oz. smoked fully cooked ham, 2 roasted red bell pepper slices and fresh basil leaves on top. Top with a second bread slice. Serve 1.

2 in 1 STALKS AND FLORETS—THE TWO TASTE ENTIRELY DIFFERENT, YET BOTH CONTAIN THE SAME NUTRIENTS.
**FOOD TURNS MOMENTS INTO Real MEMORIES**

**FILL YOUR TABLE WITH SMITHFIELD®**

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**BROWN SUGAR & BACON GREEN BEANS**

**TIME:** 20 MINUTES  |  **SERVINGS:** 2

**INGREDIENTS:**
- 1 lb SMITHFIELD® Thick Cut Bacon, cut into small pieces
- 1/2 cup brown sugar
- 1/4 cup water (optional)
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1/2 tsp dried thyme
- 1/4 tsp cayenne pepper
- 4 cups cooked green beans

**DIRECTIONS:**
1. Cook bacon in a large skillet over medium heat, stirring occasionally, until crisp.
2. Transfer bacon to a paper towel-lined plate.
3. In the same skillet, add green beans and cook for 3-5 minutes, stirring occasionally.
4. Return bacon to the skillet and season with brown sugar, salt, and pepper.
5. Serve warm.

---

**HAM AND CHEESE MASHED POTATO PUFFS**

**TIME:** 50 MINUTES  |  **SERVINGS:** 2

**INGREDIENTS:**
- 1 1/2 cups hash browns
- 1/4 cup diced onion
- 1/4 cup diced green pepper
- 1/4 cup diced ham
- 1/4 cup diced cheddar cheese
- 1/4 cup shredded cheddar cheese
- 1/4 cup diced pimentos
- 1/2 cup milk
- 1/2 cup diced ham
- 1/4 cup diced cheddar cheese
- 1/4 cup shredded cheddar cheese
- 1/4 cup diced green pepper
- 1/4 cup diced onion
- 1/4 cup diced pimentos
- 1/4 cup milk
- 1/4 cup diced ham
- 1/4 cup diced cheddar cheese
- 1/4 cup shredded cheddar cheese
- 1/4 cup diced green pepper
- 1/4 cup diced onion
- 1/4 cup diced pimentos
- 1/4 cup milk
- 1/4 cup diced ham
- 1/4 cup diced cheddar cheese
- 1/4 cup shredded cheddar cheese
- 1/4 cup diced green pepper
- 1/4 cup diced onion
- 1/4 cup diced pimentos

**DIRECTIONS:**
1. Preheat oven to 350°F.
2. In a large bowl, mix hash browns, diced onion, diced green pepper, diced ham, diced cheddar cheese, and diced pimentos until well combined.
3. Place mixture into a baking dish and pour milk over the top.
4. Bake for 45-50 minutes or until golden brown.
5. Serve warm.

---

**Mealtime Favorites Made with Cauliflower!**

**NEW FROM GREEN GIANT®**

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**Green Giant® Cauliflower Gnocchi:** Bursting with Italian flavor and made with cauliflower - you'll savour this classic dish without sacrificing taste. Available in Cauliflower & Spinach.

**Green Giant® Cauliflower Hash Browns:** Bringing you the same flavor and crunch you love, but with one full serving of cauliflower. Available in Cauliflower & Broccoli.

**GREEN GIANT® MARGHERITA PIZZA:** It's just like the pizza you've always had, but made with real cauliflower baked into the crust. Certified gluten-free and so delicious, you'll never be able to tell the difference. Available in Four Cheeses.

FOR MORE VEGGIE CREATIONS AND NEW WAYS TO ADD MORE VEGGIES INTO MEALTIME VISIT GREENGIANT.COM
Read up on Hy-Vee's sustainability efforts, prep for a grad party and patio season.

68 20 FOR 2020
76 GRAD PARTY
82 GROW
90 APRIL SHOWERS
Earth is our home. What can we do to protect it? Small everyday efforts add up. AT HY-VEE, SUSTAINABILITY IS A MISSION that includes reducing waste, saving energy and offering earth-friendly items like One Step products. See how we’re making a difference day in, day out.

“We believe in building stores that conserve energy and respect our natural resources,” says Randy Edeker, Hy-Vee Chairman, President and CEO. New and remodeled Hy-vee stores are built with these improvements:

- Concrete floors that eliminate the need for floor coverings and that reduce the use of cleaning and finishing chemicals.
- Motion-activated toilets and faucets to conserve water.
- Water-wise and drought-tolerant landscaping.
- Low-E windows and reflective roof to boost energy efficiency and reduce energy load in summer.

1. GREEN BUILDINGS

Recycled materials are used, when possible, in steel structures, foundations and concrete wall panels of new stores.

“AS AN INDUSTRY LEADER, WE BELIEVE WE ARE IN A UNIQUE POSITION TO PAVE THE WAY AND LEAD PROACTIVE EFFORTS IN SUSTAINABILITY BY HELPING THE ENVIRONMENT. WE CAN BETTER HELP OUR CUSTOMERS AND COMMUNITY. WE LOOK FORWARD TO FINDING NEW WAYS TO CARE FOR OUR PLANET AS WE WORK TO MAKE OUR CUSTOMERS’ LIVES EASIER, HEALTHIER AND HAPPIER.”

—Dan Strait, who leads Hy-Vee’s sustainability efforts and serves as category director, supplies, non-retail

Earth Day comes once a year, yet its message is timeless. Every day Hy-Vee strives to help the planet. Here are 20 ways in 2020.

Since its inception in 1970, Earth Day has held to a simple premise: Each person has the power to change the world. Small efforts add up, and together we can make our planet a healthier place to live. Hy-Vee takes that message seriously for the entire year—making stores more efficient, recycling and reducing waste, and finding innovative solutions to save water and energy. Hy-Vee is intent on being a good environmental steward, and we want you to join our efforts.

Happy 50th Birthday, Earth Day! You’ve grown from an ambitious environmental movement to the planet’s largest civic event.

Earth Day makes a difference

Hy-Vee SEASONS | April 2020
SHOPPING BAGS
Hy-Vee works with employees to reduce use of paper and plastic shopping bags. In addition, all stores offer recycling bins for plastic bags used for shopping, newspaper delivery and dry cleaning.

REUSABLE BAGS
Under a new initiative to promote use of reusable shopping bags, customers can buy a reusable bag at Hy-Vee for $2.50, then designate a local charity to receive a $1 donation from the proceeds. Each Hy-Vee store will select a nonprofit organization to receive funds when customers do not designate.

RECYCLING
In 2019, Hy-Vee recycled 2.7 million pounds of cardboard and 2.1 million pounds of single-use plastics, such as shipping wrap and plastic shopping bags. Plastic was collected throughout the 8-state region by Tree, then used to make composite decks and outdoor furniture.

Sources (this page and opposite):
hy-vee.com/corporate/our-company/sustainability
WAYS HY-VEE SAVES ENERGY
REDUCING THE USE OF FOSSIL FUELS IS GOOD FOR THE AIR—AND THE PLANET.

Hy-Vee is increasing natural light and store lighting that adjusts as needed, as well as high-efficiency LED lighting in stores and parking lots.

Hy-Vee is pursuing more efficient packaging on private label products and is working with retailers to reduce the amount of packaging on branded products. In addition, Hy-Vee is looking at sourcing products that can either be reused or disposed of other than in a landfill.

Hy-Vee has E-85 pumps in 21 stores and E-15 in 11 stores.

Hy-Vee has invested in technology that identifies and prevents leaks. In 2019, the company was recognized with three awards from the EPA GreenChill Partnership for protecting the environment through store refrigeration management.

Hy-Vee has 58 electric vehicle charging stations— and more on the way. In addition, 16 stores are outfitted with Tesla Supercharger stations.

REDUCING FOOD WASTE
IN 2018, HY-VEE DIVERTED 25 MILLION POUNDS OF FOOD WASTE FROM LANDFILLS BY IMPLEMENTING THESE INITIATIVES:

13. FOOD WASTE: Enhanced inventory and shelf management practices better help stores forecast food demand and reduce food waste. When there is a surplus, food that is safe to eat is donated to food banks and other nonprofit organizations.

14. COMPOSTING: Organic food waste, solid dairy products and floral cappings are composted in cooperation with local food recycling companies or are repurposed as animal feed.

15. MISFITS PRODUCE: Hy-Vee’s Misfits produce program offers fruits and vegetables that only look slightly less than perfect, at an average 30 percent discount. Stores receive three to four Misfits items weekly, based on season.

16. LIGHTING: Hy-Vee is increasing natural light and store lighting that adjusts as needed, as well as high-efficiency LED lighting in stores and parking lots.

17. EQUIPMENT: Highly efficient lighting, air conditioning and refrigeration equipment decreases energy consumption.


19. REFRIGERATION MANAGEMENT: Hy-Vee has invested in technology that identifies and prevents leaks.

20. ELECTRIC VEHICLE CHARGING STATIONS: Hy-Vee has 58 electric vehicle charging stations— and more on the way. In addition, 16 stores are outfitted with Tesla Supercharger stations.

A SAMPLE OF WHAT’S AVAILABLE
Get your green on! Hy-Vee makes it easy with products made with environmental kindness in mind. From recycled paper products to biodegradable cleaning products, Hy-Vee helps you honor Earth Day every day.
Ethical Bean Coffee
select varieties
8 oz.
7.99

We’re driven by quality
Every delicious cup of Ethical Bean Coffee has been crafted with one simple objective in mind: to make the best fairtrade organic coffee on the planet. Period. Because as far as we’re concerned, doing something good should be rewarded with tasting something spectacular.

We’re rooted in purpose
In 1999, co-founders Lloyd and Kim spent most of a year in Guatemala awaiting the adoption of their daughter. During that time, they fell in love with the country, the culture, and the people, but they were surprised by one thing: many coffee farmers and their families were living below the poverty line.

The couple wanted to find a better, more equitable, way to work with coffee farmers—a way that ensured farmers were getting a fair price for their beans. In 2003, Ethical Bean was born.

We’re committed to sustainability
Our goal is to leave a mark but tread lightly while doing so. Our fairtrade certified organic beans are grown free from harmful pesticides and other chemicals. Our head office and roastery are designed to the highest LEED standards. And we purchase 100% renewable energy through Bullfrog Power, as well as Gold Standard offsets, to reduce our carbon emissions.

Scan to trace your bag’s journey from crop to cup.
On the back of each Ethical Bean coffee bag, there’s a unique QR code that provides the exact roast date, tasting notes, and origin.
3 party decor tips

An unforgettable bash for your graduate starts with decorating. Here are a few tips for setting the scene.

**No 1 PARTY THEMES**

A motif conveys your grad’s personality. It also helps you choose decor and food.

**coffee bar** Sophisticated and fun, set out coffee, tea, cocoa, syrups and sots (biscotti) in glass jars, cookies for dipping, anything chocolate.

**travel adventure** Globes for guests to sign, memento-filled suitcases, string-up postcards, global foods.

**sports** Basketball or soccer ball cake; candy-filled trophy cups; grad photos on handheld fans.

**school spirit** College colors and mascot displayed via tablecloth, plates, napkins.

**No 2 COLOR TRENDS**

School colors show pride. Trendy schemes let the grad showcase favorite hues.

**fiesta-bold** Vibrant coral, orange, pink, yellow and blue to go with Southwestern-style decorations and Mexican-style food.

**school colors** Key decorations and tableware to high school or college.

**rose-gold** Pretty, chic and Instagram-worthy. Pink, gold and orange hues for flowers, balloons and more.

**No 3 FUN EXTRAS**

Graduation Day decorations from Hy-Vee spark up the table and the room.

**balloons** Display festive balloons from the Hy-Vee Floral Department.

**paper goods** Say “Congratulations!” with plates and napkins.

**coffee bar** Sophisticated and fun, set out coffee, tea, cocoa, syrups and sots (biscotti) in glass jars, cookies for dipping, anything chocolate.

**travel adventure** Globes for guests to sign, memento-filled suitcases, string-up postcards, global foods.

**sports** Basketball or soccer ball cake; candy-filled trophy cups; grad photos on handheld fans.

**school spirit** College colors and mascot displayed via tablecloth, plates, napkins.

**Here’s how to throw the best-ever bash for your high school or college grad. Rely on Hy-Vee to help with food, decorations and gifts.**

**Graduation guide** Find more tips and ideas in the Hy-Vee 2020 Graduation Guide, hy-vee.com/graduation

**Grad party timeline** Use this checklist as a guide to plan a graduation party.

**6–8 weeks before**
- Decide on location
- Make a guest list
- Set date and time (avoid conflicts with friends’ parties)
- Decide food, theme, decor

**4–3 weeks before**
- Send invitations
- Order catered food if needed
- Gather photos & memorabilia for decorations
- Buy nonperishables

**1 week before**
- Start cooking, shopping
- Set up tables, chairs, buffet, etc.
- Start decorating; create centerpieces
- Clean house

**Day of the party**
- Place sign outside to direct guests
- Set out trash bins
- Arrange plates, glasses, cups, napkins, cutlery
- Set out food, drinks

**Party themes**

<table>
<thead>
<tr>
<th>No 1 PARTY THEMES</th>
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<th>No 3 FUN EXTRAS</th>
</tr>
</thead>
<tbody>
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</tbody>
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**Coffee & cocoa bar**

Display festive balloons from the Hy-Vee Floral Department.
WAYS HY-VEE HELPS THROW A GRAD PARTY

Plan, decorate and feed the crowd. Find everything you need at your local Hy-Vee.

1. GIFT CARDS
   - Glue or tape a photo cutout of the grad on a wooden skewer as a handheld fan, or to set in a floral arrangement.

2. PLANTS, FLOWERS
   - Hats off: Cut pennant, mortarboard and other shapes from card stock, add messages and attach to wooden sticks; insert in a colorful bouquet.

3. VERSATILE COOKWARE
   - Party pom: With a circle punch, cut rounds from card stock, then add numbers and letters. Tape onto floral wire; insert wire into hydrangeas.

4. BASIN BATH PRODUCTS
   - Beverage server: Mix Hy-Vee Short Cuts chopped melon into your favorite punch.

5. COFFEE MAKER
   - Grad cookies: Pick up Bakery Fresh cutout cookies with cool designs.

6. INSULATED DRINK TUMBLER OR CUP

7. CANDLES

8. COSMETICS BAG WITH COSMETICS

9. MONOGRAMMED COLLEGE APPAREL

10. BEST-IN-CLASS CAKE
    - Wow with a custom creation: Capture your grad’s personality, major or passion on a custom cake. Talk with a Hy-Vee Bakery associate about ideas and to order.

11. CATERING
    - Party eats: Stop by your Hy-Vee Catering Department or go to hy-vee.com to order everything you need: charcuterie trays, sushi, seafood platters, plus desserts and much more.

12. FLORAL IDEAS
    - Picture this: Glue or tape a photo cutout of the grad on a wooden skewer as a handheld fan, or to set in a floral arrangement.

13. PARTY EATS
    - Stop by your Hy-Vee Catering Department or go to hy-vee.com to order everything you need: charcuterie trays, sushi, seafood platters, plus desserts and much more.

14. PARTY PLANNING
    - Hats off: Cut pennant, mortarboard and other shapes from card stock, add messages and attach to wooden sticks; insert in a colorful bouquet.

15. PARTY PUNCH
    - With a circle punch, cut rounds from card stock, then add numbers and letters. Tape onto floral wire; insert wire into hydrangeas.

16. MONOGRAMMED COLLEGE APPAREL

17. BEST-IN-CLASS CAKE
    - Wow with a custom creation: Capture your grad’s personality, major or passion on a custom cake. Talk with a Hy-Vee Bakery associate about ideas and to order.
GOOD SIPS
With spicy, zesty food, serve refreshing fruity drinks, ginger ale, lemonade, limeade or iced tea.

Ideas to Celebrate
Follow three graduates as they partner with Hy-Vee to throw the graduation party of their dreams. Check out their stories on HSTV.com.

Watch and learn at HSTV.com today!

SPECIALTY BARS
Party hearty! Let guests help themselves at a specialty bar. Here’s a selection from the Hy-Vee Catering Department. Order in-store or at hy-vee.com.

NO. 1 PASTA BAR
- Choice of two pastas: fettuccine, spaghetti or penne, with choice of marinara, Alfredo or meat sauce. Includes meatballs or chicken, garden or Caesar salad, breadsticks or garlic bread and cherry cheesecake or assorted cookies.

NO. 2 PIZZA BAR
- Choice of traditional, thin or Tuscan-inspired pizza crust in the following varieties: cheese, pepperoni, Canadian bacon, sausage (mild and Italian), meat cravers, supreme and veggie. Also, includes Caesar salad and breadsticks.

NO. 3 ASIAN BAR
- Choice of 2 or 3 entrées: asparagus beef, beef & broccoli, cashew chicken, chicken & broccoli, chicken lo mein, garlic chicken, general chicken, Hunan pork, Kung Pao chicken, mixed vegetables, Mongolian beef, orange chicken, sesame chicken, sweet & sour chicken, Szechuan pork, Thai chili shrimp, walnut shrimp. Includes fried or steamed rice, egg rolls, fortune cookies and crab rangoon.

NO. 4 TACO BAR
- Choice of ground beef or fajita-style chicken. Served with cheddar cheese, lettuce, sour cream, pico de gallo, tomatoes, diced onions and jalapeños, along with choice of black or refried beans. Spanish rice and tortilla chips included.

Choice of two pastas: fettuccine, spaghetti or penne, with choice of marinara, Alfredo or meat sauce. Includes meatballs or chicken, garden or Caesar salad, breadsticks or garlic bread and cherry cheesecake or assorted cookies.

Choice of traditional, thin or Tuscan-inspired pizza crust in the following varieties: cheese, pepperoni, Canadian bacon, sausage (mild and Italian), meat cravers, supreme and veggie. Also, includes Caesar salad and breadsticks.

Choice of 2 or 3 entrées: asparagus beef, beef & broccoli, cashew chicken, chicken & broccoli, chicken lo mein, garlic chicken, general chicken, Hunan pork, Kung Pao chicken, mixed vegetables, Mongolian beef, orange chicken, sesame chicken, sweet & sour chicken, Szechuan pork, Thai chili shrimp, walnut shrimp. Includes fried or steamed rice, egg rolls, fortune cookies and crab rangoon.

Choice of one or both: hard or soft taco shells. Choice of ground beef or fajita-style chicken. Served with cheddar cheese, lettuce, sour cream, pico de gallo, tomatoes, diced onions and jalapeños, along with choice of black or refried beans. Spanish rice and tortilla chips included.

Choice of two pastas: fettuccine, spaghetti or penne, with choice of marinara, Alfredo or meat sauce. Includes meatballs or chicken, garden or Caesar salad, breadsticks or garlic bread and cherry cheesecake or assorted cookies.
Gardening is easier when you have the right tools. These everyday basics, available at Hy-Vee, will get you started.

1. **HAND TOOLS** to plant pots and window boxes
2. **LOPPERS** to remove branches over ¼-in. diameter
3. **WHEELBARROW** to transport supplies, tools and debris
4. **SPADE FORK** to loosen soil, turn compost
5. **GARDEN SPADE** to plant and excavate
6. **HOSE** to deliver water far from spigot
7. **WATER NOZZLE** to water plants with an adjusted stream
8. **POTTING MIX** to fill containers and amend heavy topsoil
9. **PRUNERS** to trim plants and remove dead flowerheads
10. **GARDEN GLOVES** to protect hands from dirt and cuts
11. **PRUNING SAW** to cut branches over ½-in. diameter
12. **SPRINKLER** to water garden beds easily
13. **FERTILIZER** to supply plants with beneficial nutrients
14. **WATERING CAN** to irrigate containers and apply water-soluble fertilizer
**Annuals**

- **PANSIES**
  - Kaleidoscope of colors, many with contrasting markings, cold tolerant.
- **GERBERA DAISY**
  - Big flowers in bold colors are perfect for cutting, cold tolerant.
- **GERANIUM**
  - Old-time favorite with large flower clusters also makes a dainty cutting, does well in pots.
- **PETUNIA**
  - Trumpet-shape flowers in many colors, favored by hummingbirds.
- **MARIGOLD**
  - Heat-loving flower with bright blooms, some bicolor; nice with bright blooms.

**Perennials**

- **CONEFLOWER**
  - Drought-tolerant prairie plant with large flowers that attract butterflies.
- **RUDECKIA**
  - Long-blooming, drought-tolerant plant with golden flowers and brown centers.
- **hibiscus**
  - Hibiscus rosa-sinensis
    - Heat-loving plant with large, raspberry red flowers and brown centers.
  - Hibiscus sabdariffa
    - Tropical grown for its foliage, cold tolerant.
    - Choose from a large selection of plant sizes and varieties.

**Hanging Baskets**

- **COLEUS**
  - An alluring tropical grown for its foliage, this annual features many variegated foliage patterns. It works well in containers, window boxes, and even in landscape beds.
- **BOSTON FERN**
  - With its cascading fronds, this tropical fern looks great in a hanging basket, on a porch or other bright spot out of direct sunlight. Bring indoors before frost and grow it as a house plant.
- **Succulents**
  - These thick-leaf plants are ideal for hot, sunny spots and containers. Plus, they need less watering and care than other potted plants, so they won’t wither if you go on vacation.

**Annual Flowers to Bloom**

- **WINE & ROSES WEGELE**
  - Full of bright pink trumpet shape blooms in spring, this hummingbird favorite has attractive purple foliage the rest of the growing season.
- **LIMELIGHT HYDRANGEA**
  - The big, bold flowers are hard to resist, opening in an elegant hue of pale green aging to a mix of pink, red and burgundy. It makes a great dried flower, too!
- **SUMMER CRUSH HYDRANGEA**
  - A compact grower well suited to containers, Summer Crush is a newer addition to the Endless Summer line and features raspberry red or neon purple flowers.
- **FOUNTAIN GRASS**
  - This pretty annual grass boasts colorful foliage topped by handsome flowerheads lasting into winter. Fountain grass is available in green and burgundy varieties.
- **SUMMER WINE NINEBARK**
  - Wine-colored foliage and a compact, gracefully arching habit are a draw on their own, but Summer Wine Ninebark also has pretty pink flowers in late spring.
- **DOUBLE PLAY GOLD SPIREA**
  - If colorful foliage and an extended time of bloom aren’t enough, this spirea features a compact, rounded shape that fits into any garden.

**PLANTS TO JAZZ UP YOUR GARDEN**

The Hy-Vee Garden Center has a wide selection of plants to meet your landscaping needs, from trees, shrubs and vines to roses, groundcovers and flowers. Find these and more, along with the tools, supplies and furnishings that will make your outdoor living space truly inviting.
Dine in Fine Style
An outdoor dining set that’s both fun and functional prepares the scene for memorable group meals.

1. CAROLINA COAST WICKER SECTIONAL
6 pieces + cushions.

2. LAKESIDE DINING SET
6 pieces + cushions.

3. METAL LANTERNS with wooden bases, set of 3.

4. ALUMINUM MARKET UMBRELLA assorted colors, 9 ft.

5. VINTAGE DROP LIGHTING 20 count.

6. ROUND STEEL FIRE PIT 32 in., lattice design.

7. SUNCAST PLANTERS assorted sizes and styles.

8. TALL METAL LANTERN 29–33 in., black with glass insert.

RELAX AND SIT A SPELL
SPRINGTIME IS PRIME TIME TO BEAUTIFY YOUR YARD. AFTER SPRUCING THINGS UP, ENJOY THIS VIEW—IN AN OUTDOOR LIVING ROOM FURNISHED WITH COMFORTABLE WEATHER-RESISTANT FURNITURE AVAILABLE AT HY-VEE.

The Great Outdoors
With all the comforts of indoors, a well-designed outdoor living room will become your new favorite space.

Decked Out
Linger awhile with accessories that add comfort and ambience to your outdoor living room.
WIN WITH THINS

Hershey's Candy
select varieties
2.5 to 10.8 oz.
$0.99

LUNCHTIME LINEUP

Nabisco Multipacks
select varieties
20 ct.
$7.24
Get your skin and hair ready for spring. Products from Hy-Vee, including Basin bath and body supplies, smooth and soothe skin and condition hair for healthy shine.

SLough off dead skin cells before shaving for the razor to move smoothly. Also exfoliate to avoid clogged pores that dull skin and prevent lotions from penetrating.

Basin Mermaid Sugar Soufflé. Sugar gently exfoliates; rice bran and coconut oils moisturize. Mermaid fin-shape soap included.

Basin Lip Scrub. Flavored exfoliator removes dead and dry skin from lips; avocado butter and natural oils replenish moisture.

4 shaving tips for silky smooth legs:
1. Wet skin for several minutes to avoid nicks and razor burn.
2. Exfoliate skin with a body scrub or sponge to prevent dead cells from clogging the razor.
3. Shave upward in steady strokes for a close shave. Use downward strokes for sensitive skin, fine, dry.
4. Moisturize with lotion or oil to hydrate skin and prevent skin irritation.
TAME, SOFTEN AND NOURISH STRANDS AGAINST HUMIDITY AND ULTRAVIOLET RAYS, AND KEEP HAIR FRESH AND CLEAN EVERY DAY.

WATERLESS SHAMPOO & CONDITIONER
Dry shampoo refreshes and absorbs oil; dry conditioner smooths and softens.

NOT YOUR MOTHER’S
Curl Talk cream moisturizes and defines curls. Kinky Moves cream smooths naturally curly and wavy hair.

L’ORÉAL ELVIVE PURPLE SHAMPOO
Violet pigment corrects unwanted brassy tones between hair colorings.

BASIN SHAMPOO AND CONDITIONER BARS
Shampoo bars cleanse and add shine to all hair types; conditioner bars lubricate and strengthen.

pro tip:
FIGHT HUMIDITY
For warm weather hair care, forgo heated hair tools, which can dry out or damage hair. Apply anti-humidity products that can be used on dry or damp hair to tame flyaways and fight frizz.”

—Lisa Pruett
Esthetician
Hy-Vee, Liberty, Missouri
Answers to the most common questions about nutrition, tips for all-natural skin care and walking for fitness.

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102 FOODS THAT SPRING CLEAN THE BODY
106 BETTER NATURE
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WALK YOUR WAY TO BETTER HEALTH

Reap the many health benefits of walking—including improved cardio, easier weight management and reduced risk of various health conditions—without a major time commitment. Find out how a short walk can steadily improve your life, along with tips to do so more efficiently.

No need for a pricey gym membership. Walking is one of the best forms of exercise is free, and odds are you already know how to do it. Walking is simple and effective: a 155-pound person walking briskly for 30 minutes burns nearly 170 calories, a little more than a serving of Oreos. Just 30 minutes of walking per day reduces body fat and risks for some cancers. Walking 5.5 miles per week may reduce the risk of cardiovascular events by 31 percent. A 2013 study found that regular walkers experience equally effective health benefits as regular runners. Punch up your walking routine with equipment like walking poles and light hand or wrist weights. Poles take pressure off the lower back, hips and knees while working the upper body, and weights challenge arm muscles and may increase heart rate by five to 10 beats per minute.

TIPS FOR ADDING MORE STEPS

• Take the stairs instead of an elevator or escalator
• Walk during breaks
• Park farther away
• Walk to work
• Walk to the store
• Get off the bus one stop early

Take these form tips in stride to help you walk more efficiently.

• Swing arms freely along sides, a slight bend at the elbow. Control the swing to match your pace.
• Keep head up and look toward the horizon to avoid stress on your neck and shoulders.
• Stand tall with neck, shoulders and back relaxed. Walking with upright form allows you to walk at a faster pace.
• Land heel first, rolling toward the ball of the foot. Keep feet and knees moving in a straight line.

Sources: cancer.org/latest-news/walk-your-way-to-health.html
mayoclinic.org/healthy-lifestyle/fitness/expert-answers/walking-poles/faq-20057943
health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking
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health.harvard.edu/staying-healthy/walking-your-steps-to-health
WHEN YOU WALK OUTSIDE YOU REAP ADDITIONAL BENEFITS FROM THE GREAT OUTDOORS—REDUCED STRESS, IMPROVED MOOD AND A HEALTHY DOSE OF VITAMIN D FROM THE SUN.

There’s some evidence to suggest that how fast you walk is as important as how much you walk. A 2011 study published in Research Quarterly for Exercise and Sport shows that sedentary adults who walked at a vigorous pace for at least 60 minutes per week experienced significantly more improvement in fitness than sedentary adults who walked at a leisurely pace.

In a six-year study published in the European Heart Journal, researchers analyzed walking data from 420,727 adults in the United Kingdom. They found that those with a slower walking pace were twice as likely to die from heart disease as brisk walkers.

**STEP ON IT**

**STEP-UPS**

**GLUTES, QUADRICEPS**
Place left foot on top of bench or elevated surface. Press down on left foot and bring right foot on top of bench next to left foot. Step down with left foot, then right. Repeat with right foot first, then left.

**TURN YOUR WALK INTO A FULL-BODY WORKOUT ROUTINE. PERFORM EACH MOVE FOR 30 SECONDS AND WALK FOR ONE MINUTE BETWEEN MOVES. PERFORM THE CYCLE TWICE.**

1. **PUSH-UPS**
   **CHEST, TRICEPS**
   From a high plank position, slowly lower chest until it nearly touches the ground. Push body back to high plank position.

2. **LATERAL SPLIT SQUAT**
   **QUADRICEPS, HAMSTRINGS**
   Stand with feet slightly wider than shoulder-width apart, hands clasped together. Lean to the left and bend at the knees until thigh is parallel to the ground. Push off left foot and return to starting position. Repeat on right side.

3. **SIDE PLANK**
   **OBLIQUES**
   Lie on your left side, feet together, left forearm below shoulder. Raise hips off ground and form a straight line from head to toe.

4. **SINGLE LEG RDL**
   **HAMSTRINGS, GLUTES**
   Stand with feet hip-width apart, arms straightened in front of body with palms facing the ground. Hinge forward at the hips and bring right leg off the ground. Hinge until back is parallel with the floor. Slowly return to starting position.

5. **MOUNTAIN CLIMBERS**
   **ABDOMINALS, OBLIQUES**
   Start in a high plank position with hands on the ground, legs extended and back straight. Bring the right leg forward until knee is near right forearm. Quickly alternate legs.

6. **BODYWEIGHT SQUAT**
   **QUADRICEPS, HAMSTRINGS, GLUTES**
   Stand with hands clasped, feet wider than hip-width apart. Bend both knees until thighs are parallel to the ground. Push off heels and return to starting position.

7. **WHEN YOU WALK OUTSIDE**
   **YOU REAP ADDITIONAL BENEFITS FROM THE GREAT OUTDOORS—REDUCED STRESS, IMPROVED MOOD AND A HEALTHY DOSE OF VITAMIN D FROM THE SUN.**
ingredients you can see & pronounce®

be kind to yourself™

kindsnacks.com | @kindsnacks
Cut calories and remove toxins from your body with a cleansing diet of fiber-, antioxidant- and water-filled fresh produce. Add plant protein (more easily digested than meats) and whole grains (keep you feeling full). Bypass processed and packaged foods, which contain empty calories. This approach to eating prepares your digestive system and whole body for a season of lighter eating.

**HIT REFRESH**

Cut calories and remove toxins from your body with a cleansing diet of fiber-, antioxidant- and water-filled fresh produce. Add plant protein (more easily digested than meats) and whole grains (keep you feeling full). Bypass processed and packaged foods, which contain empty calories. This approach to eating prepares your digestive system and whole body for a season of lighter eating.

**FOODS THAT SPRING CLEAN THE BODY**

Lighten up after winter’s heavy fare, with fruits, vegetables and other nourishing, low-calorie foods.

- **Broccoli**
  - With an 85% water content, raw broccoli is only 31 calories (1 cup chopped) yet delivers 39% of daily recommended vitamin C, an antioxidant; 11% of antioxidant vitamin A; and 3% fiber, which aids digestion and keeps the stomach feeling satisfied.

- **Quinoa**
  - One cup of cooked quinoa has 220 calories, 19% of daily required fiber and 18% of protein. All cooked whole grains deliver these nutrients plus B vitamins, selenium and iron essential to cell growth.

- **Kidney beans**
  - One-half cup of cooked kidney beans offers 20% of the recommended daily amount of fiber and 14% of protein, at about 100 calories. Beans and peas (legumes) in general are a low-fat, low-cal, high-fiber protein source.

- **Blueberries**
  - Blueberries are 80% water and deliver 7% daily recommended fiber and 8% vitamin C, at 42 calories per half cup. Other berries also have significant levels of antioxidant vitamin C and fiber.

- **Grapefruit**
  - At 38 calories, half a grapefruit provides 42% of the recommended daily level of vitamin C. 2% vitamin A and plenty of hydration (fruits are 90% water). Citrus in general is watery and vitamin C-rich.

- **Water**
  - Adequate amounts of water allow kidneys to eliminate waste from the body through urination. Water also gets rid of wastes through perspiration. Every organ and cell in the body needs water to work properly. Men should aim for about 15 (8-oz.) cups a day, women should drink about 11 (8-oz.) cups a day.

**Antioxidants, which include vitamins A, C and E; selenium; and lycopene, may prevent or delay cell damage from unstable molecules (free radicals) caused by air pollution, sunlight, exercise and the natural aging process.**

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**Q**: How can we cut calories and remove toxins from our body with a cleansing diet of fiber-, antioxidant- and water-filled fresh produce? Add plant protein (more easily digested than meats) and whole grains (keep you feeling full). Bypass processed and packaged foods, which contain empty calories. This approach to eating prepares your digestive system and whole body for a season of lighter eating.

**A**: To cut calories and remove toxins from our body, you can follow a cleansing diet that includes fiber-, antioxidant- and water-filled fresh produce. Add plant protein, which is more easily digested than meats, and whole grains that keep you feeling full. Bypass processed and packaged foods that contain empty calories. This approach prepares your digestive system and whole body for a season of lighter eating.

---

**Q**: What are some specific foods that can help in cleansing the body? Can you provide examples of these foods and their benefits?

**A**: Some specific foods that can help in cleansing the body include:

- **Broccoli**: With 85% water content, raw broccoli is only 31 calories (1 cup chopped) but delivers 39% of daily recommended vitamin C, an antioxidant; 11% of antioxidant vitamin A; and 3% fiber, which aids digestion and keeps the stomach feeling satisfied.

- **Quinoa**: One cup of cooked quinoa has 220 calories, 19% of daily required fiber and 18% of protein. All cooked whole grains deliver these nutrients plus B vitamins, selenium and iron essential to cell growth.

- **Kidney beans**: One-half cup of cooked kidney beans offers 20% of the recommended daily amount of fiber and 14% of protein, at about 100 calories. Beans and peas (legumes) in general are a low-fat, low-cal, high-fiber protein source.

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**Q**: How can we take advantage of fresh spring produce, such as asparagus, snow peas, spinach and berries, as well as fresh herbs like dill, cilantro, mint and parsley, to brighten meals?

**A**: To take advantage of fresh spring produce, you can include it in your meals. For example, you can eat asparagus, snow peas, spinach and berries, as well as fresh herbs like dill, cilantro, mint and parsley, to brighten meals. You can also include fresh herbs to add flavor and aroma to your dishes.

---

**Q**: Where can we find more information about nutrition and healthy eating?

**A**: You can find more information about nutrition and healthy eating on websites such as nutritionvalue.org, nccih.nih.gov/health/antioxidants/introduction.htm, health.harvard.edu/staying-healthy/getting-your-protein-from-plants, mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256, and hy-vee.com. These resources provide comprehensive information on nutrition, healthy eating, and related topics.
Hydrate with water that’s refreshingly different. Simply toss in fruit and herbs for just a hint of flavor. Infused waters are more like a snack than your daily hydration needs and are especially easy to make with Hy-Vee Short Cuts.

INFUSED WATERS

1. ORANGE-BERRY
   Water + Oranges + Raspberries

2. BERRY-CITRUS
   Water + Grapefruit + Blueberries + Fresh Rosemary

3. FRUITY MINT
   Water + Strawberries + Lemon Slices + Mint

pro tip: REACH FOR WATER

Plenty of water is always good, and fruit- or herb-infused water adds variety. Mint brand fruit-infused water is a convenient option. Substitute herbal or iced teas in place of lattes and mochas, and swap in sparkling water flavored with fruit, like Hy-Vee, Bubly or Spindrift brands, for soda.”

—Kimberly Proctor
Registered Dietitian
Hy-Vee, Cedar Rapids, Iowa

Berry Salad with Citrus Vinaigrette

Total Time: 15 minutes
Serves 6

1 tbsp. orange zest
2 Tbsp. fresh orange juice
1 Tbsp. Hy-Vee Select apple cider vinegar
2 Tsp. Hy-Vee honey
½ tsp. Hy-Vee salt
1 tsp. Hy-Vee black pepper
1 cup Gustare Vita olive oil
4 cups baby spinach
4 cups baby romaine
2 cups Hy-Vee Short Cuts triple-berry blend
2 cup sliced Hy-Vee Short Cuts strawberries
4 Hy-Vee Short Cuts mandarin oranges, sectioned
2 cups Hy-Vee Short Cuts broccoli florets
1 Tbsp. Hy-Vee sliced almonds, toasted

1. WHISK together orange zest, orange juice, apple cider vinegar, honey, salt and pepper in a medium bowl. Slowly whisk in olive oil; set aside.

2. ARRANGE baby spinach and romaine on 6 serving plates. Top with triple-berry blend, strawberries, oranges and broccoli. Sprinkle with almonds. Serve with citrus vinaigrette.

Per serving: 200 calories, 10 g fat, 5 g protein, 5 g fiber, 23 g carbohydrates, 23 mg cholesterol, 135 mg sodium, 270 mg potassium, 0 mg sugar (0 added sugar), 6 grams Daily Values: Vitamin D 0%, Calcium 8%, Iron 10%, Potassium 8%

Instead of the Citrus Vinaigrette, use bottled poppy seed dressing or raspberry vinaigrette to play up fresh produce flavors.

Washed and sliced Hy-Vee Short Cuts fresh fruits and veggies shorten prep and make it easy to maintain a light, nourishing diet.
A. Burt's Bees Micellar Cleansing Water
Coconut and lotus waters gently remove makeup, cleanse and hydrate in one step.

B. Burt's Bees Refining Cleanser
Deep-cleans and gently exfoliates for smooth skin. Contains Bakuchiol, a natural retinol alternative.

C. Aveeno Positively Radiant Brightening Daily Scrub
Soy extract and natural granules exfoliate, cleanse and clarify.

D. Aveeno Positively Radiant MaxGlow Peel-Off Face Mask
Infused with alpha hydroxyl acids and kiwi complex to exfoliate and even skin tone.

E. ZUM Face
Aloe vera, goat’s milk and essential oils cleanse and soothe irritated or acne-prone skin.

F. ZUM Face Charcoal Moisturizing Facial Mask
Activated charcoal draws out toxins for clean and refreshed skin.

BETTER NATURE

Natural beauty products rely on herbs, fruits and other botanicals to cleanse, moisturize and enhance. Hy-Vee carries a wide variety.

NATURAL CLEANSERS

Plant-based soaps and essential oils—such as tea tree and lemon oil—lift out dirt and makeup while maintaining natural moisture. Some natural cleansers contain aloe, vitamins and ingredients to nourish and soften skin.

ZUM Face handcrafted soap has no detergents, fragrances or preservatives.

Aveeno Positively Radiant face scrub with glycolic acid, salicylic acid and kiwi—all effective for refined, luminous skin.

Aveeno Positively Radiant MaxGlow Peel-Off Face Mask infused with alpha hydroxyl acids and kiwi complex to exfoliate and even skin tone.

Aveeno Positively Radiant Daily Scrub with soy, jojoba and castor oils—soap-free and gentle enough to use every day.

Natural beauty products rely on herbs, fruits and other botanicals to cleanse, moisturize and enhance. Hy-Vee carries a wide variety.
**Cruelty-Free**
No animal testing, on the product or ingredients in it, at any stage of development, as certified by Cruelty Free International.

**Paraben-Free**
No paraben-based preservatives commonly used to prevent bacterial growth in cosmetics. In 2005, the Centers for Disease Control and Prevention reported finding parabens in the urine of study participants but did not determine adverse health effects. The CDC continues to study parabens in cosmetics.

**Phthalate-Free**
Phthalates are solvents in fragrances, but does not ban phthalates.

**Silicone/Talc-Free**
Formaldehyde when heated is considered by the U.S. Occupational Safety and Health Administration to be a carcinogen if inhaled. After OSHA issued an alert to hair salon owners and workers in 2018, the FDA is evaluating hair products that release formaldehyde when heated.

**Formaldehyde-Free**
Used as a preservative. formaldehyde is considered by the U.S. Occupational Safety and Health Administration to be a carcinogen if inhaled. After OSHA issued an alert to hair salon owners and workers in 2018, the FDA is evaluating hair products that release formaldehyde when heated.

**Paraben-Free**
No paraben-based preservatives commonly used to prevent bacterial growth in cosmetics. In 2005, the Centers for Disease Control and Prevention reported finding parabens in the urine of study participants but did not determine adverse health effects. The CDC continues to study parabens in cosmetics.

**Sulfate-Free**
Diethanolamine (DEA), associated with cancer in animals, acts as an emulsifier, foaming agent or pH adjuster in some cosmetics. The FDA does not ban DEA, which now appears less frequently in products.

**FORMALDEHYDE-FREE**
Formaldehyde in cosmetics can cause allergic and irritant contact dermatitis. The FDA is studying whether talc is carcinogenic to humans.

**Formaldehyde-Free**
Formaldehyde when heated is considered by the U.S. Occupational Safety and Health Administration to be a carcinogen if inhaled. After OSHA issued an alert to hair salon owners and workers in 2018, the FDA is evaluating hair products that release formaldehyde when heated.

**Silicon/Talc-Free**
Last year the FDA warned consumers about the possibility of asbestos in talc, a naturally occurring silicon-containing mineral often in powders and blushes. Research is ongoing whether talc is linked to ovarian cancer. "Consumers do not need to be concerned by the FDA before they use talc."
NEW

Ocean Spray®

Brew!

Try the best of both – REFRESHING JUICE and COLD BREW COFFEE

• Naturally Sourced Energy
• Only 6 Grams of Sugar
• Real Fruit Juice

Ocean Spray Cold Brew select varieties $2.38
dietitian Q&A

TOP QUESTIONS PEOPLE ASK DIETITIANS

When it comes to health and nutrition, Hy-Vee’s dietitians are proud to be called know-it-alls.

1. Q: How can I drink more water?
   A: Try drinking a glass upon waking and one with every meal. For a flavor boost, add a spritz of citrus, like lemon or lime. Proper hydration is vital for health. It helps regulate body temperature, removes waste, lubricates joints, helps prevent infections, shuttles nutrients to cells and helps organs function properly.

2. Q: Why should I eat a high-fiber diet?
   A: Dietary fiber from fruits, vegetables, whole grains and legumes can help maintain a healthy weight, lower blood cholesterol and glucose levels, help food pass through the digestive system, promote regularity and prevent constipation. Aim for at least 25 grams per day.

3. Q: Do I need to eat breakfast?
   A: Those who eat breakfast tend to eat less throughout the day, and studies have shown that breakfast improves cognitive performance, especially in school-age children. Skipping breakfast may leave you feeling tired and hungry, which can lead to poor dietary choices.

4. Q: How can I eat more healthfully?
   A: Fill up on nutrients the body needs—vitamins, minerals, complex carbs, lean protein and healthy fats—by eating a varied diet of nutrient-dense foods like fruits, vegetables, whole grains, lean meats, eggs, beans and nuts.

5. Q: What are healthy fats?
   A: Unsaturated fats, like monounsaturated and polyunsaturated, can lower your risk for heart disease or stroke, are considered good for you. For monounsaturated fats, think olive, canola, peanut and sunflower oils, as well as avocados and most nuts. Polyunsaturated fats are in corn and soybean oils and in walnuts, sesame, pumpkin and flax seeds. Omega-3 fatty acids are a type of polyunsaturated fat in salmon, mackerel, tuna and trout.

6. Q: How much protein should I eat?
   A: Adults need a minimum of 0.8 grams of protein per kilogram of body weight per day, or a little more than 7 grams of protein per 20 pounds of body weight. Athletes and those who exercise regularly will need more. Protein is found throughout the body and is critical for cell and organ function, as well as repairing and rebuilding muscle tissue after exercises.

7. Q: What are some healthy snack options?
   A: Go for fruit, like grapes, mandarin oranges or berries. Also try red pepper strips with hummus, or celery with natural nut butter. A little jerky and snack-size amount of cheese is a high-protein option.

8. Q: How many fruits and vegetables should I eat?
   A: At least half your plate should consist of fruits and vegetables. You can’t get all the nutrients you need from a single fruit or vegetable, so it’s important to consume a variety of both. Men and women between the ages of 19 and 50 should aim for 2½ to 3 cups of veggies per day and ½ to 1½ cups of fruit.

9. Q: What are probiotics and prebiotics?
   A: Tiny microbes, referred to as probiotics in fermented foods, like yogurt, may aid digestive function, regularity and improve overall immune health. Prebiotics can affect the growth of immune-boosting helpful bacteria throughout your gastrointestinal tract.

10. Q: How much caffeine is safe?
    A: Most health experts agree that up to 400 mg per day is safe for average adults. However, expecting mothers and small children should limit caffeine intake. An 8-oz. cup of coffee contains about 100 mg of caffeine, while a 12-oz. soda contains about 50 mg.
WHY SHOULD I USE GENERICS?

Hy-Vee knows affordable prescriptions are important—that’s why every Hy-Vee pharmacy provides an impressive list of discounted generic drugs. Some people prefer name brands, but according to the United States Food & Drug Administration (FDA), generics work in the same way and provide the same clinical benefits. When patents for name-brand drugs expire, other companies are allowed to manufacture generic versions of those medications. A 30-day generic drug prescription starts at only $4, and a 90-day generic drug prescription starts at $10 with no membership or program enrollment requirements.

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3 COMMON MYTHS ABOUT GENERICS

• Not as stable
• Not as effective
• Longer activation time

TRUTH: In order for a generic drug to be legally sold, it routes through the same FDA-approved review process as name-brands to ensure the generic has the same active ingredient, strength and dosage form.

HY-VEE’S $4 GENERIC PROGRAM COVERS A WIDE RANGE OF MEDICATIONS FOR COMMON ALIEMENTS, RIGHT, FOR A FULL LIST OF HY-VEE’S GENERIC DRUGS, VISIT HY-VEE.COM OR SPEAK WITH A PHARMACIST.

• ALLERGIES & ASTHMA
• ARTHRITIS & PAIN
• MENTAL HEALTH
• HEART HEALTH
• ANTIBIOTICS
• CHOLESTEROL

• DIABETES
• GASTROINTESTINAL HEALTH
• WOMEN’S/MEN’S HEALTH
• ANTIVIRAL

• GLAUCOMA & EYE CARE
• SKIN CONDITIONS
• VITAMINS
• OTHER MEDICAL CONDITIONS

DISCLAIMER: Some restrictions apply. Not applicable with all insurance plans. MN and WI state law restrictions apply.

Source: fda.gov/media/97273/download
fda.gov/media/89135/download
pro tip: VACCINATE AT HY-VEE

"It’s easy to get a SHINGRIX shot at your Hy-Vee Pharmacy. Stop in—no appointment is needed. Once you have the first shot, we’ll notify you by phone, text or email when your second shot is due, which is two to six months after the first shot."

—Jane K. Allen

Hy-Vee Pharmacist

Hy-Vee, Des Moines, Iowa

Source: shingrix.com

Disclaimer: Vaccinations available depending on supply. See Hy-Vee Pharmacy for details.

WHAT IS SHINGRIX?

SHINGRIX is an FDA-approved vaccine designed to prevent shingles in adults 50 years and older. As we age, our immune systems decline—putting those over 50 at increased risk for developing shingles (herpes zoster). The immune-boosting shingles vaccine is administered in the upper arm and can be received at your doctor’s office or pharmacy. The vaccine requires two doses 2–6 months apart to ensure the best defense against developing shingles. In clinical trials, SHINGRIX has been shown to be 90 percent effective.

WHAT IS SHINGLES?

Shingles is a blistering skin rash caused by reactivation of the chickenpox virus (varicella zoster). If you’re one of 99 percent of adults over 50 who have had chickenpox, the virus already exists in your body and can reactivate at any time. One in three people will develop shingles in their lifetime, and the risk increases with age.

HY-VEE CAN HELP

You can receive your SHINGRIX vaccination at your local Hy-Vee pharmacy. The vaccine is for adults 50 and older.

Shingles is more than an unsightly rash. The majority of people who get shingles experience burning or tingling pain at the rash site, and shingles can lead to long-term problems like debilitating pain and, in serious cases, eye and hearing issues.

WHAT IS SHINGRIX?

99% OF PEOPLE AGE 50 YEARS OR OLDER ARE LIVING WITH THE VIRUS THAT CAUSES SHINGLES, AND 1 IN 3 PEOPLE WILL GET SHINGLES IN THEIR LIFETIME.
New at Hy-Vee!

Tasty treats with a texture cats love!

10% off entire stock of BLUE™ dry dog and cat foods!

Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.

GET THE GOODS

Hy-Vee shelves are stocked with deals. Save money by picking up the items shown here and throughout the magazine.
beverages

Mountain Dew select varieties 4 pk. 11 or 16 fl. oz. 2/12.00
Mountain Dew Baja Blast select varieties 4 pk. 6 fl. oz. 4/10.00
Mountain Dew Icy Core select varieties 12 or 20 oz. 2/14.50
Smartwater select varieties 4 pk. 6 fl. oz. 5.99
Aha Single select varieties 17 fl. oz. 4/5.00
Coke Amarginals, Kyrosa, Core, Roken, Hydrive or Neutroselect varieties 14.5 to 33.8 fl. oz. 3/2.00
Poland Spring Origin Spring Water select varieties 1 gallon 3/1.00
Smartwater select varieties 4 pk. 6.5 or 8 fl. oz. 2/4.00

other

WingHog Original! 20 pc. 32 Lbs. 14.99
Glad Kitchen Trash Mega Bags select varieties 3 pk. 15.99
Clorox Wipes Fresh Scent select varieties 355 ct. 6.48
Tide Originals, Extreme, Purex, Comfort, or Gain select varieties 5 lbs. to 22 oz. 4.99
Surex Shampoo, Conditioner or Styling Aids select varieties 4.3 to 18 oz. 2.99

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30 MINUTES OR LESS
Waste Not
30 MINUTES OR LESS
FOODS THAT SPRING-CLEAN THE BODY

Vegan/Vegetarian

Love Beauty and Planet is a product of Hy-Vee, covering food, health and health issues, while featuring Hy-Vee products, services and offers, along with advertisements from suppliers of Hy-Vee.

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**EXPLORE OUR FLAVORS**

Taste your way through Hy-Vee every Friday and Saturday through the month of April.

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**FRIDAY, APRIL 3:**
- 4 P.M. TO 7 P.M.
- **Saturation, April 4:**
- 11 A.M. TO 2 P.M.
- **Produce:**
  - CantaGold Cantaloupe
- **Meat:**
  - Smithfield Eckrich Link & Rope Sausage
- **Seafood:**
  - Rainforest Tilapia
- **Charcuterie:**
  - Columbus Italian Dry Salami
- **Deli:**
  - Di Lusso Roast Beef
- **Hickory House:**
  - Fresh Made Hickory House Chips and Dips
- **Italian:**
  - Pepperoni Pinwheels and Sauce
- **Chinese:**
  - Asian Wonton Chips and Asian Dips
- **Bakery:**
  - Fruit, Cream and Strawberry Pies
- **Grocery:**
  - A-Shoc Energy Drinks

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**FRIDAY, APRIL 10:**
- 4 P.M. TO 7 P.M.
- **Saturday, April 11:**
- 11 A.M. TO 2 P.M.
- **Produce:**
  - Hy-Vee Short Cuts Pineapple Bites
- **Meat:**
  - Hy-Vee Midwest Pork Fresh Sausage
- **Seafood:**
  - Bristol Bay Wild Alaska Sockeye Salmon
- **Charcuterie:**
  - Columbus Finocchiona Italian Salami
- **Specialty Cheese:**
  - Nicasio Valley Foggy Morning on Fresh Bakery Bread
- **Hickory House:**
  - Hickory House Fresh Made Salads
- **Italian:**
  - Take and Bake Breakfast Pizza
- **Bakery:**
  - The Cheesecake Factory® Cheesecake
- **Chinese:**
  - Nori Sushi
- **Grocery:**
  - Kraft Heinz – Ethical Bean Coffee

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**FRIDAY, APRIL 17:**
- 4 P.M. TO 7 P.M.
- **Saturday, April 18:**
- 11 A.M. TO 2 P.M.
- **Produce:**
  - CantaGold Cantaloupe
- **Meat:**
  - Asian BBQ Marinated Chicken Breast Fillets
- **Seafood:**
  - Wild Alaska Salmon Burgers
- **Charcuterie:**
  - Columbus Pork Roast
- **Specialty Cheese:**
  - Cypress Grove Gold Cheese on Fresh Bakery Bread
- **Hickory House:**
  - Napa Valley Cashew Chicken Tenders
- **Italian:**
  - Chicken Alfredo and Lasagna
- **Chinese:**
  - Tomato Egg Drop Soup and Egg Drop Soup
- **Bakery:**
  - Gourmet Cupcakes
- **Grocery:**
  - Mars Wrigley – Fudge and M&M’s

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**FRIDAY, APRIL 24:**
- 4 P.M. TO 7 P.M.
- **Saturday, April 25:**
- 11 A.M. TO 2 P.M.
- **Produce:**
  - Halo Mandarins
- **Meat:**
  - New! Mango Cart Wheat Ale Bratwurst
- **Seafood:**
  - Fair Trade Ahi Tuna Steak
- **Charcuterie:**
  - Columbus Italian Dry Salami
- **Specialty Cheese:**
  - Cypress Grove Gold Cheese on Fresh Bakery Bread
- **Hickory House:**
  - Napa Valley Cashew Chicken Tenders
- **Italian:**
  - Take and Bake Single Topping Pizza
- **Chinese:**
  - Asian Pot Stickers
- **Bakery:**
  - White, Chocolate and Marble Cake
- **Grocery:**
  - Coca-Cola – Sprite Ginger Zero Sugar